

## INSIDE THIS ISSUE

- 1 Following a Career Path at Western
- 2 Programs for Success
- 5 Peer Education Program Takes Off
- 5 New to Career Services - Peggy Tompkins
- 6 Photo Essay - Peer Career Mentors Making A Difference
  - Chaz Glenn
  - Kelsie Bryant
  - Sarah Alspaw
  - Kyrie Carlson
  - Tiffany Wenerd
  - Meredith Oakley
  - Ashton Gunsley
  - Ashley VandenHeuvel
  - Alex Frye
  - Caitlin Yencha
- 16 Event Calendar
- 16 Student Writes and Acts in First WCU Customized Mock Interview



*Peer Career mentors pose after a fun day of training with Career Services staff Mardy Ashe, Michael Despeaux and Whit France-Kelly.*

## PHOTO ESSAY: Peer Career Mentors Making a Difference

In this edition, we highlight our new Peer Career Mentor program at Western Carolina University, designed to assist students with career education and exploration via a mobile mentoring station.

PHOTO ESSAY Continued on page 6

## Fall & Spring Event Calendar

Wanting to improve your current résumé, learn proper rules of reception etiquette or attend an upcoming career fair? Our Fall & Spring Event Calendar has plenty of opportunities for you. You definitely don't want to miss what we have planned!

EVENT CALENDAR  
Continued on page 16

## Following a Career Path at WCU

BY MICHAEL DESPEAUX

This year, we in Career Services have packaged the services and the support we provide in a structure or model that will help students at all levels reach their career goals. All students at Western Carolina are encouraged to pursue intentional learning, which means making purposeful choices about classes, majors, service learning, leadership roles, internships and co-ops. Our three-sequence model is designed to help students identify tangible steps they should be taking during college. It presents a pathway to intentional learning.

This pathway may be linear, but it doesn't always have an exact beginning or end. It doesn't always look like a straight line; sometimes, as students develop new interests, discover strengths or identify opportunities, they may find themselves repeating a sequence. For example, when a student changes a major or finds a new type of career interest, the necessary retooling and investigation may involve Sequence I tasks. Sometimes, we have to achieve Sequence III tasks earlier on, such as when we write a résumé to apply for an internship. As we all develop our careers and enter new, challenging phases in college or the workplace, we systematically explore or research the situation, develop necessary skills and experience, and become who we want to be.

FOLLOWING A PATH Continued on page 3

# Career Services' Programs for Success

## Students and Alumni: Take advantage of the many services we offer!

### JobCat & Other Job Searching Services

Internet-based recruiting systems on our website that include jobs as well as opportunities to post a résumé and sign up for interviews.

### Career Counseling

If you have a career concern that you would like to discuss, call for an appointment with a career counselor.

### Career Testing

If you are having difficulty making a decision about a major or a career, we offer career testing and interpretation.

### Cooperative Education

**Co-op** is a program that allows you to work in your career or major field and receive directly related experience and credit WHILE you are still in school.

### Résumé Critiquing Service

E-mail your résumé (cover letter, too!) to [mdespeaux@wcu.edu](mailto:mdespeaux@wcu.edu) or [mashe@wcu.edu](mailto:mashe@wcu.edu) and make an appointment to discuss it!

### Student Employment

Need some cash? The [student employment office](#) can help you find a part-time job. We offer listings for on-campus as well as off-campus employment. View them at <http://careers.wcu.edu>.

### Career Services Website

Our website offers links, articles, event calendars, job search tools, directories, videos and DISCOVER, a computer-aided guidance program to help you in your career decision. Available at <http://careers.wcu.edu>.

### Interviewing Skills Assistance

You can participate in a mock interview and improve your skills through our online [Perfect Interview program](#).

### Career Days and Recruitment Events

Career Services offers about 20 [recruitment events](#) every year, including the Career and Graduate School Expo; the Allied Health and Nurses' Career Day; Spring Job Fest; Summer Job Fair; Engineering, Math, and CS Fair; Construction Management Fair; Education Recruitment Day; and multiple etiquette-development events.

## Career Services Information

828-227-7133 | <http://careers.wcu.edu>

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Editor/Photographer: Whit A. France-Kelly*

### ATTENTION PRIORITY ALERT

## WANTED

Looking for a career mentor?  
Interested in becoming a mentor?  
Know someone who should be a mentor?

**Brought to you by WCU's Office of Alumni Affairs, Family Association, and Career Services.**

For more information regarding our 2010-2011 Career Mentor Program, please contact Mike Despeaux or Mardy Ashe in the office of Career Services.

