



221 Main Connection

News from Advising, Career, Counseling and Disability Services

A Welcome Message from the Director...

Greeting students!

I would like to welcome you to the 2018 fall semester and wish you much success this academic year! We are very grateful to have you with us! I would also like to remind you to use all of the available campus resources. These resources are here to help you achieve your goals. If you are unsure about what resources are available, please ask us. We would be more than happy to help. Lastly I encourage you to make connections while you are here at HACC, especially with your faculty members, academic advisor, staff and fellow students. These connections will not only build a stronger campus community but will also expand your support network. I hope you have a great semester!

Kind Regards,

Keith Stamm

August - September 2018

Internships and Your Future

Within any college community, there is usually quite a bit of talk about internships. You may be wondering what an internship is all about and is it worth it? How do I acquire one? What are my choices for an internship?



An internship is usually a short term obligation of approximately one semester or three months. It may be a paid or unpaid internship and may be a source for credits or not, depending on your type of internship. An internship is about having a short term focused professional experience that reflects your interests and your professional goals.

Is an internship worth the time and commitment? The answer is a **resounding YES**. In today's competitive global market, your classroom learning is rarely enough to make you a viable strong candidate for an entry level position in the field of your choice. Of course, there are some majors in which you are already learning in a hands on manner, such as through completing a clinical component in a health career field. Additionally, some majors or fields of study require a practicum or field experience in order to graduate. In these areas of study, you are already gaining valuable hands on experience. It can never hurt to complement your resume with additional experience and boost your connections with professionals in the field.

Speaking of your skills, your resume and your professional connections, this is the key to why internships are profoundly important. Beyond the traditional classroom experience, an employer is seeking proof that you have the ability to function in a positive manner in the professional world. With the competitive forces of today's market, it is likely that only those who have already proven a level of professionalism and ability will make it to the interview table.

Also, we are all human and nothing replaces the human connection. Your internship offers the opportunity to begin to build your professional network, develop rapport and mutually beneficial relationships with other professionals.

We encourage you to review current internship listings on College Central Network by logging into: www.collegecentralnetwork.com/HACC and in addition strongly recommend that you attend the upcoming **Internship Fair on Wednesday, October 24th 10:00am-1:00pm in East 203** to learn of the many internships that are being offered for the upcoming spring'19 and summer'19 semesters. Also, please look to your advisor for further details regarding whether or not your particular major requires an internship for graduation.

Finally, please remember that Career Services is here to offer you resume support and participate in a discussion with you regarding your goals and ideas for an internship experience and how it will fit into your career path. We look forward to assisting you. Please stop by Main 221 to schedule your appointment and remember to **mark your calendar for Wednesday, October 24th**. We will see you there!

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Math & Metacognition



Did you know that the subconscious "covers" about 88% of our mind, which we do not actively control? Meanwhile, the conscious mind "covers" 12% over which we have control. Before we get hung up on actual percentages, here's the point -- a great deal of what's going on in our mind is subconscious. Our conscious thoughts feed into the subconscious with practice or when done repeatedly, and especially when feelings are associated with it. If our thoughts are good, it can have a positive effect. On the other hand, when our fears and worries get into our subconscious, we develop anxious thoughts.

What does this mean if you have to take a math course and you are feeling anxious about it? Perhaps, it would help if you pay more attention to what you allow in your thought process. If you tell yourself you "suck" at math or cannot do math, it will be so. After all, as you tell yourself you cannot do math, you avoid doing it, which does not help you develop your math skill and confidence. How can you be good at something when you do not practice it? Just like learning any new skill (cooking, driving, swimming, etc.), we consciously practice it repeatedly until it becomes automatic or gets imbedded in our subconscious. Once you master something, you need not think long and hard about it.

Hate math or dislike math? Let me ask: Does it help you to think that way? Perhaps you struggled with math comprehension because you "learned" what you were taught without giving it much thought. Perhaps you have had a bad experience with a teacher, were embarrassed at the board, shamed by your own family, etc. Those are real experiences shared by my students, which are very upsetting, if not traumatic. As much as you think the experience no longer bothers you, the negative feeling that persisted has taken root in your subconscious mind, manifested in your anxiety or dislike for math, which blocks you from learning it. When you do not even try to understand the math process, it results in lack of confidence and competence until it becomes a vicious cycle of math hatred or avoidance.

