



Internship Spotlight

By Jody Haut



Kimberly Reyes worked as a marketing and promotions intern for the Astros.

Kimberly Reyes, of Houston, completed her internship with the Houston Astros baseball club last summer. She plans to graduate from UT in May 2007 as a Health Promotions and Fitness major. For the Astros, Kimberly was a marketing and promotions intern for the Street Team group.

Kimberly worked for the front office of the Astros Baseball Club and helped with the "It's On," marketing campaign, working on radio appearances and promotional events. She even appeared in an Astros merchandise commercial and had the opportunity to host a TV segment called "Buzz on the Street." Kimberly's team was responsible for writing pre-game scripts and assisting with pre-game activities and events.



"I think that it is very important to do an internship," Kimberly said. "One reason is that it gives you an opportunity to find out if this particular field fits you. Another reason is to get your feet wet and to begin networking. And most importantly, to obtain the knowledge in that particular field to get you ready for your career."

Kimberly took her own advice about the importance of networking. She hooked this internship through her own personal contacts.

"I met the Director of Ballpark Relations through a friend. He referred me to the

VP of Marketing, then I interviewed, and I got the job!" Kimberly said. "Networking is very important!"

She suggests making the most of your resources when it comes to finding an internship or job.

"It helps to know someone who is willing to help you achieve your goals," she said.

Kimberly also learned the value of time and energy management during her internship. She was taking summer classes at the same time and had to learn to adapt her schedule.

"When you run into stressful situations, don't run away from them," Kimberly said. "Work the problem out and learn from it."

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In Good Health

Holiday Health: Give Get-Fit Gifts

By Louise Roach

Tis the season to celebrate -- and a time to eat! Most of us gain a few pounds during the holiday season. With family dinners, holiday parties and gift baskets loaded with goodies, who thinks of staying fit?

Instead of giving a pyramid of chocolate, a basket of tempting treats or a bottle of bubbly this year, why not be different? Give your loved ones a Holiday Health Kit to start out the New Year right.

With so many inexpensive or low-cost fitness products available, it's easy to combine several items into a customized Get-Fit Gift. Louise Roach, marketing director at SnowPack, a New Mexico-based company that manufactures ice therapy kits, has several suggestions:

"If you have someone on your Christmas list who likes to walk or run, think of items like a pedometer, a gift certificate to your local running specialty store, energy bars, a water bottle, a portable CD player, books on stretching, sunscreen, and lip balm. Plus an ice pack just in case they overdo it. Put it all together in a nifty duffel bag and

you have a very thoughtful gift.

"Maybe someone you know needs motivation to get up and get going. Why not give a 'home gym in a bag'? A few suggestions to include are: free weights, a jump rope, resistance bands, workout videos, a yoga mat, a BMI scale, a heart rate monitor, sport drinks, and protein bars. Of course every home gym needs first aid in the form of an ice therapy product to take care of strained muscles. Then wrap it all up in a bright tote bag for giving.

"Several other themes for Get-Fit Gifts could be biking, hiking and backpacking. A visit to your local athletic store can offer many
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Questions to Ponder

As many of you graduate this month (Congratulations!), it will be time for the dreaded interviews. No need to worry or be nervous, you can prepare. Use these frequently asked questions as practice. Prepare your thoughts and answers for these questions, and success will be yours. Good luck!

1. **Tell me about yourself.**
 - Classic, beginning, open-ended question.
 - Keep it career and work related.
 - Bring out personal strengths, interests and abilities.
2. **What are your strengths?**
 - Highlight most positive attributes (skills, enthusiasm, experience, reliability, etc.).
 - Tie in your strengths in other settings and how they can benefit the employer.

3. **What are your weaknesses?**
 - Always put a positive spin on this question!
 - Choose a weakness with little relevance to the position you are seeking.
 - Suggest a hidden strength behind the weakness.
 - Talk about things on which you have improved.
4. **Why should I hire you?**
 - List the positive attributes that you have to fit the job.
 - Make their decision for them! Be direct, try not to hesitate or seem confused.
5. **Why do you want to work for us?**
 - This should be obvious; you researched the company, right?
 - Be honest and say why you think it is a great company.
6. **What past accomplishments gave you satisfaction?**
 - Describe a couple of work projects that made you proud or earned you pats on the back.
 - Talk about how you work well in groups and with peers.
7. **What are your long-range goals?**
 - Show how this job matches with what you ultimately want to do with your life.
 - Remember to highlight how you can help *them* and make a contribution to the company, not just that they will become your best network!

December

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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

Helpful Links

www.rileyguide.com
www.gamefacesportsjobs.com
www.canadiansport.ca
www.sportlinkscentral.com
www.chronicle.com (for Higher Education jobs)
www.teamworkonline.com



Dates to Remember

December 12, 13- No Classes

December 14- Final Exams Begin

December 22- Campus is closed for Holidays

January 16- MLK Holiday (campus closed)

January 17- Classes Begin for Spring semester

March 1, 2005-

Kinesiology and Health Education Internship Fair

In Good Health continued from page 1

ideas such as a day pack, water carrying system, socks, hats, compass (or GPS system), utility tool, first aid kit, a spa product and destination books.”

With a little creativity, you can put together healthy, useful gifts that will be well appreciated throughout the New Year.

Article courtesy of www.articlecity.com

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Step 3: Creating Your Résumé

By Jody Haut

Note: This is a continuing feature on the essentials of job and internship searching. Last month's article was about assessing a position announcement.

Now, it is time to create that impressive résumé. After delving into a position announcement, it is important to use what you have learned to create your number one marketing tool, the résumé. Remember that this is often the first piece of “you” that employers see, so it needs to be as powerful as it can be in portraying you as a potential employee.

First, go back to the job announcement and highlight the key words or descriptive phrases. These should be used to tailor the résumé, to that specific job. This helps to show the employer that you are, in fact, the person for whom they are looking for. Reflect all those key descriptors from the announcement in your

résumé. For example, if the position involves “stadium operations,” show, through your vocabulary and action statements, how you were involved in “behind the scenes” operations or privileged functions at your last internship. By doing this, you are successfully meeting the employer’s need for that area or duty.

To formulate action statements, think in terms of these three topics: **leadership**, **accomplishments**, and **end results**. These are the things a future employer is looking for in your past work experience. Selecting the right action verb, the one that makes the most impact, for each bulleted point sets a positive tone and helps to highlight your qualifications.

Think about accenting a résumé with bolding or italics. Using these features can make certain points of a résumé stand out; choose this type of formatting carefully.

Too much can negatively affect the look of your résumé.

Employers often do a 30 second scan of your résumé. In that brief amount of time, do they see a clean, easy to read format? If a résumé is too hard to read or understand, it may get trashed! Keep the layout simple, professional and attractive. Use clear and concise writing.

Make it easy for the employer to contact you. Keep your résumé phone number, mail and e-mail addresses current. Also, have a professional-sounding phone message on your answering machine; you may be out when an employer calls!

If possible, keep your résumé to one page. It makes it much easier to distribute.

Remember to proofread again and again!

KHE Career Services

Get on Target with a Mock Interview

As the semester winds down and there is a bit more free time (between final exams of course!), Career Services is here to assist with mock interviewing. Just like a real interview, we will sit down and discuss the position and what you may be able to bring to the internship or job. It'll be a no-stress session where you can work all the kinks out in order to prepare for the real interview! If you would like a mock interview, please contact Jody Haut in BEL 222R.

