



St. Lawrence University Tomorrow Starts Today!

Volume 5, Issue 5
April 24, 2009

Career Services Student Center 202

Office Hours:

Monday - Thursday
8:00am - 5:00pm
6:00pm - 8:00pm

Friday 8:00am - 5:00pm

Walk-in Hours:

Tuesday - Thursday
1:00pm - 4:00pm

E-mail:

careers@stlamu.edu

Phone:

(315)229-5906

Fax:

(315)229-5627

Canton History Quiz:

What former New York governor, political leader, and historical figure made Canton his home in the mid-1800s?

- A. Grover Cleveland
- B. Silas Wright
- C. Thomas Dewey
- D. Theodore Roosevelt

What man first settled Canton in 1801?

- A. Jesse Barns
- B. Amos Jones
- C. Stillman Foote
- D. Stephen Van Rensselaer

SAINTSLink Internships

Log onto SAINTSLink to check out these Internships today!

★ New Breed Marketing Intern

Burlington, VT
Deadline: May 1
Alumni Sponsored

Saks Fifth Avenue
Merchandising Intern
New York, NY
Deadline: May 6

The Wild Center E-Intern

Tupper Lake, NY
Deadline: April 30

★ Glamour Magazine

New York, NY
Deadline: May 1
Alumni Sponsored

Allestra Recruiting, Inc Intern

China

Deadline: December 2, 2009

The Mayhew Program Island Program Facilitator

Bristol, NH

Deadline: June 1

Language Corps, Inc Intern

International

Deadline: May 3

★ U.S. Department of the Interior, Office of Tribal Self Governance Intern

Washington D.C.

Deadline: May 1
Alumni Sponsored

Pine Forest Camps

Camp Counselor

Greeley, PA

Deadline: April 26

U.S. Equal Opportunity Employment Commission Intern

Washington D.C.

Deadline: April 30

★ Fero & Ingersoll LLP Intern

Rochester, NY

Deadline: May 22

Alumni Sponsored

The Conservancy of Southwest Florida Intern

Florida

Deadline: May 23

★ = Alumni Sponsored

Career Networking

It is estimated that 80% of jobs are never advertised and 34% of new hires brought in from the outside are due to employee referrals. This is due to career networking, which involves using social and work contacts to help you find a job, an internship, or help you learn more about a field of interest.

The four main network categories are:

- Personal relationships
- Professional relationships
- Organizational and com-

munity affiliations

- Opportunistic

Professional network contacts can include:

- Faculty
- Professional Associations
- Alumni and Mentors
- Co-workers
- Professional referrals

Informal network contacts can include:

- Family members
- Parents friends

- Classmates and colleagues
- Community members

Utilizing a network connection in any of the four main categories allows you to branch out, be introduced to a larger circle of people, and reach out to those around you. You never know the opportunities you can gain through networking with those around you!

Make the most out of your summer vacation...

With summer right around the corner it is the perfect time to get a head start on career preparation for next year. Make your fall semester lighter and stress-free by beginning career preparations during your time off!

- Make an appointment with a Professional Staff Member at the Career Services Office to plan strategies, begin career exploration, and set goals to accomplish over the break.
- Organize. Designate a folder or binder to keep all of your career materials and information in. This will help you keep track of your progress and stay organized.
- Use the information on the Career Services website located under "Student and Career Seekers" to begin exploring and reviewing different career fields.
- Practice navigating SAINTSLink. SAINTSLink will be helpful in beginning preliminary job or internship searches and seeking out interesting opportunities in the future.
- Outline your resume. Write down your educational information, specific employment positions, honors, awards, activities, and skills to get a general idea of the information you want to put on your resume.
- You can do it. Avoid stressing out about the future by getting ahead *now*! Planning out your next career move takes a lot of time and work, but taking advantage of free time over summer vacation will help you to breathe easier next semester.

Good luck with final exams and have a great summer break!

—The Career Services Office



Career Services Staff

Carol Bate
Director

cbate@stlawu.edu

Sarah Coburn
Assistant Director

scoburn@stlawu.edu

Laura Lankton
Assistant Director

llankton@stlawu.edu

Emily McDonnell
Internship Coordinator

emcdonnell@stlawu.edu

Kate Caldwell
Alumni Coordinator

kcaldwell@stlawu.edu

Ann Pederson
Principal Clerk

apederson@stlawu.edu

Jillian Reich
Peer Advisor/
Newsletter Editor

jsreic07@stlawu.edu

Call x5906 to make an appointment TODAY!

"Life is a succession of moments. To live each one is to succeed." —Corita Kent

