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MAJOR & CAREER EXPLORATION
Major & Career Exploration

Students change their major an average of three times before graduation. Choosing a major doesn’t limit you to one career. Most majors give you the education that can enable you to enter a variety of careers. Here are the most effective steps in choosing a major / career

BEGIN WITH SELF ASSESSMENT
What Are Your:
- Interests?
- Skills?
- Values?
- Goals?
- Personality Traits/Preferences?
- Career Interests?
- Preferred Work Environment?
Take Career Assessments:
- Kuder Journey
- HumanMetrics

Evaluate – is this the right major/career for me?
When/if things change, begin the process again

GATHER INFORMATION
About Majors and Careers:
- What Can I do With a Major In?
- Occupational Outlook Handbook (www.bls.gov/ooh)
- O*NET (www.onetonline.org)
- Academic Departments
- Consider Major course requirements
- UNCW Undergraduate Catalog
- LinkedIn (www.linkedin.com/alumni)
- CandidCareer (www.candidcareer.com/uncw)

Use the information you gathered to explore using the following resources

TEST DRIVE YOUR OPTIONS
- Job Shadowing
- Volunteering
- Internships
- Related Part-Time Job
- Study Abroad
- Undergraduate Research
- Join a Student Org
- Take exploratory courses

Get experience in the fields that you want to consider

DISCUSS YOUR OPTIONS
- Conduct Informational Interviews
  - Talk to professionals in your field
  - UNCW Alumni
  - UNCW faculty and advisors, and
  - Current students
- Job Shadow
- Meet with a Career Counselor
- Meet with your Academic Advisor

Adapted from The Job Search Process from Meredith College
FOUR YEAR PLAN – A COLLEGE TIMELINE

EXPLORE – First Year
- Explore your interests and abilities through academic courses.
- Meet with a Career Counselor to explore majors and utilize self-assessment tools.
- Get active in a student group or other campus activities that match your interests.
- Familiarize yourself with the various offices/resources on campus available to you.
- Utilize SeaWork to find a part-time, summer, or internship experience.
- Attend the Academic Majors Fair and other helpful workshops like MAJOR Confusion and MAJOR Decision.
- Get Organized! Use the Career Center Planner and begin to save major papers and projects.
- Attend all of your classes, keep up with assignments, and establish a good GPA.
- Turn your high school resume into a college resume. Utilize our website or this guide to help you get started.
- Thinking about pre-health or pre-law? Meet with the appropriate advisors to learn more.

EXPERIENCE – Second Year
- Visit with a Career Counselor to discuss career options and explore various opportunities.
- Choose a major that you will enjoy studying and develop a plan for graduation with your academic advisor.
- Remain involved and take on more responsibilities in your extracurricular activities.
- Attend job fairs and employer information sessions related to your interests.
- Find a summer job or internship using SeaWork to test out career fields and increase your ‘relevant’ work experience. Also check out the Career Center Certified Internship program.
- Explore potential study abroad opportunities.
- Maintain that good GPA!

ENGAGE – Third Year
- Continue to explore internship, career, and graduate school options. Narrow your career interest areas.
- Research potential organizations. Conduct informational interviews in the career fields you want to explore.
- Meet with a Career Counselor to have your resume and job search documents reviewed.
- Provide leadership or plan events in your student or community organizations.
- Obtain an internship or other practical career experience that will contribute to your resume.
- Consider joining LinkedIn and updating your profile with relevant experiences.
- Seriously considering graduate school? Learn the application/admission requirements and process.

EMBARK – Final Year
- Visit with a Career Counselor regarding grad school applications or finalizing career goals.
- Reflect on the skills you developed while at UNCW through classes, internships, and experiences. Record your observations to use in your job search.
- Reach out through LinkedIn to create personal and alumni connections for job search advice and information.
- Stay up-to-date with Career Center events and participate in job fairs and employer information sessions.
- Keep your resume and cover letter updated and ready for the professional job search.
- Select faculty and professionals that will provide references for jobs, graduate or professional school.
- Utilize SeaWork to find job listings and start early.
- Applying for graduate school? Stay on top of deadlines.
- Research employer information and prepare for upcoming interviews. Consider using InterviewStream to conduct a practice interview.
- Inform the Career Center when you have a job offer and accept our assistance when negotiating an offer.
How to Develop Skills Sought By Employers

Year after year, regardless of job market conditions, employers have a similar wish list for candidates’ skills and qualities. Below is a list distilled from employer surveys published by eminent national associations, universities and research groups.1 Listed below each skill are some opportunities to explore and develop that particular skill or behavior. Use these suggestions to create your own powerful set of skills while at UNCW – in and out of the classroom. These career readiness competencies will increase your marketability for internships, jobs and graduate school.

1. Communication Skills – oral & written
   - Write stories, advertisements, press releases or newsletters for Student Media, or a campus or community organization
   - Enroll in an academic class that is writing intensive, or includes presentations or speeches
   - Work in a campus office; i.e. at an information desk, or in an operations or program assistant position
   - Improve the way you listen to others; use empathy and self-control when diffusing disagreements
   - Refine your job search materials (resume, cover letter, interview preparation) at the Career Center
   - Act with a theater group, film or broadcast production
   - Do fundraising for charities or nonprofit events; volunteer to work on a political campaign
   - Help in a literacy or conversational English program

2. Interpersonal Skills – relates well to others, self-confident, tactful, friendly, outgoing, sense of humor
   - Engage in discussions with people different from you
   - Participate as an active team member in class, a campus organization, or at a job
   - Live in a group living environment (on or off campus)
   - Conduct interviews with people to gather information for a class project, organization or personal goal
   - Volunteer for a telephone hotline, women’s shelter, after school program, hospital, nursing home, etc.
   - Work as a tutor, coach, camp counselor, mentor, literacy or conversation partner, or teacher
   - Work as a lab assistant, office or retail staff, recreation assistant, customer service staff, etc.
   - Become a personal assistant for an individual with disabilities
   - Develop interpersonal skills in classes that emphasize human relationships or intercultural issues

3. Teamwork Skills – works well with others, flexible, adaptable
   - Lead a project team or committee in class, a student organization or job
   - Use an internship, study group, class or research project to help turn a group of people into a team with common goals
   - Help a new team develop through the stages of forming, storming, norming and performing
   - Join a musical group or act in a play
   - Participate on intramural team or sports club, coach Little League, become a summer camp counselor or recreational leader
   - Contribute as a valuable member of a team focusing on team goals more than personal goals
4. Initiative – strong work ethic, risk-taker, entrepreneur
- Identify a campus or community need and proactively find and implement solutions
- Select a skill which you would like to improve, and seek out experiences which help you achieve that goal
- Appropriately balance academics, co-curricular activities and employment
- Solicit strong instructor/ supervisor references from academic, co-curricular or employment activity
- Take pride in your work
- Study abroad; interact with other cultures
- Start your own business while in college

5. Critical Thinking Skills – analytical, problem-solver, detail-oriented, organized, creative, strategic
- Participate in undergraduate research with a faculty member
- Work as a lab assistant with computers, science or language
- Organize a campus event, including volunteer staff, budget, publicity, etc.
- Seek opportunities to evaluate data to support decision making
- Manage your time well; meet deadlines
- Take a topic you are passionate about, and research the opposing view
- Read an article in an academic area different from your own and develop implications for your area
- Develop a decision tree for an upcoming purchase, researching all relevant information (brand, model, size, etc.)
- Develop a three-year strategic plan for a student organization
- When considering a difficult decision, appraise your choices realistically and seek professional advice when appropriate

6. Leadership Skills – communicate vision, action orientated, influence/motivate others, enthusiastic
- Gain leadership education and experience through the Office of Student Leadership & Engagement, the Cameron School of Business or a Leadership Studies minor
- Run a campaign for student government or campus issue; or get involved in local or state politics
- Be an active officer or committee chair of a campus organization
- Identify a campus or community need and proactively find and implement solutions
- Facilitate group discussions in class or in a campus organization
- Organize and manage an intramural sports team, camp or recreation group
- Lead children's programs, tutor kids in a local school, or coach a children's sports team
- Get an internship in an area of career interest; consult with the Career Center and your department's internship coordinator
- Train new campus organization members or employees at your job

7. Technical Skills – utilize computer software & hardware, web and financial resources
- Work as a student network or computer lab consultant with Residence Life or ITS
- Design or maintain web sites for a student or community organization, campus office or yourself
- Design a brochure, advertisement or newsletter using desktop publishing software
- Assist community agencies with databases, statistical analyses, financial or service reports
- Keep budgets or financial records for campus or community organizations, or work in a billing office
- Design PowerPoint presentation for class or a campus organization
- Work as a tech or projectionist in Campus Life
- Sell computer hardware or software, or start a web-based business
- Work in the studio or control room of a radio or TV station
- Learn computer and technical skills in classes and workshops that focus on software programs and applying technology

1 Sources include the National Association of Colleges & Employers (NACE), Michigan State University, University of Illinois at Urbana-Champaign, Hart Research Associates, CareerBuilder, US News & World Report, World Future Society, American Society for Training & Development and the U.S. Department of Labor.
2 Campus leadership and peer educator positions include Resident Assistant, Orientation Leader, Ambassador, Seahawk Link, ACE, Fraternity & Sorority Life, SGA/GSA, Office of Student Leadership & Engagement, CARE/Crossroads, Health Promotion and the University Learning Center.

For More Information
Become a Skill Seeker ©  http://www.uncw.edu/career/documents/beaskillseeker.pdf
Student Organizations  http://uncw.edu/studentorgs/
Jobs & Internships  www.myseawork.com

Career Center ● Division of Student Affairs
Creating Experiences for Life
Fisher University Union 2035 ● 910.962.3174
careercenter@uncw.edu ● www.uncw.edu/career

Rev. July 2016
SELF-ASSESSMENTS

Interest Assessments

Kuder Journey is a great solution to help you plan for the right career! Based on your specific needs, Journey provides reliable tools to assess your interests/skills/values, suggests education and career options, prepares you for the job search, and connects you to today's jobs. The Kuder Journey is FREE - register in SeaWork - click the “Career Center Events” tab to find The Kuder Journey and click on Register for Event.

CareerLeader is a fully integrated approach to business career self-assessment built on the premise that one's interests, motivators and skills will drive their future business career success and satisfaction. "Business" as a field is much harder to define than alternatives such as "medicine" or "law", and can be overwhelming for students to evaluate. The CareerLeader can be an essential resource to help students in any academic major find their right path in business, as well as the knowledge of why it's the right path. The cost of the CareerLeader is $30, and can be purchased by credit card – contact the Career Center for more information.

Internship Predictor

A quick and easy process to help you evaluate your personal preferences and show how they can help you pursue the right academic major, internship and career for you! Results include your career interests, profiles of careers that match your interests, your strengths, and the best work environment all for free. http://www.internships.com/predictor

Personality Assessments

The Myers-Briggs Type Indicator (MBTI) is the most widely used personality inventory in the world. The preferences suggested by the MBTI can help you make career and personal decisions, with scores highlighting preferences on four dimensions. The various combinations of these preferences result in 16 personality types, which relate to career choices, communication modes and learning styles. Cost to UNCW students: $17. Login to your SeaWork account, and click “Take/View Assessment” on the left side of page.

HumanMetrics

HumanMetrics is a free test based on Carl Jung’s and Isabel Briggs Myers’ typological approach to personality. There are 72 questions that take 20-40 minutes. This assessment will give you a description of your personality type and how it relates to careers and educational programs. www.humanmetrics.com/cgi-win/JTypes2.asp
INFORMATIONAL INTERVIEWING

An Informational Interview is...
- One of the best sources for gathering information about an occupation, industry or company - by talking with people who actually work in your field.
- A means to evaluate your interest in and “fit” for a particular field.
- An interview that YOU initiate.
- NOT an interview for employment.
- A way to find out about jobs you might like—to see if they fit your interests and personality.

