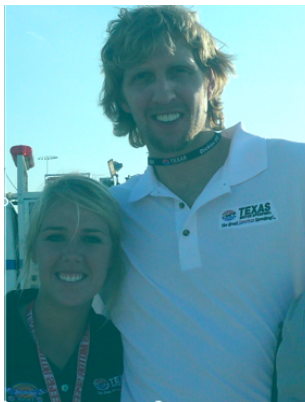




Internship Spotlight



Tara Kiel pictured with Dirk Nowitzki

UT alum Tara Kiel interned at the Texas Motor Speedway. Tara assisted at promotional events with the Texas Motor Speedway show car program. She also updated forms and documents. In addition, she did client-relation work with Total Access Radio

Affiliates. Tara completed donation requests for various schools, companies and organizations. On race weekends, she helped out wherever she was needed: working with the promotional team (LugNutz), picking up different prize winners, and assisting radio/TV with set up for live broadcasts.

Tara secured this internship after attending the Dallas Stars Internship/Job Fair in the spring of 2007. She has some helpful tips for UT students looking for internships: “Start researching and e-mailing people. If you can’t get an interview, then try to get an informational interview with someone in the company. Be open to working with other organizations, not just your favorite team or within your favorite sport.”

Tara recalled that the best day of her four-month internship was the final day of the Dickies 500 Race. She was the assistant to the Grand Marshall, who happened to be one of her all-time favorite athletes, Dirk Nowitzki. Tara picked Dirk and his group up from the helipad and drove them all to Dirk’s many destination spots. He had a very detailed schedule of interviews; in addition, he was responsible for starting the race with the famous words, “GENTLEMEN START YOUR ENGINES!”

One of the most challenging aspects of Tara’s internship experience was the long hours and low pay. Also, time-management was difficult, especially when members of the department gave her projects and needed her assistance at the same time.

Tara’s advice for a successful internship experience is to work hard and never feel like the organization owes you anything. She advised that, “If you feel like you are above the work they have for you, then it will cause a lot of problems. Network as much as possible, and try to be flexible to help out wherever you are needed.”

Tara was happy to report that her internship helped her land her first full-time job. “They actually created a position in the events department to maximize their relationships and promotional opportunities with their 50 Total Access Radio Affiliates. I just started at my new position as the Total Access Affiliate Coordinator.”

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Newsletter Editor:
Liz Conant, KHE
Career Services

Career Services Announcements

Save the date:
The University of Texas
Kinesiology and Health
Education
Job and Internship Fair
is right around the corner!
Wednesday, February 27, 2008
10:00am- 3:00pm
Location: Gregory Gym 3.120

Students:
Have your internship or job featured here! We want to share your success with the students, staff, and faculty of the Department of Kinesiology and Health Education. Send any exciting announcements to:
liz_conant@teachnet.edb.utexas.edu.

As always, as you start working, remember to recruit the KHE students at the University of Texas.

Career Knowledge [is Power]

Job Search Prep: Career Planning

By **Brian Krueger**, President of CollegeGrad.com and author of "College Grad Job Hunter"

Remember when you were a kid and everyone would ask you, "What do you want to be when you grow up?" It's interesting that in Western society we usually stop asking that question of our children after age ten. So our last response was usually in the doctor/lawyer/President category. For many, the subject of career selection does not arise again until college graduation (and an uncertain future thereafter) is staring them in the face.

Spend the time necessary to analyze both yourself and the job market. In analyzing yourself, consider using a combination of assessment instruments (such as interest, personality, aptitude and value inventories) and career counseling. The specific assessments you should consider taking include the following:

* **Personality:** Myers-Briggs Type Indicator (MBTI), Jung Typology Test, the Kiersey Temperament Sorter, and others; analyzes your personality type and compares it with various careers.

* **Aptitude:** Structure of Intellect (SOI) and others; analyzes your aptitude for particular careers.

