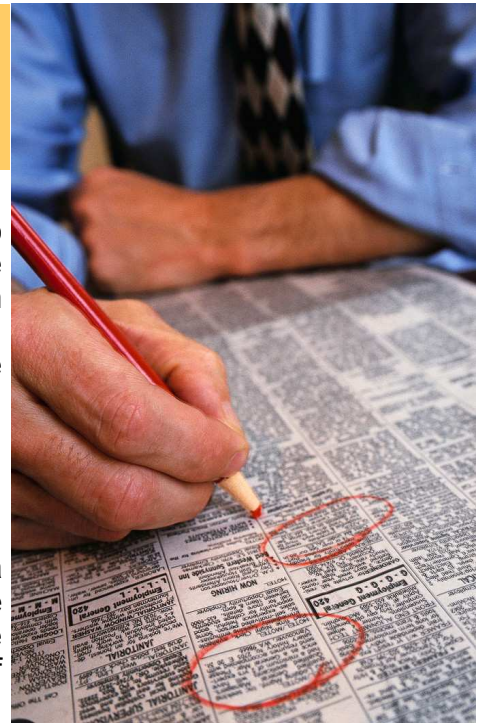


# Career *Abilities*

Howard Community College Counseling and Career Services and Disability Support Services have begun a monthly on-line newsletter to increase student awareness of programs, services and issues that are important to students with disabilities. These newsletters will inform students about the many opportunities offered through Counseling and Career Services (CCS) and Disability Support Services (DSS) to prepare them for and to obtain employment.

These opportunities may include educational programs and services, employment and training programs and services, and employment issues unique and not so unique to people with disabilities. These newsletters will help us provide you with information that you can use to make choices about your career goals and to transition from a student to an employee in the career of your choice. We welcome suggestions about topics that you would like us to address and encourage you to stop into our offices and use the many services that we offer free of charge to HCC students.

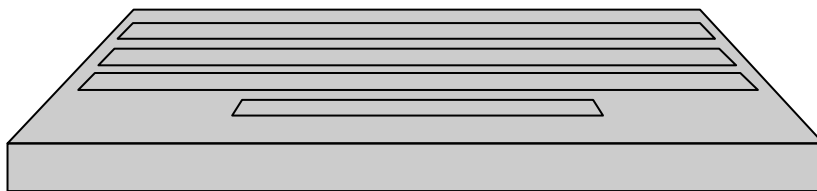


***ONLY THOSE WHO RISK GOING FAR  
CAN FIND OUT HOW FAR THEY CAN GO.  
SUCCESS DOESN'T COME TO YOU, YOU GO FOR IT!***

## WEB SITE OF THE MONTH

<http://www.mpc.edu/cl/climain.htm>

This month's website offers a quick, easy and interesting self-assessment and career exploration program. It is free, fun and a good place to start finding the right career match for you.



### Counseling & Career Services

Mon, Tue, Wed 8:30am-8pm  
Thu, Fri 8:30am-5pm

### Disability Support Services

#### Counselor Hours

Mon, Wed, Thu, Fri 9 am-5pm  
Tue 9 am-8pm

## THIS MONTH'S QUIZ

- T or F 1. A good assessment will tell you what career you should choose.
- T or F 2. Taking one good assessment is all you need to get a clear picture of yourself.
- T or F 3. Having the results of an assessment interpreted by a career counselor is the best way to understand the how your results can aid your career search.
- T or F 4. All assessments results must be filtered through your knowledge of yourself.

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

*Answers to quiz on page 3*

**It doesn't matter whether you walk on wheels, talk with your hands and hear with your eyes, see with your ears, or communicate with the world using a computer keyboard and modem as I do. *What matters is that you consciously keep a contemporary self-portrait in your mind of what you want and what you can do in the world of work.***

**Dr. Frederick A. Fay, Co-founder of the American Coalition of Citizens with Disabilities whose disabilities include quadriplegia and a neurological disorder**

Self assessment is the first step in a choosing a major, planning a career path and conducting a job search. Self-assessments, sometimes referred to as "inventories", are really just a series of self-exploratory questions that help you determine where in the world of work you may find the best fit. Just as you are most comfortable and can move best in clothing that fits your body well, you will also be most comfortable and successful in a career that best fits your personality, interests, abilities/apertitudes, values, skill sets and in which your disability is accommodated.

The goal of all self assessments is to assist you in identifying your strengths--those aspects of yourself that you can use and/or develop to become successful. Just as important, self assessments will help you to identify weaknesses that may be inconsistent with your choice of a major or career and/or might interfere with your success. In addition to strengths and weaknesses, people with disabilities are most successful when they also assess the way in which their disability may impact their chosen career. That knowledge allows you to become proactive rather than reactive in accommodating for any issues that might arise due to your disability.