Why Conduct Informational Interviews?
- Explore careers and clarify career goals.
- Expand your professional network.
- Build confidence for actual job interviews.
- Access up-to-date career information.
- Identify professional strengths and weaknesses.
- Tap into the “hidden job market” (employment opportunities that are not advertised).

Steps to Conduct an Informational Interview
- Identify Target Occupations/Industries
  - Assess Your Interests, Skills, Abilities & Values
  - Evaluate labor trends to identify fields to research that match your interests
- Identify People to Interview
  - Start with people you know: family, friends of family, family of your friends, fellow students, present or former supervisors, co-workers, professors, neighbors, doctors, dentists, religious leader, etc.
  - Let everyone know about your career interests
  - Search online or contact organizations for the name of an appropriate person by job title
  - Call an employer in the field – often someone in HR can provide information about areas they employ
  - Utilize Career Center resources such as CareerShift to find employers & employees in fields that interest you
- Prepare for the Interview
  - Prepare questions you would like answered (or see our suggestions list)
- Arrange the Interview
  - Contact your identified person by phone or email. Be sure to indicate who referred you to this person or organization
  - Be prepared to state the purpose of your call to whomever answers – to arrange an informational interview only!
  - Ask for 20-30 minutes at a mutually convenient time
- Conduct the Interview
  - Dress appropriately
  - Arrive promptly and maintain a polite and professional demeanor
  - Refer to your prepared list of questions to stay on track, but allow for spontaneous discussion.
  - Ask for names of others who might be helpful and ask permission to use your contact’s name
  - Take a copy of your resume for review; ask for suggestions to improve it
  - Ask for your contact’s business card
- Follow Up
  - Immediately following the interview, record pertinent information. Maintain good records!
  - Send a thank you note within 48 hours (email is acceptable)
Potential Questions to Ask:

- What is a typical day like in this position?
- What training or education is required?
- What personal qualities or abilities are important to being successful in this job?
- Which skills have you found most helpful, and which ones will be most important in the future?
- What part of this job do you find most satisfying? Most challenging?
- How did you find your job? What was your first job after graduation?
- What opportunities for advancement are there in this field?
- What entry level jobs are best for learning as much as possible?
- What is the salary range for various levels in this field?
- How do you see jobs in this field changing in the future?
- What challenges does this industry face?
- What is the demand for people in this occupation?
- What advice would you give a person entering this field?
- What types of training do companies offer people entering this field?
- Which professional journals and organizations would help me learn more about this field?
- If you could do things all over again, would you choose the same path for yourself? Why?
- How would you evaluate the experience I've had so far for entering this field?
- What related or other fields or job titles would you suggest I research further?
- Would you critique my resume?
- With whom else should I talk? When I contact him/her, may I use your name?

Tips for Informational Interview Success

- Do your homework.
- Plan and practice your “opener.”
- Call or e-mail again in a week if your contact has not responded.
- Maintain your connections and nurture them. This is relationship building!
- Be patient. Networking takes time. NEVER stop networking!

Resources for Building Your Network

- **UNCW Resources:**
  - UNCW Alumni
  - CareerShift – Access via SeaWork (www.myseawork.com)

- **General Web Resources:**
  - www.LinkedIn.com (Search for UNCW Alumni through LinkedIn.com/alumni)
  - https://careercenter.tamu.edu/guides/networking
  - www.quintcareers.com/networking-guide/
  - Local young professionals associations
RESUMES & JOB SEARCH DOCUMENTS
**Resume Overview**

The Resume is...
- an advertisement
- a highlight of your background
- an individually designed document
- used by employers as a screening device
- just ONE piece of the job search process

Is There Such a Thing as a Correct Resume?

No. There is no right and wrong when it comes to résumé content and format. Each résumé is as unique as the individual it represents. It is up to you to select the appropriate content that best highlights your skills for the employment you hope to acquire, and then effectively communicate your qualifications in a format that is clear and easy to read.

Resume Formatting

Choose a format which allows the most impressive presentation of your experience history. Whatever the case, be sure to emphasize your key skills and accomplishments with the use of action verbs.

- The reverse chronological format is most frequently used. It lists the most recent experiences first and preceding experiences in reverse chronological order.
  - *Tip – This format has the advantages of being easier to read and more familiar to employers.*
- The second most widely used format is functional which emphasizes skills and capabilities instead of the timeline of a person’s experience.
  - *Tip – Very often students with significant experience will use this format to categorize the breadth of skills and involvement.*
- The scannable format is typically retrieved using keyword searches.
  - *Tip – Scannable resumes are somewhat plain in appearance with no underlines, bolding, italicized wording or bullets.*

What Goes on Your Resume?

- **Identification Information:** Include your name, address, telephone and email. If you have a professional personal web page include this as well.
  - *Tip - Make your name stand out with larger font or bold letters*
- **Objective/Summary:** Keep it short and specific and include the position, industry and relevant skills.
  - *Tip – Objectives/Summaries are optional and are not needed for every resume. It depends on the situation.*
- **Education:** In reverse chronological order include: schools you have attended, degrees completed, the major, minor, and dates of graduation. Other information might include: scholarships, honors, related coursework, percentage of college expenses earned by you, and special projects (e.g. research projects, thesis, and dissertations).
  - *Tip – List GPA if over 3.0. Otherwise, optional unless required by employer.*
- **Experience:** This section includes not only paid positions, but also related volunteering, field experiences, internships, or other relevant experience. Include the name and location of employers, date range, position title and a detail of the level of responsibility. This is also listed in reverse chronological order. Stress any accomplishments or unique contribution you made.
  - *Tip – Quantifiable information supports the scope of your accomplishments and give range to your duties. Consider categorizing in two sections: Relevant Experience and Additional Experience.*
- **Additional Information:** Include activities, sports, or organization affiliations that may generate interest from the employer. Include level of proficiencies for any languages and software applications that you have significant strength.
  - *Tip – Include references on a separate page that includes the name, phone number, email address and type of source (intern supervisor, work supervisor, professor).*
Resume Tips
- Edit and proofread several times
- Set margins between .5 to 1 inch
- Chronological resumes list information in reverse date order
- Consider separating relevant and other work experience
- Develop several resume versions depending on type of job or purpose of resume, i.e. graduate school application
- See various examples specific to your field: http://www.c soresearch.com/resume_gallery

Resume DOs and DON'Ts

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<td>Keep it short and provide facts</td>
<td>Do not use MS Word or other Templates; format manually</td>
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<td>Individualize your resume, not everyone will have the same categories or format</td>
<td>Refrain from listing personal information such as: age, height, social security number, picture, etc.</td>
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<td>Maintain professionalism and keep information updated</td>
<td>Don’t add, “References available upon request”</td>
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<td>Present your strongest qualifications first</td>
<td>Omit experiences from high school after your sophomore year of college</td>
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<td>Use action words to describe experiences</td>
<td>Don’t use busy or decorative fonts</td>
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<td>Quantify information to indicate results</td>
<td>Avoid personal pronouns (i.e. “I”, “We”, etc.)</td>
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<td>Always include your name and contact information at the top of the resume</td>
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<td>Organize section headings so the most important points are listed first</td>
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<td>Use similar paper and headings when writing your cover letter</td>
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<td>Maintain consistency with format: alignment, bullets, fonts, sizes, etc.</td>
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Get a Resume Review!
- Drop in to the Career Center for Express Lane
  - Monday - Friday from 2:00 - 4:00 p.m. or Wednesday/Thursday from 9:00-11:00 a.m.
- Make an appointment with a Career Counselor at 910-962-3174
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Sources: Virginia Tech Career Planning Guide
         Meredith College Academic & Career Planning Career Guide
Resume Format

Sammy Seahawk
601 South College Road, Wilmington, NC 28403
(910) 962–3174 seahawks@uncw.edu

EDUCATION

University of North Carolina Wilmington (UNCW) May 20xx
Bachelor of Arts, Psychology
Minor: English
GPA: 3.0

Relevant Courses: If applicable, you can list courses you feel would boost your marketability for the opportunity in which you are pursuing – only the course title is needed

Cape Fear Community College, Wilmington, NC December 20xx
Associate of Arts, History
GPA: 3.5 Show off your GPA if it's over a 3.0

RELATED EXPERIENCE

<table>
<thead>
<tr>
<th>Job Title</th>
<th>Employment Timeframe</th>
<th>Name of Organization</th>
<th>City, State</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intern</td>
<td>February 20xx – present</td>
<td>DREAMS of Wilmington, Inc.</td>
<td>Wilmington, NC</td>
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<td>Show off your experiences in reverse chronological order</td>
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</table>

- Coordinate the annual fundraiser in conjunction with 5 additional professional staff
- Collaborate with professional staff in order to create relevant content to post on social media sites
- Execute specific administrative tasks including: daily routine correspondence, file organization, management of online accounts database, MS Excel spreadsheets, and organize presentation evaluations

ADDITIONAL EXPERIENCE

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<thead>
<tr>
<th>Job Title, Name of Organization, City, State</th>
<th>Employment Timeframe</th>
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<tbody>
<tr>
<td>Host, Oceanic, Wrightsville Beach, NC</td>
<td>January 20xx – November 20xx</td>
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<tr>
<td>Camp Counselor, Camp Firewood, Waterville, ME</td>
<td>May 20xx – August 20xx</td>
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LEADERSHIP

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<th>Leadership Role, Name of Organization</th>
<th>Involvement Timeframe</th>
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<tr>
<td>Study Abroad Ambassador, Office of International Programs – UNCW</td>
<td>September 20xx – present</td>
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<tr>
<td>Pit Crew, Association for Campus Entertainment – UNCW</td>
<td>October 20xx – present</td>
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<tr>
<td>Volunteer Tutor, Cape Fear Literacy Council</td>
<td>January 20xx – May 20xx</td>
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</table>

If experiencing difficulty in documenting job functions, conduct a google search; “job functions performed by [job title]” or use onetonline.org

This should provide you with a professionally written list of functions an individual would perform in that specific role. Identity functions from the list that you perform(ed), and use them help you write your own resume
Sample Resume

JESSICA A. SEAHAWK
601 South College Road • Wilmington NC 28403 • 910-123-4567 • abcd1234@uncw.edu

EDUCATION

University of North Carolina Wilmington
Bachelor of Arts, Communication Studies
Specialty Areas: Advertising and Public Relations
GPA 3.46

Federal University of Parana, Curitiba, Brazil
Study Abroad

RELEVANT EXPERIENCE

Cape Fear Community College Foundation, Wilmington NC
Intern

- Planned various events including Brunswick County Alumni Basketball game
- Composed and distributed foundation press releases
- Provided assistance and input during weekly foundation meetings
- Designed and created a variety of event invitations utilizing InDesign software
- Tracked progressive donors through fundraising process

Glamour Magazine, New York City NY
Intern

- Assisted stylist during photo shoots by organizing and dressing models
- Represented Glamour Magazine at meetings with editors and designers
- Organized, prepared, and maintained inventory in fashion closet
- Provided support during cover photo shoots with celebrities such as Naomi Campbell and Jonathan Rhys Meyers
- Participated in Glamour Woman of the Year Events
- Prepared fashion storyboards for upcoming issues

OTHER EXPERIENCE

The Fortunate Glass Catering, Wilmington NC
Caterer

- Provided customer service that included: food distribution, event preparation and customer interaction

LANGUAGES

Portuguese – Full Professional Proficiency
Spanish – Elementary Proficiency

IN涉及

UNCW Advertising Chapter
UNCW Communication Studies Society
Centro Hispano
International Criminal Justice Communications Program
Wilmington’s Residential Adolescent Achievement Place Inc. (WRAAP)

TECHNOLOGY

Adobe InDesign
Adobe PhotoShop
Adobe Illustrator
Microsoft Access
Sample Resume

Michael A. Seahawk
5555 Riverwoods Drive, Apartment 105 Wilmington NC 28403
(910) 555-8765 | abcd1234@uncw.edu

OBJECTIVE: To obtain the position of Laboratory Chemist at SGS Environmental to utilize my education in Chemistry and relevant laboratory skills.

