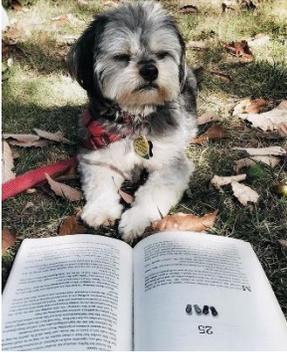


To Our Students: The [CPD team](#) is thinking about your wellbeing. We are working from home to provide the same level of support that we offer on campus, just in a virtual manner.

Our newsletter is viewable on our [website](#) and also in [Handshake](#). Amy, Michele, Beverly, Olivia, & Sharon

April 27 | Spring 2020

Connecting with CPD



Open Hours: Daily, Monday through Friday between 2 and 3pm. No appointment needed. Email career@ursinus.edu. You can always schedule appointments at other times in [Handshake](#).

Is your furry friend “helping” you with your online classes and other things? We invite you to share a photo of your pet with us to be featured in our upcoming newsletters. Please include pet name and a caption if you like. Email to career@ursinus.edu.

Events



The Poruban Flock

Virtual events happening this week!

All on-campus events have been postponed, cancelled, or moved to a virtual format. See [CPD calendar](#) for updates and details.

Tuesday, April 28

[Virtual Education Job Fair – Polk County, FL](#)

Tuesday, April 28

[Workshop: Lab Tech Tips: Applying for a Tech Position in Neuroscience](#)

Wednesday, April 29

[SJU Graduate Program: MBA Virtual Information Session](#)

Wednesday, April 29

[SJU Graduate Program: Business Intelligence & Analytics](#)

Wednesday, April 29

[SJU Graduate Program: Marketing M.S.](#)

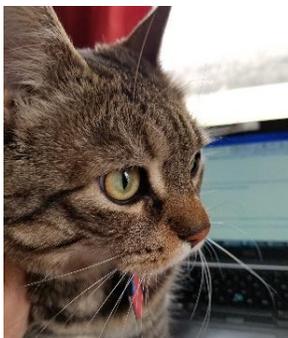
Wednesday, April 29

[SJU Graduate Program: Finance, M.S.](#)

Monday, May 4

[#Hope Summit](#)

VIRTUAL RESOURCES



Peanut Gaydos

Focus

Self-assessment is the most important step in successful career decision-making. In the first year of college, first year students should explore life values, identify career values, identify academic strengths and weaknesses, and analyze past work history. Log on to FOCUS 2 (found within Handshake) and complete a comprehensive self-assessment tool to identify personal interests, abilities, values and personality preferences. Use your results, experiences and aspirations to write a personalized Action Plan On FOCUS 2 and meet with a career advisor to review your plan. FOCUS is also a great tool for sophomores, juniors, seniors and alumni!

Campus Philly Conversations: What Happens When You Don't Land Your Dream Job(or any job) After Graduating? [Register](#)

Spoiler alert: We've all been there. It's all going to work out, and we've got the stories to prove it.

- Hear from [Patrick Best](#) of **WSFS** as he shares his own story about his non-linear career path
- Chat with Campus Philly staff as they talk about their own post-graduation plans not going exactly right, but how they adapted and learned from this experience

General Career Resources



Mia Correll

Taking Stock of Your First Year, Exploring Majors, and the Open Questions



In the midst of an unconventional second semester of your first year of college, you may be feeling confused, anxious, frustrated, and/or curious particularly about the question: "What's next?" To help make sense of these feelings and to prepare for your sophomore year, now is a great time to use [Bear Tracks](#) as a space to:

- 1) Record the highlights, challenges, and successes of your first year.
- 2) Set a couple specific goals related to the experiences that you would like to have while you explore your major(s)/minor(s).
 - a. ex. As a science major, maybe you hope to do research with a professor! As an English/Creative Writing major, maybe you hope to get published in a future edition of the Lantern!
- 3) Consider what is most important to you and what it means to live together as local, national, and global communities in light of COVID-19.

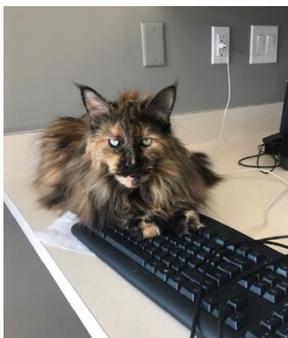
Let your [Bear Tracks](#) become your own mini time capsule to store your thoughts, worries, joys, hopes, and goals during this historic period. Allow what you write and store in your [Bear Tracks](#) to ground you and help you to make sense of the world and your place in it.

Questions? Contact [Sophie Gioffre '19](#), Bear Tracks Post-Bacc Fellow

Articles of Interest

- [500 companies Hiring Students on Handshake Right Now](#)

Feel Productive, Stay Motivated, Make Progress



Sophie Hansen

"No one is so brave that he is not disturbed by something unexpected."

– Julius Caesar

Message to graduating seniors from an alumnus

"What I can offer most in terms of advice here is just determination: even if you don't get interviews a few months out, it's okay. Just hustle, work on some internships or do a year or two of service, and things will settle."

– Ivy McDaniels '08