Want to get on the career path?

## Use JobCat.

1. [Log in to JobCat at careers.wcu.edu.](#)
2. Complete a personal profile.
3. Upload a résumé.
4. Submit your online application by the deadline.

JobCat is updated with new jobs almost every day, so check for updates regularly!

## FOLLOWING A PATH Continued from cover

If you are seeking to explore major and career options, develop skills and prepare to succeed after college, Career Services can help you in your quest. For example:

1. During Sequence I, “Exploring,” we will assist you in deciding on a career or major and begin gaining experience through a job on campus.
2. During Sequence II, “Developing,” you will find links to service learning, clubs and involvement on campus, and internships and co-ops to help you develop and apply your academic skills in non-classroom settings.
3. During Sequence III, “Becoming,” our model provides you with links to formats for writing a résumé and cover letter and a practice program for the very important interview.

Bookmark our website to access the many resources that are designed to help you make great choices, transfer skills from campus to the workplace, gain experience and succeed in the world beyond Western Carolina.



Find us on  
**Facebook**

Facebook is a registered trademark of Facebook, Inc.

WCU Career Services has a Facebook page!

Become a fan, and we can send you updates on Career Services and Co-op Event happenings.

Find us online by searching keywords: “WCU Career Services” on Facebook.

## Sequence I: Exploring *(years one and two)*

1. Complete and self-score the Personality Mosaic to determine your top three dominant Holland types.
2. Complete the Values Clarification Exercise to identify things that you value in a job, or in life.
3. Complete the Self Evaluation of Abilities exercise.
4. Call (828) 227-7133 to request a User ID for Discover. Log in, create a password, and take the three inventories:  
- *Interests, Abilities and Values*
5. Take the Jung Typology Test to determine your four letter Jung Typology Type (similar to the Myers-Briggs typology).
6. Consider the following results, and seek help with interpreting them from your adviser or a career counselor:
  - In Discover, your Inventory Summary list of suggested career areas
  - Your strongest areas in the Self Evaluation of Abilities (ones with lots of 3s and 4s)
  - Your three strongest areas of interest based on the Personality Mosaic
  - Your strongest Values
7. Consult “Choosing a Major” to research majors offered here at WCU, see snapshots of related career fields, and utilize links to department Web pages.
8. Choose a major and both short- and long-term goals. Consider writing a one-or-more page reflection journal describing your major, concentration or possible minor, the job you hope to secure when you graduate, and the job you wish to have when you mature in a career. Include this reflection in your journal!
9. Write a “fantasy résumé” that showcases contributions to a student organization, leadership activity, academic achievement, specific technical skills, and experience that you realistically hope to have achieved by the time you graduate.
10. Consider seeking on-campus student employment that will help you gain skills, work experience and responsibility. [Go here](#) to see what jobs are available!

FOLLOWING A PATH Continued on page 4

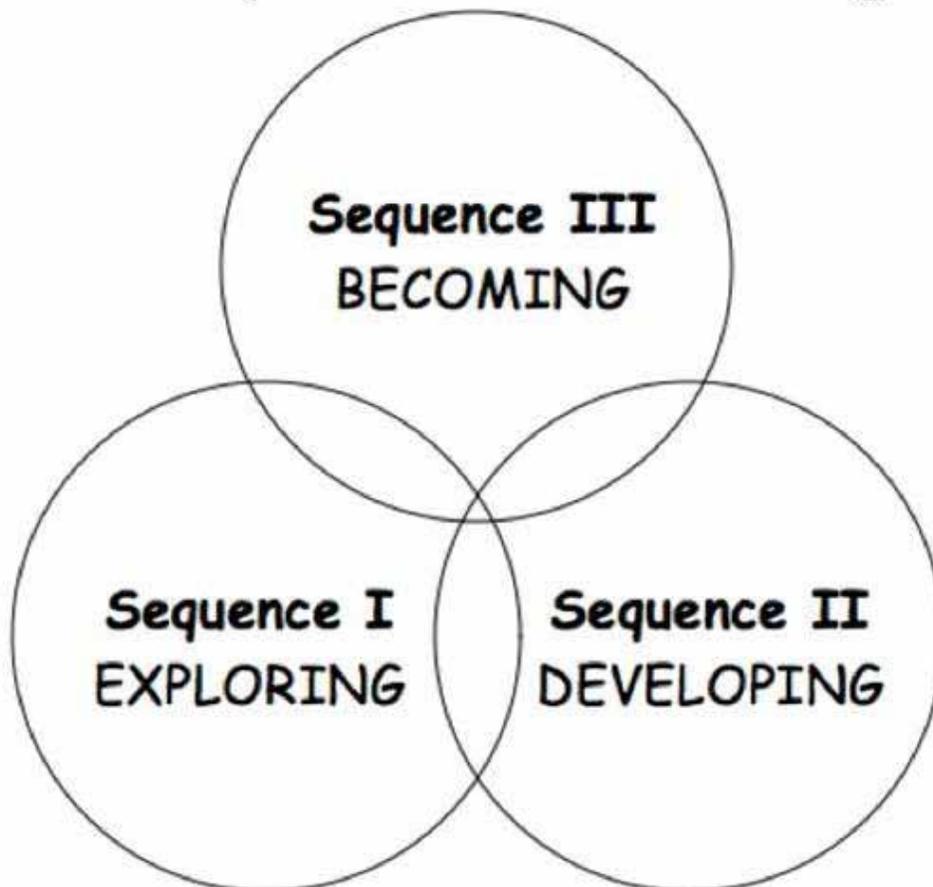
## Sequence II: Developing *(years two and three)*

