

A monthly publication for the students of Kinesiology and Health Education

## internshipSpotlight

Janelle Laue is an August 2005 graduate of UT Austin with a B.S. in Kinesiology, and a major in Health Promotion and Fitness. During her studies at UT, Janelle held an internship at Youth InterACTIVE, a nonprofit organization that provides health and fitness information, programming, and events for youth and their families. Youth InterACTIVE is located in Austin, but provides services throughout all of Central Texas.

As an intern this past summer, Janelle helped to design and create the Youth InterACTIVE manual and planned lessons for the after-school programs of the organization. She also worked to coordinate and execute various events, including a summer program event coordinated with the Boys and Girls Club of Austin.

The most rewarding experience for Janelle was being able to put her creative ideas into print in the organization's manual. She also enjoyed planning the lessons for kindergarten through fifth-grade students in the after-school program, "Active Like Me!" and the fifth through eighth-grade program, "ACTIVE Intramurals."

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**Janelle Laue**, a recent graduate of Health Promotion and Fitness, interned at Youth InterACTIVE this past summer.

## Did You Know?

The list of jobs you can do with a Kinesiology or Health Education degree keeps growing! Working to keep people healthy can really pay off! According to the Bureau of Labor Statistics, among the fastest growing jobs for 2002-2012 are:

Source: U.S. Bureau of Labor Statistics

Occupation	2002	2012	#	%
Physician Assistants	63	94	31	49
Home Health Aides	580	859	279	48
Physical Therapist Aides	37	54	17	46
Physical therapist aides	37	54	17	46
Fitness trainers & aerobics instructors	183	264	81	44
Occupational therapist aides	8	12	4	43
Occupational therapist assistants	18	26	7	39
Postsecondary teachers	1,581	2,184	603	38
Physical therapist	137	185	48	35
Occupational therapists	82	110	29	35

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## Finding Time to Exercise

*By Maria Gracia*

Can't seem to find time to exercise? Try building a little bit each day into your daily routine.

1. Skip the escalator and elevator. Rather than taking the elevator or escalator in work or at the shopping mall, take the stairs instead.
2. Park far. Park at least a block away from work or get off the bus/train a few stops early. Walk the rest of the way.
3. Go on an active date. Rather than meeting with a friend for lunch, consider going biking, roller-blading or swimming together instead.

*More on page 2*

## October 2005

## Dates to Remember

2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

- 10/8 Texas football vs. Oklahoma ( Dallas)
- 10/10 KIN Club meeting ( 6:30- BEL 858)
- 10/15 Texas football vs. Colorado ( Austin)
- 10/22 Texas football vs. Texas Tech (Austin)
- 10/24 KIN Club meeting ( 6:30- BEL 858)
- 10/28 Final tuition installment payment due for students who selected the three-payment plan.
- 10/29 Daylight Savings Time end (Fall back!)
- 10/31 Spring semester 2006 registration begins

## Upcoming Fairs and Workshops

### Graduate School Planning Panel

Texas Union ballroom, Tuesday, October 4 at 5:00 pm

### Graduate and Professional School Day 2005

Texas Union ballroom, Wednesday, October 5 at 10:00 am-3:00 pm

### KIN Job Search Tools Workshop

BEL 602B, Tuesday, October 11 at 5:30

### Texasjobs.com Career Fair (Austin)

Embassy Suites Austin North, 5901 North IH 35  
Tuesday, October 11 at 11:00 am-3:00 pm

### Resume Workshop

UTC 4.124, Thursday, October 20 at 5:30

## Finding Time to Exercise cont.

4. Multi-task. Do some calisthenics or ride a stationary bike while watching your favorite television program. Do some simple stretches while you're on the telephone and on hold. Waiting for the washing machine or dryer to finish, or waiting for a computer file to download? Now is a great time for some sit-ups or leg lifts!

5. Do a 10-minute workout each day. Schedule just 10 minutes of exercise per day on your calendar. By the time the month is over, you will have exercised over 300 minutes!

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## internshipSpotlight cont.

She found that the most challenging part of the internship was organizing and coordinating the large festivals and events of Youth InterACTIVE. These events sometimes included over 1000 youth in the Austin area. By helping with these large events, Janelle now feels confident in her ability to organize events in the future and create her own material.

"I learned so much about lots of different areas of a nonprofit organization, things not learned in class," Janelle said. "I was given so much responsibility and got to do a lot at this internship."

She is happy that she gained more experience with business, marketing, and promotion from interning with Youth InterACTIVE.

Janelle landed the internship after Youth InterACTIVE's founder spoke to her class about opportunities for interning and volunteering with this nonprofit organization. For those looking for a successful internship experience, Janelle suggests really taking the opportunity to learn and gain advice for the future. She learned that personal organization and scheduling is important, in addition to just really enjoying the rewards of the internship.

## Step 1: Developing One's Personal Experience Profile

By Jody Haut

Before creating a resume and even searching for a job or internship, it is important to get your experiences and skills down on paper. Creating a personal experience profile helps you remember and centralize all of the information about yourself in the areas of experience, education, skills, accomplishments, awards, and credentials. This will be the “brainstorming” step before you can actually start on a resume. This information will also help you remember important aspects of your past experiences for interviews and formal job applications. It is a good idea to keep this profile stored somewhere close (like on your computer) for easy access and updating.

Experience, both voluntary and paid, is the section that makes up the bulk of a resume. List every job (professional or volunteer) and every duty performed at each job. Think about your accomplishments at these jobs and use action verbs (managed, implemented, spearheaded, etc.) to describe what you did. Then, when plugged into the resume, you will have all the important information for each job.

For the education profile, take note of all degrees earned including majors and minors. Be sure to get the wording correct! Don't forget to include the program in which you are currently enrolled. Record graduation dates, GPAs, and any awards or scholarships that have been obtained while in school.

Record any skills that are “above and beyond,” for example, any computer programs unique to certain fields or certifications (like CPR). List people that you feel would be good references and who would be willing to put in a good word for you. Choose people from each job that would have positive things to say about you and your work ethic, should a potential employer contact them. Don't forget to ask their permission before you disseminate their contact information!

After you get all of your thoughts and experience recollections down on paper, then it is the time to begin searching for jobs and preparing a resume.

## Helpful Links

[www.teamworkonline.com](http://www.teamworkonline.com)  
[www.ci.austin.tx.us/](http://www.ci.austin.tx.us/)

[www.utexas.edu/student/careercenter](http://www.utexas.edu/student/careercenter)

[www.utexas.edu/education/kinesiology/](http://www.utexas.edu/education/kinesiology/)

[www.hirealonghorn.org/](http://www.hirealonghorn.org/)

[www.provenresumes.com](http://www.provenresumes.com)

[www.austin360.com](http://www.austin360.com)

[www.careerlab.com](http://www.careerlab.com)

[www.workaustin.com](http://www.workaustin.com)

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Jody Haut  
Graduate Research Assistant for  
KHE Career Services  
222R Bellmont (BEL) Hall  
512.232.1963

<http://www.edb.utexas.edu/career>  
[jodyhaut@mail.utexas.edu](mailto:jodyhaut@mail.utexas.edu)