



# Keys to Success 10/19/20

## Unlocking the Balance between Wellness & Career Development

Caroline Bodnar (she/her/hers), [carolc@umbc.edu](mailto:carolc@umbc.edu), Career Center

Lily Kaufmann (she/her/hers), [lkaufman@umbc.edu](mailto:lkaufman@umbc.edu), Counseling Center

Keyaira Williams (she/her/hers), [keyairaw@umbc.edu](mailto:keyairaw@umbc.edu), Counseling Center

# Before we get started...

The slides from this session will be added to the myUMBC Career Center group under files > 3. Explore Your Options

Please remain on **mute** when not speaking, but feel free to unmute and join the conversation as you feel comfortable!

Chat Box: you can also use the chat box to send messages/questions to presenters

# Intentions and Objectives

- Identify how emotional well-being and career development intersect with one another
- Learn tangible strategies and explore resources from the UMBC Career Center and UMBC Counseling Center to move forward with career preparation and self-care
- Connect with fellow students who are having the same experience

# Difficulties of Life Transition during COVID-19

- Higher degree of anxiety and uncertainty about the future
- Feeling overwhelmed
- Loss of job/internship opportunities
- Remote work/screen fatigue

# Acknowledging Systemic Inequity

- Disproportionate impact of COVID-19
- Possible job/career barriers:
  - Networking opportunities
  - Workplace inclusivity/values
  - Provision of accommodations
- Resources at UMBC Career Center for identity based support:  
<https://careers.umbc.edu/students/resources/>

# Is everything going to be okay?

If we mean, “Is everything going to be the way it was and the way I expected it to be?” then the answer is no. The answer to that question is always no, it always has been.

If we mean, “Is everything going to be the way it is going to be?” then the answer is yes. Of course. If we define whatever happens as okay, then everything will be.

Given that everything is going to be the way it’s going to be, we’re left with an actually useful and productive question instead: “What are you going to do about it?”

Source: <https://eacebridgesblog.wpcomstaging.com/2020/09/03/seth-godin-stoicism-and-the-covid-era-job-search/>

# What's in and out of our control?

What's in our control: **what we can change, take action**



What's not in our control: **practice acceptance**

# Next Steps...

## Change

- Identify realistic steps you can take to improve the situation
- Consult others if you need help figuring out what you can do

## Acceptance

- Give yourself space to feel how you feel
- Work to self soothe, distract, and live anyway



