



FALL 2020
Workshops, Programs & Events

Virtual Mid-semester Check-in

Join the Career Center for a mid-semester check-in in October.

The Career Center will host a variety of informative sessions on navigating Handshake and exploring FOCUS 2. Check your ToroMail for more details.

Virtual Employer Engagement September-November

This fall, employers will host virtual interviews, information sessions, coffee chats, panels, and professional development workshops. Check the events section on Handshake to see when employers will be hosting these event and register.

NACE Career Readiness Competencies

The National Association of Colleges and Employers (NACE) have defined career readiness as the attainment and demonstration of requisite competencies that broadly prepare college graduates for a successful transition into the workplace. All of the NACE Career Readiness Competencies are embedded in the workshops offered by the CSUDH Career Center to help students with their professional development. Refer to the legend below to see which competencies are represented in each of our workshops!

naceweb.org



Critical Thinking/Problem Solving

Exercise sound reasoning to analyze issues, make decisions, and overcome problems.



Leadership

Leverage the strengths of others to achieve common goals, and interpersonal skills to coach and develop others.



Oral/Written Communication

Articulate thoughts and ideas clearly and effectively in written and oral forms.



Professionalism/Work Ethic

Demonstrate personal accountability, effective work habits, integrity, and ethical behavior.



Teamwork/Collaboration

Build collaborative relationships with colleagues with others, and negotiate and manage conflict.



Career Management

Identify and articulate one's skills, strengths, knowledge, and experiences relevant to career goals.



Digital Technology

Leverage existing digital technologies ethically and efficiently, and demonstrate adaptability to new technologies.



Global/Intercultural Fluency

Value, respect, and learn from diverse cultures, races, ages, genders, sexual orientations, and religions.

Professional & Personal Development WORKSHOPS

Please sign up for workshops in advance. Log in through **MyCSUDH**, and go to the schedule of events on CSUDH Handshake. All workshops will be held virtually via Zoom.



Designing your Career Confidence

Mon. Sept. 21, 3:30-4:15pm



Build and express your career confidence in a virtual environment. Join us to learn specific strategies to stay self-assured, resilient, and focused on your career goals.



LinkedIn Learning Lab

Fri. Nov. 6, 12:00-12:45pm



Skill development is critical to your professional development in both virtual and in-person environments. Join us for this workshop to enhance your skills through online video tutorials on LinkedIn Learning.



Maintaining Professional Relationships: Following Up After Networking

Fri. Oct. 23, 12:00-12:45pm



Learn tips on how to maintain professional relationships and follow up after a networking experience.



Preparing for Internships in Virtual and In-Person Environments

Wed., Nov. 4, 11:00-11:45am



Learn strategies to ensure you maximize your internship experience and how to keep yourself safe.



CAREER DEVELOPMENT Workshops & Labs

Please sign up for workshops in advance. Log in through **MyCSUDH**, and go to the schedule of events on CSUDH Handshake. All workshops will be held virtually via Zoom.



Resume Writing 101 Workshop & Lab

Learn tips to prepare a competitive resume that is ready for the job market.



Workshop:

Wednesday, September 9, 11:30 AM-12:00 PM



Lab:

Tuesday, September 15, 1:15 PM-2:00 PM



Graduate School 101

This workshop will cover how to start your graduate school journey. Learn tips and resources as you prepare to apply to a graduate or professional school.



Workshop:

Tuesday, September 29, 2:00 PM-3:00 PM



Lab:

Tuesday, October 6, 4:15 PM-5:00 PM



Cover Letter Writing 101 Workshop & Lab

Learn how to write a compelling cover letter that effectively communicates your strengths and qualifications.



Workshop:

Thursday, September 17 2:30 PM-3:00 PM



Lab:

Wednesday, September 23, 11:00 AM-11:45 AM

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CAREER DEVELOPMENT Workshops & Labs (continued)

Please sign up for workshops in advance. Log in through **MyCSUDH**, and go to the schedule of events on CSUDH Handshake. All workshops will be held virtually via Zoom.



Job Search 101 Workshop & Lab

Learn successful strategies for researching, exploring, and reviewing job position descriptions. We will teach you key tips on navigating Handshake for jobs and internships, and buzz words to look for when searching. You will walk away from this workshop with new ways to think "outside the box" in today's job market.