1. Research your career goals using Discover and by meeting with your adviser and other faculty in your major, or a career counselor. Identify and journal the following:
  - Concentrations or minors that may help you achieve your goals
  - Undergraduate research subjects and service learning opportunities that will help you gain experience and/or knowledge that will help you achieve your goals
  - Your major's requirements regarding co-ops or internships and the kind of experience employers value in your field
2. Create a résumé.
3. Create an account in [JobCat](#), upload your real résumé and learn how to search for internships, jobs and potential professional mentors and prospective employers.

## Sequence III: Becoming *(years three and four)*

1. Attend career events that either directly relate to your major and career path or may involve employers who consider multiple majors (most employers).
2. Create a "digital rolodex" or record of possible employers you meet, their companies, their contact information, and at what event you met them.
3. Attend educational career events such as any of our career panels and our professional etiquette reception and dinner.
4. Complete a co-op or internship, working with an employer or in the field that relates to your career goals. Write a reflection journal about what you learned.
5. Create an account and use your laptop to practice your interview skills using Perfect Interview.

## Pathway to Intentional Learning



# Peer Education Program Takes Off

BY WHIT A. FRANCE-KELLY

Show of hands everyone – how many of you are graduating this year? And of that, how many have prepared a résumé or cover letter to land that stellar, straight-out-of-college job? Is there anyone looking for a summer internship? Or maybe you are interested in an on-campus position. The Peer Career Mentors are here to assist you along the way from your first days of college and well beyond graduation. To assist in making the best version of you possible, Peer Career Mentors are available and serve as liaisons between Career Services and the classroom.

This year, the Office of Career Services offers a program focusing on peer career education. The Peer Career Mentor mobile mentoring station is open for assistance each week to provide career-related tips for students of all major and minors. By rotating location among the colleges and major academic areas, peer mentors will provide visibility and availability of help “on the spot” Monday through Friday from 11 a.m.-2:30 p.m. Peer Career Mentors also serve as an additional resource for students as they develop their career goals, build skills and experience, connect classroom knowledge to real-world settings, and create a network of resources.

Since being implemented in late August, Peer Career Mentors have been able to help more than 600 students find solutions to questions ranging from “What can I do with this major?” to updating a current résumé and creating a résumé from scratch. Mentor Chaz Glenn stated, “Our services allow students to be more proactive in their future career pursuits by conveniently bringing Career Services directly to them.” If you are interested in learning more about how Peer Career Mentors can assist you in your career preparation and exploration, visit our mobile mentoring station today.

## PEER CAREER MENTOR LOCATIONS

### October

18-22 . . . . . A.K. Hinds University Center

25-29 . . . . . McKee

### November

1-5 . . . . . Moore

8-12 . . . . . Coulter

15-19 . . . . . Courtyard Dining Hall

22-26 . . . . . Stillwell

22-3 . . . . . McKee

### December

6-10 . . . . . Forsyth



## NEW TO CAREER SERVICES: Peggy Tompkins

BY MICHAEL DESPEAUX

Career Services is excited to welcome a well-known and highly regarded customer service and administrative professional to our staff, Peggy Tompkins, known across campus by students for her friendly face and resourceful assistance.

Tompkins began work at WCU in January 2006 as an administrative assistant for the programs of interior design (College of Applied Sciences) and hospitality and tourism (College of Business) as well as part time in the CAS (now CHHS) Office of the Dean.

