



Internship Spotlight: Chris Stangle



Health Promotion and Fitness major Chris Stangle recently completed an internship with CATZ Performance Training. Chris landed his internship with CATZ after meeting with their

representatives during the Kinesiology and Health Education Job & Internship fair. Chris told us, "When I began the internship, my duties were limited to front desk work because I had injured my foot and wasn't able to do any physical training. As my foot healed, I began to learn the details behind the CATZ training philosophy and at the end of my internship, when my foot was healed, I began to train."

The most challenging part of the internship for Chris was sitting behind a desk all day and not being able to train. "The type of training that CATZ provides is more of a reaction based sports performance type of training which I didn't have

much experience in. One of the main reasons I decided to intern with CATZ was so I could gain that type of knowledge, so it was very frustrating to sit behind a desk and do clerical work." Despite his injury, Chris made the best of the situation and still feels like he got a lot out of his internship experience. "It has been a very good experience to learn to work with clients and other trainers in a real life job instead of reading about it in a classroom. It has helped me learn how to deal with people in the world of training – such as different ability levels. It's great to see people make such huge strides in strength, speed and weight loss."

So what's Chris's advice for students who are seeking internships? "Definitely go to the Kinesiology and Health

Education Job & Internship Fair and go prepared with copies of your résumé. Also don't procrastinate! Get an internship locked down as soon as possible. I procrastinated and had to move to San Antonio but I was very lucky - the people at CATZ were great."

Chris graduated in 2008 and plans to continue working in the Health Promotion and Fitness field. "I am working at CATZ in San Antonio and trying to make my way back to Austin to work and live. I plan to stay in the training field and continue to add on to my experience and certifications."

Chris recently began working for MediFit at the Dell Parmer Campus.

Career Services Announcements

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Newsletter Editor:
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"Hook" your next job or internship
at the...
**Kinesiology and Health
Education Job & Internship Fair**



March 26, 2009
10 a.m. – 2 p.m.
BEL 528

KHE Panel Presentation

Tuesday, March 10, 2009

3:30 – 5 p.m.

BEL 1005
(Student Lounge)

Meet professionals with jobs in Kinesiology & Health related fields. Panelists will talk about their career paths, education & training and will share their advice with you!

KHE Fair Preparation Tips

Before the fair:

- Review list of organizations that will be participating in the job & internship fair.
- Think carefully about your career goals and objectives and identify the organizations that you are interested in visiting.
- Do some research on these organizations and plan to visit their booth during the fair.
- Develop a one-minute commercial that:
 - Introduces yourself
 - Shows you know something about their company
 - Conveys why you are interested in them
 - Explains the type of position you are seeking
 - Relates your background to the company's needs
 - Explains why you are a good candidate
- Be able to answer basic questions such as “Why would you like to work for us?” or “Tell me about yourself”.
- Prepare résumés for those you plan to visit
- Develop several questions that you would like to ask the employer.

During the fair:

- Conduct yourself professionally at all times, since employers may be watching you while you move about the fair.
- Orient yourself, walk around and look at exhibits identifying the employers of interest prior to talking to them.
- Listen. You may learn something about the employer or their recruiting strategy by listening to how they interact with others.

Approaching representatives:

- As you approach a representative, respect the privacy of others as they complete their conversation/interview.
- Remember that the first few seconds determine the representative's impression of you.
- Establish eye contact, greet the representative with a firm handshake and introduce yourself.
- Your introduction should lead into your one minute commercial tying your experience, education, and skills into your enthusiasm for the type of position and prospective employer.

Conversation with the representative:

- Take conversational cues from the representatives.
- Focus on what you can do for them and not what you want from them.
- Listen to questions carefully and provide thoughtful responses to what is asked. If you are uncertain of what is asked, clarify the question prior to responding.
- Use transition statements to share relevant information that the recruiter may not have considered. For example, “I had an experience that relates...” or “May I tell you about...”
- Respond honestly and with a positive perspective. “I have not yet had an opportunity to...but in a similar situation, I...”
- Don't forget to ask your prepared questions, if they have not been answered.