# Mindfulness

Can help us take stock of ourselves and our environment

**Focusing on the present moment; nonjudgmental observation**

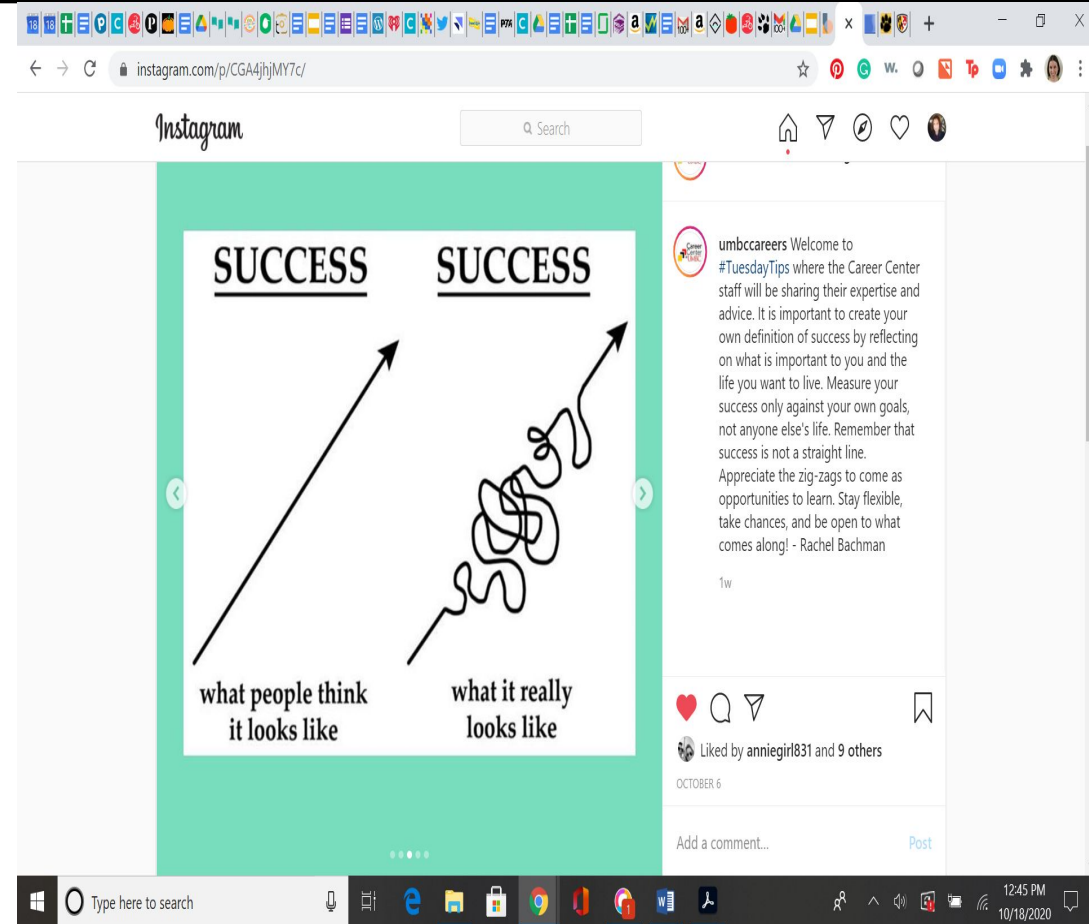
- Thoughts (ex. worries, beliefs)
- Feelings (ex. excitement, fear)
- Behaviors (ex. avoidance, action)
- Situation (ex. current challenges, resources)
- Values (ex. safety, passion)

# Discussion

1. What concerns do you have about the future?
2. What brings you hope?

# How can the career center help prepare you?

1. Explore Your Options
  - Strength-based Career Counseling
  - Career Assessments and career information resources
2. Gain Experience in Your Field
  - Help give you a competitive edge
3. Meet Employers & Get Hired
  - Networking is crucial in challenging job markets
4. Career Management and Transition Advice
  - Career Success Club and career advice series on social media



# Career Specialists (all MBTI- certified and Focus2 trained)



Diane Crump-Fogle  
Associate Director



Caroline Bodnar  
Assistant Director



Rachel Bachman  
Career Specialist

# Free Online Career Assessment & Resources

The screenshot shows the Career Center website interface. At the top, there is a navigation bar with categories: ABOUT THE CENTER, FOR STUDENTS, FOR FAMILIES, FOR EMPLOYERS, FOR ALUMNI, FOR FACULTY, and TOOL KIT. The main content area is titled 'Assess Your Strengths, Skills & Interests'. Below the title, there is a paragraph explaining the purpose of the assessment: 'Whether you are choosing a major, a career field, or a graduate school, it all begins with who you are. Explore your options early during your time at UMBC so you can identify a path that uses your strengths: those skills and qualities that you do well and enjoy using.' A callout box with a paw print icon contains the text: 'Retrieve more resources! Look for this symbol to find additional action items that can help you reflect, process, and create next steps.' Below this, there is a section for 'FOCUS2: Career and Education Planning Online Assessment'. This section includes a description of the tool and instructions to take the assessment and schedule a 60-minute appointment with a career advisor. A registration form is visible, with options for 'Current Students & Alumni with myUMBC access' and 'All Others: Request the registration access code via email'. Below the registration form, there is a section for 'Existing User' with a 'Log in' link. At the bottom of the screenshot, there is a section for 'Myers-Briggs Type Indicator (MBTI)' with a brief description of the test.