When interior design moved to the School of Art and Design, she began working part time in the newly formed Department of Construction Management along with hospitality and tourism. After a year of moving between the two offices, she joined CM full time.

Now, she looks forward to another new and exciting opportunity in Career Services and Cooperative Education, where she will have a chance to work with our students and alumni. Having previous experience in human resources employment, she knows the reward and satisfaction that comes with making a difference in someone’s future. Welcome, Peggy!

# PEER CAREER MENTORS MAKING A DIFFERENCE

PHOTOS AND ESSAY BY WHIT A. FRANCE-KELLY

*In this photo essay, we showcase our new Peer Career Mentor program in the Office of Career Services and Cooperative Education at Western Carolina University, designed to assist students with career education and exploration via a mobile mentoring station. These 10 mentors will be assisting WCU students with career education and exploration including editing or creating a résumé, finding an on-campus or off-campus job, discovering online job-searching skills and learning about upcoming career fairs.*

## Chaz Glenn, College Student Personnel



*Chaz prepares for his shift at the mobile mentoring station.*

### NEXT PHOTO

Chaz Glenn, of Shelby, is a 2011 candidate for a master's of education degree in the field of college student personnel. Chaz completed his undergraduate degree from Western Carolina in communication and currently serves as the graduate intern for Career Services and Cooperative Education, assisting with the Peer Career Mentors and serving as a liaison to Alpha Kappa Psi, the professional business fraternity, in which Chaz serves the campus community as executive vice president of the Theta Tau chapter. From this experience, Chaz aspires to enter the counseling field of higher education and continue in career and academic advising.

*Chaz states: "Students can benefit from visiting the PCM table because information is conveniently provided on a multitude of interesting topics that students can use at any stage in their academic career. It also provides opportunities for students to be proactive in their future career pursuits by bringing Career Services directly to them in easily accessible areas."*



## Kelsie Bryant, Nursing

Kelsie Bryant, of New Bern, is a December 2012 candidate for a bachelor's degree in nursing. In addition to volunteering with Habitat for Humanity and the Honors College Mentoring Program, Kelsie is a member of the Honors College, Alpha Lambda Delta and the Dean's List. Kelsie recognizes the importance of peer education and aspires to become a successful mentor, helping students accomplish their goals while providing direction and encouragement.

*Kelsie states: "The students that I am able to talk with are excited, unsure and anxious of what their future might hold. I feel that as mentors, we help reduce the amount of anxiety and let them know that we are here to help and provide support. I think that the students at Western Carolina University are now more aware that there are services on campus that are specifically meant to help them in their employment endeavors, and they are becoming increasingly more comfortable talking with us as they see the table in various locations around campus."*

[PREVIOUS PHOTO](#) | [NEXT PHOTO](#)



## Sarah Alspaw, Forensic Anthropology



[PREVIOUS PHOTO](#) | [NEXT PHOTO](#)

Sarah Alspaw, of High Point, is 2011 candidate for a bachelor's of science degree in forensic anthropology while minoring in psychology. Besides being a mentor, Sarah works at Hunter Library as a student employee, as well as actively participating in WCU's Anthropology Club. From her experience as a Peer Career Mentor, Sarah is eager to interact with students, faculty and staff while gaining new experiences through this opportunity.

*Sarah states: "I have always been interested in the services provided by the Office of Career Services, and knew this would be not only a good way to learn what kind of services they offer but be able to spread the word to other students as well. Peer Career Mentors assist in the encouragement and promotion of university services to students throughout many disciplines."*



## Kyrie Carlson, Nutrition and Dietetics

Kyrie Carlson, of Vero Beach, Fla., is a 2012 candidate for a bachelor's degree in nutrition and dietetics. Kyrie is active on campus and serves as an academic tutor at the Catamount Academic Tutoring Center, is president of the WCU Nutrition Club and is a member of the Honors College. Kyrie believes that being well prepared, informed and organized, among other things, are vital to doing your best.