Workshop:

Thursday, October 8, 3:30 PM-4:00 PM

Lab:

Wednesday, October 14, 12:00 PM-12:45 PM



Techniques for Purposeful Networking Workshop & Lab

Did you know, 89% of employers surveyed nationally in 2020, stated they use LinkedIn during the recruiting process (LinkedIn, 2020)? This workshop covers how to expand your network, and use it to develop professional opportunities.

Workshop:

Monday, October 12, 2:30 PM-3:00 PM

Lab:

Thursday, October 15, 3:15 PM-4:00 PM



Interviewing Success Strategies Workshop & Lab

Learn about winning employment interview skills and techniques in this workshop.

Workshop:

Friday, October 16, 12:00 PM-12:30 PM

Lab:

Tuesday, October 20, 2:30 PM-3:15 PM



Getting the Internship you Want Workshop & Lab

This workshop will cover what is an internship, how to find one and online search strategies, and how to maximize your experience.

Workshop:

Thursday, October 22, 11:00 AM-11:30 AM

Lab:

Wednesday, October 28, 1:30 PM-2:15 PM



Developing Skills Through your Major Workshop & Lab

Learn how your major develops transferable skills such as Communication, Leadership, and Critical Thinking.

Workshop:

Thursday, November 12, 2:00 PM-2:30 PM

Lab:

Tuesday, November 17, 12:00 PM-12:45 PM



Exploring CSUDH Majors Workshop & Lab

This workshop will help you learn about the majors offered at CSUDH, and strategies to choose a major that fits your interests.

Workshop:

Monday, November 30, 11:00 AM-11:30 AM

Lab:

Thursday, December 3, 12:15 PM-1:00 PM



STUDENT EMPLOYMENT Workshops

Please sign up for workshops in advance. Log in through **MyCSUDH**, and go to the schedule of events on CSUDH Handshake. All workshops will be held virtually via Zoom.

Student Employment

The Career Center will host virtual workshops for student employees twice a month on professional development topics such as how to navigate the virtual workspace environment and how to leverage your Clifton Strengths to be successful virtually.

Wednesdays

September 30, October 14, 28, November 18, 25, December 2



Fall Career & Professional EXPOS

The Career Center will provide virtual opportunities to meet with various employers, graduate program recruiters and more. All expos will be offered through a virtual fair platform. Check your ToroMail and Handshake for more details.

Graduate & Professional School Expo

Wednesday, October 7, 10:00 AM-3:00 PM

Using the Handshake Virtual Expo Platform

Meet with admissions advisors for various graduate and professional schools including law, social work, education, business, and more!

Fall Career & Internship Expo

Wednesday, October 21, 10:00 AM-3:00 PM

Using the Handshake Virtual Expo Platform

Meet with employers across all industries. This event is for students of all majors, class levels, and alumni.

Arts & Entertainment Career & Internship Expo

Tuesday, November 10, 11:00 AM-2:00 PM

Using the Handshake Virtual Expo Platform

Meet employers in the Arts & Entertainment Industry who are seeking intern, full-time, and part-time candidates. Positions include graphic design, audio technology, studio entertainment, and more!.

Other Career Center **EVENTS**

Internship Week

Did you know that internships are still thriving in a virtual environment? (NACE, 2020).

Learn about internship types, how to find an internship, and tips for a successful internship search. Join us for employer panels, giveaways, and more! Check your ToroMail for more details!

Monday, November 9-Friday, November 13

Virtual JCP Suit It Up Event

The Career Center has partnered with JC Penney to bring you an amazing opportunity to shop for your professional wear! Shop this virtual and exclusive event for CSUDH Students! All those who attend will receive up to 40% off the ticketed price. Check your ToroMail to learn more!

Sunday, October 4, 2020

Freshman Fridays / Transfer Tuesdays

The Career Center will be hosting a variety of programming for first time freshman and transfer students. From self exploration to career exploration, we are excited to support your development.

Fridays:

September 11 & 25; October 9 & 23; November 6 & 20; December 4

11:00 AM-12:00 PM

Tuesdays:

September 15 & 29; October 13 & 27; November 10

3:00 PM-4:00 PM

Virtual Evening Drop-ins

For those students who cannot make our normal business hours or extended drop-ins, drop-ins will be hosted in the Career Center from 5:00PM – 7:00PM on the following Wednesday's:

Wednesdays:

September 9, 23; October 14, 28; November 4, 18, & December 2

Virtual Drop-in Zoom link available on Handshake.