We are all born with the capacity to learn. You can certainly do the math you need. It can be done. It just takes effort, a determined focus, and being intentional about learning. It is about having good metacognition. Metacognition (often associated with John Flavell) refers to our awareness of how well we truly understand something. It involves reflection (thinking about what we know) and self-regulation (managing what we know or how we go about learning). Instead of just saying, "I dislike math," ask yourself "What is it about math that I dislike or makes me anxious, and what can I do to change that?"

Just like math, metacognition (also referred to as "thinking about thinking") is a skill so you can learn it! As you become more skilled at using metacognitive strategies (i.e., summarizing, prediction, thinking aloud), you will gain confidence and become more independent as a learner. Here are questions to ask yourself with each exam or difficulty you may encounter and to help develop your metacognition:

- What is difficult for me right now in this class? (What is going on?)
- Why is it challenging or difficult? (Why do you think that?)
- How do I plan to resolve this difficulty? (What now?)

If you would take the time to reflect on these questions and seek help as needed, you are on track for lifelong learning. There is hope if you believe you are capable of learning. A three-time Olympic champion in track-and-field, Gail Devers said, "Every accomplishment starts with a decision to try." Once you do, make a conscious decision to work hard, ask questions, and take charge of your thoughts and actions. You may not be a math genius, but you can certainly work hard to grow in your competence and confidence in math, and in whatever else you wish to learn.

Barbara Oakley, in *Reframe How You Think About Learning* said, "It is possible to change and become accomplished in areas that you don't think you can do very well at." (Check out <https://www.coursera.org/course/learning>). Go ahead and give math learning a try.

**IF YOU ARE
NOT WILLING TO LEARN,
NO ONE CAN HELP YOU.
IF YOU ARE
DETERMINED
TO LEARN,
NO ONE CAN STOP YOU.**



An Important Message to You from YOUR Transfer Counselor



Dear HACC Lancaster Campus Transfer Student:

As a student in a transfer program at the HACC–Lancaster Campus, you are eligible to take advantage of a unique opportunity to enroll in the Dual Admission Program (DAP). The DAP gives you the advantages of earning your associate degree at HACC and the opportunity to transfer to another college by providing a smooth transition and seamless enrollment between the two institutions. You will receive transfer of earned HACC college-level credits, have access to an advisor in your program, and use of some college facilities at both institutions. Keep in mind that HACC's affordable tuition will SAVE YOU MONEY\$\$\$! HACC currently has Dual Admission Program agreements with the following colleges and universities:

Albright College, Bloomsburg University, Central Penn College, Delaware Valley College, Eastern Mennonite University (Lancaster), Eastern University, Elizabethtown College, Immaculata University, Lebanon Valley College, Millersville University, Peirce College, Penn State-Harrisburg, Saint Joseph's University, Shippensburg University, Susquehanna University, Temple University, and Wilson College.

To be eligible for this program, you must complete and submit your DAP application to the Lancaster Campus Welcome Center before completing (30) college-level credits at HACC (applications are available in the Main Building at the Welcome Center and the Counseling & Advising Office, RM 221). Your application will then be forwarded along with copies of your HACC transcripts to the transfer school you have chosen. You are also required to maintain a minimum cumulative GPA depending upon your major and graduate from HACC with your associate degree in an approved course of study.

Please be informed that the ***Fall Transfer Day at the Lancaster Campus will be held on Wednesday, November 14th, from 10:00am – 1:00pm in RM 203, East Building.*** Transfer Day is an opportunity for you and other students to meet directly with representatives from approximately 50 four-year colleges and universities! In addition, ***“Transfer & Advising – On the GO!” tables will be available during the fall semester*** to address your transfer-related questions (see next page for scheduled dates/times).

