



Welcome to Union, First-Years!

The Becker Career Center is excited to welcome you to campus!

As a first-year, now is the time to get started! Believe me when I tell you that it is never too early to make your first trip over to the Becker Career Center. While the name may suggest otherwise, the office and staff work with students from all years and majors on all things professional development and self-exploration – not *just* careers. From discovering what major suits you, to finding an internship, to preparing for your first interview, to planning for graduate school, the resources and counsel available through the Becker Career Center are invaluable.

The transition from high school into college and from college into your career both require patience, diligence, objectives, and good habits. That being said, professional development is a long process and it is essential that you begin to recognize important aspects early in your collegiate career in order to create a path that will be most beneficial to you in the future.

However, the self-discovery process is a life-long one. And that begins here.

Lucas Rivers '15, Former Peer Career Advisor & President of the Class of 2015, Fulbright Scholar in Vietnam & a 2016 U.S. Delegate for the U.S. Congress-Korea National Assembly Exchange Program & is currently a Program Associate for the Resolution Project

Getting Started

Don't know what you want to do? Most first year students are not sure what they want to do. If you fall into this category take one of our assessments to find your passions and interests. Whether you have declared your major or are still deciding what best fits you, our Myers-Briggs Type Indicator and Strong Interest Inventory are long-standing assessments to help you discover what major and career path are compatible with your interests, passions, and personality type.

Do you have professional documents? Attend a **Resume & Cover Letter Workshop** or set-up an appointment with one of our **Peer Career Advisors (PCAs)** or **Career Advising Interns (CAIs)**. Our team, Katya Perez, Abbie Baxter, Victoria Carter, Sean Pensavalle, and Alyssa Leahy have been extensively trained to help first-year students to create and polish a professional resume and cover letter.

Do you know how to find & apply to internships? Become familiar with our databases. We have several databases that are available for your use in finding internships and jobs. For example, our 'HireU' database is stocked with jobs, internships, gap-year opportunities, and fellowships specifically looking for Union students.

Do you know what networking is, and how to do it? The goal of networking from a career perspective is to acquire knowledge about career fields of interest and build genuine relationships with professionals and experts to increase the likelihood of securing an opportunity for which you are well suited. Attend a UCAN Orientation (next page) to connect with Union Alumni and begin your networking.

We encourage you to visit and set-up an appointment today! It's never too early to start!

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Fall Term Programs/Workshops

Career Exploration—Getting Started

Thursday, October 12, 1pm, BCC, 201

Wednesday, October 25, 4pm, BCC, 201

Are you unsure of your career direction? Ever wonder what you're meant to do? Attend this workshop to learn how to navigate the world of careers and explore options that align with your interests.

Resume and Cover Letter Workshop

Monday, September 11, 4pm, BCC, 201

Monday, September 18, 1pm, BCC, 201

Monday, October 23, 1pm, BCC, 212

Be sure your first impression is a good one! These workshops will assist you in preparing a professional resume and cover letters that highlight your skills and attract employers' attention.

Internship Search Orientations

During this program, you will search internship databases to identify employers who are looking for you and learn how to compete effectively for opportunities that stir your passion. Held at the Becker Career Center. Computers will be available; however, students are encouraged to bring their laptops.

<i>Tuesday, Sept. 12, 1pm</i>	<i>Tuesday, Oct. 3, 4pm</i>	<i>Tuesday, Oct. 24 4pm</i>
<i>Monday, Sept. 18, 4pm</i>	<i>Thursday, Oct. 5, 4pm</i>	<i>Friday, Oct. 27, 1pm</i>
<i>Thursday Sept. 21, 1pm</i>	<i>Tuesday, Oct. 10, 1pm</i>	<i>Thursday, Nov. 2, 1pm</i>
<i>Wednesday, Sept. 27, 4pm</i>	<i>Wednesday, Oct. 18, 4pm</i>	<i>Tuesday, Nov. 7, 4pm</i>
<i>Friday, Sept. 29, 4pm</i>	<i>Thursday, Oct. 19, 1pm</i>	<i>Thursday, Nov. 9, 1pm</i>

Graduate School 101

Thursday, September 14, 1pm, BCC, 201

Wednesday, September 20, 5pm, BCC, 201

Thursday, September 21, 4pm, BCC, 201

Monday, September 25, 1pm, BCC, 201

Friday, September 29, 12pm, BCC, 201

Learn the ins and outs of researching graduate school programs, a timeline for the application process, what it takes to get accepted and how to ask faculty members for recommendations.

Interviewing Skills Workshops

Tuesday, September 19, 4pm, BCC, 212

Tuesday, October 17, 4pm, BCC 212

Learn strategies for effective interview preparation and practice answering questions.

Career Fair Prep Session

Thursday, September 28, 1pm, BCC 201 *Wednesday, October 4, 4pm, BCC 201*

Are you ready to make a great first impression? Prepare to interact effectively with employers in a career fair setting and learn important networking tips and strategies.

Fall Term Programs/Workshops

Union Career Advisory Network (UCAN) Orientations

Union College Becker Career Center

Interested in connecting with alumni to learn more about career fields of interest? Attend to access the Career Center's internet accessible alumni database which contains over 11,000 alumni who are willing to provide career advice! To utilize this database you must attend a 25 minute orientation where you will learn the protocol for appropriate use, strategies for alumni outreach, and the steps to conducting an effective informational interview.

