



CaPS for CEPS



University of
New Hampshire

Career and Professional Success

CEPS CAREER TEAM

Location: Kingsbury Hall

Stephanie Whitney/Riannon Nute/Shayna Moran

CENTRAL CAREER TEAM

Location: Hood House

Employer Relations & Marketing



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Meet the CEPS Career Team



Stephanie Whitney

Career Director
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Riannon Nute

Career Counselor
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Shayna Moran

Employer Relations
Specialist
Floating Locations
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First Year: Discovery Process Begins!



High level of activity and variety is key!

- ✓ Get involved: join clubs, organizations, teams etc.
- ✓ Connect with Faculty on research opportunities
- ✓ Volunteer
- ✓ Participate in Career Services events
 - ✓ Resume Review Day
 - ✓ Career & Internship Fair
 - ✓ Mock Interview Day
 - ✓ Express Hours...and more!

<https://www.youtube.com/watch?v=Ox-gOJgoLzM>



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Connecting with your Career Team

Interest assessments

Explore Potential Careers

Identify internships and jobs

Build resumes and cover letters

Find mentors in your field

Prepare for career events

Practice interviewing and networking





1-3pm

Monday/Tuesday/Wednesday
Kingsbury Hall



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Internships

What do I need to know about internships?

- ✓ 90% of 2017 grads took part in at least 1 internship or research experience while at UNH (FDS)
- ✓ Can have multiple internships over your student career
- ✓ Excellent way to connect with industry/gain experience
- ✓ Start looking early!! Most companies recruit in the Fall
- ✓ Attend the Career and Internship Fairs
- ✓ Use Handshake to search for positions
- ✓ <https://www.youtube.com/watch?v=ovR9Nh-yaBM&t=1s>



Reflection: Skills Beyond the Classroom

FIGURE 37

Attributes Employers Seek On a Candidate's Resume

| Attribute | % of Respondents |
|--------------------------------|------------------|
| Problem-solving skills | 82.9% |
| Ability to work in a team | 82.9% |
| Communication skills (written) | 80.3% |
| Leadership | 72.6% |
| Strong work ethic | 68.4% |
| Analytical/quantitative skills | 67.5% |
| Communication skills (verbal) | 67.5% |
| Initiative | 67.5% |
| Detail-oriented | 64.1% |
| Flexibility/adaptability | 60.7% |
| Technical skills | 59.8% |

Tips for Success

- ✓ Remember, academics come first!
- ✓ If you are still exploring options, approach a faculty member in your area of interest, visit the department office, or talk to students in various majors
- ✓ Aim to be a positive contributor and member of the community with no conduct record
- ✓ Be aware of your online presence (and use social media to your advantage)
- ✓ Take advantage of all the resources available to you!