Feel free to stop by the Counseling & Advising Office, RM 221, Main for more information. You may also call (717) 358-2988 for additional transfer information or to schedule an appointment to address any transfer questions you may have.

I wish you a successful Fall 2018 semester and hope to see you at Transfer Day on November 14th!

Sincerely,

Jennifer L. Alleman, M.S., Transfer Counselor

A Tip from Your Counseling/Advising Staff:

***REMINDER:** Priority registration for current students for the Spring 2019 term begins on Wednesday, October 31st. Priority registration for Military/Veteran students begins on Monday, October 29th. For new students, registration begins on Monday November 12th. A good time to meet with your advisor for academic planning, spring course selection, and to obtain your advising code, would be in late September/early October.

Stop by the Counseling & Advising Office, RM 221, Main, or call 717-358-2988 to schedule your advising appointment. Plan Early – Don't Delay!

Transfer & Advising - On the Go!

Get transfer information about colleges and universities, Pick up Dual Admissions agreements & applications, Learn how to access HACC's transfer website, Speak with a transfer counselor about college searches and effective transfer strategies

EAST LOBBY

Thursday, September 13th from 11am-12pm

Wednesday, October 10th from 5pm – 6pm

Thursday, October 25th from 11am – 12pm

Tuesday, October 30th from 5pm – 6pm

Save the Date for Fall Transfer Day

WEDNESDAY, NOVEMBER 14, 2018



10AM – 1PM



ROOM 203, EAST BUILDING

If you are a student interested in transferring to another college or university after HACC, then mark your calendar now to meet with representatives from a variety of different schools.

You don't want to miss this opportunity!

Have the Tables Turned?

According to the US Federal Reserve's periodic review of the economy, it is now more optimistic than it was just a few months ago. In a recent report released in July, the central bank found that in 11 of 12 regions of the country, jobs were growing at a "modest" pace or faster. Many companies even reported having a shortage of workers.

In this economy, the demand is so much greater than the supply and job seekers are finding they can be far more particular in choosing work. In the recent past, employers were known to not follow-up with candidates regarding their application status, but now job seekers are "ghosting" them.

Employers are finding that job seekers are scheduling interviews but then are not following through and showing up for the interview. Job seekers are not calling to cancel or reschedule, but instead are just not showing or "ghosting" the employers. In some instances, Human Resources representatives are reporting that 10 interviews may be scheduled for the day but only three candidates may actually show. Human Resource representatives are also finding candidates are accepting positions with them and then just not showing up for their first day of work without any notification. Some employees are even reporting for their first week of work, but then stop attending after that.

The thought is that candidates are finding "better" opportunities and leaving one employer for another who may be offering a superior position or benefit package. More and more resources out on the web including sites like, glassdoor.com allow candidates insight into the employer's culture from their employees' perspective. This may also give pause to some candidates in whether or not to follow through with interview or position offered.

Although it is currently more of a job seeker's market, it is important to remember the tables could turn once again and the employer could be back in the driver's seat. It is valuable to remember that networking/professional ties are numerous. Once you have "ghosted" one employer, it is possible others, especially within the same industry may become aware, thus limiting your chances for employment elsewhere.

Employers still are expecting skill competencies in seven broad areas with new hires and one of these is "Professionalism/Work Ethic". Therefore, it is imperative to remember to always be professional and follow through on all commitments. Be upfront and honest and thank an employer for an opportunity and their trust in your abilities, even if you choose to no longer accept the position. To merely not show up or "ghost" the employer, whether it would be for an interview or first day on the job without proper notification; is simply not professional! Instead, always remaining professional and maintaining a strong work ethic will take you much further in your career in the long run.

So What's This Thing Called the TEAS?

If you are a pre-Nursing or pre-Dental Hygiene major, you will have to take the Test of Essential Skills (TEAS) prior to applying for clinical. This is a test that measures and assesses the ability of a student to be academically prepared for clinical.

Here's information and tips on the TEAS!

