NMHU student says internship “was a great experience”

NMHU graduate student Xiaowei Wu did an internship with the New Mexico Human Services Department.

By Jesse Gallegos
NMHU Career Advisor

New Mexico Highlands University graduate student Xiaowei Wu did an internship with the New Mexico Human Services Department.

By May to August 2015, she was able to attain this goal. Wu participated in the New Mexico Governor’s Internship Program with the Human Services Department Income Support Division in Santa Fe. “I heard about this internship opportunity through the University’s Career Center,” said Wu. “It went very well. I learned a lot about policy and regulations. I received a lot of training while I was there. It was a great experience to see how things work. The employees there were very nice and patient; they were open-minded when I asked for direction and advice.”

Wu, a native of China, is a second-year guidance and counseling student. During her internship, Wu expanded on her training on assisting families and researching on how to improve the participation rate on work.

“I was assigned to do research and update contact information and verifying the qualification of clients,” said Wu. “I feel it is very important to get some field experience in the real world,” said Wu. “With an internship, a student can get a better idea of the field that they are going into.”

Wu said that students should start early in applying for internships. “It is so important to polish up your résumé,” said Wu. “Don’t procrastinate. Utilize the Career Center to get an idea of what you should do. It’s also very important to be confident and to build up your communication skills.”

Wu said that she is interested in doing another internship this summer. She also said that Highlands University is a good fit for her.

“I heard about Highlands through a friend,” said Wu. “Highlands does not have many distractions so I can focus on my studies. I like it here.”
2015 Fall NMHU Career Fair has record-breaking attendance

The 2015 Fall New Mexico Highlands University Career and Internship Fair held on November 4th had a record-breaking 636 students in attendance. There were 42 employers at this year’s fair.

Here’s some career fair follow-up tips:

- Write a thank you note to the recruiters you met. Include a more targeted résumé, and if requested, any additional information (i.e. transcripts, references). Check out this CareerSpots video on how to follow-up with an employer after a career fair: [http://tinyurl.com/pyv9977](http://tinyurl.com/pyv9977)
- Continue to research the organizations online that you met at the fair. Check out their job boards regularly.
- Use a variety of job search strategies in addition to the job fairs to round out your job search.
- Inform your Career Services Office of any employment offers and any follow-up that may be needed by the employer.

The spring 2016 Career Fair has been set for Thursday, April 21, 10 AM to 2 PM at the Student Union Ballroom. Mark your calendar!

A survey filled out by employers indicated that NMHU students did very well in their communication and appearance. Employers gave NMHU students a 3.92 out of 5 points in this category. In addition, employers gave the career fair an overall rating of 4.59. NMHU students gave the event a rating of 4.25 in the meeting their needs and expectations. Employers indicated they would like to see more students have a résumé.
Here are some of the top reasons why internships are important.

- More and more employers are wanting graduates to have work experience. According to the National Association for Colleges and Employers (NACE), 95 percent of all employers say that work experience plays a major part in their hiring decisions of college graduates.
- An internship is an avenue to full-time employment. Over 75 percent of employers that hire college graduates use internships as their main pipeline for filling full-time permanent jobs.

Continued on next page
Why is an internship important?

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- Better pay. Many employers will start off a recent graduate with higher pay (an average of $5,600 more) if they had internship experience, according to NACE.
- An internship will not only give you an opportunity of what you may want to do for the rest of your life, it will also give you an indication if you don’t like a certain career path. Your better off finding out early on if you are going to like a job or not.
- An internship will also you allow you to close the gaps between the courses you take and the career you choose. A student will gain valuable experience in what they need to concentrate on after in internship.
- A student will also build confidence and gain some valuable on-the-job skills with fellow professionals.
- Through an internship, a student will also be able to make some money for the following semester. Many internships pay a competitive wage.

Source: Quint Careers www.quintcareers.com/internship-importance/

A degree alone is not enough

By Michael Castellanos
Career Peer Advisor

According to Forbes Magazine, interns have a 7 out of 10 chance of being hired with the company that they intern for; with such favorable odds, the often sidelined internship begins to show its true importance.

Internships are one of the greatest ways for you to get your foot in the door while strengthening your résumé and also acquiring valuable work experience and developing a valuable network. Yet, aside from this, the benefits provided by an internship are massively insightful. An internship will provide you with the “real world experience” most new graduates so often lack and will help you attain the new skills and career insight that prospective employers look for. It’ll provide a great perspective on work etiquette and what is expected from you as an employee when you transition from a student to a career professional. Lastly, an internship is an excellent chance for you to “test drive” that new career and see if the position is right for you. Perhaps you intern in a financial position and realize from this experience you’ll be much happier in accounting.

A degree alone is not enough today to automatically get you that job you expect post-graduation. So, in a market that’s continually more saturated with attained degrees of higher education, it’s crucial to distinguish yourself and advance your chances through all of the benefits that come with an internship.