# Focus 2

- Career Interests
- Leisure Interests
- Skills
- Personality
- Values

# Values (p. 10 of Career Guide)

UMBC\_CareerGuide2020Fall.draft8.pdf - Adobe Acrobat Pro DC

File Edit View Sign Window Help

Home Tools Infographic Stresse... Type stressors and ... guide (18).pdf Website User Guid... UMBC\_CareerGuid... x

10 (12 of 100) 125%

Advancement	Excitement	Job Security
Aesthetics	Family	Leadership
Affiliation	Fast-Paced/Timely	Make Decisions
Altruism/Help Society	Financial Stability	Moral Fulfillment
Authenticity	Flexibility	Personal Growth
Autonomy	Fun	Recognition
Challenge	Generating Knowledge	Status/Prestige
Change/Variety	Harmony/Tranquility	Structure/Predictability
Competition	Help Others	Teamwork
Creativity	High Earnings	Work Alone
Diversity	Influence People	Work/Life Balance

10:43 AM 10/18/2020

# Values (cont.)



## CAREER OPTIONS UNDER CONSIDERATION

Career Values				
1.				
2.				
3.				
4.				
5.				

Rate each career option according to how congruent it is with each of your values.

3

2

?

0

-1

Very Congruent

Congruent

Maybe Congruent

Incongruent

Very Incongruent



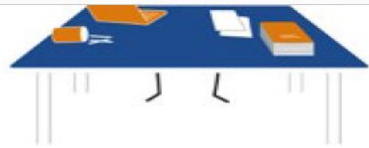
# MBTI Type and Stress

Type stressors and reactions (1).pdf - Adobe Acrobat Pro DC

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## Nurturer

(ESFJ & ENFJ)



- Becomes overly directive, forceful, even aggressive
- Makes snap decisions and imposes them on others
- Dismisses evidence/other opinions that do not fit their view

### Stressors

- Conflict with others and between others
- Lack of warmth, not having their friendliness reciprocated
- Injustice in the world at large

### Behavior under everyday stress

- Becomes effusive and over-friendly
- Demanding in getting their own and others' needs met
- Interprets situations in terms of their values, ignoring any evidence

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# What Can I Do With My Major?

## WHAT CAN I DO WITH MY BIOLOGICAL SCIENCES DEGREE?



### Using the Major Sheet:

- Large headings indicate **industry** area and subheadings indicate **employers** within that area.
- Use the titles to search for careers and related careers in order to explore your options within different areas of industry. Note that some career titles have multiple names for similar positions.
- An asterisk (\*) notes that additional training (certification, graduate school, high level of experience) may be needed in order to obtain this career. Make sure to thoroughly research career pathways.

### BIOTECHNOLOGY

#### Pharmaceutical Companies, Government Labs, Biotechnology Firms

#### Research & Development

- Lab Assistant
- Plant Breeder

#### Quality Control

- Env. Health & Safety Specialist
- Food & Drug Inspector
- Quality Control Lab Supervisor

#### Clinical Research

- Clinical Coordinator
- Technical Writer

#### Manufacturing and Production

- Production Planner/Scheduler
- Food Technologist

#### Regulatory Affairs

- Regulatory Affairs Specialist
- Crime Lab Analyst/Technician

### GENETICS, Government Labs,

- Genetics Lab Technician
- Research Assistant

### MICROBIOLOGY

- Universities, Private Research Labs
- Food/Chemical Companies
- Quality Assurance Technologist
- Brewery Lab Assistant

### ZOOLOGY / MARINE & AQUACULTURE

- National/State Parks, Animal Programs
- Wildlife Resource Worker
- Animal Technician
- Volunteer Coordinator
- Animal Trainer
- Veterinary Assistant
- Game Warden

### ENVIRONMENTAL SCIENCE

- National/State Parks, Government
- State Parks & Rec Worker
- Park/Forest Ranger
- Tour Guide/Educator
- Environmental Inspector
- Conservation Officer

## WHAT CAN I DO WITH MY PSYCHOLOGY DEGREE?



### Using the Major Sheet:

- Large headings indicate **industry** area and subheadings indicate **employers** within that area.
- Use the titles to search for careers and related careers in order to explore your options within different areas of industry. Note that some career titles have multiple names for similar positions.
- An asterisk (\*) notes that additional training (certification, graduate school, high level of experience) may be needed in order to obtain this career. Make sure to thoroughly research career pathways.

