

# Career Opportunities Newsletter

September 21, 2018 |

**Contact the Career Coordinator for more information.**

Miranda Ryan

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## Hiring

### 16 and up- Cleaning

Gartner's Country Meat Market

7450 NE Killingsworth St.

P

### 18 and up-Day Care

#### Contact Information:

Allison Delorey

503-283-9669

[allison.delorey@growingseeds.net](mailto:allison.delorey@growingseeds.net)

*Please see below for more events*

## How to Stay Informed

To get the most current career opportunities, [text @CCINFO to 81010](tel:81010). You will receive a text message any time there is a job opening, or new career opportunity. Another way to get the most current information is to check out [the Career Website: https://goo.gl/VSSsNpW](https://goo.gl/VSSsNpW). The website has information about personal learning requirements, apprenticeship connection, as well as, job opportunities.

## Personal Learning Requirements:

All students need to complete two Career Related Learning Experiences (CRLE). These are completed when students participate in a career exposure event and reflect on that experience. If your student needs to complete one, the links are available below:

**Requirement 1:** [CRLE Link #1 \(Google Form\)](#)

**Requirement 2:** [CRLE # 2 \(Google Form\)](#)

**Requirement 3: Resume-**

Students are also required to complete and submit a resume. This is usually completed in US History and submitted to the Google Classroom. There are several workshops throughout the year that help student prepare a resume and ace an interview.

**Requirement 4: My Plan Response (Seniors Only)-**

There are three questions that students will answer on a word or google document. Once finished, upload to the 2019 Google Classroom :

1. Explain your career aspirations and your educational plan to meet these goals. Clearly articulate both short and long term goals and describe the interests, skills, and experiences that helped you develop your post-high school plan.
2. Explain how you have helped your family or made your community a better place to live. Provide specific examples and include what you learned from these experiences. How did these experiences help to inform your post-high school plan?

3. Describe a personal accomplishment and the strengths and skills you used to achieve it. Consider your growth during your four years in high school. How will this experience serve you in your future?

### Career Exposure Opportunities:

#### Medical professions mentorship Program (Mentors will talk about the program on Monday during lunch in the Career Center)

##### Who are we?

The American Medical Women's Association (AMWA) at Portland State University (PSU), are a group of individuals focused on the empowerment and improvement of women in medicine and healthcare related professions.

##### Program structure:

Students will be grouped in a cohort of 3-5 individuals and will be assigned an AMWA PSU mentor. They will meet once a month to discuss their personal and educational goals, aspirations and how to overcome any challenges. The meetings every month will be 2 hours, and will consist of a small lecture followed by an interactive session, and/or a workshop. Students will also be given mentors email, so that they will be able to answer any questions on week's that they do not meet. Each workshop will be age appropriate, and available for the school to view and confirm if required. The mentorship program is a school-year commitment for the mentors, and the students beginning in September and ending in May/June. Students who are not graduating that year are able to re-apply for the mentorship program for the next year. At the end of the year students will present a leadership project that they have been working on the last 9 months. This project is open to their choosing and they will have their PSU AMWA mentor to use for guidance.

##### Mentee requirements:

A high school student interested in the field of healthcare and medicine

**Register Link:** <https://tinyurl.com/y7ksoae4>

#### Career Days:

**9/27/18 ZGF Architecture Career Day** Learn about: architecture, interior design, urban design

Registration Link: [http://bit.ly/zgfCD09\\_27\\_2018](http://bit.ly/zgfCD09_27_2018)

**10/5/18 Portland Fire and Rescue Career Day:** Firefighting, emergency medical, agility test

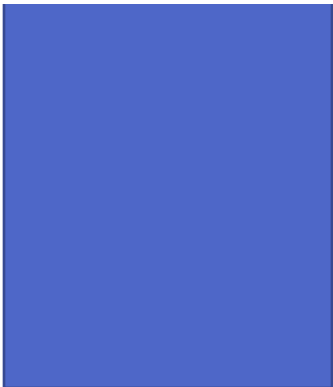
Registration Link: [http://bit.ly/pfrCD10\\_05\\_2018](http://bit.ly/pfrCD10_05_2018)

