



The Career Chronicle



Grossmont College Career Center/Student Job Placement

Volume 17, Issue 2 – Winter 2005

The Velocity of Change

The social and economic landscape in which we all live and work today is so astonishingly different from what it was only one generation ago that there are hardly words to express the transformation.

Consider the meteoric rise of the Internet. Just fifteen years ago, the very first public web site was uploaded to the World Wide Web. Five years later, there were only 3,000 web sites in existence in the entire world. Today there are over 8 million web sites.

These and related technological, economic, and social changes have crashed like a tidal wave on the beach of the average individual's career plans. Suddenly the nature of the world of work that made sense for the past 100-plus years is entirely outmoded and irrelevant. If you are playing tomorrow's game by yesterday's rules, it shouldn't come as a surprise to you if today ends up being a bit confusing.

Take a Look at Some Dramatic Changes Going on in the Workplace:

THE WAS AND IS OF THE WORKPLACE

- 1. Conventional job security is dead:** Long term employment has been replaced with "at will" employment contracts.
- 2. Careers are shortened and shifting:** New workers can expect 3 to 5 careers and 9 to 13 jobs in one's lifetime.
- 3. Lifelong learning is critical:** Continuous, real-time, focused learning is a requirement.
- 4. Competition is growing:** Local and national borders have been replaced with globalization. The Internet – and stock market – know no boundaries.
- 5. Entrepreneurship is on the rise:** Individuals must be prepared to manage their own careers.

(Continued on page 2)



Happy Holidays!

In This Issue:

- p.2: The Velocity of Change
- p.3: Career EXPO/ Career Week
- p.4: Internships
You've Got Skills

(Continued from page 1)

Tips For Surviving The Velocity of Change

1 - Change is Constant

You and your world – as well as your hopes and expectations – are constantly changing. The notion that you have to pick one occupation and stick to it no longer applies. In fact, it is increasingly evident that many of the jobs of the 21st century haven't been invented yet. As a result, adaptability may be the most important skill you have, both inside the workplace and out.

2 - Focus on the Journey

Life should not be a destination. That's because as you evolve, and as life evolves around you, the destinations you once singled out may no longer appear so enticing. You may have decided you'd rather go off in another direction entirely or venture somewhere else that hasn't even shown up on your map yet.

3- Keep on Learning

Even if you've stopped growing physically, you certainly haven't stopped growing mentally and emotionally. Nor do you stop learning after you finish school, not as long as there are opportunities for learning and growth all around us. Learning also comes in many – and often surprising – forms. No matter how it appears, learning is forever and learning is for the future.

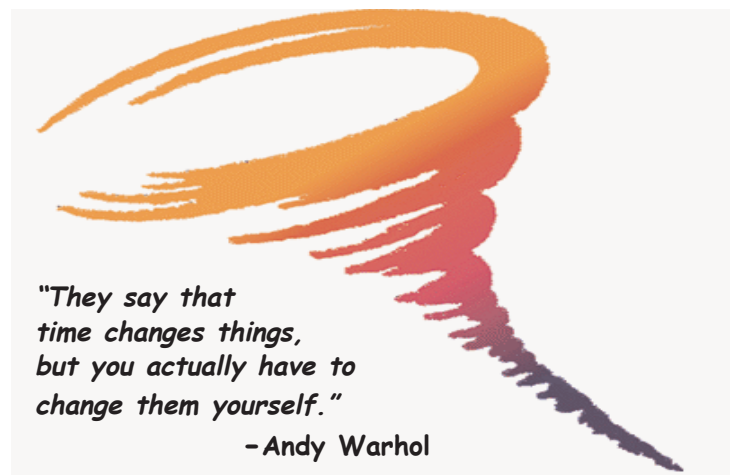
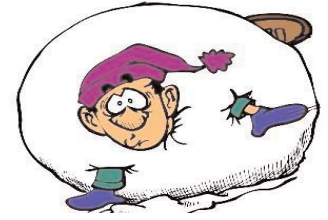
4- Team up with Others

Be it family, friends, mentors or new acquaintances, there are people out there who you respect and trust. They can't go to the interview or be there to close the deal but they can provide the support and assistance you need to figure out how to do it for yourself. Be there for them and they'll be there for you.

5- Follow your Heart

Find out what you want, what's really important to you, and go after it. Let your dreams shape your goals. Use the energy your dreams give you to help you acquire the skills and take the risks you need to make those dreams-or any part of them a reality.

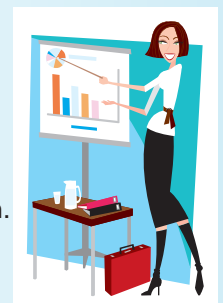
References: ⁽¹⁾Canada Career Week Magazine, November 28, 2005
⁽²⁾Embree, Marlowe C., Ph.D: "Becoming A Career Catalyst for Statistical Career Development," July 8, 2004



American Association of University Women (AAUW) "Shaping the Future for Women & Girls"

- ~ AAUW members advocate for education and equity.
- ~ AAUW Education Foundation funds research, fellowships, grants, awards and community action.
- ~ AAUW Legal Advocacy Found Supports women challenging sex discrimination in higher education.

