



CareerAbilities

February 2008

This Month's Quiz:

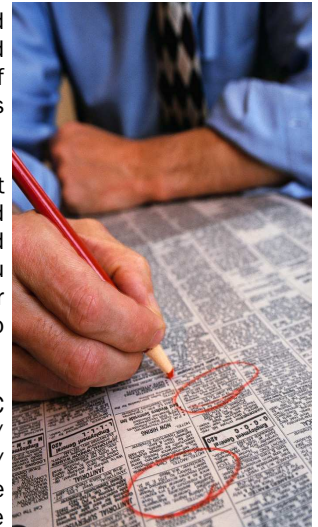
True or False

1. Internships should be directly related to your major or career interest.
2. Students should wait until they are sure about their major before pursuing an internship .
3. At HCC, internships for college credit during which you meet measurable learning objectives, attend mandatory seminars, write progress reports and work at least 10 hours a week are called co-ops .
4. Internships give students with disabilities the opportunity to practice disclosing their disability and identifying possible accommodations they will require in the workplace .
5. Students with disabilities who engage in several work-related experiences, including internships, are able to secure employment more quickly after graduation than students who do not .

CareerAbilities is a monthly newsletter produced by Howard Community College Counseling and Career Services and Disability Support Services to increase student awareness of HCC career programs and services and to highlight career topics that are important to students with disabilities.

CareerAbilities newsletters inform students about employment issues unique and not so unique to people with disabilities and provide information that can be used to make education and career decisions. We welcome suggestions about topics you would like to see addressed and encourage you to stop into our offices and use the many services that we offer free of charge to HCC students.

Issues of **CareerAbilities** can be found online at the HCC Counseling and Career Services Website at www.howardcc.edu/students/counseling_career_services_and_job_assistance/jobsearch/resourcesdisability.com. They are also available in the Counseling and Career Services Library, RCF-302, and can be sent directly to your e-mail address.



It is not enough to have knowledge, one must also apply it. It is not enough to have wishes, one must also accomplish .

WEBSITES OF THE MONTH

www.aapd.com/employment/internships.php

AAPD is the largest national nonprofit cross-disability member organization in the United States, dedicated to ensuring economic self-sufficiency and political empowerment for the more than 50 million Americans with disabilities. This link to the AAPD Website will give you a list of on-going internships available for people with disabilities

www.twc.edu/disability_scholarships.shtml?zoom_highlight=students+with+disabilities

The Washington Center for Internships and Academic Seminars provides an integrated academic and work experience to prepare college students and professionals for lives of achievement and civic engagement. The Washington Center for Internship s and Academic Seminars' goal is to increase access to programming for students with disabilities by ensuring equitable treatment and access to all programs and activities while facilitating reasonable and effective accessibility of the program environment (including internship sites, housing, courses, Washington Forum and other activities).

Answers to This Month's Quiz

- 1. True.** Internships are meant to provide practical work experience that will supplement and enhance the student's academic major. While any work experience during college is helpful on a resume, there is no substitute for an internship in your career area .
- 2. False.** While students ideally have completed some relevant academic coursework and gained some academic skills to use during their internship, an internship early in your academic career can help you determine if the career you are considering is right for you .
- 3. True.** Several academic degrees at HCC allow co-op credits to be incorporated as electives. Please contact Sheri Hawes in Counseling and Career Services for more information about co-ops and internships at HCC .
- 4. True.** While not all people with disabilities need workplace accommodations, internships offer an opportunity to determine what accommodations, if any, may be needed and to develop disclosure and self-advocacy skills if necessary .
- 5. True.** These students are also more likely to be employed within their field of study and are generally more satisfied in their work positions than students who do not participate in internships and co-ops .

"Go out and experiment, try things, see what you like. Take a chance, don't think it's forever. Go out and try something different in an internship, because you might discover something you didn't know."

George Stephanopoulos, senior advisor to former President Clinton

Over the past few months each issue of **CareerAbilities** has focused on one step in the career planning process: *self-assessment, exploration, decision making and goal setting*. The fifth step of this process is *action*. One of the most important actions a student can take when preparing for a career is to obtain a cooperative learning experience or an internship. Sometimes these terms are used to describe the same process, however at HCC, a cooperative learning experience (co-op) requires the student to pay for the college credit earned while working for an identified employer for at least 10 hours a week, submitting progress reports, attending seminars, and meeting measurable learning objectives. At HCC, the term internship is used to describe a not-for-credit experiential work experience. Sometimes co-ops and internships are paid, however that is not always the case.