Source: Forbes Magazine http://tinyurl.com/bu3qbg

Optimal Résumé: #1 on college campuses

A résumé is one of the most important documents a student will ever create in college.

New Mexico Highlands University students are very fortunate to have access to Optimal Résumé, a comprehensive, web-based system that help students create and manage their résumés, interest letters, and practice video-recorded mock interviews.

It’s very easy to use and maintain. A student can go into the NMHU Career Center’s website and click on the Optimal Résumé logo. A student can access it by using their NMHU e-mail. Students can learn to use this program by viewing recorded Optimal Webinars or by visiting with the Career Services staff.

A student can create and manage customized résumés in their account and includes features as resume types and tips by major, styling formats, spellcheck, action words, content ideas, and an online review center, all on a 24/7 basis.

NMHU students pay no fee to use the No. 1 résumé program used on college campuses.

For more information on how to access or use Optimal Résumé, please call the NMHU Career Services Center at 454-3048 or visit our office located in room 230 in the Felix Martinez Building.

To get started, click on the following link: www.nmhu.edu/careerservices
IBM’s Amy Blea gives real-world advice to NMHU computer science class

Amy Blea was one of the employer recruiters at the 2015 Fall New Mexico Highlands University Career/Internship Fair. Blea is a 2000 NMHU computer science graduate who applied and received an internship with IBM during her junior year. Her internship resulted in a non-competitive conversion to a full-time position upon graduation. She is currently the Offering Manager for Cloud Storage Services at IBM.

When Blea applied for her internship, she was one of four NMHU students to fill five internship positions throughout the southwest. Blea spoke to a computer science class while recruiting at her alma mater. Among the topics that she covered were: IBM’s application process; how recent graduates bring new ideas to the company; the importance of getting over job interviewing anxiety; the importance of developing transferable skills such as teamwork, problem solving and critical thinking; advising students on utilizing their career services center; strategies on how to obtain internships and how an employee learns more when they are flexible.

Blea praised the education she earned at the NMHU Computer Science Department preparing her with the technological skills needed to be successful in the workplace. “Go to Career Services, it will change your life,” said Blea.

How to find internship resources

Are you looking for an internship? Here are some quick resources to help you:

- The NMHU Career Services Center is a great place to start your search with a daily updated job postings webpage and GoingGlobal worldwide database.
- Career Fairs. NMHU has two career and internship fairs a year that help students meet and network with lots of corporate, government and non-profit employers all in one convenient place and time.
- Company websites. Go straight to the source by visiting the career/employment section of each company’s website.
- Networking sources. Tell everyone you know that you are looking for an internship. Get to know alumni and professionals related to your field of study and/or career interests. Nowadays, It’s not just who you know, but who you get to know.
- Major/minor department. Many internship employers also contact faculty directly for student recommendations. Earn good grades and get to know your professors well.

GoingGlobal: free service for NMHU students to access over 16 million internships and jobs

New Mexico Highlands University saves students on $20/month user fees by providing free access to a worldwide database of over 16 million internships and career opportunities posted daily.

To access this program free, students must go to the Career Center’s Job Posting webpage http://www.nmhu.edu/career-services/jobs/ and click on the GoingGlobal logo to enter their NMHU username and password.

This program contains internships and jobs from 40 countries and cities throughout the United States. For example, a student majoring in media arts that is seeking a graphic design internship located in El Segundo, Calif. will find hundreds of opportunities in and around that location.

Students that are looking to go abroad can also utilize the system’s “Country Guides” to learn about appropriate customs in job searching, résumé writing and interviewing skills for a particular country.

All job listings can be searched by major, industry keywords, a specific company, city, country, and job titles. In addition, a student can receive job alerts automatically via e-mail for related opportunities based on their search criteria.
Alumni return to Career Fair to recruit Highlands University students

Several New Mexico Highlands University alumni took part in the 2015 NMHU Career and Internship Fair as recruiters for their respective employers. Pictured clockwise starting at the bottom are: Michael Salazar (forestry), forester/timber management with the United States Forest Service; Benny Marquez (business) and Matt Torres (political science), regional managers for the Social Security Administration; Loretta Lopez (business), human resource officer with Los Alamos National Laboratory; Leonard Casaus (political science) special agent with the FBI; Peter Ngam (biology), lab manager with the National Genome Resource Center; Amy Blea (computer science), offering manager for Cloud Storage Services at IBM; Stephen Apodaca (criminology), game warden with the New Mexico Game and Fish Department; and Pam Olivas (biology), wildlife biologist with the Bureau of Land Management. A list of all 42 participating employers is available on the career event’s webpage: www.nmhu.edu/careerfairs

Go NMHU Cowboys & Cowgirls!