Ending the conversation:

- Ask about the hiring process, its time lines, and determine if an actual or potential opening exists.
- If you want to pursue a job or internship with a recruiter ask how you might best follow up. Be sure you know what to do next (application, cover letter, references, etc.)
- Ask for the business card of each person with whom you speak or write down their name and contact information.
- At the end of the interaction, offer a firm handshake and express your appreciation to the recruiter using the interviewer's name.
- Walk away with confidence. Remember the representative may still be watching.
- Go to a quiet area and write down your impressions, thoughts, notes on topics of conversation, contact names, and follow up procedures.

Information adapted from KHE website:

<http://www.edb.utexas.edu/education/edServices/career/students/khe/careerfairs/>

Job Hunting? Beware of What Recruiters See Online

Education Career Services

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**KHE
Job Postings &
Internships available
online at**
<http://www.edb.utexas.edu/education/edServices/career/students/login/>

KHE Web Site:
<http://www.edb.utexas.edu/education/edServices/career/students/khe/>

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Someone is trying to sabotage your career. It's your online persona. With smaller budgets and fewer staff members available to conduct interviews, companies are increasingly using social-networking sites as a way to screen prospective hires. That's why Lauren Miller, who was laid off in October, is so vigilant about her Facebook profile. She watches for any photos friends might post showing her holding a drink and immediately deletes any off-color comments.

"You never know how things will be perceived," said Miller, a resident of Hoboken, N.J. At times, she wonders whether a recruiter needs to know that she's 36, single and Jewish before she walks in the door for an interview. Social-networking sites typically let you post as much information about yourself as you like, including your education, work history and favorite music and books. You can join countless fan groups or causes. Status updates, which tell how you're feeling at any given moment, offer yet more clues about you.

How much should you reveal varies depending on your situation, of course. In some creative fields, showcasing a quirky sense of humor might score points. Your love of marathons might even get you in the door with certain hiring managers. The bottom line is that if you're looking to land or keep a job, you need to treat your online profile like a résumé – keep it scrubbed and up to date. A few points to remember:

Who has access to my profile?

One of the first steps in staying on top of your online profile is being aware of the privacy settings. Facebook lets you join networks that tie users with a common bond, whether it's a company, school or where you live. You need a valid e-mail address to join the first two types of networks, but anyone can join a regional network.

The default setting on the site lets friends and everyone in your network see your profile.

If you're not comfortable with this setup, you can tweak settings to control who sees what. You can even pick which friends can

see certain photos. "If you have your privacy set properly, you really are controlling every aspect of how your profile is viewed," said Brandee Barker, a Facebook spokeswoman. That said, it's always safer to assume anything you post online can become public. After all, Facebook has more than 140 million registered users. Miller has changed her settings so only friends can view her profile, but she maintains her page as though anyone can see it. "I'm always cognizant of the fact that this is a public domain," she said. Besides, if a recruiter finds your profile and sends you a friend request, would you turn it down?

How much detail is safe?

There's nothing wrong with revealing your love of biking, dogs or Malcolm Gladwell books. But even if you set up a profile for personal reasons and don't intend for potential employers to see it, there's a good chance they'll search for it. A member survey by the Society for Human Resource Management last year found 34 percent said they currently use social-networking sites to recruit potential applicants, and an additional 19 percent said they plan to in the future. Of those who used social-networking sites to screen applicants, 47 percent said they did so before contacting the applicant for the first time. "If a recruiter comes across your profile, there's a risk they'll judge you based on information that's not relevant to your job," said Alison Rosenblum, co-owner of Strategic Resources, a recruiting firm in Albany, N.Y. "It shouldn't be relevant, but it is."

The survey by the Society for Human Resource Management found that 54 percent of members said they would be somewhat or much less likely to hire someone because personal values stated on an applicant's profile were contradictory with the organization's. If you're unsure about whether to include a certain detail, a good barometer is to ask yourself whether you'd list it on a résumé.

**By Candice Choi
Associated Press**