EDUCATION
Bachelor of Science, Chemistry
University of North Carolina Wilmington
GPA: 3.23

RELEVANT EXPERIENCE
Directed Individual Study
University of North Carolina Wilmington
- Extracted Fe-Phosphate and Mg-Phosphate from soil samples using KCl and CBA
- Used an inductively coupled plasma mass spectrophotometer to determine the mass of phosphates in soil
- Studied the relation of soil type to amounts of phosphates in relations to plant and coral growth

Analytical Chemistry
University of North Carolina Wilmington
- Theoretical and Experimental applications of modern analytical instrumentation and techniques
- Molecular Absorption Spectrophotometry, Atomic Emission Spectroscopy, Fourier Transform Infrared Spectroscopy
- Chromatography: Gas, HPL, and Ion
- Electrochemistry: Potentiometry: Molecular Mass GC-MS, Molecular Mass LC-MS, Atomic Mass Spectrometry

LABORATORY SKILLS
- Theory and practice of chromatographic methods of separation and spectroscopic methods of identification
- Theoretical and Experimental applications of modern forensic techniques
- Quantitative and Qualitative laboratory experience with each technique
- Trace Organics and Metals Analyses, Fiber and Polymer Analyses, Toxicology, Serology, Drug and DNA Chemistry, Fingerprinting

ADDITIONAL EXPERIENCE
Resident Assistant
University of North Carolina Wilmington
- Provide paraprofessional advising and guidance for 52 undergraduates
- Plan, organize and execute educational, diversity and social programs for UNCW while maintaining a conducive environment for studying/learning
- Facilitate and mediate group conflicts and encourage a cooperative/considerate group living environment
- Coordinate with 10 staff members to provide vision and goal setting in an innovative environment

Server
Apple Jack’s, Wilmington, NC
- Attained the title of In Store Trainer and Top 10 Server by developing an understanding for the company’s values
- Team leader and managed the time of 4 employees
Carly Seahawk

123 Academic Dr.
Matthews, NC 28105
(704) 111-2222
carly.seahawk@uncw.edu

EDUCATION

Bachelor of Arts, English
University of North Carolina Wilmington
GPA: 3.2
May 20xx

High School Diploma
Providence Senior High School – Charlotte, NC
GPA: 3.5
June 20xx

LEADERSHIP & INVOLVEMENT

Alpha Delta Pi Sorority - Eta Alpha Chapter, UNCW
20xx – Present
• Homecoming Chair: led team of 30 sisters to plan and implement event for 300 alumni
• Participate in service events including Habitat for Humanity and Red Cross Blood Drive
• Assist with two philanthropy events per semester for Ronald McDonald House raising $2000

Siskey YMCA Leaders Club, Matthews, NC
20xx – 20xx
• Leadership positions as Social Chair, Service Chair and Secretary
• Planned weekly meetings to promote a healthy spirit, mind, and body

COMMUNITY INVOLVEMENT

Lotus Runway Show: Charity event whose proceeds are for the Leukemia and Lymphoma Society
20xx

Susan G. Komen Race for the Cure
20xx – 20xx

Habitat for Humanity
20xx – 20xx

WORK EXPERIENCE

Receptionist, Office of Admissions, UNCW
January 20xx – Present
• Complete administrative duties (answer phones, greet visitors, and create information packets)
• Answer general questions about the University
• Respond to questions from perspective students on Facebook page

Activity Leader, Ballantyne Country Club, Matthews, NC
August 20xx – Present
• Forged well-built relationships with customers, members, guests and staff,
• Organized and planned weekly activities to promote proper youth development,
• Monitored and encouraged the well-being of young children

Lifeguard, Ballantyne Country Club, Matthews, NC
Seasonal June 20xx – Present
• Established safe and organized environment
• Managed daily operations of pool and monitored pool area for violations and potential hazardous situations
• Ability to extend hospitable attitude toward visitors and customers, ensuring a safe and enjoyable stay

COMPUTER SKILLS

Proficient with Microsoft Office: PowerPoint, Excel, Word; Experience with social media

CERTIFICATIONS / TRAINING

CPR, AED, Blood Borne Pathogens, Lifeguard, Water Safety Certification
Brittany Seahawk

Current Address:  
601 South College Road  
Wilmington, NC 28403  
(910) 962-3174  
brbrittany.seahawk@uncw.edu

Permanent Address:  
7890 Pine Forest Lane  
Charlotte, NC 28555

OBJECTIVE
Seeking part-time position involving sporting goods retail sales and service

EDUCATION
University of North Carolina Wilmington (UNCW)  
University College, expected graduation May 20xx

Richard Petty High School, Charlotte, NC  
High School Diploma, May 20xx  
GPA: 3.65  
Honors Graduate

SKILLS
– Interact well with customers, sales staff and supervisors  
– Accurately work with cash register, sales receipts and returns  
– Effectively manage time, work and academic responsibilities

WORK EXPERIENCE
Legal Aide  
Malcolm Fralderworth & Associates  
Summer 20xx  
Wilmington, NC  
– Conducted library and computer research for active cases  
– Provided administrative support to the entire office staffed by 8 people  
– Assisted clients with questions over the phone and in person

Sales Associate  
Sports R US  
September 20xx – May 20xx  
Mint Hill, NC  
– Assisted customers with equipment and clothing options  
– Arranged group sales with area sports teams  
– Exceeded sales quota every month; increased average by 20%  
– Managed store closing on weekends, depositing $2500 in daily receipts  
– Trained new sales associate

Assistant Baker  
The Pier Bakery  
Summer 20xx  
Wrightsville Beach, NC  
– Provided customer service by taking orders and answering questions  
– Conducted retail and wholesale sales

Varsity Baseball Team Manager  
Richard Petty High School  
Fall 20xx – Spring 20xx  
Charlotte, NC  
– Assisted team at practices by ensuring all equipment was ready to use  
– Traveled with team to all away games and helped with scoring and equipment

Coach  
City League Soccer  
February 20xx – April 20xx  
Charlotte, NC  
– Coached teams of eighth grade girls and seventh grade boys  
– Managed practice and game schedule

ACTIVITIES
Yoga Club, UNCW, Fall 20xx – present  
Women’s Studies Student Association, UNCW, Spring 20xx – present  
Key Club, Richard Petty High School, Fall 20xx – Spring 20xx
Sample Resume

MATTHEW G. SEAHAWK
6109 Four Wood Drive ● Matthews, NC 28104 ● 704-111-1111 ● matthew.seahawk@gmail.com

EDUCATION

Bachelor of Arts, Elementary Education, University of North Carolina Wilmington
Concentration in Math and Technology
Dean’s List
Major G.P.A.: 3.91

TEACHING EXPERIENCE

Student Teacher, Edwin A. Anderson Elementary School, Wilmington, NC
Spring 20xx
- Taught all subjects to a classroom of 20 students in 2nd grade
- Planned and implemented hands on learning for students
- Used the backwards approach which allowed students to explore concepts before teaching
- Incorporated multiple teaching strategies, in order to reach all students, that included small group teaching, partner work, group work, hands on activities
- Observed TRC and Dibels testing, as well as examined test results in order to modify lessons and create small reading/writing groups
- Prepared multicultural lessons to teach students about different culture
  - Conducted a two-week unit plan on different Cinderella stories from around the world
  - 9 different Cinderella stories were read and students created story maps and filled out multiple Venn diagrams to compare different versions
  - To end the unit, students chose their favorite version and had to write a argumentative paper on why it is the best version
- Attended staff meetings weekly, as well as RTI meeting, IEP meeting, and parent-teacher conferences

Field Experience, John J. Blair Elementary School, Wilmington, NC
Fall 20xx
- Observed instructional strategies and classroom management strategies of cooperating Kindergarten teacher
- Taught 5 lessons with a partner throughout all subject areas
- Took over the morning calendar routine for one week
- Helped students with work throughout the day

Field Experience, Gregory School of Science, Math, and Technology, Wilmington, NC
Spring 20xx
- Observed strategies of cooperating third grade teacher
- Learned about MTSS for students with behavioral issues
- Assisted students with Read to Achieve corrections

RELEVANT EXPERIENCE

Tutor, Watson College Education Laboratory, UNCW
Spring 20xx
- Assessed a second grade student in order to determine his areas of highest need
- Designed tutoring plans for Math and Reading
- Communicated with parents about student’s improvement with a conference

Nanny, Wilmington, NC
Fall 20xx
- Creatively incorporated playtime into learning experiences
- Taught the child colors, letters, how to count
- Included all aspects of child care

WORK EXPERIENCE

Chick-fil-A, Charlotte, NC and Wilmington, NC
August 20xx – August 20xx
Sample Resume

Joshua Seahawk

601 South College Road, Wilmington, NC 28403
Email: joshuaseahawk@uncw.edu
Cell: 910-962-3174

PROFILE

Dedicated environmental resource manager with excellent technical, analytical and communication skills gained during experience at the North Carolina National Estuarine Research Reserve

EDUCATION

Bachelor of Science in Environmental Studies
Concentration: Biology
University of North Carolina Wilmington

- Coastal Ocean Research & Monitoring Methods Research Cruise
- Human Dimensions Natural Resource Management
- Advanced Natural Resource and Wildland Management

Relevant Coursework:
- Hazwoper
- Environmental Chemistry
- Environmental Site Assessment

 Associates in Science
Cape Fear Community College, Wilmington, NC

CERTIFICATIONS

Hazwoper 40-hour general site worker certified, May 25, 20xx
First Aid / CPR, expires Month, Year
USLA Lifeguard Certification

EXPERIENCE

Intern, North Carolina National Estuarine Research Reserve, Wilmington, NC
Fall 20xx
- Conducted research with emphasis on Masonboro Island monitoring of visitor impacts, marsh birds, Diamondback turtles, and fox populations
- Equipment used in research included the following:
  - GIS (Tremble)
  - Small skiffs (Boater Licensed)
  - John Deere Gator
  - Vehicle for towing skiff
  - Kayak
  - Basic Hand and Power Tools

Swim Coach, Waves of Wilmington, Wilmington, NC
Summers 20xx – 20xx
- Directed the training of state and nationally ranked age group swimmers
- Effectively communicated with parents, peers and US Swim Association officials

SPECIAL EQUIPMENT KNOWLEDGE

- Conductivity Temperature Depth (CTD)
- Turbidity sensors
- Dissolved Oxygen sensor
- Vacuum water filtration
- Acoustic Doppler current profiler
- pH sensors
- Salinity

CAMPUS INVOLVEMENT

Beta Beta Beta, National Biological Honor Society, UNCW
Fall 20xx – present

Environmental Concerns Organization, UNCW
Fall 20xx – present

Surfrider Foundation, organization to protect our oceans, waves and beaches, UNCW
Fall 20xx – present
Heather Seahawk
601 South College Road
Wilmington, NC 28403
Tel: 910-962-3174
samanthaseahawk@uncw.edu

EDUCATION

Bachelor of Science, Business Administration, May 20xx
Concentration: Management and Leadership
University of North Carolina Wilmington

RELEVANT EXPERIENCE

Carolina Bank
Sales and Service Specialist
Jan 20xx - May 20xx
Wilmington, NC
• Proactively sold complementary bank products to new and existing customers
• Prospected for new customers over the phone and in person outside of branch
• Gained excellent customer service experience while servicing customers’ accounts and managing any questions or concerns as they arose

Management Inc.
Management Trainee
Summer 20xx
Durham, NC
• Provided exceptional customer service to clients in person and remotely
• Developed communication skills selling customers on the benefits of purchasing additional coverage
• Promoted company by making sales calls with area businesses

Acme Sportscenter
Sales Representative
Oct 20xx - May 20xx
Wilmington, NC
• Promoted and sold merchandise to potential customers
• Provided assistance to customers with concerns/questions about the club

UNCW TV
Intern
Jan 20xx - May 20xx
Wilmington, NC
• Promoted the television station and its programs
• Worked with sales department in finding new advertising clients
• Wrote scripts and edit clips for promotion of television programs
• Worked with the management team to decide which stories to run each day

