

HAWK HUSTLE ARCHIVES

2020-2021

Table of Contents

9/2/2020..... 2

9/16/2020..... 4

9/30/2020..... 6

10/12/2020 8

9/2/2020



Volunteer Fair is Tomorrow (9/3) from 10a-3p

Tomorrow organizations from across the community are coming together virtually to offer you ways to get involved. There are both in-person and remote opportunities. For more information visit [here](#).

You can schedule an appointment or simply drop-in. Either way, download our virtual event platform, Career Fair Plus, from the App Store or Google Play. Select the University of Kansas, set-up your profile, and begin exploring the Volunteer Fair!

Adjusting to a New KU

Different. Motivating. Unpredictable. Exciting. Stressful. Adjustment. These are a few words students used to describe the first week of class. The good news...We made it!

Over the past weeks Jayhawks, have discovered the confusing layout of Wescoe, connected to hundreds of lectures on Zoom, figured out how to entertain their children while attending said lecture, and dutifully wore masks and sanitized spaces. It is a strange time. We wanted to assure you, we understand life is challenging. We're in this together and we hope that our services, resources, and events can ease your stress.

Here are a few tips for adjusting to a new KU and this strange thing, we call life.

- Stay connected. It's easy to disengage with instructors and fellow Jayhawks when so much activity is happening on-line. Seek out virtual office hours. Create a virtual study group. Join a student organization. Make connections.
- Prioritize your mental health. Take a break. Exercise. Find a strategy to decompress. Schedule an appointment with [Counseling & Psychological Services \(CAPS\)](#).
- Mark your calendar and check Blackboard regularly. Hybrid and on-line courses require a little more organization than other classes, because you don't receive in-class reminders. Stay on top of things.

COVID-19 has created many challenges. It's also allowed us to develop skills that are crucial in the workplace including, flexibility, problem-solving, autonomy, and organization. Think about how many examples from this time period you'll be able to use during an interview when you're asked, "Describe to me a difficult situation you experienced and how you handled it."

9/16/2020



Building a Virtual Presence

Here are a few tips to consider when you begin networking virtually, looking for ways to gain experience, and start applying for jobs and internships.

1. Clean-up your Profiles

Recruiters and professional schools often turn to social media to learn more about a candidate. Delete social media accounts, profiles, pictures, and posts that would negatively influence a person's opinion of you. A good rule of thumb is if you wouldn't share something with your grandma, you don't want to publish it for the world (or a recruiter) to see.

2. Build your Resume

Craft a [resume](#) and be prepared to share it. Whether you're applying for a job or simply Haven't had a job or internship? Don't worry, your career coach can help you showcase the best of your experiences. [Schedule an appointment](#) today!

3. Find Contacts

What career paths are you considering? Who do you already know? Can they help you reach your career goals? These questions will help you determine who you need to connect with. Head over to the [KU Mentoring Platform](#) to find KU alumni who have joined the community purely to answer your questions.

LinkedIn is another great place to expand your networking. Join in the conversation by requesting to join a group or follow an organization or person. Here are some ideas for you.

Artists, Performers, & Designers

[Designers Talk: Graphic, web, digital design and creative professionals group](#)

[National Art Education Association NAEA](#)

[Public Relations Student Society of America \(PRSSA\)](#)

Communicators & Leaders

[Kansas Leadership Center](#)

[International Association of Business Communicators](#)

[National Association of Black Journalists](#)

[Media and Marketing Professionals Worldwide](#)

[Public Relations Student Society of America \(PRSSA\)](#)

Scientists & Technologists

[Blacks in Technology](#)

[The Business & Data Analyst Forum](#)

[NSF Graduate Research Fellowship](#)

[University of Kansas Medical Center](#)

Educators & Helping Professionals

[NASPA \(Higher Education\) Networking Group](#)

[National Education Association](#)

[National Alliance on Mental Health](#)

International Professionals & Public Servants

[GoinGlobal](#)

[International City/County Management Association](#)

[National Forum for Black Public Administrators](#)

[Media and Marketing Professionals Worldwide](#)

As always, our career coaches are available to help you craft a resume, build your on-line images, and guide you as you make virtual connections. Head to HireJayhawks.com or call 785-864-3624 to make an appointment.

Featured Tool

How does a new work project that helps you get experience and develop marketable skills sound to you? To help open doors for you, the KU Alumni Association started Bridges. Bridges is a project marketplace and community fueled by KU alumni and parents who are offering short-term, meaningful projects you can do virtually. Once you apply, support comes from alumni and staff mentors who are there to guide you along the way. [Head here](#) to learn more.

