

# Brave Opportunities

Volume 9, Issue 2

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Career Services  
Center  
Where Today's  
Braves Look to  
the Future

## Internship Ideas

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Internships are an experience that all students can take advantage of and an idea that should be considered for any time during a student's academic career. Internships come in all shapes and sizes, and are not limited to what might be found around Pembroke or in students' hometowns. The UNCP Career Center subscribes to a service that will assist students with their internship needs, [www.internships.com](http://www.internships.com). This information site allows students to search for internships in a variety of career areas or by major. The possible internships are located all

across the county and around the world and use quick and simple search criteria to assist students in browsing possibilities. A link to [www.internships.com](http://www.internships.com) can be found on the Career Center Web site, [www.uncp.edu/cs](http://www.uncp.edu/cs). Internships are also a valuable way for students to check out a career on a short-term basis or to see what goes on day-to-day in a particular environment. They can give students first-hand knowledge of what it takes to succeed in a certain career and influence their academic progress. Em-

ployers appreciate students that have work experience before they enter the work world full-time. Internships provide hands-on experience, and are also a way to establish a network of professional contacts. Organizations that offer internship programs may offer the students who intern with them full time job opportunities. If they don't have positions available, they will often make recommendations, and can be a great reference for students once their job search begins. Of course, a student will only be  
*(Continued on page 2)*

### Career Center Info:

#### Location

University Center, Suite. 210,  
521-6270, [cs@uncp.edu](mailto:cs@uncp.edu),  
[www.uncp.edu/cs](http://www.uncp.edu/cs)

**Hours** M-F, 8:00 am - 5:00 pm  
Appointments may be made for Career Consulting, DISCOVER, Resume Critiques, Mock Interviews, etc.

#### Staff

Dr. Denisha Sanders  
Director

Sarah Francisco, MPA  
Assistant Director

Brenda C. Jacobs  
Administrative Support Specialist

## Networking Do's and Don'ts

When it comes to networking, there are certain things that you should do and other things you should not do. Here is a list of do's and don'ts for building your career network.

**DO**-realize that networking is important. Only 5%-25% of jobs are advertised. Talk to people who know about job openings.

**DO**-think creatively about how you can build your career network.

**DO**-join professional organizations so you can keep up with trends in your field, as well as meet people who work in the field currently.

**DO**-volunteer in the community. You never know who you might meet.

**DON'T**-go out job hunting without copies of your resume and business cards. Always be prepared for an opportunity.

**DON'T**-be afraid to ask for help. Most people won't mind being asked for advice or assistance in job searching, they will be flattered.

**DON'T**-forget to say thank you to everyone who has helped you. A hand-written thank you note can speak volumes.

**DON'T**-stop networking once you find a job.

*Information for this article gathered from [www.quintcareers.com](http://www.quintcareers.com), 2007.*

## Major of the Month: History

History is a major that develops students for more than becoming a teacher, the options are many.

A few suggestions include:

- ⇒ Foreign Service Officer
- ⇒ Politician
- ⇒ Librarian
- ⇒ Lobbyist
- ⇒ Professor
- ⇒ Lawyer
- ⇒ Archaeologist



History is linked to many other academic subject areas. Science, economics, and law are a short list of examples where students learn something about history while they are learning about biology, market predictions, and precedents that helped to shape our nation.

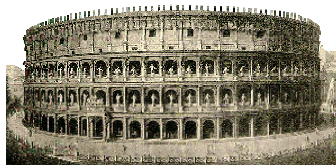
History also has areas from which to choose a more specific era or topic to study.

- ⇒ Civil War
- ⇒ American Indian History
- ⇒ Public History

- ⇒ The American Revolution
- ⇒ The Middle Ages
- ⇒ North Carolina History
- ⇒ Women in History
- ⇒ Military History
- ⇒ World War II
- ⇒ Tudor and Stuart Britain
- ⇒ Middle East History
- ⇒ and many more give students endless options on how they choose to pursue a degree.

The UNCP History Department currently offers a Bachelor of Arts degree in History and a Bachelor of Arts degree in American Studies. Also an option is a Bachelor of Arts degree in History: Social Studies Education. This option prepares students to receive an “A” license to teach in the State of North Carolina.

Students can choose between a middle



school licensure, a high school licensure or a combined licensure program to teach social studies.