INvolvement

Pi Sigma Epsilon (National Sales & Marketing Fraternity), UNCW, Fall 20xx - present
Delta Sigma Theta Sorority, UNCW, Spring 20xx - present
• Scholarship Chair, Spring 20xx
• Social Chair, Fall 20xx
Hurricane Sandy Clean-up efforts, Volunteer Trip, Fall 20xx
Sample Resume

TYLER SEAHAWK
601 South College Road  •  Wilmington, NC 28403  •  910-962-3174  •  tyleraseahawk@uncw.edu

OBJECTIVE: To obtain a career in the media or film industry

EDUCATION:
Bachelor of Arts, Film Studies, May 20xx
University of North Carolina Wilmington

Associate of Arts, December 20xx
Cape Fear Community College, Wilmington, NC

RELEVANT EXPERIENCE:
Key Cut Out Assistant, Ichthyopolis, Wilmington, NC, Summer 20xx - Fall 20xx
• Used Adobe Photoshop to digitally alter film images frame by frame for Professors Master’s Thesis Film

Production Technician, University of North Carolina Wilmington, Wilmington, NC, Fall 20xx - Fall 20xx
• Managed and implemented assembly and operation of sound and lighting equipment, such as Mackie 8 and 16 Channel Mixers, LCD projectors, and microphones
• Communicated effectively with clients to ensure satisfaction with event
• Trained new employees how to operate and set up equipment

Digital Film Editor, Whirlygig Farm, Wilmington, NC, Fall 20xx
• Managed and organized footage for student generated film using Final Cut Pro editing software
• Assisted in camera operation

Third Key Holder, Movie Stop, Wilmington, NC, Fall 20xx - Fall 20xx
• Trained employees on procedures at store
• Handled opening and closing procedures at store
• Processed inventory and assisted needs of customers

Digital Film Editor, Glottis and Meet the Grimlees, Wilmington, NC, Fall 20xx
• Managed and organized footage for student generated films
• Assisted in on-set sound recording for Meet the Grimlees

Third Key Holder, FYE, Goldsboro, NC, Summer 20xx - Fall 20xx
• Trained employees on procedures at store
• Handled opening and closing procedures at store
• Processed inventory and assisted needs of customers

ACTIVITIES/ PERSONAL FILM FESTIVAL SCREENINGS:
• Sound Experiment, Dead Alive Redux, University of North Carolina Wilmington Student Screening, 20xx
• Wilmington Trans-Media Film Co-op, 20xx-present
• Pre-screener for Cucalorus 14th Film Festival, 20xx
• In the Land of the Blind, The Man with One Eye is King, Visions Student Showcase and University of North Carolina Wilmington Student Showcase, 20xx
• Flicker Film Society, 20xx- 20xx

TECHNOLOGY:
Windows and MAC operating systems, Word, PowerPoint, Excel, Pro Tools, Final Cut Pro/ HD, Adobe Illustrator, Adobe Photoshop, DVD Studio Pro, Adobe After Effects, various film (8 and 16 mm) and digital cameras, Marantz sound recorders, and Mackie sound mixers
Sample Resume

Brandon Seahawk
601 S. College Road, Wilmington, NC 28403
Tel: 910-962-3174  Email: brandonseahawk@uncw.edu

EDUCATION
Bachelor of Arts, Physical Education, Exercise Science Concentration  May 20xx
University of North Carolina Wilmington (UNCW)
Minor in Leadership Studies

EXPERIENCE
Resident Assistant, University of North Carolina Wilmington August 20xx–present
- Provide paraprofessional advising and guidance for fifty-two undergraduate women
- Utilize organizational and public speaking skills to create and present educational hall programs on critical issues to residents
- Assisted in the supervision of 10 residence halls of 1100 residents
- Coordinated with fifteen staff members to provide vision and goal setting in innovative environment

Seahawk Link, University of North Carolina Wilmington August 20xx–present
- Provide support for freshmen through programming and outreach; support Freshmen Seminar classes
- Coordinate some class content with assigned Freshmen Seminar instructor
- Share knowledge and resources about UNCW; acclimate new students to campus environment
- Participate in and promote University Common Reading Program and peer evaluation
- Attend and participate in Freshmen Convocation
- Serve as role model and mentor
- Volunteer for Freshmen Move-In, UNCWelcome, and Family Weekend

Orientation Leader, University of North Carolina Wilmington February 20xx-August 20xx
- Facilitated the adjustment of new students and their parent to UNCW campus and community
- Explained academic opportunities and procedures
- Acquainted new students with campus services and building locations
- Prepared orientation materials (stuffed envelopes, made name tags, created banners)
- Answered questions, concerns and sensitive issues of students and parents

INVolvement
National Communications Coordinator, UNCW Residence Hall Association October 20xx–present
- Provide communication between the Residence Hall Association, the National Association of College and University Residence Halls (NACURH), the South Atlantic Affiliate of College and University Residence Halls (SAACURH), and the North Carolina Association of Residence Halls (NCARH)
- Attend and vote at NACURH, SAACURH, and NCARH conferences and business meetings
- Serve as delegation chair for conferences
- Affiliate with NACURH, SAACURH, and NCARH by submitting dues and annual reports

National Residence Hall Honorary April 20xx–present
- Work closely with other top 1% of student leaders on campus
- Recognize student leaders in residence halls
- Participate in ongoing service

COMMUNITY SERVICE / CIVIC ENGAGEMENT
Pack the Van December 20xx
Running Noses Planning Committee January 20xx–April 20xx
Young at Heart Social February 20xx
Masquer-AID Date Auction Planning Committee November 20xx
Sample Resume

Harvey Seahawk
2117 Seahawk Road • Wilmington, NC 28405 • (910) 111-1111 • EMAIL@gmail.com

EDUCATION

Bachelor of Science, Environmental Conservation; Geospatial Technologies minor
University of North Carolina at Wilmington; GPA: 3.58
Graduating with Distinction – Cum Laude

Associate of Arts
Cape Fear Community College, Wilmington, North Carolina; GPA: 3.75

HONORS

Dean’s List, UNCW and CFCC
Gilman International Scholarship
Phi Theta Kappa National Honor Society
Phillips Merit Scholarship

RESEARCH EXPERIENCE

Directed Independent Study, Department of Geography and Geology, UNCW
January 20xx – present
• Perform a comparative analysis between the locations of three separate shale basins to determine the environmental, social, and economic effects of hydraulic fracturing during the process of natural gas extraction
• Compile scientific findings into research poster format for presentation at an Undergraduate Research Showcase

Senior Seminar, Environmental Science, UNCW
January 20xx – present
• Utilize scientific findings from the above Directed Independent Study, along with various outside resources, to draft and present a federal regulation proposal regarding best management practices for the natural gas extraction industry

Ecology Class, Biology, UNCW
November 20xx
• Designed and conducted a study on longleaf pine forest ecology and prescribed burn management with lab partners

Internship, Conservation Volunteers, Melbourne and Victoria region, Australia
May 20xx – June 20xx
• Participated in 120 hours of environmental conservation efforts with both local and international volunteers; activities including habitat restoration, revegetation of coastal areas, invasive species control, and data collection and assessment for future conservation plans
• Maintained a daily work log of all personal contributions toward projects
• Compiled a professional portfolio containing a detailed overview of the company as well as the work that I had completed with them during my internship

Environmental GIS Research Project, Geography, UNCW
October 20xx – December 20xx
• Completed a least cost path analysis using Arc-GIS software to determine a new railroad route from the Midwest to the Pacific Northwest in order to alleviate agricultural shipment delays associated with the recent oil production boom

Remote Sensing Research Project, Geography, UNCW
March 20xx – May 20xx
• Performed supervised classification with ENVI Classic and carried out a regression analysis to determine deforestation rates in Rondonia, Brazil and forecast future trends regarding those rates

SPECIAL EQUIPMENT KNOWLEDGE

ENVI Classic
Arc-GIS products
Trimble GNSS handhelds
Turbidity sensor

Compound Microscope
UV-Spectrofluorometer
Dissolved Oxygen sensor
Salinity probes & graphing toolkit

Handheld Anemometer
Soil Analysis kit
pH sensor

OTHER QUALIFICATIONS & SKILLS

• Computer skills in Microsoft Word, Excel, PowerPoint, Outlook, Access, and OneNote
• Organized and proven work ethic with proficiency in time management and multi-tasking
• Strong written and interpersonal communication skills
• Moderate fluency in conversational Spanish up to the intermediate level
• PADI Open Water Scuba Diving Certification #16020B0381
Sample Resume

SARAH SEAHWALK
601 South College Road ● Wilmington, NC 28403 ● 910-962-3174 ● sarahseahawk@uncw.edu

EDUCATION

Bachelor of Arts, History
Bachelor of Arts, Spanish
University of North Carolina Wilmington (UNCW)
Cumulative GPA: 3.187

Study Abroad
University of Granada, Granada, Spain
UNCW program at SAFA, Úbeda, Spain

SUMMARY OF QUALIFICATIONS

• Highly proficient in Spanish
• Basic conversational ability Russian and French
• Computer skills in Microsoft Word, Excel, PowerPoint, Outlook, Internet, QuickBooks and other sales software
• Proficient at time management while maintaining a great work ethic
• Excel at multi-tasking under pressure
• Strong communication skills
• Knowledgeable in event planning
• Experience in marketing strategies

LEADERSHIP & INVOLVEMENT

Student Government Association, UNCW
Freshman Representative, Sophomore Representative & Academic Affairs Chair
• Represented constituents by attending weekly meetings and voting for wishes of student body
• Led committee responsible for academic affairs on campus
• Delegated responsibilities within committee
• Communicated with Professors and University Officials
• Planned events to provide opportunities to meet Professors and explore majors

Alpha Phi Sorority, UNCW
Director of Administration & Recording Secretary
• Held position on Executive Board
• Managed paperwork and bylaws of the organization while maintaining the calendar and all event scheduling
• Handled election process and oversaw transition.
• Maintained the minutes and daily activities of the sorority
• Upheld communication within the organization as well as outside organizations.

Seahawk Link, UNCW
• Assisted freshmen transition into college life. Helped introduce them to on campus activities and resources while providing them with insight and help in any other personal issues.

Order of Omega Honors Society, UNCW

COMMUNITY SERVICE

• Relay for Life, Wilmington, NC
• Heart Walk, American Heart Association, Wilmington, NC
• Heart Ball, American Heart Association, Wilmington, NC
• Beach Sweep, Wrightsville Beach, NC
• Jump for Joy (private event to raise money for American Cancer Association) Apex, NC
• Special Olympics, Raleigh, NC

WORK EXPERIENCE

• Sales Associate, Trendys, Wilmington, NC
• Swim Instructor, Wilmington YMCA, Wilmington, NC
• Lifeguard, Cary Family YMCA, Cary, NC
• Swim Instructor, Cary Family YMCA, Cary, NC
Sample Resume

TAYLOR SEAHAWK

601 South College Road ● Wilmington, NC 28403 ● 910-962-3174 ● taylorseahawk@uncw.edu

EDUCATION
University of North Carolina Wilmington (UNCW), December 20xx
Bachelor of Science in Business Administration
Concentration: Human Resources Management and Operations Management
Minor: Leadership

LEADERSHIP
UNCW Habitat for Humanity, Spring 20xx – present
• President - Helped students gain knowledge about the organization and planned builds, fundraisers and community service projects for the chapter to complete
• Outreach Coordinator - Worked on small teams to plan events and fundraisers

Chi Omega Sorority, Fall 20xx – present
• Treasurer - Responsible for the receipt, care and disbursement of money
• Community Service Chair - Coordinated community service events for the chapter

Cameron School of Business Student Advisory Council, Fall 20xx – present
• President - Formed a link with all Cameron Student Presidents
• Communicate student concerns with the School of Business Dean

Relay for Life, Spring 20xx – present
• Team Captain - Organized the walk among 70 members

Cameron Executive Network, Fall 20xx – present
• Worked with a mentor to gain knowledge about the field of business