★ To find out more about the TEAS including what subjects are covered, how to make arrangements to take it and how much it is going to cost, go to one of the following links:

Dental Hygiene - <http://www.hacc.edu/ProgramsandCourses/Programs/HealthCareers/upload/TEAS-DH.pdf>

Nursing - <http://www.hacc.edu/ProgramsandCourses/Programs/HealthCareers/upload/TEAS.pdf>

★ Plan to attend one of the free TEAS Prep Workshops at the Lancaster Campus. No need to make a reservation; just show up at the time and room listed on the schedule. You can find the current schedule on the following websites:

Nurse-RN and Nurse-LPN

<http://www.hacc.edu/ProgramsandCourses/Programs/HealthCareers/upload/Lanc-TEAS-Prep-Workshop-flyer.pdf>

Dental Hygiene

<http://www.hacc.edu/ProgramsandCourses/Programs/HealthCareers/upload/Lanc-TEAS-Prep-Workshop-flyer.pdf>

Lancaster Campus Testing Center

<http://www.hacc.edu/Students/TestCenter/upload/TEAS-Prep-Workshop-summer-2018-flyer-2.pdf>

★ Get the ATI Study Guide now! Even if you haven't taken Anatomy and Physiology I or completed all of your developmental math courses, reviewing what may be on the exam now will help you focus on the materials in those courses so you will be better prepared for the questions on the test. And study the topics every day! This isn't an exam you should cram for; it's one where you want to have a very comprehensive understanding of the topics.

★ Take practice exams. You can purchase practice tests from ATI, the testing service for the TEAS, but there are also resources offering free practice tests online.

★ If you consider yourself a slower reader, be sure to work on increasing your reading comprehension and speed. The TEAS is a timed test. There is usually enough time to adequately complete each section but you want to insure you read at an adequate pace.

★ Plan with your counselor or advisor when the best time for you to take the TEAS might be when considering your clinical start date...and register EARLY! Test dates and times at HACC can fill up as clinical application deadlines approach.

Your advisor or counselor may have additional information they can share with you to assist with your preparation for the TEAS. Be sure to connect with them soon!

Undecided of Major or Career? Let Us Help You Start Exploring!

Are you getting tired of people asking you, “*What are you majoring in?*” Or, “*what do you plan to do with the rest of your life?*” These questions can be overwhelming for those who are unsure. Are you undecided on careers or still exploring your options? You are not alone. Many students enter college unsure of their major or career choices and many change their minds. You are at the right place! HACC Career Services can help you get started with the career decision process.

Just like any major life choice, career decisions do not happen overnight. There are many factors to consider when exploring careers; interests, skills, personality, values, as well as the job market to name a few. It’s no wonder that it can be a stressful decision for many students. Self-awareness is key to making effective career decisions.

Let’s take a deeper look at the important factors to consider when choosing a major/career.

Here are some questions to ask yourself that will help you get started:

Interests:

What do you enjoy doing in your free time? What topics fascinate you? Do you have any subject you enjoy reading about or watching on television? What have been your favorite subjects? Are there any classes that you look forward to attending?

*Clearly, it will be nice if you select a major that you find **interesting**, going to class and doing your homework won’t be that bad! This will also lead you to careers that peak your interest!*

Skills/Abilities:

What are you good at? What are some of your natural abilities and talents? What subjects do you do well in? What comes easy to you? Have you ever won any awards?

Skills can always be learned and built upon in college. You want to be sure that you have the necessary skills to succeed in your career!

Values:

What are your core beliefs? What is important to you? What factors are important to when it comes to work? Is there anything that you feel really passionate about? What type of work environment is important to you?

It’s important that your values align with not only your career choice but also with the company/ organization you are employed.

Personality:

Are you introverted or extroverted, or somewhere in between? Were you the class clown? How would your friends and family describe you? Does your personality “fit” the occupations that you are exploring?

It’s important to consider personality in determining career fit. Certain work environments require specific personality traits. Colleagues often share similar personalities too.

Job Market: Have you researched the local job market? (Or the area you hope to live). What careers are in demand? Have you researched specific careers that you are interested in? Are there jobs in the field you are interested in? Is there a projected growth or decline in employment? Are you aware of the companies that hire in the field you are interested in?