*Kyrie stated: "I wanted to be a Peer Career Mentor to learn all of the skills and be able to pay it forward to fellow students. The skills taught are invaluable for any career in life and extend far beyond the classroom, and being able to teach someone else these things is a great honor. Visiting with us will give students a set of tools that will give them a competitive edge in this current job market."*

[PREVIOUS PHOTO](#) | [NEXT PHOTO](#)

## Tiffany Wenerd, Middle Grades Education



PREVIOUS PHOTO | NEXT PHOTO

Tiffany Wenerd, of Seven Lakes, is a 2012 candidate for a bachelor's degree in middle grades education with concentrations in social sciences and language arts. Tiffany is a North Carolina Teaching Fellow and currently serves as the hospitality chair for Teaching Fellows at Western Carolina University. In addition to working as a Peer Career Mentor, Tiffany also is a member of the Honors College, EnTOURage and Alpha Xi Delta, and is an Academic Skills Consultant through the Catamount Academic Tutoring Center. Despite having many passions and activities to explore, Tiffany enjoys working with her peers and educating them on various topics, including career education and exploration. Through being a Peer Career Mentor, she aspires to impact the lives of her fellow peers.

*Tiffany states: "My favorite part of being a PCM is the interaction with my peers. I enjoy giving out new information to my peers and informing them of the services available to all students – many of which they were unaware. I also enjoy seeing their reactions when they find out we can assist in finding on-campus employment opportunities!"*

## Meredith Oakley, Communication



Meredith Oakley, of China Grove, is a 2012 candidate for a bachelor's degree in communication with a concentration in public relations while minoring in marketing. Meredith is currently an orientation counselor working with incoming freshmen. Meredith also serves the campus as a member of the Leadership Institute, Honors College, Reformed University Fellowship and Relay For life. Encouraging others to strive for excellence and to dream big is something Meredith enjoys. As a mentor, Meredith hopes to use her own academic experiences to help students succeed.

*Meredith states: "The opportunity to be a PCM to me was the chance to help students be competitive in the job market that we are all about to enter. I hope to provide strategies and knowledge that can be applied to ensure that our students are competitive candidates."*



[PREVIOUS PHOTO](#) | [NEXT PHOTO](#)



## Ashton Gunsley, Criminal Justice

Ashton Gunsley, of Conover, is a 2011 candidate for a bachelor's degree in criminal justice while minoring in forensic science. Ashton is involved in many campus activities, including SGA and Alpha Phi Sigma, and is a student employee in the Office of Disability Services as well as the Resident Student Association, where she serves as a residential assistant. Ashton believes that one of the most important things in life is to have confidence in yourself. By working as a Peer Career Mentor, she hopes to provide tools that will help other students become confident in themselves when assessing the job market.

*Ashton states: "My favorite part about being a Peer Career Mentor is helping others. I know how overwhelming it can be when you start working on résumés, thinking about applying for jobs as well as going through the interview process. I want to help others relieve some of those stressors so that they can be comfortable and have confidence."*

PREVIOUS PHOTO | NEXT PHOTO

## Ashley VandenHeuvel, Forensic Science

Ashley VandenHeuvel, of Fuquay-Varina, is a 2011 candidate earning her bachelor's degree in forensic science with a Spanish and criminal justice minor. Besides being a Peer Career Mentor, Ashley also is a student climbing wall manager for the wall in the CRC and a member of the Honors College, Campus Outreach and Sigma Alpha Omega Christian Sorority. Ashley believes that everyone has dreams and with the right tools they can see their dreams come to fruition. Being a Peer Career Mentor will help Ashley prepare for her future career in a government agency as well as help others prepare for their future endeavors.

*Ashley states: "Jobs are an important part of anybody's life whether to make money to pay for school, as an intern or as part of a lifetime career. Being a senior, I can see the importance of getting prepared early for a future career. This job is an opportunity for me to help others in a way that will impact their lives in the long run."*



PREVIOUS PHOTO

Photo courtesy of Tonya Carroll

## Alex Frye, Anthropology

Alexandria Frye, of Old Fort, is a 2011 candidate for a bachelor's degree in anthropology, which encompasses concentrations in forensic anthropology while minoring in biology. Alex strives for academic excellence and believes that anyone who is willing to work hard and seek out help to achieve their goals should have access to people who can help them. She also believes that setting attainable short-term and long-term goals are important steps toward actualizing success. Through mentoring students, she aspires to further develop interpersonal and leadership skills that will help her in her future private and professional endeavors.