<i>Friday, Sept. 8, 1pm</i>	<i>Tuesday, Oct. 10, 4pm</i>
<i>Tuesday, Sept. 12, 4pm</i>	<i>Friday, Oct. 13, 1pm</i>
<i>Friday, Sept. 15, 1pm</i>	<i>Monday, Oct. 16, 4pm</i>
<i>Tuesday, Sept. 19, 1pm</i>	<i>Wednesday, Oct. 18, 1pm</i>
<i>Tuesday, Sept. 26, 4pm</i>	<i>Tuesday, Oct. 24, 1pm</i>
<i>Thursday, Sept. 28, 1pm</i>	<i>Friday, Oct. 27, 4pm</i>
<i>Monday, Oct. 2, 4pm</i>	<i>Monday, Oct. 30, 1pm</i>
<i>Thursday, Oct. 5, 1pm</i>	

Mock Interview Day

Thursday, October 12, 9am-3:30pm, *Becker Career Center, Union College*

ALL STUDENTS are invited to practice interviewing with REAL employers! Employers will be on campus to conduct 30-minute mock interviews and provide you with feedback to enhance your skills, confidence and comfort level with interviewing. Space is limited! Contact the Career Center to sign up: 518.388.6176 or sign up in HireU. To prepare, attend Interviewing Skills Prep: September 19, 4pm.

NYC Startup Job Fair

Date and specific location TBD, *New York, NY*

Students interested in computer science/engineering, marketing or entrepreneurial opportunities can attend to connect with startups in NYC.. Transportation provided. Contact Shannon Flaherty for details flaherts@union.edu

Boston Startup Job Fair

Date and specific location TBD, *Boston, MA*

Students interested in computer science/engineering, marketing or entrepreneurial opportunities can attend to connect with startups in Boston. Transportation provided. Contact Shannon Flaherty for details flaherts@union.edu

Boston Career Fair and Interview Day

Friday, October 13, *Boston Tremont Hotel, 275 Tremont St., Boston, MA*

Looking for a job or internship in Boston? Attend an info session to learn more. Employers represent opportunities in Healthcare, Education, Human Services, Policy Research, Biotechnology, Insurance, Banking, Consulting & Technology. Students must apply ahead of time to be pre-selected for on-site interviews in Boston. Contact Pete Fowler for details fowlerp@union.edu. **Application Deadline: Wednesday, September 20.**

Info Sessions in BCC 201, *Sept. 11, 1pm; Sept. 13, 4pm; Sept. 15, 4pm.*

LinkedIn Workshops

Have you been meaning to set up a LinkedIn account? Are you receiving invitations to connect on LinkedIn? Attend this workshop to learn the basics of LinkedIn including how to build your profile, appropriate networking strategies, and how to expand your network. **Weekly sessions throughout the year.**

New York Recruiting Consortium

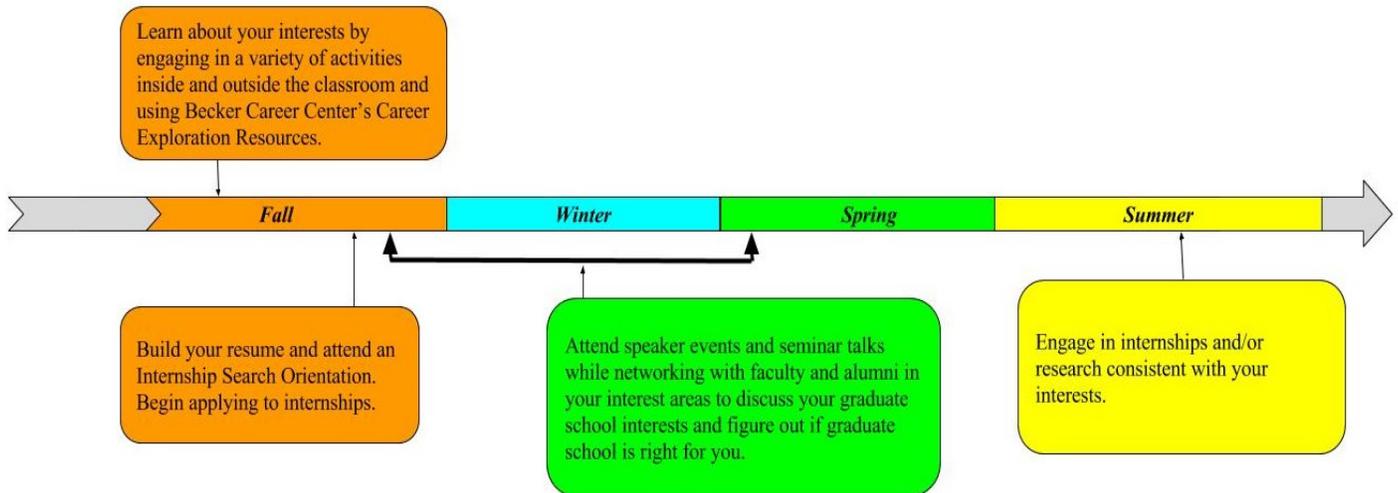
January 12, 2018, *American Management Association Conference Center, New York, NY*

Want to find a job in New York City? Learn more at a Prep Session in the fall; stay tuned for details.

Application deadline: November. Prep Sessions in the late fall. Contact Shannon Flaherty for details flaherts@union.edu

Is Graduate School in your future?

This timeline demonstrates what first year and sophomore year students can do to build their resume and get prepared for the graduate school application process, which takes place between the end of junior year and the beginning of senior year. In their first and sophomore years at Union College, students are encouraged to engage in a variety of activities in order to learn more about their interests and possible career fields. Make sure to attend speaker events, seminar talks and engage with faculty throughout the year. Finally, ask the Career Center about internship opportunities that are available during the academic term in addition to winter and summer breaks!



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Contact Us

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Hours

Monday – Friday 8:30am-5:00pm