* **Interest:** Strong Interest Inventory (SII), Campbell Interest and Skill Survey (CISS), Self-Directed Search (SDS) and others; analyzes your personal interests and how they correlate with those of others who have been successful in a variety of careers.

* **Values:** System for Interactive Guidance and Information (SIGI) and others; examines your value system and how the priority of your values may work with (or against) you in a variety of careers.

In taking these assessments, you will see a pattern of career paths emerging, although it is unlikely there will be a single career recommendation. Combine your assessment results with career counseling and career exploration to assist you in deciding on career paths to pursue.

The Occupational Outlook Handbook (OOH), updated biennially by the Bureau of Labor Statistics, provides information on more than three hundred occupations, including hiring trends, type of work, training requirements, typical earnings, and future job outlook. You can access the enhanced OOH online at www.CollegeGrad.com/careers.

It is vitally important to know what job you are seeking before you go out and try to find it. In seeking the right job, seek out a job you will love. There are far too many people in today's work world who are grinding away at work they detest just to earn a paycheck—and leading lives of quiet desperation in return. Do what you love and the money will follow. And if the simple satisfaction of a good day at work is not a strong enough argument for you, consider the longevity factor: a Duke University study of human longevity listed work satisfaction as having a high correlation with long life. Live long and prosper.

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Helpful Links

KHE Internship Website:

www.edb.utexas.edu/career/KHE/internships/view_internships.php

Interview Stream:

<http://www.edb.utexas.edu/career/resources/interviewstream.php>

Interfolio: <http://www.edb.utexas.edu/career/credentialfiles/open.htm>

**KHE
Career Services
Contact Info**

Location:
Bellmont Hall 1010

Phone:
512.232.1963

Fax:
512.471.6671

E-mail:
liz_conant@
teachnet.edb.utexas.
edu

**KHE
Internship
Database:**
www.edb.utexas.edu
/career/KHE/
internships/
view_internships.php

**Online
careerCourier:**
www.edb.utexas.edu
/career/KHE/newslet
ter.php

careerCourier is a monthly electronic publication of the Department of Kinesiology and Health Education Career Services office at The University of Texas at Austin.

The Job Search Process

By **Brian Krueger**, President of CollegeGrad.com

Your ultimate goal is your new job. Yet there will be several steps of completion required along the path to this goal. The following are the basic steps in the job search process:

1. Self-assessment
 - * Personality
 - * Aptitude
 - * Interests
 - * Values
 - * Personal skills and abilities
2. Career exploration
 - * Research career types
 - * Research industries
 - * Research geographic locations
 - * Understand career requirements
3. Career preparation
 - * Academic- major, classes, projects
 - * Extracurricular- activities, clubs, sports
 - * Experience- work, internships, volunteering
4. Establish your career objective
 - * Job type
 - * Industry
 - * Location
5. Prepare job search tools
 - * Resume
 - * Cover letter
 - * References
 - * Letters of recommendation
6. Find hiring companies
 - * On-campus job fairs
 - * On-campus interviews
 - * Build and activate a career network
 - * Research available employer information
 - * Off-campus job fairs

7. Secure the interview
 - * Make contact
 - * Request and confirm interview

8. Interview
 - * Prepare for interview
 - * On-campus interviewing
 - * Phone interviewing
 - * Company-site interviewing

9. Offer
 - * Post-interview follow-up
 - * Job offer negotiation
 - * Accept and begin new job

Seems simple enough... the nine steps above do not show the iterative and repetitive nature of the job search. There will be failures along the way and you will be repeating each of the steps for every employer you are pursuing. And, with multi-linear processes, the job search is subject to non-linear timing. In other words, you may find yourself at square one with Employer # 1 at the same time that you complete the process and get an offer from Employer # 2. Worse things can happen, but this type of timing situation does provide a decision dilemma of its own.

Seek to master each step in the employer interview process so that both you and the employer can evaluate your overall best fit. Mastering the job search process does not mean that each job pursuit will result in an offer. Yet, mastering the process should result in finding the right job for you. That is the point- not simply finding a job, but finding the right job for you.