EXPERIENCE
Peer Educator: Crossroads, UNCW, Spring 20xx – present
• Facilitate Alcohol Awareness Week
• Organize Safe Spring Break
• Trained for drug and alcohol abuse counseling; promote alcohol and drug awareness to all students

Mentor: Seahawk Link, Transition Programs, UNCW, Fall 20xx and Fall 20xx
• Mentor to freshman students and consulted with them on campus life issues
• Participated with UNI classes and created programs to assist students

President, Human Resources Association, UNCW, Spring 20xx – Spring 20xx
• Developed a training program for UNCW students
• Undertook comprehensive needs analysis, selected appropriate training methods and design, evaluated post training
• Learned and co-authored an executive summary of training process and results
• Planned and coordinated the Lower Cape Fear Human Resources March Vendor Fair
• Networked with individuals in the community and at UNCW to help gain knowledge for the university in the area of HR

AWARDS
The Lower Cape Fear Human Resources Association Scholarship, Fall 20xx – present
NC State Council for the Society for Human Resources Student Chapter Scholarship, Fall 20xx – Spring 20xx
Eileen G. Brown Scholarship awarded by Chi Omega Sorority, Fall 20xx – Spring 20xx
Omicron Delta Kappa the National Leadership Honor Society, Fall 20xx – Spring 20xx

INVolVEMENT
Society of Human Resources Management, Spring 20xx – present
Lower Cape Fear Society of Human Resources Management, Spring 20xx – present
Information Systems Management Organization, Spring 20xx – present
Student Organization Leadership Conference, Fall 20xx
Make-A-Wish Foundation, Spring 20xx
Campus Tobacco Coalition, Fall 20xx
UNCW Sailing Club, Fall 20xx – Spring 20xx
Sample Resume

EMILY R. SEAHAWK
601 S. College Rd • Wilmington, NC 28403 • (910) 962.3174 • emily.seahawk@gmail.com

PROFILE
- Professional new graduate seeking full-time employment with Baker Hughes
- Passionate about exploring and understanding techniques used in exploration and development of oil and gas
- Creative problem solver with strong fundamental geology background
- Organized, clear and articulate written and oral communication skills

EDUCATION
Bachelors of Science, Geography; Bachelors of Fine Arts, Creative Writing, May 20xx
University of North Carolina Wilmington

Pertinent Courses Include:
- Mineralogy
- Petrology
- Historical Geology Structural
- Geology
- Stratigraphy
- Sedimentology
- Global Tectonics Invertebrate
- Geophysics Chemistry
- Optical Mineralogy

FIELD EXPERIENCE
Summer Field Course; UNCW; NC, WV, NM; Summer 20xx
- Conducted intensive geological field mapping in four diverse geological settings
- Pre-Cambrian to Cambrian meta-igneous rocks in the Eastern Piedmont region of NC
- Ordovician to Silurian sedimentary strata in the Valley and Ridge province, VA
- Permian to Cretaceous sedimentary strata uplifted by Precambrian igneous basement of the Nacimiento uplift, NM
- Precambrian meta-sedimentary rock of the Picuris Range, NM
- Constructed geologic maps and cross-section interpretations using topographic data and aerial photographs
- Utilized surface data to understand geological relationships within the subsurface

Browns Mountain Mapping Project; UNCW; Pocahontas County, WV; April 20xx
- Produced a structural analysis of Ordovician to Silurian sedimentary strata of the Browns Mountain Anticlinorium in the foreland fold and thrust belt within the Valley and Ridge province

Warm Springs Mapping Project; UNCW; Bath County, VA; April 20xx
- Collected measurements and produced a geologic map and cross-section of Silurian to Devonian sedimentary strata in the Valley and Ridge province

INVolVEMENT
Co-founder / Vice President; Women in Science and Engineering; UNCW; 20xx-20xx
- Collaborated with fellow women science majors to provide academic support and mentoring programs between students and faculty
- Organized public science lectures at UNCW and volunteered in community events
- Judged and facilitated annual science fair for local K-12 students

Web Administrator; Geology Club; UNCW; 20xx-20xx
- Managed website content and created Facebook fan page to invite interaction with club members
- Planned and organized club field trips and functions with members and faculty

Association of Environmental and Engineering Geologists; 20xx-20xx
Geological Society of America – Southeastern Section; Annual Meeting March 20xx

EMPLOYMENT HISTORY
Office Assistant, Campus Recreation UNC Wilmington, Wilmington NC, September 20xx-present
Office Assistant, Museum of Natural History, Raleigh NC, May 20xx-August 20xx
Lifeguard, Carolina Pool Management, Matthews NC, May 20xx-August 20xx
Sample Resume

JESSICA NURSE

6213 Apple Drive, Raleigh, NC 28010  Email: abc123@uncw.edu  Phone: 999-999-9999

PROFILE

- Ability to work independently and in a team; strong interpersonal and communication skills
- Excellent problem solving skills and ability to resolve issues effectively and quickly

EDUCATION

Bachelor of Science, Nursing  December 20xx
University of North Carolina Wilmington (UNCW)  GPA: 3.43

CLINICAL EXPERIENCE

Coronary Care Unit: New Hanover Regional Medical Center  Fall 20xx
- Provided care to arctic sun, post-cardiac catheter, respiratory failure, and MI patients
- Coordinated and provided care for complete nurse assignment and participated in a code situation

Progressive Care Unit: New Hanover Regional Medical Center  Fall 20xx
- Managed care for patients with tracheotomies, paralysis, stroke, and renal failure

Pediatric Nursing: New Hanover Regional Medical Center  Spring 20xx
- Provided collaborative care for children with different issues including RSV, MVC victim, and foreign body ingestion
- Administered of medications, tracheotomy care, and respiratory interventions

NICU: New Hanover Regional Medical Center  Spring 20xx
- Aided with premature neonates with issues such as respiratory, nutrition, and dependence

Community Nursing: Wilmington Health Department and Wilmington Community Clinic  Spring 20xx
- Collaborated with health care professionals to provide services for community members
- Assisted in administering vaccinations, cervical exams, STD testing, and education

Maternity Nursing: New Hanover Regional Medical Center  Fall 20xx
- Engaged in care for antepartum, intrapartum, and postpartum stages as well as newborns
- Performed insertion of catheters, fetal assessment, newborn care, cervical exams, and monitoring fetal activity

Mental Health Nursing: Ocean House and Wilmington Treatment Center  Fall 20xx
- Supported and comforted those with a variety of mental illnesses such as depression, schizophrenia, and dependence

Medical/Surgical Nursing: Cape Fear Hospital and Dosher Memorial Hospital  Spring 20xx
- Assisted in postoperative care including wound care, catheterization removal, and medication administration

RELEVANT EXPERIENCE

Officer, UNCW Association of Nursing Students (ANS)  September 20xx-Present
President (Fall 20xx), Vice President (Spring 20xx), Treasurer (Fall 20xx)
- Organized a formal event to raise money for Guardians of the Ribbon for December 2013
- Coordinate and plan groups of individuals to promote healthy lifestyles in the community
- Arranged involvement in service projects for members such as “Paws4People Walk” and “Young at Heart”

Lab Assistant, UNCW School of Nursing  Fall 20xx
- Evaluated health assessment skills
- Mentored first semester nursing students

Volunteer, Research Department Emergency Room – Cooper University Hospital  June 20xx-Present
- Collaborated with Research Assistant and Doctor on studies involving hypertension and sepsis
- Recruited possible candidates for the above studies

Summer Volunteer, Camden Coalition for Healthcare Providers  Summer 20xx
- Collaborated with multidisciplinary team to aid patients in managing their long-term disease
- Utilized resources for patients such as housing options

CERTIFICATIONS

- Intraosseous Training, January 20xx
- American Heart Association BLS Certification, May 20xx
- National Institutes of Health training course "Protecting Human Research Participants", May 20xx
Christopher Seahawk
601 S. College Road, Wilmington NC, 28403 | (910) 962-3174, cas1234@uncw.edu

OBJECTIVE
A career in human resource management involving training, coordinating, communicating, and researching

EDUCATION
Bachelor of Science, Business Administration, May 20xx
Concentration: Human Resources Management
University of North Carolina Wilmington (UNCW)
GPA: 3.251

SKILLS
Training
- Created and presented two-hour workshop, "Persuasive Writing Strategies for Promotional Materials," to 18 volunteer coordinators: United Way Voluntary Action Center
- Designed and presented one-hour workshop, “The New Look in Resumes,” to 26 high school seniors
- Contributed writing techniques, story ideas, time management guidelines, and format and production procedures to the Write Place newsletter staff
- Motivated individuals toward healthy lifestyle by teaching aerobic dance classes to groups of 20-40 people: Learning Exchange, Shoemaker Hall - UNCW, Whispering Hills Girl Scout Camp

Coordinating
- Supervised and established Speech Communication Week idea, events, program time schedule, budget allocations, delegated responsibilities to faculty, community members, and students
- Planned and organized UNCW Shoemaker Hall 2012 Spring Formal Dinner-Dance for 200: location, entertainment, transportation, menu, beverages, invitation, decorations, advertising
- Coordinated Writing Consultants’ Ink newsletter production; assisted in implementing newsletter purpose, content, and format: The Write Place
- Organized, promoted, and participated in fundraising event during annual community summer festival: United Way Voluntary Action Center
- Directed and organized Drama Night and Synchronized Swimming Show: Whispering Hills Girl Scout Camp

Communicating
- Performed administrative responsibilities and resolved potential personnel problems: The Write Place
- Wrote budget development proposal, final report, and internal-external correspondence: Speech Communication Week
- Edited and contributed articles to newsletter; developed, typeset, key lined student manual and promotional brochure: The Write Place
- Wrote weekly newspaper column for local newspaper; wrote news releases and promotional materials: United Way Voluntary Action Center
- Assisted in writing and creating media kits promoting Speech Communication Week
- Explored printing options, expense estimates for fundraising project by making phone call and personal visits to area print shops and lumber companies: United Way Voluntary Action Center
- Presented Write Place services information to groups of 20-30 students in UNCW classes

VOLUNTEER EXPERIENCE
NC Society for Human Resource Management, The New Look in Resumes, August 20xx
Whispering Hills Girl Scout Camp, Learning Exchange, Whispering Hills, SC, May 20xx
United Way Voluntary Action Center, Wilmington, NC, April 20xx-April 20xx
Speech Communication Week, Wilmington, NC, August 20xx-January 20xx

EMPLOYMENT
Office Assistant, UNC Wilmington Campus Recreation, Wilmington NC, August 20xx-present
Server, Tower 7, Wrightsville Beach NC, August 20xx-May 20xx
Host, Outback Steakhouse, Raleigh NC May 20xx-August 20xx
Sample Resume

ASHLEY D. SEAHAWK
601 Fayetteville Rd ♦ Durham, NC ♦ (910) 962-3174 ♦ ashleyseahawk@gmail.com

SUMMARY OF QUALIFICATIONS:

- Over seven years’ experience in customer service and management
- Received several promotions from same company and given excellent ratings at annual reviews
- Experience supervising and training staff at different levels of company
- Take initiative to start projects and see them through completion; dedicated team player and strong work ethic
- Disciplined self-starter ready for take-charge position
- Exceptional ability to establish cooperative, professional relationships with customers, executives and staff
- Goal-driven person who goes above and beyond the job; Excellent time management and organizational skills

MANAGEMENT / LEADERSHIP:

- Managed, planned and budgeted general administration in Operations area and teams of supervisors and managers
- Reviewed and revamped HR policies and procedures to meet needs of both business and employees
- Facilitated meetings, set goals, met timelines and communication of the project status to departments and executives
- Coordinated work processes and projects; delegated responsibilities to and empowered staff
- Tracked service failures and implemented corrective action
- Analyzed customer data to determine overall customer trends
- Prepared and distributed quarterly sales history reports and worked on strategies to insure continued company growth
- Developed attendance policy that decreased unscheduled absences in each call center

TRAINING AND DEVELOPMENT:

- Helped promote five individuals to leadership positions
- Served on cross functional teams to review strategic initiatives, non-standard opportunities, and departmental statistics and trends
- Developed “Member First” policy and technical support standards to ensure positive member interaction
- Provided leadership development to Quality Support Analysts on site to continue career development
- Developed new procedures and formal training documents for new hire training
- Analyzed job duties to increase efficiency
- Created training with HR to assist call center coaches standardize and understand documentation process
- Created motivational contests within the call center to motivate consultants to reach objectives

COMMUNICATION:

- Worked on teams to develop programs that fostered positive environment for new and tenured employees and decrease attrition
- Reported to Call Center Director about daily and weekly performance as related to company objectives
- Developed new business from current clients and targeted, researched and met with potential accounts
- Provided excellent customer service for existing accounts and ensured customers were serviced and satisfied
- Listened to staff concerns and provided feedback to ensure positive transition for new hires which decreased turnover
- Motivated team of 30 Consultants to ensure a quality interaction while company objectives were met

WORK HISTORY:

Call Center Manager, Lenovo, Durham NC, January 20xx-present
Assistant Operations Manager, SAS, Cary NC, June 20xx-December 20xx
Human Resources Assistant, SAS, Cary NC, May 20xx-June 20xx

EDUCATION:

University of North Carolina Wilmington
Bachelor of Arts, Psychology, December 20xx
Sample Federal Resume

Johnny Seahawk
601 South College Road • Wilmington, NC 28403 • 910-962-3174 • johnnyseahawk@gmail.com

Social Security No.: XXX-XX-XXXX
Country of Citizenship: U.S.A.
Hiring Preference: Recent Graduate
Security Clearance: ______________
Veterans Preference: ______________

EDUCATION

University of North Carolina Wilmington (UNCW), Wilmington, NC
Bachelor of Arts, International Studies
Minor: English
GPA: 3.6/4.0 scale
May 20xx

The Center for Mesoamerican Research (CIRMA), Antigua, Guatemala
Semester Study Abroad
Spring 20xx

Walter Johnson High School, Bethesda, MD
Diploma
GPA: 3.87/4.0 scale
June 20xx

RELEVANT EXPERIENCE

Building Manager
Campus Recreation – UNCW
20 hours/week – Stipend $___/month
601 S. College Road, Wilmington, NC 28403
910-962-3241
Supervisor: ___________, Residence Coordinator; may be contacted
August 20xx – present

As Building Manager, I am responsible for the operation of the Student Recreation Center during weekday early morning, evening and the weekend hours. Through extensive training I am knowledgeable of all policies of the Campus Recreation operation and make decisions based on previous experience, general philosophy and mission of the facility and program.

- Supervise student employees in the absence of professional team staff
- Administer the policies and rules of the department to students, faculty, staff, and guests
- Act as the general “trouble-shooter” within the facility

Intern
DREAMS of Wilmington, Inc.
10 hours/week - Unpaid
901 Fanning Street, Wilmington, NC 28401
910-772-1501
Supervisor: ___________, Lead Program Coordinator; may be contacted
February 20xx – present

As an intern, I assist all programmatic areas at a non-profit organization dedicated to providing youth in need with high-quality, free-of-charge classes in the literary, visual and performing arts.

- Coordinate the annual fundraiser in conjunction with other professional staff
- Assist office staff with mailings, special event preparation, and a variety of other projects on an as-needed basis
As a CCB member, I worked as a team with students and faculty to hear cases of alleged violations of the UNCW Code of Student Life. In this role I was trained by the Office of the Dean of Students to act as a jury member and advocate for justice in the conduct system.

- Conferred with other students on board regarding conduct system
- Heard witness statements regarding offenses of UNCW students
- Worked with Deans and Assistant Deans of UNCW
- Reminded others of student’s rights and how they should apply to conduct system

**LEADERSHIP EXPERIENCES**

**International Student Mentor, UNCW-Office of International Programs**  
Fall 20xx – present  
- Assist new international student acclimate to UNCW and the local community

**Seahawk Admissions Network for Diversity (SAND), UNCW-Admissions**  
Spring 20xx – present  
- Work to improve UNCW student diversity numbers through admissions programming
- Provide campus tours and to show perspective students qualities about UNCW that would make it their top school choice

**Seahawk Leadership Conference, UNCW**  
Fall 20xx  
- Participated in workshops covering Minimizing Risks with Sound Judgment and Decision Making, Making the Most of your Leadership Experiences, and Conflict Management Techniques

**Program Tutor, Wilmington Youth Center (WIRE)**  
Spring 20xx  
- Supported at-risk middle and high school students in New Hanover County by providing tutoring, games, and mentoring

**INVOLVEMENT**

**Sigma Alpha Lambda**, National Leadership and Honors Organization, Spring 20xx – present  
**Habitat for Humanity**, UNCW, Fall 20xx – present  
**Stop Hunger Now** (meal packaging program), UNCW, Fall 20xx – present

**REFERENCES**

Name, Title, Organization, Telephone, Email
Name, Title, Organization, Telephone, Email
Name, Title, Organization, Telephone, Email

There is no page limit for a federal resume – so be sure to fully describe your experiences and tailor your resume for each application
COVER LETTER & SUPPORTING MATERIALS OVERVIEW

Your cover letter or other professional correspondence provides the opportunity to:

- Introduce yourself and state your objective
- Personalize your resume
- Highlight information that addresses the needs and interests of the employer

Cover Letter Tips

- No longer than one page and have no more than four paragraphs
- Tailor each letter to the company and position. Know your reader and his/her organization
- Address your letter to a specific person. Use “Hiring Manager” or “Human Resources Manager” only as a last resort. Call and ask to whom you should address your letter
- Your letter should be easy to read, printed neatly on a single page of good quality paper and free of spelling, punctuation and grammatical errors
- Write each letter in your own words
- Do not just list your skills and strengths, use concrete examples of how you have developed your skills and used your talents
- Proofread, proofread, and proofread!!! Then have someone else proofread it for you
- Send a cover letter with all resumes

Cover Letter Rubric

<table>
<thead>
<tr>
<th>Professional format and overall quality of writing</th>
<th>Cover letter should get you noticed</th>
<th>Cover letter is ordinary and average</th>
<th>Cover letter needs significant improvement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Uses correct professional format with date and addresses on top and a signature on the bottom. It is clear, concise and, grammatically correct. There are no spelling errors.</td>
<td>There are minimal grammar and spelling errors. This letter is decent in content but does not convince an employer to call. There are minor issues with formatting.</td>
<td>Professional formatting not used. The letter is not signed. There are multiple grammar and spelling errors. The content of the letter does not make sense to the reader.</td>
<td></td>
</tr>
<tr>
<td>This section identifies what position you are applying for, the reason you are sending the letter, how you heard of the opening, and that you are genuinely interested. Grabs the employer’s attention quickly.</td>
<td>This section defines the position you are seeking. Does not describe how you heard about the opening. You vaguely describe why you are interested in this job. Might not catch someone’s attention.</td>
<td>Does not clearly identify what position you are seeking. No description of how you heard about the position or why you are interested.</td>
<td></td>
</tr>
<tr>
<td>This paragraph identifies one or two of your strongest qualifications and clearly relates how these skills apply to the job. This letter explains specifically why you are interested in this position, company, and how you can benefit the company.</td>
<td>This paragraph identifies one of your skills, but it may or may not be related to the position at hand. This paragraph does little to explain your interest and vaguely connects your skill to how you can benefit the company.</td>
<td>This paragraph does not discuss any relevant qualifications or skills. It does not explain your interest in the position, company, and/or location and does not connect your skills to how you can benefit the company.</td>
<td></td>
</tr>
<tr>
<td>This paragraph refers the reader to your resume or any other enclosed documents. It thanks the reader for taking time to read it. You are assertive as you describe how you will follow up with the employer.</td>
<td>This paragraph may or may not thank the reader for taking time to read this letter. You do not refer the reader to your resume or application materials. This letter is not assertive and assumes that the employer will contact you.</td>
<td>This paragraph does not thank the reader for taking time to review this letter. There is no reference to a resume or other materials. It does not include any contact information and is not assertive about following up after a given amount of time.</td>
<td></td>
</tr>
</tbody>
</table>

Source: National Association of Colleges and Employers
Cover Letter Format

Your Street Address
City, State Zip Code

Month Day, Year

Mr./Ms./Dr. Full Name
Title
Name of Organization
Street or P.O. Box Address
City, State Zip

Dear Mr./Ms./Dr. Last Name:

Opening Paragraph – Tell why you are writing. Name the position, field or general career area about which you are inquiring or applying. Tell how you heard of the opening, the company or organization (mention a contact name, if you have one) and basic information about yourself.

Middle Paragraph – Tell why you are interested in the company/organization, or specific type of work. Mention the qualifications you believe are of greatest interest to the employer. If you have related experience or specialized training, point it out. Do not repeat what is on your resume, but customize your skills and experiences to the employer’s needs. This is the place to “sell” your skills and abilities to a potential employer. Document your claims with statements to show evidence of your skills by providing specific examples of when/how you demonstrated those skills. End the paragraph with a statement indicating your confidence in your ability to perform in the position.

Closing Paragraph – Refer the reader to your enclosed resume or application. If this is a letter of inquiry, request an application or other informational materials and an interview. If this is a letter of application, state what you will do to follow up, such as telephone the employer within two weeks to check on the status of the application. Include your phone number and state that you would be glad to provide any additional information needed. Thank the employer for their consideration of your application/resume.

Sincerely,
(Your handwritten signature)

Your typed name

Enclosure(s)
Sample Cover Letter

601 South College Road
Wilmington, NC 28403
April 11, 20xx

Ms. Samantha Hire
Human Resources Manager
Original Company, Inc.
123 Real Road
Raleigh, NC 27601

Dear Ms. Hire:

As a rising senior at the University of North Carolina Wilmington majoring in Psychology with a minor in Latin American Studies, I am writing to apply for the Summer Research Internship at Original Company, Inc. From online research in SeaWork via the UNCW Career Center I learned of the internship program and I am very interested in this opportunity where I could put my leadership and customer service skills to work. I believe that my education and experience background make me an excellent candidate and I would like to be considered for the position.

As the enclosed resume indicates, I have participated in a marketing research project through the University in which we collected and analyzed data from a local Wilmington based company to determine the success of exporting goods to another country. This involved interaction with vendors and employees on a weekly basis, review of financial records and preparation of marketing tools to infiltrate the sale of merchandise overseas. The employer was so impressed with our results and marketing tools that he has taken measures to initiate exporting by the end of the 2014 calendar year. In addition to marketing research experience, I have acquired technical skills from work in computer labs on the University campus assisting an average of 20 students per day with systems software, including Microsoft Word, Outlook, and Excel.

With qualifications and experiences that match your position description, I am confident that I can be an asset to your office. I will call you next week to check on the status of the application, and if you have questions or need additional information you may contact me anytime via email or phone. Thank you very much for your time and consideration.

Sincerely,

Sammy Student

Sammy Student
Dear Ms. Smith,

I am eager to achieve new goals, learn new skills and interact with new people. These are the reasons I am responding to the advertisement recently posted with the UNC Wilmington Career Center for the Social Media Specialist position with The United Way of the Cape Fear Area. I have attached my resume. You will find my previous field experiences to be an asset for this position.

I bring numerous experiences where I have used social media and implemented social media into marketing and fundraising strategy. In my most recent position as an intern with the Cape Fear Community College Foundation I worked to promote various events on various Social Media Platforms including Facebook and Twitter. We strategically distributed information and connected with groups and individuals who will continue to support the mission of the Cape Fear Community College Foundation. Over the previous year we increased attendance at foundation events by over 30 percent. Through this process we also increased donors and total fundraising dollars by 15 percent. I know that this experience will translate to me being able to use social media to promote the United Way of the Cape Fear Area.

Thank you for your time and consideration. I look forward to discussing my qualifications with you in person. I will contact you this week to follow up and to answer any questions.

