CAREER SERVICES
Services & Resources

Your work is to discover your work and then with all your heart to give yourself to it.
~ Buddha

Career Counseling
15 minute drop-in: ideal for resume and cover letter critiques and quick questions about:
- career exploration
- Internships
- job search strategies
- grad/professional school
- Career Center services
- career assessment referral

30 minute appointment: in-depth questions about:
- career exploration
- Internships
- job search strategies
- mock interviews
- career assessment interpretation

Career Assessments
Eurkea True Colors: www.eureka.org (use SSU site code: LNNFUOE)
Personality and communication style assessment that is easy to use and immediately apply in relationship to school, and work. Results are represented in a color spectrum and generate possible list of occupations for research.

Eureka MicroSkills: www.eureka.org (use SSU site code: LNNFUOE)
Computerized skills assessment in which one sorts and prioritizes 72 skills based on level of desired use on a job. Computer immediately offers ratings in relation to career clusters, occupations, and Holland codes.

General Career Exploration Resources
What can I do with a degree in? (Information) www.sonoma.edu/sas/crc/ssumajors
SSU Informational Interview (exercise) www.sonoma.edu/sas/crc/selfdir/infointerview.shtml

Eureka Occupation/Industry Research: http://www.eureka.org (use SSU site code: LNNFUOE)
A computerized information system that offers current labor market information and salaries for occupations locally, for California, and nationally.

O*Net Online: www.online.onetcenter.org/find/
Provides information about tasks, knowledge, skills, and abilities for a wide range of career fields. Search for occupations by keywords, skills used, or your Theme Code from your Strong Interest Inventory

Peer Advising
5-15 minute drop-in: ideal for resume and cover letter critiques and quick questions about:
- how to use Seawolf Jobs
- Career Services resources for finding jobs or internships, preparing for graduate school, or planning your career

UPCOMING EVENTS!
2010 WOW Career and Summer Job Fair
Thur. 2/25, 11am-3pm, Recreation Center

Careers for the Common Good
Thur. 2/25, 4-6pm, Salazar 1018

Preparing Students for Green Careers through Campus and Community Internships
Wed. 3/17, 1-2:30pm Stevenson 2044
Hosted by CCE and SBE Career Center
Books in the Career Center Library
The Career Services resource library features over 300 books and videos that focus on a wide range of career fields and employers, and on job search strategies and techniques. Search our database of books to see what's in stock and come to the Career Services to read them or view the videos.

Job and Internship Search

**Seawolf Jobs**: http://www.sonoma.edu/sas/crc/jobsearch/index.shtml
Seawolf Jobs includes access to job, internship & calendar of workshops and employer information sessions, career fairs, and additional career development and employment resources.

**Internship USA**: http://www.internships-usa.com/ (Username: “work” and Password: “credit”)
Internships-USA.com is the largest internship site on the web with more than 3,000 organizations offering internships for college and law students. There are 14 online internship booklets and 4 booklets in the Career Services office.

**InterviewStream**: Sign up via Seawolf Jobs account
InterviewStream is an innovative tool that allows you to practice your interview skills from anywhere online as long as you have access to a webcam.

**Launch Your Career with LinkedIn**
Your LinkedIn profile is your connection to over 60 million professionals in the business world. Use it to show the world who you are. To help the world find you. This network will not just help you find a job, but GET a job.

Graduate School Information

**Eureka College and University Database**: http://www.eureka.org (use SSU site code: LNNFUOE)
The California Schools database contains over 700 schools. The National Schools database has over 1600 four-year colleges and universities located throughout the United States, Canada, and other countries. To find schools that may meet your specific needs, use the School’s Filter. You can choose to view the list of schools with or without the Filter.

**All About Grad School**: http://www.allaboutgradschool.com/
Provides a comprehensive geographic directory of graduate schools in the U.S., focusing on business schools, engineering schools, law schools, and medical schools.

**Gradschools.com**: http://www.gradschools.com/
An online directory of 18,000 graduate and post-graduate programs worldwide including descriptions, contact information and institutional advertising.