### PROFESSIONAL MENTAL HEALTH

- Community Mental Health Centers, Government Agencies, Rehabilitation Centers, Religious-Affiliated Organizations, Residential Programs, Retirement Communities/Nursing Homes, Non-Profits, Shelters

- Addictions Counselor
- Caseworker
- Crisis Counselor
- Mental Health Counselor
- Family Services Specialist
- Rehabilitation Therapist
- Community Outreach Worker
- Therapy Aide
- Residential Counselor
- Eligibility Specialist

### PERSONNEL/INDUSTRIAL PSYCHOLOGY/HUMAN RESOURCES

- Businesses, Non-Profits, Employment Agencies, Government Agencies

- Human Resources Manager
- Recruiter
- EEO/Affirmative Action Specialist
- Payroll Officer
- Interviewer
- Staffing Specialist
- Vocational Rehabilitation Counselor
- Labor Relations Specialist
- Job Developer
- Job Classification Specialist
- Employee Relations Specialist
- Job Coach
- Employment Consultant
- Compensation Specialist

### DEVELOPMENTAL PSYCHOLOGY

- Day Care Centers, Gov't Programs, Issue-Oriented Non-Profits, Hospitals

- Teacher
- Child Care Worker
- Parent Educator
- Head Start Coordinator
- Child Support Case Officer
- Developmental Specialist
- Day Care Supervisor
- Youth Activities Coordinator
- Adoption Case Worker
- Youth Counselor
- Child Life Specialist

### BIOPSYCHOLOGY / RESEARCH

- Government, Universities, Research Laboratories

- Lab Assistant
- Research Assistant
- Research Technician
- Research Analyst
- Statistical Analyst

### PUBLIC POLICY

- Congress / State Legislature / Local Government
- Legislative Research Assistant
- Congressional Legislative Aide
- Community Field Organizer
- Policy Manager
- Public Opinion Interviewer
- Program Developer/Coordinator
- Office Manager
- Membership Coordinator
- Community Relations Officer
- Meetings Coordinator
- Community Relations Officer
- Research Associate
- Project Assistant

## WHAT CAN I DO WITH MY ENGINEERING DEGREE?



### Using the Major Sheet:

- Large headings indicate **industry** area and subheadings indicate **employers** within that area.
- Use the titles to search for careers and related careers in order to explore your options within different areas of industry. Note that some career titles have multiple names for similar positions.
- An asterisk (\*) notes that additional training (certification, graduate school, high level of experience) may be needed in order to obtain this career. Make sure to thoroughly research career pathways.

## WHAT CAN I DO WITH MY VISUAL ARTS DEGREE?



### Using the Major Sheet:

- Large headings indicate **industry** area and subheadings indicate **employers** within that area.
- Use the titles to search for careers and related careers in order to explore your options within different areas of industry. Note that some career titles have multiple names for similar positions.
- An asterisk (\*) notes that additional training (certification, graduate school, high level of experience) may be needed in order to obtain this career. Make sure to thoroughly research career pathways.

### DIGITAL ART/ANIMATION/INTERACTIVE MEDIA/GAME INDUSTRY

- Molecular/Texturing
- 3-D Artist
- 2-D Artist
- Composer
- Story Board Artist
- Rigging
- Environment Artist
- Motion Graphics
- Character Development
- Concept Development
- Story Development
- Game Development

### PHOTOGRAPHY

- Advertising Agencies, Magazines/Newspapers, Corporate Communications Department, Stock Houses, Hospitals, Museums, Advertising Agencies

- Photographer's Assistant
- Freelance Photographer
- Curatorial Assistant
- Photograph Stylist
- Photjournalist
- Picture Editor
- Staff Photographer
- Fashion Photographer
- Forensic Photographer
- Darkroom Supervisor
- Lab Manager
- Studio Manager

### PHOTO FINISHING/PROFESSIONAL LABS, CAMERA/FILM STORES

- Photographer's Assistant
- Staff Photographer
- Photographic Supplies Sales Rep
- Camera Repairer
- Film Processing/Printing Specialist
- Lab Technician
- Camera Sales Representative
- Wedding/Event Photographer
- Portrait Photographer