The Career Center offers students the opportunity to find career and professional support to reflect on their skills, strengths, values, and pursue their professional goals. The Career Center provides individual and group career & professional coaching appointments, workshop development, networking events, and job search events, and programming.

Review this calendar for a list of events, services, and programs we are offering in Fall 2020.



TIP: Plug in the dates now to your calendar and set reminders!

One-on-One & Group Coaching Appointments

One hour and 30 minute appointments available. Log on to CSUDH Handshake, and schedule at least 24 hours in advance: [CSUDH.EDU/CareerCenter](https://www.csudh.edu/CareerCenter)

Professional Critiques

We provide reviews of resumes, cover letters, personal statements, and curriculum vitae (CV). Log on to CSUDH Handshake, submit your document, and a career coach will critique your document for you in three business days. Personal statements require an appointment with a career coach. You may also bring your resume or cover letter to drop-in hours.

Interview Practice

You can now practice your interview answers using our interactive Interview Stream software in CSUDH Handshake. Practice at home with your personal computer if you have a webcam, or log on to Handshake to schedule an appointment with a career coach to review your recorded interview responses.

Online Resources

Numerous resources are available at [CSUDH.EDU/CareerCenter](https://www.csudh.edu/CareerCenter), including schedules of upcoming events, online job search engines, streaming videos of workshops, and a variety of how-to guides.

Assessments

The Career Center offers a variety of assessments to support your career & professional development needs. We offer the Myers Brigg Type Indicator (MBTI), Strong Interest Inventory (SII), and the Clifton Strengths Assessment.

ONLINE Career Resources Log on at CSUDH.EDU/CareerCenter

Need an internship or job?

Check out CSUDH Handshake!

Created for CSUDH students and alumni, use CSUDH Handshake to:

- Search for jobs & internships
- Sign up for career coaching appointments, workshops & events
- Submit your resume for a critique
- Refer your resume to interested employers

Update your profile today!

What Can I Do With This Major?

- Ties your major to career paths
- Offers advice on how to be your competitive best

Focus II

- Provides quick and easy assessment tools
- Offers current career information
- gotoros is your access code

Be Your Competitive Best in Your Next Interview. Try Interview Stream.

- Practice interviewing via webcam
- Save and review your interview with a career counselor
- Your ToroMail email address is your access code

Watch Career Spots Job Search Videos

Need quick tips on your resume, dressing for the interview, your elevator speech and more? These videos will give you the support and answers you need.

InterStride

This online resource provides career and employment information to international and study abroad students. Access world-wide internship and job postings, H1B employer listings, corporate profiles, career resources, and more!

Log on to CSUDH Handshake to gain access.

CalState Pays

Did you know, college graduates earn more money over time? Select a major and find out how earnings for graduates, students who did not complete college, and post-graduates change over time. Different majors lead to jobs in different industries. Select a major and find out where CSU students work, and what they earn, two, five, and 10 years after they leave.

<https://calstatepays.org/#/>

Above are free services to CSUDH students.

CSUDH | CAREER CENTER

Location: Welch Hall, 200
Phone: 310-243-3625
Email: CareerCenter@CSUDH.edu
Website: CSUDH.EDU/CareerCenter

 facebook.com/CSUDHCareerCenter

 @DHCareerCenter

 @CSUDH_CareerCenter

 CSUDH Career Center

Virtual Lobby

Visit the Career Center virtually to speak to a team member live. We are dedicated to engaging in live virtual face to face interactions with our students, alumni, and CSUDH community.

Monday-Friday
9:00 AM-4:00 PM

<https://csudh.zoom.us/j/92386529622?pwd=ckVYZT-NZOFd4TDZsRnRKRULuUmZ-KQT09>

password:gotoros

*Virtual Drop-in Hours –
No Appointment Necessary*

Fall 2020 Drop-in Hours

Beginning Tuesday,
September 8th:

Every other Tuesday,
9:00 AM – 12:00 PM
Every other Wednesday,
1:00 – 4:00 PM

Have a quick career question?

Fifteen-minute consultations are available with a Career Coach during Drop-in sessions.

CSUDH

CALIFORNIA STATE UNIVERSITY, DOMINGUEZ HILLS