9/30/2020

Exclusively Communicators & Leaders as well International Professionals & Public Servants



Featured Employer: U.S. Marine Corp

This week we are profiling Spencer Miles, Candidate Squad Leader for the KU Marine OCS Squad. Miles is a junior at KU studying Global and International Studies and Spanish. Here is the interview:

What are your primary responsibilities?

I am tasked with trying to get the members of the squad in the most physically fit condition possible, in order for them to be selected to attend Officer Candidate School and be successful while they are there.

How has the Marine Corps helped with your career development?

The Marine Corps has helped bring the best out of me as a person. There are things that translate to every aspect of my life. Leadership is something that is heavily emphasized at Officer Candidate School. Now, I am able to take charge of any group of people when presented with any task. I can make timely decisions that are well thought out, effectively communicate those decisions with my team, and act in an efficient and successful manner.

How do you stay focused on your career goals during this time of change?

I stay focused on my career goals during this time of change by remembering why I signed up in the first place. I want to dedicate my life to service to the nation and I know that those dreams will never be fulfilled if I quit now. In addition to this, my father served and some of my best friends are now attempting to become Marine officers as well. I would be doing them a great disservice if I were to give up on them. Remembering your 'why' can get anybody through the toughest of times.

What advice do you have for students interested in joining the Marines?

Officer Candidate School for many people, including myself, is the most challenging thing they have ever done up to that point in their lives. Take pride in the challenge and you will have some pretty cool stories to tell at the end. Do not ever, ever, ever quit. It is better to be uncomfortable in training for a few weeks, than to quit and live with a lifetime of regret. Too many people make permanent decisions based off of temporary discomfort.

What is your favorite quote?

My favorite quote is, "Do not pray for an easy life. Pray for the strength to endure a difficult one." - Bruce Lee. To supplement that quote is another, "The more difficult the victory, the greater the happiness in winning." - Pelé

Head over to the UCC's instagram IGTV (@kucareer) if you'd like hear more from Squad Leader Miles and Captain Finney. If you'd like more information on joining the Marines, contact Sgt. Finney at lewis.finney@marines.usmc.mil or 816-891-7633

KYOU Networking Week

This week is KYOU Networking Week! These virtual, informal meetings are focused on bringing alumni and students together. Sessions are scheduled for Jayhawks in Design & Architecture, Higher Education, Journalism/Media, Tech, and Movies/TV/Music. Head to the KU Alumni Association's [page](#) for more information.

10/12/2020



Fall with the University Career Center

Pumpkin spice lattes, changing leaves, cooler weather, and career fairs are all synonymous with October. Wait. What? Career Fairs? Yes, the University Career Center is hosting three virtual career fairs this month. You can find a complete list [here](#), but here is information for the fair we think will appeal the most to you. think you'll find that one interesting.

Internship Fair

October 29th | 12p-4p

Are you looking for an internship? Do you need some experience to help build your resume? Are you not sure where you want your career to go and want some real world experience to see what it's like? If any of those hit home, attend the Internship Fair! The Internship Fair presented by College Works is a great chance to meet employers and develop your networking skills.

Head over to [Career Fair Plus](#). Set-up your profile. [Research employers](#). Begin scheduling 10-minute appointments with employers on October 22nd.

Mental Health Check-In

As we approach the middle of a semester that looks much different than you probably expected it to when you enrolled, you may be feeling the stress of coursework in addition to stress related to the COVID-19 pandemic, racial injustice, or the upcoming Presidential election. Any one of these can be a lot to handle, let alone all of them at once. There are resources available to you to help support your mental health during these unprecedented times.

- KU's Counseling and Psychological Services (CAPS) offers on-line appointments to students. Schedule an appointment by contacting CAPS at 785-864-2277. CAPS is confidential, HIPPA protected and does not require insurance.
- If you'd like assistance finding a therapist in your home community, CAPS has helpful resources for doing so here: <https://caps.ku.edu/how-find-therapist-your-community>
- For after-hours care in the Lawrence area, there are additional resources available including: Lawrence Memorial Hospital, Bert Nash Community Mental Health Center, and Kansas Suicide Prevention HQ (Formerly Headquarters Counseling Center)
- If you or a person you are with are experiencing a person an emergency, call 911 or go to the nearest emergency room or community mental health center.

We encourage you to email your instructors if you are struggling with your coursework. They understand the challenges you are experiencing and want to help you succeed.