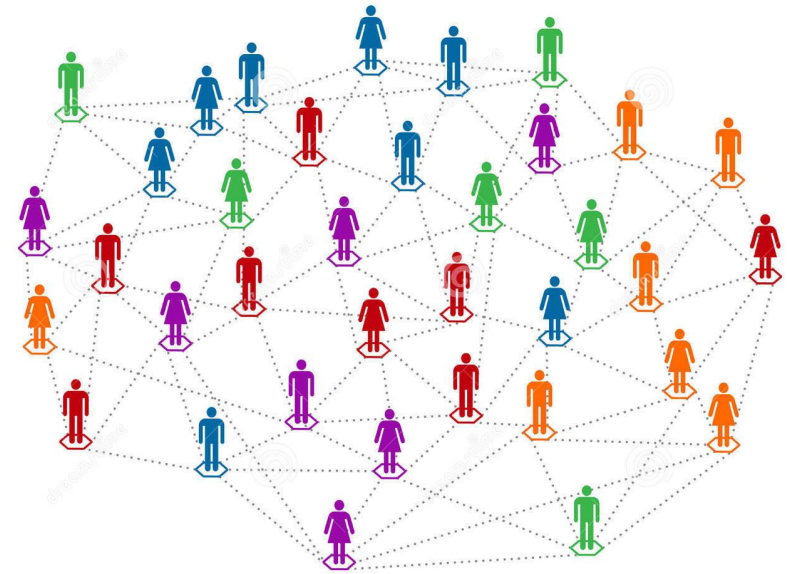
### PRIVATE STUDIOS

- Art Supplies Buyer
- Research Assistant
- Art Supplies Sales Representative
- Custom Framing
- Animation Development Coordinator
- Computer Animator
- Multimedia Producer
- GUI Designer
- Applied Art - Gov't (military, police), Publishers (newspapers, magazines, books)
- Forensic/Police Artist
- Medical/Science Illustrator
- Signs/Display Designer
- Assistant Art Director
- Advertising Artist/Illustrator
- Package Designer
- Children's Book Illustrator
- Record Cover Designer
- Paste Up Artist
- Graphic Designer
- Architectural Renderer
- Catalog Illustrator
- Promotional Designer
- Architectural Graphic Artist
- Education - High Schools, Museums
- Classroom Sketch Artist
- Teacher/Instructor
- Tour Guide
- Decent



# What is Networking?

- Building your community of personal and professional connections
- Conversations
- An Ongoing Process – Maintaining and Building Relationships Over Time



# Networking: Benefits and Barriers


## BENEFITS

- Gather Information about Potential Employers
- Uncover Job Openings (Tap into the “Hidden Job Market”)
- Grow Personal Referrals to Other People Who Might Provide Information or Job Leads

## BARRIERS

- Cultural Considerations
- Systemic Inequality
- Anxiety
- Imposter Syndrome

# Find All Career Events Here



UMBC AN HONORS UNIVERSITY IN MARYLAND

A-Z Index | myUMBC | Events | Directory | Maps

Enter Search Terms

**Career Center**  
BUILD YOUR FUTURE HERE

ABOUT THE CENTER | FOR STUDENTS | FOR FAMILIES | FOR EMPLOYERS | FOR ALUMNI | FOR FACULTY | TOOL KIT

**Quick Links**

- UMBCworks: Find a job. Post a job. Log in here.
- Contact Us - Address & Hours
- Schedule an Appointment
- Calendar
- Career Guide

myUMBC [Facebook] [Twitter] [Instagram] [Pinterest]

**Students & Alumni: Join Our Networking Group**  
The UMBC Alumni-Student Networking Group on LinkedIn connects active alumni volunteers to current UMBC students in support of career exploration and academic development. Learn more here.

**Welcome**  
The UMBC Career Center empowers undergraduate and graduate students to actively explore, experience, and succeed in their future careers. Employers, parents, alumni and faculty are critical partners in our work.

▶▶ About the Career Center

**Events**

- UMBC Professional Program's Exploration Open House  
Wednesday, June 21, 2017 at 6:00 PM
- Children Achieving Maximum Potential Info Session  
Tuesday, September 5, 2017 at 12:00 PM
- UMBC Connects  
Wednesday, September 6, 2017 at 11:00 AM
- Career Corner



myUMBC

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**Career Center**  
Institutional Group • 1501 people

Home Posts Events Files

Friday, May 26, 2017

Kate Rodriguez posted in Career Center - 2:55 PM

**Tip of the Week: Guide to Your Post-College Resume**  
How to adjust your resume when looking for a post-grad job  
By: Lily Zhang via The Muse Congratulations—you've graduated! (Or, well, are about to.) If you haven't quite landed a job yet, you might be wondering if your resume should look different now...  
6 0 comments