There are many types of assessments. Personality assessments like the Myers-Briggs Type Indicator, help identify where you focus your attention and energy, how you acquire and gather information, how you make decisions or arrive at conclusions and how you relate to the outer world. Are you an Extrovert or an Introvert? Do you focus on facts or do you prefer to focus on possibilities? Do you weigh evidence in a detached manner or are your decisions more subjective and person-centered? Do you like things structured and organized or do you like to be more flexible and keep your options open? People tend to be most satisfied in careers that provide them with opportunities to use and express these preferences. Interest and skills assessments, like the Strong Interest and Skills Confidence Inventory give those who take it the opportunity to sort out particular interests and skills that they prefer and match these to possible career choices in which those interests and skills can be utilized. Values inventories focus on what is important to you, your attitudes about work, and work preferences, such as if you would rather work alone or with others, indoors or outdoors, etc. As with all assessments, there are no right or wrong answers. What is important is that the responses honestly reflect your thoughts and feelings about the questions asked. You may already have taken one or more of these assessments or had an educational assessment to determine what your academic strengths and what areas need improvement or accommodations.

Reflecting upon and investigating your individual strengths, weaknesses and how your disability may affect your goals is the first step in making a career plan. A complete set of self assessments provide you with a clearer understanding of what makes you desirable to an employer and where you will find your unique niche in the world of work. Going through the self assessment process with the help of a career counselor is the most affective way to locate where you wish to begin exploring career choices. Students at Howard Community College have access to free career counseling at the Counseling and Career Services Office in Suite 302 of the RCF Student Services Hall. We invite you to stop by or call to make an appointment with a career counselor or drop in to learn more about the many opportunities to explore careers that offered to you though our office.

### ***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*

<b>Tuesday</b> 6:30 pm-7:30 pm	<b>Wednesday</b> 12:30 pm-1:30 pm	<b>Thursday</b> 10:30 am-11:30 am
October 16	October 10	October 19
November 13	November 7	November 16
December 4	December 12	December 7

## **VOLUNTEER FOR THE HCC JOB FAIR**

**ON NOVEMBER 2**

**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**

# UPCOMING EVENTS



## Effective Interviewing Workshop

October 10<sup>th</sup>  
12:30 pm to 1:30 pm  
RCF-302 classroom

Gain confidence for that all important interview by learning what to expect, how to answer difficult questions, and great interviewing tips.

## Success In Style

October 22<sup>nd</sup>  
12:00 pm to 1:00 pm  
Burrill Galleria

Guys and Gals! Come to see a fashion show with a twist. See what to wear, what not to wear and how to prepare yourself to look great for a job interview. Live models, make-up demonstrations, food and prizes.

## Prepare for the Job/Career Fair Workshop

October 24<sup>th</sup>  
12:30 pm to 1:30 pm  
RCF-302

Meeting and making a good first impression with an employer at a job fair can give you a big advantage over someone who just sends in a resume in response to a job ad. Learn how to maximize that opportunity to get the job you want.

## Career Information Series (Engineering)

October 25<sup>th</sup>  
12:30 pm to 1:30 pm  
RCF-243

Science, Engineering and Math Career/Transfer Program: A panel of professionals will discuss career options in science and engineering and representatives from local universities will discuss entrance and transfer requirements for their science and engineering programs.

## Fall Job/Career Fair

November 2<sup>nd</sup>  
10:00 am to 1:00 pm  
Burrill Galleria

Take this opportunity to meet over 80 employers who will be on campus offering jobs and career information to students and community members. Come dressed for success and with your resume and maybe you will find your next employer!

## Career Expo For People with Disabilities

November 9<sup>th</sup>  
10:00 am to 3:00 pm  
Marriott Wardman Park Hotel  
2660 Woodley Road, NW  
Washington DC, 20008

Meet with Fortune 500 companies and government agencies looking to recruit new talent.  
[www.eop.com/exporegistration.html](http://www.eop.com/exporegistration.html)

## Career Fair for People with Disabilities Sponsored by: MD Works and Destin Enterprises

October 23, 2007  
10:00 am—3:00 pm  
Ten Oaks Ballroom  
5000 Signal Bell Lane

### Answers

- 1 False. The purpose of assessments are to give you clues and guide to where you might wish to begin your career exploration.
- 2 False. To have a good composite picture of yourself, several assessments will provide you with greater self-awareness and more options to consider
- 3 True. Career counselors are trained to interpret the assessments and help you integrate the results of the various assessments into a career plan
- 4 True. If the results of an assessment go against your “gut feelings” or doesn’t ring true, you will want to discuss this with your career counselor. Perhaps the results are options you haven’t considered before or perhaps you will want to disregard them.