*Alex states: "My favorite part of being a PCM is interacting with the students as they walk by, and it really makes my day. It takes motivation to say, "I need help," and I like that more students today care enough to ask. It gives me hope for the future of our world that so many of my peers ask for help to get jobs to pay for things themselves. I also like feeling that I've made a difference for someone and shown them resources that they might not have otherwise considered."*

[PREVIOUS PHOTO](#) | [NEXT PHOTO](#)





## Caitlin Yencha, Secondary Mathematics Education

Caitlin Yencha, of Cary, is a 2012 candidate working toward a bachelor's degree in mathematics education and a bachelor's degree in math. Caitlin is a North Carolina Teaching Fellow and serves on the Teaching Fellows leadership committee. She also is a member of the Honors College and President of the North Carolina Council of Teachers of Mathematics. Caitlin believes that in order to succeed in a career, students need to begin focusing on and perfecting the skills that will help them achieve their ambitions.

*Caitlin states: "I enjoy being a Peer Career Mentor because I enjoy helping other students realize and achieve their career goals early on in college while giving them ample time to focus on getting the perfect job. One of the biggest benefits that the PCMs offer is resume writing help because resumes are the first thing that a potential employer looks at, so they need to be perfect in order for a good impression to be made. PCMs are a great resource because they benefit those students who have no idea what they are interested in. PCMs can point them to the available resources that Western Carolina offers."*

PREVIOUS PHOTO

# 2010-2011 Event Calendar

## October

- 26th** Graduate and Professional School Day  
10 a.m. – 2 p.m., Blue Ridge Multipurpose Room
- 27th** Engineering, Computer Science, and Math Fair  
11 a.m. – 2 p.m., UC Grandroom
- 28th** Criminal Justice Fair & Social Work Career Fair  
1 – 4 p.m., UC Grandroom

## November

- 4th** Health Services Career Fair  
(formerly the Allied Health and Nurses Day)  
4 – 6 p.m., Blue Ridge Multipurpose Room

## February

- 8th** Etiquette Dinner  
6 – 8 p.m., UC Grandroom  
*This event is intended to teach students the rules of proper dining and conversation in a formal setting. Attire is business casual. Tickets can be purchased at Career Services in 205 Killian Annex. \$*
- 15th** Physical Therapy and Speech Pathology Fair  
4 – 6 p.m., Blue Ridge Multipurpose Room
- 23rd** Construction Management & Corporate Business Career Day  
9 a.m. – 12 p.m., Blue Ridge Multipurpose Room

## March

- 9th** Teaching Opportunities for Nonteaching Majors  
3:30 – 4:30 p.m., UC Catamount Room
- 15th** Summer Jobs and Internships Fair  
11 a.m. – 2 p.m., Blue Ridge Multipurpose Room
- Etiquette Reception**  
5:30 – 7:30 p.m., UC Multipurpose Room  
*This event is intended to teach students proper networking at its best. Attire is business casual. If you are interested in participating, please visit Career Services or call 828.227.7133. \$*
- 16th** Science, Technology, Engineering, and Math (STEM) Career Fair  
11 a.m. – 2 p.m., Blue Ridge Multipurpose Room
- 17th** Government, Nonprofit, Criminal Justice & Social Work Career Fair  
1 – 4 p.m., Blue Ridge Multipurpose Room
- 22th** Education Recruitment Day  
9 a.m. – 12 p.m., Blue Ridge Multipurpose Room

## Student Writes & Acts in First WCU Customized Mock-Interview

(reprinted from volume 7.3)

BY WHIT A. FRANCE-KELLY

*Bailey Woods, senior nutrition and dietetics student under the leadership of Sherry Robison, wrote and acted in WCU's first customized Perfect Interview mock-interview. Bailey combined her sophisticated knowledge and strong professional writing skills to use the online tool to assist other nutrition and dietetic students in practicing and developing personal interview skills.*

*Perfect Interview, the popular online mock interview software system, simulates the interviewing process by means of sample video questions from professional interviewers. By the use of a webcam, students are recorded and able to play back their answers to gain insight on facial expressions and hand movement. This free service is designed as practice for students in preparation for their first interview.*

*To view other interviews or to learn more about Perfect Interview at WCU, please visit [www.perfectinterview.com/wcu](http://www.perfectinterview.com/wcu).*



Screenshot of Bailey Woods' customized Perfect Interview for nutrition and dietetics.

## For all events

Business casual to professional attire is required. Students and alumni are encouraged to bring several copies of their latest résumés. We also suggest uploading a résumé into JobCat. If you need assistance with developing a résumé, please visit [www.wcu.edu/6685.asp](http://www.wcu.edu/6685.asp) or schedule an appointment with a career counselor at 828.227.7133.

Lists of attending organizations and details about career events will be available at <http://careers.wcu.edu> and on JobCat. Lists will be updated as registrations are received.

\$ = There will be a fee for this event; cash, check, CatCard/student meal plan accepted.