

Instant.Messenger

A Career Services Center Publication

Volume VII, Issue 18

February 23, 2009

Inside this issue:

Careers in the Sports Industry Panel	1
Business Etiquette Workshop	1
"C2C" Career Fair—Richmond, VA	1
Student Teacher Interviews	1
This Week at a Glance	2
Senior S.O.S.	2
Instant.Messenger Update	2
Facebook	2
Choosing Your Major Workshop	2
Mock Interviews	2

**Need the CSC
Job Listings Password?**
User name: **joblist**
Password: **marlinjobs**

FOCUS-2 Assessments
Access code: **marlins**

Career Services Staff:

Lisa Fentress, Director
Kate Bourdow, Assistant Director
Leslie Hines, Admin. Assistant
Kempner Jones: Work Study

Published by the Career Services Center

Editor & Designer: Leslie Hines
Virginia Wesleyan College-Batten 220
1584 Wesleyan Drive
Norfolk, VA 23502
Phone: (757) 455-3337
Fax: (757) 233-8748
E-mail: Career_services@vwc.edu
Web: www.vwc.edu/careerservices



CAREERS IN THE SPORTS INDUSTRY

Thursday, February 26, 2009

11:00-11:50 a.m.

Pearce Hospitality Suite

Are you considering a career within the sports industry? If so, don't miss this panel of sports-related professionals speaking about their career field.

Kathryn Bragg
Physical Therapist,
Advanced Pain Management

Ahmed Fareed
Sportscaster, WAVY-TV

Vicki Friedman
Sportswriter, *The Virginian-Pilot*

Greg Smith
Assistant Athletic Director
(facilities), ODU

If you missed the Etiquette Dinner, you can still attend the **Business Etiquette Workshop**

Tuesday, February 24
11 am—Batten 228

Learn about basic "do's & don'ts" of business protocol: office relationships, cell phone manners, business & social luncheons and get-togethers, attire for various occasions, importance of your "FaceBook" content, more.

C2C CHAMBER COLLEGE TO CAREER FAIR
02.25.09
PRESENTED BY HCA
February 25, 2009 10:00 a.m. - 4:00 p.m.
Greater Richmond Convention Center
403 North 3rd Street - Richmond, VA 23219
Need Transportation to "C2C" Career Fair in Richmond, VA? Sign up today in the Career Services Center to reserve your space. COLLEGE TO CAREER FAIR 2009 is hosted by The Greater Richmond Chamber and endorsed by VFIC "Career 15."

STUDENT TEACHERS...

Be sure to sign up for your interviews with up to **five local Hampton Roads public school systems**. To get your appointment time, you must **sign up and submit your resume** in Career Services by **Friday, February 27**. If you have questions, contact [Lisa Fentress](mailto:Lisa.Fentress@vwc.edu) in the Career Services Center.





This Week at a Glance

February 23-March 2, 2009

Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon
23	24	25	26	27	28	1	2
<i>Instant.Messenger</i> Delivered to your e-mail box	MARDI GRAS! Business Etiquette Workshop 11:00 a.m. -Batten 228	C2C Career Fair in Richmond, VA Transportation available by pre-registration Career Information Table Batten Center 11:00 am-2:00 p.m.	Careers in Sports Industry 11:00-11:50 am Pearce Hosp. Suite-Batten	Teacher Interviews Deadline to sign up for Teacher interviews with local public school systems Sign up and submit resume in the CSC-Batten 220			<i>Instant.Messenger</i> delivered

Senior S.O.S.

Now there is help for LIFE AFTER VWC!

Thursday,
March 26
11:00-11:50 a.m.
Pearce Hosp.
Suite, Batten

Learn about:
Personal budgeting and finance management, job search strategies, resume writing, interviewing, more!

Instant.Messenger Update

Beginning next week, **March 2, 2009**, the **Instant.Messenger** will be published bi-weekly throughout the spring semester.

Watch for it in your email box on the following dates:

Monday, March 2
Monday, March 23
Monday, April 6
Monday, April 20

facebook

Become a "fan" of the Career Services Center on Facebook!

<http://www.facebook.com/home.php?#/pages/Norfolk-VA/VWC-Career-Services-Center/54212876626?ref=mf>

Add our page to stay up to date with the latest career news and events.

"CHOOSING YOUR MAJOR" WORKSHOP



A presentation designed to assist students with selecting a course of study

Explore which majors best suit your values, interests, and skills. Identify your career goals. Learn about resources such as [FOCUS-2](#) available to you on campus.

TUESDAY, MARCH 31, 2009
11:00-11:50 a.m.—Batten 228

Mock Interviews:

All students at all class levels are invited to participate in these practice interview sessions. A career counselor will conduct your interview, and at its conclusion will offer a critique of areas in which you might improve your skills. This is an excellent means to alleviate the apprehensions that often accompany a "first" interview. Available times are: **Wednesday, April 15, 9 a.m.-12 noon** or **Friday, April 17, 1-4 p.m.** Come to CSC to reserve your spot NOW!!!