Thursday, May 25, 2017

Kate Rodriguez posted in Career Center - 4:51 PM

**Intern of the Week: Hoshang Mehta for Engineering Management**  
Check out Hoshang's Product Management Internship!  
Name: Hoshang Mehta Internship, Co-op or Research Site: Esurgi in Baltimore, MD  
Position Title: Product Management Intern Major: Engineering Management Tell us about your internship...  
2 2 comments

Wednesday, May 24, 2017

**Events**

- JUN 21 UMBC Professional Program's Exploration Open House  
6:00 PM - bwtech@UMBC South
- SEP 5 Children Achieving Maximum Potential Info Session  
12:00 PM - The Commons : 331
- SEP 6 UMBC Connects  
11:00 AM - University Center : Ballroom
- SEP 7 Career Corner  
10:00 AM - The Commons : Main Street

Information Table: Silver Knights



# Schedule an Appointment

1 **Topics**

- Faculty Center
- Assessing & Student Support
- Arts, Culture & Entertainment
- Athletics & Recreation
- Billing & Personal Finances
- Books, Goods & Services
- Classes & Grades
- Community News & Opinion
- Computing & Technology
- Diversity
- Facilities & Operations
- Financial Services & Accounting
- Food & Dining
- Health, Wellness & Safety
- Human Resources
- Information & Technology
- Parking & Transportation
- Professional Development
- Research & Grants
- Teaching & Learning

2 **Jobs & Internships**

3 **UMBCworks**

News Feed

University of Maryland, Baltimore County has made an announcement  
Internship Registration Drop-In Day at The Career Center

**WANTED INTERNS!**

WEDNESDAY, February 24 from 10am to 2pm: Add your Spring 2016 internship transcript by simply dropping into the Career Center (2nd Floor Math/Psyc)! Bri we'll help you find your options for credit and recognition. Questions? Call 410- All Spring positions must be registered by March 3 - no retroactive registrations

University of Maryland, Baltimore County has made an announcement  
Make Your Appointment Online to See Us!

**Schedule Appointment**

- **Online:** UMBCworks
- **By Phone:** (410) 455-2216

# Get Connected – Stay Connected

facebook

[facebook.com/UMBCcareers](https://facebook.com/UMBCcareers)

[twitter.com/UMBCcareers](https://twitter.com/UMBCcareers)



Follow us!



Follow us in MyUMBC

UMBC  
*works*

Events Tab for Workshops &  
Information Sessions



[www.instagram.com/umbccareers/](https://www.instagram.com/umbccareers/)



Read the Jobs-Internships and Events &  
Opportunities emails each week

# Counseling Center Resources

## Counseling Center:

- During office hours (M-F, 8:30-5pm): 410-455-2472
- After-hours Support Line: 410-455-3230
- WellTrack <https://welltrack.com/>
- Kognito <https://counseling.umbc.edu/resources/kognito/>

## NAMI COVID-19 Resource Guide: Resources organized based on 12 questions for vulnerable populations

- <https://www.nami.org/covid-19-guide>

## Antiracism Resources:

- <https://counseling.umbc.edu/resources/statement-and-resources-regarding-racism-and-systemic-oppression-in-black-communities/>



# Discussion

**Do you have any questions?**

**What will you take away from this presentation?**

**How can we support you moving forward?**

# Additional Literature

[College to Career: Supporting Mental Health](#)

# Quotes

**Epictetus:**

“There is only one way to happiness and that is to cease worrying about things which are beyond the power or our will.” “It’s not what happens to you, but how you react to it that matters.”

**Seneca:**

“We suffer more often in imagination than in reality”

**Marcus Aurelius:**

“When things are going wrong for us, we tend to allow negativity to consume us. Learn to accept that all emotions, both negative and positive are transient and impermanent.”

**Viktor Frankl:**

“Everything can be taken from a man but one thing: the last of the human freedoms—to choose one’s attitude in any given set of circumstances, to choose one’s own way.”

**Shakespeare:**

In Hamlet, “There is nothing either good or bad, but thinking makes it so.”