By researching the job market you will have a better understanding of what types of jobs are available and that you can realistically obtain as well as learn about potential employers. By considering your interests, skills, personality and values and aligning them with the local job market you will no doubt set yourself up for future success.

Article continues on next page.

Undecided of Major or Career? Let Us Help You Start Exploring!

(Continued from prior page.)

In closing, keep in mind that all of these factor may evolve and develop in college. You may take different classes, discover new interests and develop new skills and talents. Exploring the above factors is just the first step in the process of making career decisions. Career Services can help you explore these factors, research local industries and help you further develop your academic and career goals.

Career Services will be offering a fun event this fall that will help you get started. Plan to attend the *“Escape the Undecided Room”* on October 3rd!

You will have one hour to find your way out of the *“undecided room”*.

You will complete fun assessments and activities that will lead to greater self-awareness and the option to develop a career plan.

Are you up for the challenge? (See below for more info on this event!)

Career Services presents: **ESCAPE ROOM!**

Escape the “Undecided” Room

Wed., Oct 3rd - Main Building; Room 227

Find the Clues. Solve the Puzzle. Escape the Room... *if you can!*

Refreshments
will be
available!



PRIZES!!!

Your
attendance
enters you
into a
drawing
for a
mystery prize!!!

The Escape Room will run four times on Wed; Oct. 3rd:

11 AM, 1 PM, 3 PM, 5 PM

Reservations are required. Reserve your spot today!



To register for this event, please contact
Anmarie Driscoll, Career Services Advisor
at: 717-358-2956 or aldrisco@hacc.edu.



Fall 2018 Career Services Workshops & Events

Career Services - On The Go!

Stop by the **East Lobby** on one of the dates/times listed below to ask any career-related questions.

Wed. August 29th	10:00-11:00 am
Thurs. August 30th	9:30-10:30 am
Wed. Sept. 5th	11:00 am-Noon
Mon. Sept. 10th	5:00-6:00 pm

Thur. Sept. 20th	5:00-6:00 pm
Mon. Sept. 24th	5:00-6:00 pm
Wed. Sept. 26th	5:00-6:00 pm

Wed. Oct. 17th	11:30 am-12:30 pm
Thur. Oct. 18th	1:00-2:00 pm
Mon. Nov. 12th	Noon-1:00 pm
Tues. Nov. 13th	9:30-10:30 am

Career Services - Drop-in Days

Stop by **Main 221** during one of the below dates/times. We offer a variety of services on a drop-in basis such as:
Cover letter review, Resume review, Career-related questions, LinkedIn Profile reviews, etc.

Friday, Sept 7th 10am-Noon Friday, Nov 2nd 10am-Noon
Friday, Oct 5th 10am-Noon Friday, Dec 7th 10am-Noon

Career Services presents: ESCAPE ROOM! Escape the “Undecided” Room:

This will be a really fun event that was designed with students in mind who are unsure about their major and/or career choice. You'll look for clues, solve a puzzle pertaining to your interests, personality, values, and skills and will use this to escape the room (and create a career action plan). Your attendance enters you into a drawing for a mystery prizel!!

Refreshments will be available!

Wednesday, October 3rd; Main 227
11:00am, 1:00pm, 3:00pm, and 5:00pm

Reservations are required. Reserve your spot today!



Internship Fair:

Considering an internship for the spring or summer semesters? Or perhaps a shadowing experience? Plan to make a face to face connection with employers willing to offer these real-life experiences.

Come prepared to make a great first impression!

Wednesday, October 24th; 10:00am-1:00pm; East 203

Nursing/Allied Health “SPEED” Mock Interviewing/Networking Event:

Meet numerous healthcare employers, network & practice interviewing skills.

Learn more about employment opportunities currently available.

Wednesday, November 7th; 10:00am-Noon; 12:30pm-2:30pm; Main 222



Contact HACC Lancaster Career Services for more information.

Main 221 - 717-358-2290 - careerlanaster@hacc.edu