

# CAREER & EDUCATION

## Multnomah University asks 'What's Next?'

### Faith-based college enriches lives

Multnomah University is meeting the need for qualified, educated people in ministries and businesses all over the world — especially right here in Portland.

There is a special need for people with deep knowledge about the Bible and how it applies in an age when business ethics and economic morale are at an all-time low. If you are looking for something new and meaningful in your life, one of the many programs at the col-



lege, located at Northeast 86th Avenue and Glisan Street, might be your next step.

Multnomah is committed to helping men and women develop into biblically competent, culturally aware, maturing servants of Jesus Christ.

Whether you're in high school, transferring in from another institution, in a profession and looking for graduate-level training, or just looking to finish your degree, then you

Students have enriched their lives and prepared for their futures at Multnomah University in Portland since 1936.

should take a serious look at Multnomah University. All programs are licensed and fully accredited so that graduates have the best opportunity to be qualified to answer their.

Prospective students are welcome to visit Multnomah anytime! Customized campus visits are specially designed to help you move to the next level in your decision making process.

Call 800-275-4672 to set up an appointment with an admissions counselor, financial aid representative, faculty member or schedule a tour. You can also check out the virtual tour of the campus by visiting [Multnomah.edu](http://Multnomah.edu).

## Older Students Return to the Classroom

### Navigating life transitions

A bad economy and high unemployment has been attributed to a rise in students 50 or older taking career and professional technical courses at Portland Community College.

Jan Abushakrahis is noticing more older adults coming to her gerontology program for help in finding a new career, either through the program's Encore Career options or simply seeking help in navigating their return to college.

As a result, gerontology has been offering a series of workshops on job skills geared toward the field of aging. She said several of the new students have doctoral degrees and more than 40 percent are above the age of 50.

"A lot of older students really don't feel comfortable in the standard college classes," Abushakrahis said. "This is the second term we've done the workshops. We can have 15-20 students at a time and they've been full. It gives students an

idea of where they should be. To be unemployed is a real downer. It's so hard on your self-esteem. What we try to do is to have these workshops and get them into classes. If we offer enough opportunities with face-to-face meetings, it starts building up a network."

A month ago, the workshops inspired gerontology faculty adviser Cat Zimmerman so much that she rounded up many of these students to develop the Ageless Network.

On every second Monday at the Sylvania Campus in southwest Portland, the new club brings together students — mostly in their 40s and 50s — to brainstorm and network among themselves and community partners on new directions in the field of aging, including self-employment and other possibilities.

Another program — Life by Design NW — also is seeing greater demand by older adults. Life by Design NW has a volunteer engagement program designed to enlist individuals 50 and older in meaningful service utilizing their skills and experience. In addition, it has commu-

Older adults are returning to the classroom to start new careers at Portland Community College.

nity partners who form a web of support and resources to meet the individual's needs.

"In response to the recent requests from program participants, we are expanding our scope to more specifically target the areas relating to work and employment," said Karen Shimada, the program's director. People are asking them how to write an ageless résumé; how to find jobs in the nonprofit sector, how to conduct an interview with a recruiter who is 30 years younger than they are; how to start a business or become a social entrepreneur; and how to



fine-tune their skills or get up-to-date in the latest technology.

"Many people we see are considering returning to school for the first time since they left high school or college and don't know where to begin," Shimada said. "Individuals are sounding increasingly more fearful, anxious and confused regarding their next steps because assumptions about their retirement and work life suddenly fell out from under them. In fact, many who call are in dire straits and in need of programs and services immediately. Others, however, may not be in crisis, but are aware that they need guidance to navigate the life transitions that lie ahead."



### Careers Milestone in Aviation

Atlantic Southeast Airlines Captain Rachelle Jones (left) and First Officer Stephanie Grant made history as members of the first all-African American female flight crew. Two black female flight attendants joined them in the Feb. 12 flight from Atlanta, Ga., to Nashville, Tenn., proving that African-American women can do anything given their professionalism, intelligence and unlimited potential.

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