

MENTEE NEWS

Mentoring Topic

Summer is great time to land internships, volunteer hours, and jobs that'll help you gain skills and experience for your upcoming career. Here are some opportunities you may be interested in:

Internships

- Supply Chain Internship with Stryker – Redmond, Washington
- Systems Engineering Internship with The Walt Disney Company (Corporate) – Seattle, Washington
- Retail Banking Intern with KeyBank – Seattle, Washington
- Engineering Interns with The State of Washington – Wenatchee, Washington & Lakewood, Washington
- Retail Management Internship Program with Nordstrom – Seattle, Washington
- Communications Intern with Washington State – Olympia, Washington

Volunteering

- Washington State Capitol Visitor Services Program (State Capitol Visitor Services Program) – Olympia, Washington
- Caregiver Support Group (Alzheimer's Association Washington State) – Seattle, Washington
- Gift of Adoption Fund – Bellevue Washington
- First Call for Help (Spokane Mental Health) – Spokane, Washington
- Parks Survey Volunteer Coordinator (also an internship) – Olympia, Washington

Jobs: *Here are some helpful sites that post updated job listings*

- Robert Half

- CareerBuilder
- Indeed
- Job.com
- TheLadders
- LinkedIn
- Glassdoor
- Monster
- SimplyHired
- US.jobs

Questions to ask your mentor:

What's the most important leadership lesson you've learned and how is it valuable?

What's the best advice you can give to help plan a career?

What's the greatest lesson you've learned from a failure?

What positive quality do you see in me that I need to focus on developing?

What can you do with your mentor?

Meeting with your mentor in person can be beneficial towards your skill development, career guidance, and overall professional growth. This quarter, try to communicate with your mentor a time where you can job shadow them, visit their place of work, invite them to an event, etc. It could even be something as simple as meeting them for coffee and coming prepared with questions and topics to discuss about.

What are other mentors and mentees doing?

If distance is keeping you from meeting with your mentor or visiting their workplace, other mentees and mentors have told us that they've utilized

FaceTime, Skype, or Google Hangout to have face-to-face time with their mentor. Ask your mentor if you can schedule time so you can ask and discuss some of the questions listed above.

Join the **CWU Professional Network LinkedIn Group!** This is for mentees and mentors, as well as current and past students interested in sharing or receiving advice and making connections. Keep your eyes open for my invite to join the group, or add yourself, if you haven't already: <https://www.linkedin.com/groups/13507300>

Professional Development Events

April 4th – Find A Job or Internship Using the Wildcat Career Network
– **Psychology 441, 12-1:00 PM**

April 6th – WSELP: Leadership and Emotional Intelligence (Understand the ways in which emotions can help you become a more effective leader) –
Science II 103, 11-12:00 PM

April 10th – ASCWU Student Government Public Debate – **SURC Theatre, 6:00 PM**

April 10th – Professional Clothing Closet Open House (Find an interview-ready outfit for upcoming recruitment opportunities) – **Bouillon 206, 5-7:00PM**

April 11th – What Employers Want – **SURC 140, 4-5:00 PM**

April 12th – Find A Job or Internship Using the Wildcat Career Network – **Black Hall 129, 4-5:00 PM**

April 19th – International Café – **SURC 137, 12-1:30 PM**

April 19th – WSELP: Leadership and Behavioral Styles and Assessment
(Explore your preferred styles and learn about maximizing your potential, both personally and professionally) – **SURC 137, 4-5:00 PM**

April 24th – April 26th: Career Week

April 24th - Workshops **SURC 137A, 1-2:30 PM** (Building your professional power, and business etiquette basics)

April 24th – Workshops **SURC 137A, 3-4:30 PM** (Gender, power, and common sense: Professionalism in the workplace)

April 24th - Etiquette Dinner - **Sue Lombard 5:30-8:00 PM**

April 25th – Grad School Fair - **SURC 137A, 11-2:00 PM**

April 25th – YOPRO Networking: meet alumni and employers – **Sue Lombard, 5-6:00 PM**

April 26th – Spring Career & Internship Fair – **SURC Ballroom, 10-2:00 PM**

April 29th – A Long Night Against Procrastination (Get help with midterm management and see our great tutors!) – **Brooks Library ARC, 8-10:00 PM**

May 2nd – Everything You Need to Know About Internships – **Bouillon 211, 4-5:00 PM**

May 2nd - Applying for Grad School – **Library 152, 5-6:00 PM**

May 3rd – WSELP: Be Inclusive, The Wildcat Way – **SURC 137, 4-5:00 PM**

May 9th – What Employers Want – **SURC 140, 4-5:00 PM**

May 10th – International Café – **SURC 137, 12-1:30 PM**



Be A Guest Speaker



Review Student Resumes



Conduct Mock Interviews



Be A Mentor To Students