Contact: Grossmont College Adult Reentry Orientation @ (619) 644-7697 for more information



*Rainy Day Monday
at Career EXPO &
Career Week*





STUDENT JOB PLACEMENT

INTERNSHIP OPPORTUNITIES!

Research Intern, PT - \$1,100 Stipend (#20117/20622)

Description: Candidate will be taught the substantive aspects of the law pertinent to assigned research goals and also trained to use various programs such as Bloomberg, Edar, and Westlaw.

Requirements: Must be well spoken, good-natured, and possess commitment to work successfully in a team environment as well as independently. Have excellent judgment and attention to detail, ability to type, and be familiar with the Internet.

IT Intern, PT - \$11.50/hr. (#15571/20293)

Description: To maintain, analyze, troubleshoot and repair computer systems (hardware & software), networking systems (LAN, Wireless, DSL) and computer peripherals.

Requirements: Must be enrolled in Computer Science, Information Technology, Management Information Systems, or other computer related degree. Experience in working with MS Windows, MS Office, and base PC hardware skills required. Have CA driver's license and automobile insurance.

Support Intern, PT - \$ 9-11/hr. (#19786/20183)

Description: Provide administrative support to a growing insurance firm with a flexible schedule 25 to 29 hours per week. Duties varied depending on the assignment given. Have opportunity to gain experience in several areas of business.

Requirements: Good communication skills.

Graphic Design, Unpaid Intern

Description: Ideal candidate will help design the Gulls' seasonal game program and media guide, season ticket brochures and other miscellaneous projects.

Requirements: Must have experience in Quark and Photo Shop.

Marketing Intern, Unpaid

Description: Assist in database management, website organization and development, assembly of corporate marketing and fundraising packages, and help with season ticket holder mailings, and a variety of other tasks.

For more information, stop by the Student Job Placement Office in Room 626!

Got Skills?

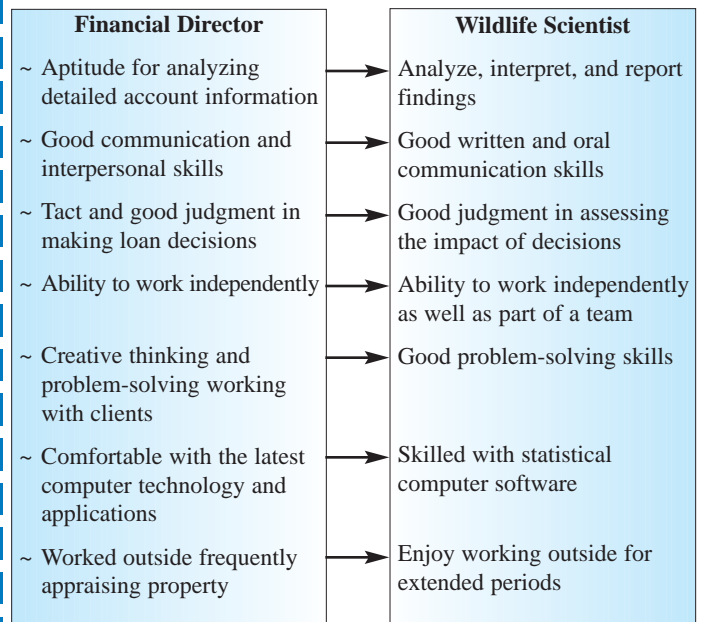
- How did Arnold Schwarzenegger go from *Terminator* actor to state governor?
- How did Michael Jordan go from basketball player to baseball player (and back to basketball player)?
- How did Beth Stanley go from mortgage banker to wildlife scientist?

They all had skills that could be transferred and used in a new way.

So how do you transfer your skills?

Let's take Beth as an example. Beth was a mortgage banker for a large city bank. She helped people to secure loans for homes and businesses. However, she always enjoyed nature and after several years, she went back to college to study biology. Even though she graduated with a high grade point average and good recommendations from her professors, Beth was having a hard time finding work.

It seemed like every employer asked her why she thought they should hire her; she had the grades, but had no experience in her field – so employers thought. Beth spoke to a career counselor who recommended that she make a list of her skills and think about how they applied to the work she wanted to do. The results were as follows:



Adapted with permission of *Discover* (November 2005 *Discover* Newsletter).



“The Career Chronicle” is edited and coordinated by
Nancy Davis, Student Development Services Supervisor
Cindy Hall, Career Center Specialist
Pamela Abuka, Job Placement Specialist
Career Center and Student Job Placement Staff
 Design Element Contributions by: **Merve Yaskut**
Graphics and Word Processing Departments
 Comments or questions may be directed to the
Career Center, Room 627 (619-644-7614) or
Student Job Placement, Room 626 (619-644-7611)

GCCCD GOVERNING BOARD:

Richard D. Alexander, Timothy L. Caruthers, D.C., Wendell R. Cutting, Bill Garrett, Deanna Weeks • Student Members: Rick Walker, Bill Stanford
 CHANCELLOR: Omero Suarez, Ph.D. • GROSSMONT COLLEGE PRESIDENT: Ted Martinez, Jr., Ph.D.