Co-ops and internships provide a formalized program between an employer, a student, and (often) a college, in which the student has an opportunity, while still enrolled in school, to gain practical work experience in a field directly related to his/her major or career goals. Co-ops and internships provide students opportunities to learn transferrable "real world" skills, to build a network of professional contacts that may be invaluable when seeking post-college employment, to try-out different career choices to see which ones are the best fits, and to see what areas they need to improve upon. Sometimes the most valuable benefit of a co-op or internship is learning what you DON'T want to do! These are reasons it is best to begin looking for co-op and internship experiences early and attempt to do several over the course of your time in college.



Co-ops and internships provide students opportunities to learn transferrable "real world" skills

For students with disabilities, co-ops and internships provide additional benefits. Many students understand very well how their disabilities impact their education and what accommodations they require to be successful in an academic setting. Co-ops and internships give students with disabilities an opportunity to identify how their disability will impact them in the world of work, identify any accommodations they may need to complete the essential functions of a particular job, and identify what barriers they may face when seeking employment in their chosen career. They also give students the opportunity to develop self-advocacy skills, practice disclosing their disability and asking for accommodations, and provide a "foot-in-the-door" with an employer who might otherwise hesitate to permanently hire someone with a disability.

Co-ops and internships provide many positive benefits to college students. They help students gain confidence and make them more competitive in the job search process. Many businesses screen resumes of potential permanent employees to see if they have participated in these programs and/or hire employees who have participated in internships in their own companies. Whatever your future career goals may be, take time while in college to participate in a co-op or internship.

Counseling & Career Services

Mon, Tue, Wed

8:30am-8:00pm

Thu, Fri

8:30am-5:00pm

Phone: 410.772.4840

Fax: 410.772.4499

website: www.howardcc.edu/career

Disabilities Support Services

Counselor Hours:

Mon, Wed, Thu, Fri

9:00am-5:00pm

Tue

9:00am-8:00pm

Phone: 410.772.4629

Fax: 410.772.4276

website: www.howardcc.edu/students

For any questions or concerns, please contact Ann Kukulies at 410.772.4009

Co-op & Internship Information Sessions

To sign up for an information session call 410.772.4840 or visit Counseling and Career Services in Room RCF-302

Tuesday	Wednesday	Friday
6:30pm-7:30pm	12:30pm-1:30pm	10:30am-11:30am
March 4	March 12	March 7

HCC's Internship and Cooperative Education

program is an excellent way for students to explore a career of interest, gain valuable work experience, and possibly earn college credit at the same time. Howard Community College partners with organizations to support student learning with real world experiences. Currently HCC interns are working in fields such as accounting, criminal justice, hospitality, journalism, marketing, public relations, nursing, and information Technology, among others. A Spring 2008 student intern recently said of his internship, "I've learned so much in just a few days!" And you can too!

For more details on how you can participate in this program, call 410 772-4840 to reserve your seat at an upcoming information session.

VOLUNTEER FOR THE HCC JOB FAIR

ON MARCH 28, 2008
HELP NEEDED – 8 AM TO 2 PM

- MEET ABOUT 80 PARTICIPATING EMPLOYERS.
- IT LOOKS GREAT ON A RESUME.
- IT'S A FUN WAY TO EARN MOVIE PASSES

Up Coming Events

Career Information Series (Allied Health)

March 4, 12:30pm–1:30pm
RCF-242

Prepare for the Job Fair Workshop

March 5, 12:30pm–1:30pm, RCF-302

Safe Spring Break

March 11, 12:30pm–2:30pm, RCF-Lobby

Career Expo-For People with Disabilities

March 19, 10:00am–3:00pm, New Yorker Hotel, 481 8th Ave, New York, NY, 10001
www.eop.com/exporegistration.html

Job/Career Fair

March 28, 10:00am–1:00pm, Burrill Galleria

COMPANIES ON CAMPUS

dELIA's (Columbia Mall)
March 5, 10:00am-2:00pm
ELB Lobby

Get Your Research Paper Done!

Tuesdays, Wednesdays,
Saturdays, 10:30am–1:30pm,
Write Room, RCF-340