Sincerely,
Jessica

Jessica A. Seahawk
University of North Carolina Wilmington
Jessica.seahawk@gmail.com
910.123.4567
# Sample Reference List

**EMILY R. SEAHAWK**  
601 S. College Rd • Wilmington, NC 28403 • (910) 962.3174 • emily.seahawk@gmail.com

## REFERENCES

<table>
<thead>
<tr>
<th>Name</th>
<th>Title/Position</th>
<th>Organization</th>
<th>Address</th>
<th>Telephone</th>
<th>Email</th>
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</tbody>
</table>

## Reference List Tips

- Your list of references should match the format of your resume
- Typically, you can include 3-5 references on your list
- Sometimes you will not have all of the above information for each reference
  - Make sure to include as much contact information as possible
June 18, 20xx

Ms. Anne Jackson
Recruiter
Computer World, Inc.
1001 Fantasy Boulevard
Raleigh, NC 27609

Dear Ms. Jackson:

Recently I spoke with Sylvia Chase who suggested I contact you regarding available research positions within your marketing department. This summer, I will graduate from the University of North Carolina Wilmington with a Bachelor of Science degree in Business Administration with a Concentration in Marketing and feel strongly that my education and research experience would be a perfect match for Computer World, Inc.

As the enclosed resume indicates, I have participated in a marketing research project through UNC Wilmington in which we collected and analyzed data from a local Wilmington based company to determine the success of exporting goods to another country. This involved interaction with vendors and employees on a weekly basis, review of financial records and preparation of marketing tools to energize the sale of merchandise overseas. The employer was so impressed with our results and marketing tools that he has taken measures to initiate exporting by the end of the 2013 calendar year. In addition to marketing research experience, I have acquired technical skills from work in computer labs on campus assisting an average of 20 students per day with software, including Microsoft Excel, Access, Adobe Photoshop, and InDesign.

I look forward to meeting with you to further discuss how my education and work experience would be beneficial to Computer World, Inc. On Friday, June 28, I will contact you to arrange a time in which we can discuss positions further. If you need to reach me before then, you may call (910) 962-3174 or email me at cas1234@uncw.edu. Thank you for your time and consideration.

Sincerely,

Christopher Seahawk

Christopher Seahawk
Sample Thank You Email

Seahawk, Matthew D.

From: matthew.seahawk@gmail.com
To: kimberly.green@newhanovercountyschools.edu
Subject: Thank you – Second Grade Teacher Position

Dear Ms. Green,

Thank you so much for taking the time to interview me today. I really enjoyed meeting you and discussing Bellamy Elementary and the Second Grade Teaching Position. I again wanted to reiterate my interest and excitement in the position, and the school. I know that my experiences at Forest Hills Global Elementary School, Bellamy Elementary School, and Murrayville Elementary School have prepared me for this position.

I really valued getting to speak with the current Second Grade Teachers as well. Their excitement for what they do, and for working with the students at Bellamy Elementary also reinforced my interest in the position.

Thank you for your time today and your consideration. I look forward to hearing from you.

Sincerely,

Matthew

Matthew G. Seahawk
UNC Wilmington Alumni, May 2016
Matthew.seahawk@gmail.com
704-111-1111
Dear Mr. Edwards,

Thank you for the opportunity to meet with you and see your facilities yesterday. Both the interview and the chance to meet other members of the office made me even more excited about the possibility of working at your organization. I was particularly impressed to learn about the new services and amenities you are implementing for your clients.

Again, thank you for your time and consideration. I am very interested in the Sales Trainee position, and I look forward to hearing from you.

Sincerely,

Samantha Seahawk
910-962-3174
samanthaseahawk@uncw.edu
March 19, 20xx

Mark Simmons  
TEKsystems  
1201 Edwards Mill Road, Suite 201  
Raleigh, NC 27607

Dear Mr. Simmons:

Thank you for your offer to join your Raleigh site as a Recruiter/Sales Management Trainee. I am pleased to accept your offer and look forward to beginning work with TEKsystems.

You indicated that I will be receiving a salary of $____ per year and I will begin work on July 16th. In mid-June, after I relocate to the area, I will call you to see what information I need before starting work in July. In the meantime, do not hesitate to contact me if you require any additional documents from me.

Again, thank you for offering me this exciting opportunity.

Sincerely,

Taylor Seahawk

Taylor Seahawk
Sample Job Rejection Letter

601 South College Road
Wilmington, NC 28403
910-962-3174
joshuaseahawk@uncw.edu

May 6, 20xx

Worldwatch Institute
1400 16th Street NW, Suite 430
Washington, DC 20036

Dear Ms. Smith:

Thank you for your telephone call and letter offering me the Research Coordinator position with the Worldwatch Institute. While I am still very much an advocate for the mission of your organization and respect all the work you and your staff complete on a daily basis, I have had another offer which I believe more closely matches my current career goals and interests. Therefore, while it was a difficult decision, I must decline your offer.

I appreciate all the kindness extended to me by the staff at the Worldwatch Institute, and I wish you well in your search to fill the position and all your future endeavors.

Sincerely,

Joshua Seahawk

Joshua Seahawk
**Online Branding**

**Get Noticed**
Social media is a great way to stay in touch with friends and relatives, but it also can be a useful tool in your job search. Employers are using social media sites like LinkedIn, Twitter, Facebook, and YouTube to both promote their organizations and connect with potential job candidates.

While social media can help you research employers (critical to your job-search success), be sure to use it more actively—as a way to connect with potential employers. By following a few basic tips, you can use social media to get in front of hiring managers.

- **Create a Profile That Gives a Positive Impression of You**
  - Think of it as your online resume: What do you want it to say about you?

- **Be Aware of the Keywords You Include in Your Profile**
  - Many employers do keyword searches to find profiles that contain skill sets they’re seeking in candidates.

- **Don’t Mix Personal With Professional**
  - Don’t include photos, comments, or information you wouldn’t want a potential employer to see.

- **Make Sure Your Profile Is Error-Free**
  - You wouldn’t offer up a resume rife with misspellings, would you?

- **Choose Appropriate Contact Information**
  - Your e-mail address or Twitter handle should be professional.

- **Connect & Stay Connected**
  - Keep in touch with recruiters or other decision makers you may interact with in cyberspace.
  - In addition to maintaining your network, use social media to build your network. Don’t just establish a social media presence—work it. Reach out. Interact. You will get out of social media what you put in.

**LinkedIn**
LinkedIn operates the world’s largest professional network on the Internet with more than 225 million members in over 200 countries and territories. Individuals and companies use LinkedIn for networking, job searching, hiring, company research, and connecting with affiliates, including alumni, industry, and a variety of other business related groups.

Additionally, there are over 30 million students and recent college graduates currently on LinkedIn, making that demographic LinkedIn’s fastest-growing. So if you’re not already on LinkedIn, you definitely need to be! Basically, it’s a site that allows you to connect to people you know and the people they know too! It also allows you to see profiles of anyone else on LinkedIn, and gives you ways to connect to them.

**LinkedIn Benefits for Students & Alumni**
1. Build a professional online presence
2. Connect in a meaningful way with alumni and other contacts already in your network
3. Research companies and industries
4. Explore opportunities with organizations that don’t recruit on campus
5. Learn professional networking etiquette

Source: LinkedIn Resource Center & National Association of Colleges and Employers
Tips for Using LinkedIn

LinkedIn Etiquette

1. Requesting Connections
   a. You’ll get a better response rate if you write a brief, personalized, polite note reminding them how you met (if necessary) and explaining why you’re interested in connecting

2. Asking for Recommendations
   a. Only request from people who really know you and your work
   b. Customize each request with a polite and personalized note.

3. No response from request or message
   a. If you haven’t heard from a potential connection in over a month, send an email to say that you’ve reached out and would like to connect
   - If that doesn’t work, it’s best to move on

4. Professional LinkedIn Profile
   a. Be totally truthful
   b. Write your experiences like you would on a resume or cover letter

Job Search Tips

1. Reach Out
   a. Connect on LinkedIn with everyone you know (friends, family, neighbors, professors, family friends, internship colleagues and others)

2. Follow Companies
   a. When you see a job you like on another job board, use LinkedIn as a company research tool

3. Use the LinkedIn Student Jobs Portal
   a. Access entry-level jobs and internships at some of the best companies worldwide at the student and recent grad job portal.
   - Students.LinkedIn.com

4. You’re More Experienced than you think
   a. The more info you provide, the more people will connect with you
   b. Think broadly about your experience:
   - Include summer jobs, unpaid/paid internships, volunteer work, and student organizations

Steps to Building a Great Student Profile

1. Craft an informative profile headline.
   a. Many use their job title and company and/or highlight key skills:
   - e.g. Skilled Event Planner with experience in planning, scheduling, coordinating events

2. Pick an appropriate photo.
   a. Use a head shot, professional looking picture of only you

3. Show off your education
   a. Include your major and minor if you have one, as well as highlights of your activities.
   b. Don’t forget study abroad programs and summer institutes.

4. Share your experiences
   a. Keep your network informed
   b. List current and past positions and include roles and responsibilities of positions

5. Develop a professional summary
   a. Use key words that will pop up in searches
   b. Emphasize unique skills:
   - What makes you special?

6. Show your connectedness with badges
   a. Join Groups and display the group badges on your profile
   b. Start by joining UNCW LinkedIn groups as well as the larger industry groups related to the career you want to pursue

7. Collect diverse recommendations
   a. Recommendations can come from many sources:
   - e.g. professors, internship coordinators, employers, and professional mentors

8. Claim your unique LinkedIn URL
   a. Set your LinkedIn profile to “public” and claim a unique URL for your profile
   b. To claim a unique URL, go to Settings > Edit Public Profile > Customize Public URL

Source: LinkedIn Resource Center
Job & Internship Search
GETTING CAREER-RELATED EXPERIENCE

There are many ways to get experience. The key is to get some!

Employers comparing graduating seniors as job candidates want and expect you to have experience outside the classroom. Freshman year is not too early to start! Look for volunteer work, a part-time or summer job that will be a stepping stone to something more competitive later. Types of opportunities available can vary by career field; however here are some choices you have for gaining experience:

- **Internship** ([www.myseawork.com](http://www.myseawork.com))
  Can be paid or unpaid, full-time or part-time, and are sometimes for academic credit; these factors vary by career field and employer. Internship eligibility varies by employer; some offer internships to students who are freshmen; others require a higher academic level. Academic credit can only be granted by an academic department, and involves paying tuition. Also check out the Career Center Certified Internship Program ([www.uncw.edu/career/cip.html](http://www.uncw.edu/career/cip.html))

- **Summer Job/Part-time employment** ([www.myseawork.com](http://www.myseawork.com))
  A job does not have to be an "internship" to be valuable. The value hinges on the job's relevance to your career field or industry, the skills you develop, and the level of responsibility you earn. These can be stepping stones to getting a competitive internship later.

- **Service Learning/Volunteer Work** ([www.uncw.edu/osle](http://www.uncw.edu/osle))
  This can be your first way to get a foot in the door of an organization or career field. Volunteer work can be something you do as an individual, or as part of club or organization involvement. Volunteering can develop skills and experience that you can list on your resume and thus can be a stepping stone to help you get other kinds of experience. Volunteering shows initiative; always a good thing.

- **Study/Work Abroad** ([www.uncw.edu/international](http://www.uncw.edu/international))
  Study abroad can be good for you academically and personally regardless of your major. Moreover, employers want to hire people with international experience, and graduate schools consider study abroad a "plus" when reviewing applications.

- **Leadership/Involvement in Student Organizations** ([www.uncw.edu/activities](http://www.uncw.edu/activities))
  Leadership in student community organizations is viewed very favorably by employers. You don't have to be president to be a leader. You could be the volunteer recruiter, an event planner or budget manager. The important things are what you accomplish and the skills you use and develop.

- **Research** ([www.uncw.edu/csurf](http://www.uncw.edu/csurf))
  Frequently a one-on-one arrangement between you and a faculty member, usually in your academic department, that may be for academic credit. And while many opportunities are for science and technical majors, opportunities also exist for research in humanities and social sciences. Additionally, organizations external to the university, such as research centers, can offer undergraduate research opportunities.