**Oct. 18 Kaiser Permanente:** Health care, nursing, simulations, technology

Registration Link: [http://bit.ly/kpCD10\\_18\\_2018](http://bit.ly/kpCD10_18_2018)

**Oct. 19 Future Educator Career Day** career day: Aspiring teachers & educators

Registration Link: [http://bit.ly/futureedCD10\\_19\\_2018](http://bit.ly/futureedCD10_19_2018)



## Providence Outreach Career Exploration-Registration opens Sept. 1

Oct. 18 Respiratory Therapy

1:00pm-4:00pm Providence St. Vincent Medical Center

Oct. 24 Paramedic/EMT

9:00am-12:00pm American Medical Response - Portland

Oct. 31 Basic Nursing 1

1:00pm-4:00pm Providence Portland Medical Center

**These events are free, but registration is required and space is limited.**

For instructions on how to register, visit the Providence School Outreach website at <http://www.providenceoregon.org/schooloutreach> . Registration begins at 8:00 a.m. on the opening date.

### Career Preparation Workshops:

#### Career Workshops: Personality Type & Career Choice

Would you like to learn about your personality type and potential careers that may fit who you are? Come to this 3-part series to learn about your personality type, gain a better understanding of how personality type impacts major and career choices, identify your strengths and values and identify some potential careers. Students will receive their personal profile and have an opportunity to ask questions and seek clarification.

September 26, 2018 Registration Link: <https://tinyurl.com/y8hgz3hs>

#### Career Workshops: Writing Resumes

Get the latest information on how to effectively write and format job search documents, such as what information to include, how to create a targeted resume, and to illustrate how your qualifications "fit" with a position.

October 4<sup>th</sup>, 2018 Registration Link: <https://tinyurl.com/yb7r5xj6>

#### Career Workshops: Interview skills/Mock Interviews

Come to learn the basics of interviewing and strategies to develop and improve your interview skills. We will discuss how to prepare for an interview, what employers expect, and how to handle the most common interview questions.

November 30<sup>th</sup>, 2018 Registration Link: <https://tinyurl.com/y9etjucq>

#### Career Readiness Scholars Train:

This is a six-week training that builds work-related skills. After completion of this program, students will qualify to apply for Summer Works as well as get regular notices for job openings.

First Group -October 2th, 2018 Registration Link <https://tinyurl.com/y843s47l>



## Volunteer Opportunities :

Fitness is our theme this month; for self, parks and community. We have lots of rewarding activities where you can share a skill or learn a new one, outdoors, in fresh air. Our projects meet most school service requirements and are good corporate team building exercises. If you know a likely volunteer, connect us so we can discuss opportunities. Steve.pixley@portlandoregon.gov 503-823-5121.

### Ways to Help in September!

•Love you Park Days @ Arbor Lodge! September 8 and October 13. Keep this park green with hand weeding. You'll meet some great neighbors. Stop by at 9:00 AM or contact [steve.pixley@portlandoregon.gov](mailto:steve.pixley@portlandoregon.gov).

•Restore the Johnson Creek Watershed Restore Portland's natural resources to provide "nature in the city" for people and wildlife alike to enjoy. Volunteer alongside your fellow community members to accomplish this goal together! Everyone welcome, and different abilities can often be accommodated—if you have questions about ability-appropriate events, contact [susan.hawes@portlandoregon.gov](mailto:susan.hawes@portlandoregon.gov)

•5K Fun Runs Near the finish line October 14 at Delta Park. Volunteers race for free. Contact [steve.pixley@portlandoregon.gov](mailto:steve.pixley@portlandoregon.gov)

•Yard Tree Giveaway for all Portlanders! Urban Forestry is giving away over 400 trees at 2 events this fall and needs Sign up now to join the tree giveaway team!

# VOLUNTEER



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