The UNCP History Department is home to the Alpha Delta Xi chapter of Phi Alpha Theta history honor society. Membership in this honor

society is open to undergraduates after they have completed 12 hours of history courses and have a GPA of 3.1, graduate students after completion of 12 hours towards a master’s degree with a 3.5 GPA and faculty members above Instructor.

For those students who enjoy history, but don’t want it for a major, minor options are also available. Students can choose an American Studies minor, a History minor, or a British Studies minor. All minors require 18 hours of history credits.

*Sources: DISCOVER Online. To learn about thousands of occupations and majors, you can access DISCOVER via our Web site at [www.uncp.edu/cs](http://www.uncp.edu/cs). The UNCP 2006-2007 Catalog. The Department of History Web site, [www.uncp.edu/history](http://www.uncp.edu/history).*

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offered a position if he or she proves himself or herself during an internship. This means acting professionally on the job and accomplishing the tasks assigned. Students must maintain a positive outlook during an internship. If an organization does not think a student enjoys what he or she is doing, or a disinterested attitude is reflected in work performance, the organization is not going to go out of its way to provide a good experience or future assistance. A poor effort on behalf of the student can also damage employer/college relations for future internship opportunities.

Internships benefit students in other ways as well. Institutions will often count an internship experience as college credit. Students can earn between 3 and 6 hours of credit for the work they

do on an internship. Students should consult their advisors for more information on how to incorporate an internship into their academic plan. Some internships pay students, some don’t and many will assist with housing needs if a student will be out of their home area. An internship can be done at different times throughout the year and range in length from a 2 or 3 month summer internship to a full-year experience. Students should not be afraid to create their own internship experience also. Work with companies and professionals to create a unique opportunity to enhance your understanding of a career and the role the work has in an industry.

*Sources: UNCP Career Planning Guide: Internships, [www.internships.com](http://www.internships.com), and [www.quintcareers.com](http://www.quintcareers.com), 2007.*

# Spring Teacher Education Fair

**Wednesday  
March 21st  
10:00 am  
UC Lounge**

# Career Center Planner

## Upcoming Events

### Workshops

3-14: Everything You Need to Know About Getting into Law School  
10:00 am, UC 210-Career Center Library

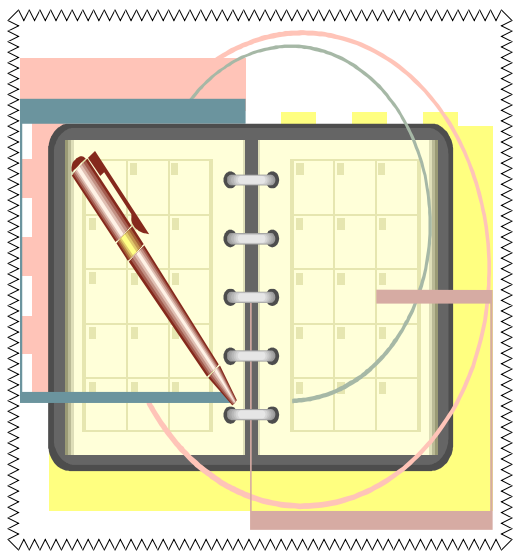
3-14: Major Decision: Choosing a Major/Career  
3:30 pm, UC 210-Career Center Library

3-28: Getting Into Grad School  
3:30 pm, UC 210-Career Center Library

4-4: Interviews that Get you the Job  
3:30 pm, UC 210-Career Center Library

**Spring Teacher  
Education Fair**

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### "I Can't Believe You Did That" and Other Career Mishaps

While providing strong references to a potential employer is typically a required element when job searching, you don't usually need to bring the people with you to an interview. Their contact information will work just fine. Don't bring friends, pets, children, or food and drink to an interview!

### Career Definitions

Ever wondered what certain career terms mean? We have the answers!

**Job Shadowing**—A popular work-based learning activity because it provides job-seekers with opportunities to gather information on a wide variety of career possibilities before deciding where they want to focus their attention. Job shadows involve brief visits to a variety of workplaces, during which time you "shadow," observe, and ask questions of individual workers.

[www.quintcareers.com](http://www.quintcareers.com)

## SAVE THE DATE!

**Business Etiquette Dinner—Wednesday, April 11-5:00 pm**  
**Tickets go on sale in the Career Center Monday March 12!\$10**