- **Externship** (Job shadowing)
  Can be a bridge between exploring career options and getting a look at a real world environment. They may be short-term or long-term in duration: a few hours to a few days, or perhaps a few hours per week over a semester or year (similar to an internship). Externships are mostly for the purpose of learning more about a career field or work environment, but if you make a very good impression on the people you meet, it could open the door to another experience (internship, summer job, etc.).

- **Field Study**
  These are typically done through your academic department, for academic credit, and are sometimes required for certain majors. Consult your academic department to see if field studies are offered or required.
**BEGIN WITH SELF ASSESSMENT**

Congratulations on getting a job! When things change begin the process again

**What are your**
- Interests?
- Skills?
- Values?
- Goals?
- Personality Traits/Preferences?
- Career Interests?
- Preferred work Environment/Lifestyle?

Use the information you gathered about yourself to explore using the following resources

**JOB SEARCH**

- Use resources through SeaWork (myseawork.com)
  - CareerShift
  - Current Jobs for Graduates
  - Job search in SeaWork
- Tailor Each Contact
- Adapt your Plan as you go
- Follow up & Follow through
- Be Persistent & Patient
- Send Thank You Notes/Letters

Now that you've gathered information, get started by applying to positions

**DEVELOP JOB SEARCH SKILLS**

- Talk to professionals in your field, UNCW Alumni
- Connect through LinkedIn to professionals and Alumni
- Write Resumes and Cover Letters
- Create a Job Search Plan
- Learn about resources available through SeaWork
- Develop Interviewing Skills – Use Interview Stream to practice

**GATHER CAREER INFORMATION**

Use what you know about yourself and actual jobs to begin looking for specific opportunities

- What Can I do With a Major In?
- Evaluate Career Fields/Industries
- Occupational Outlook Handbook (bls.gov/ooh)
- O*NET (onetonline.org)
- Use CareerShift in SeaWork to find & research employers/jobs
- Read Job Descriptions
- Conduct Informational Interviews
- Take Career Assessments
## Benefits & Cautions of Different Job Search Methods

Below are snapshots of the benefits and cautions of each method. See the Career Center website for more details.

<table>
<thead>
<tr>
<th>Method</th>
<th>Benefits</th>
<th>Cautions</th>
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<tbody>
<tr>
<td>SeaWork</td>
<td>Employers list jobs specifically for UNCW students and alumni. Posted jobs typically mean the employer needs it filled soon. Additionally, many other job search resources can be accessed within SeaWork.</td>
<td>Not every industry or job field is represented.</td>
</tr>
<tr>
<td>CareerShift</td>
<td>Allows you to bring everything together to search for jobs in one place. Search listings from millions of companies posted across the web and save your searches; find contacts within target organizations along with their email addresses; and manage your job search all within this site.</td>
<td>Avoid solely relying on the job listings. Access contacts at target companies and reach out to them when a listing is not posted.</td>
</tr>
<tr>
<td>Going Global</td>
<td>If you are looking to broaden your horizons overseas, this is a great place to start. Information includes international job postings and tips on relocating to a new country. Also has relocation and job search information for major U.S. cities, including H-1B Visa info for international students.</td>
<td>There are a lot of details to pay attention to (e.g. passports, cost of relocation and living, language/cultural barriers). Not all countries are included in the Country Guides.</td>
</tr>
<tr>
<td>LinkedIn</td>
<td>LinkedIn not only allows you to search for jobs, but allows you to immediately find and get in touch with decision makers. Additionally, it offers the ability to research companies, find related news, learn about job openings and find out more about a company's corporate culture.</td>
<td>You'll get out of LinkedIn what you put in. It is important to spend your time creating a well-rounded profile and you'll also need to take some time researching companies in your area.</td>
</tr>
<tr>
<td>Current Jobs for Grads</td>
<td>Provides entry-level job vacancies in the fields of liberal arts and the arts &amp; humanities. Each bulletin contains hundreds of current vacancies, all with direct links to the original posting for further information and application instructions.</td>
<td>As with any internet search the majority of jobs are never posted so it is necessary to combine any internet search with networking by reaching out to individuals and organizations.</td>
</tr>
<tr>
<td>Job Listings Online</td>
<td>Find a wide variety of Major-Specific job sites. You can view them at your own convenience and from the comfort of your own home.</td>
<td>Not every industry or type of job represented. Web-hunting is not about finding jobs instantly. You need patience to navigate a variety of sites and read listings.</td>
</tr>
<tr>
<td>Networking – Talking to Personal Contacts and Career Fairs</td>
<td>It’s one of the top methods by which graduates find jobs. It’s real and it works! In fact, many jobs are never advertised and networking is how you find them.</td>
<td>If you are shy it could be somewhat uncomfortable. You need effective interpersonal skills and strong motivation.</td>
</tr>
</tbody>
</table>

Source: Virginia Tech Career Planning Guide
TOP TIPS FOR YOUR JOB SEARCH

- There is more to the job search than just sending out resumes
  The job search includes self-assessment, learning about careers and employers, and talking with professionals. Responding to job postings is just one part of your job search.

- Use multiple job search strategies
  Limiting your search to one method (ex: just applying to positions online) limits your options. There are many jobs you will not find through online job boards as many jobs are never even posted. If you want more options, use more methods, including networking, attending Career Center Events (Career Fair, Info sessions, etc.), and SeaWork.

- Start early
  One year out is not too early to being a job or internship search. Some employers find employees 6+ months before the anticipated work start date. If you don’t begin early there are still opportunities to be found, but you may miss out on some options.

- Talk with others in your career field about how they have been successful (informational interview)
  Talk with a variety of people that can help: faculty in your department, students who have graduated in your major/department, alumni, and networking contacts in the fields you are considering. You can find these contacts through LinkedIn.com, your department, professional associations, etc.

- Realize that your major oftentimes doesn’t equal a specific job title
  Think beyond your major. The workplace is not organized by academic majors, instead think about occupations, career fields, and organizations. And from these where do your skills, interests, and work values fit?

- Understand that the job search is a job in itself
  The job search is hard work and it is very likely that it will not be quick and easy. Your attitude and motivation will help you through the process. Expect to put in as much work as you would for your classes. The more work you put in the better the chance that you'll get that great job.

Source: Meredith College Academic and Career Planning,
**Instructions:** Complete the Position Criteria section, using the job description as your guide. Then list your skills (including transferrable skills) from your relevant experience to compare.

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<thead>
<tr>
<th>Company/Organization:</th>
<th>Website Address:</th>
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<th>Website Username:</th>
<th>Website Password:</th>
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**Position Title/Purpose:**

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<th>POSITION CRITERIA</th>
<th>YOUR RELEVANT EXPERIENCE</th>
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<tr>
<td>Education and Experience:</td>
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<td>Other Qualifications:</td>
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<tr>
<td>Duties and Responsibilities:</td>
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</table>

**SUMMARY**

Overall strengths related to this position:

Overall development needs related to this position:

**ACTION TAKEN**

- □ Submit resume _____________ (date)  □ Submit cover letter _____________ (date)

**FOLLOW UP**

- □ Interview _________________ (date)  □ Send thank you letter _______________ (date)

Progress:

Source: Dartmouth College Office of Human Resources
EXPERIENCE
GET IT NOW!

UNCW CERTIFIED INTERNSHIP PROGRAM

WHAT?
The Certified Internship Program (CIP) provides students with a framework to enhance knowledge through an internship or leadership experiences.

Impactful learning is achieved through assignments including: setting learning objectives with the on-site supervisor, engaging in critical reflections to process the experience, and more!

WHEN?
Students can enroll in the CIP during the Fall or Spring semester as well as over the summer; however, participation in the CIP must occur during the same academic term as the internship or leadership experience.

The application can be found on the CIP website, and if you don’t have an experience lined up, the Career Center is here to help!

WHY?
- It’s FREE — No tuition! No fees!
- Fulfill your “Explorations Beyond the Classroom” graduation requirement
- Earn a Professional Development certificate to show off on your resume
- Receive 1-on-1 coaching throughout your internship with a CIP Coordinator

Am I Eligible?
- Have an internship or leadership position where you can enhance your skills?
- Current UNCW student
- GPA = 2.5 or higher
- Good academic standing
- Position will be at least 50 hours over 5 or more weeks

QUESTIONS?
Contact a CIP Coordinator
Career Center
Fisher University Union, Rm 2035
910-962-3174
www.uncw.edu/career/cip.html

UNCW CAREER CENTER
FEDERAL GOVERNMENT JOB SEARCH

Why Go Government?

1. **The Nation’s Largest Employer is Hiring**
   By 2016, 40% of all current federal employees will retire – that’s A LOT of job openings.

2. **Federal Service is Public Service**
   Federal workers play a vital role in addressing national issues and make a difference in the lives of every American.

3. **Federal Jobs Pay Better Than You Think**
   Low federal pay is a myth. Federal salaries are often competitive with private sector, plus there are great benefits, job stability and advancement opportunities.

4. **The Government Can Help Pay for School**
   Federal agencies may help you pay back up to $10,000 per year of your student loans, and some agencies will pick up the tab if you decide to pursue a graduate degree.

5. **You Can Develop a Unique Skill Set**
   Advance your career by developing highly marketable skills. The federal government offers cutting-edge professional development, from technology to foreign language immersion.

6. **Federal Jobs Are Around the Country & World**
   Nearly 85 percent of federal jobs are outside the D.C. area. Looking to go global? More than 50,000 federal employees work abroad.

7. **The Federal Government Values Diversity**
   Federal agencies actively encourage minorities and individuals with disabilities to consider government service through internships and fellowships.

8. **There are Jobs for Every Interest and Major**
   Not a political science major? Not a problem. There are federal jobs suited to every interest and skill, from art history to zoology.

9. **Federal Jobs = Great Work/Life Balance**
   Agencies offer flexible work schedules, world class benefits, job sharing, on-site child care and other incentives to facilitate a high quality of life.

10. **You Can Make a Difference**
    The federal government is our most powerful agent in addressing national issues. There is no bigger stage for making an impact.

How to Find Federal Jobs?

As the main destination for federal jobs, USAJOBS.gov has around 30,000 vacancy announcements on the site at any given time.

However, navigating the website and understanding job listing information can be a battle. With a little help decoding the language used to describe the types of jobs that the government has available, you’ll be well on your way.

1. **Create a USAJOBS.gov Account**
   To gain full access to USAJOBS.gov, create your own account. Simply create a username and password, and once you are logged in to your main account page, you can:
   - Save your searches and edit your profile
   - Create and upload multiple resumes
   - Create and upload application materials
   - Track the status of your applications

2. **Search for Positions**
   USAJOBS.gov offers a variety of ways to search for current job openings. The easiest way to look through this database is to perform a broad keyword search and then refine your results according to your preferences.

To start you may want to refine your search results by:
   - **Agency:** If you have a few agencies in mind, refine your search by selecting one or more agencies or offices.
   - **Grade:** Selecting a GS grade level is an easy way to focus on positions that match your experience level. The GS is separated into 15 grades (1 through 15). Below are general guidelines to help determine what GS level to search:
     - GS-05 = bachelor’s degree
     - GS-07 = bachelor’s and 3.0 GPA or higher
     - GS-09 = master’s degree
     - GS-11 = doctorate
   - **Location:** Look for jobs according to your geographical region by typing in your zip code and selecting a radius of 5 to 200 miles on the results page. You can also choose a specific city, state or country in the advanced search.

Source: www.makingthedifference.com
www.gogovernment.org
Reading Federal Job Announcements

While browsing positions, focus first on whether you meet basic qualifications. When first reviewing job announcements, pay attention to the following sections:

- **Who may be considered:** Review this item in the overview section to ensure you are eligible for this position.

- **Qualifications and evaluations:** This will give you an idea if you have the qualifications to excel in this position. Applications will only be considered if you meet the min. qualifications.

- **How to apply:** Missing documents or incomplete applications will not be reviewed. Make sure you understand what the application entails and follow directions closely to ensure your application is complete.

After you find a few positions that fit what you are looking for, it is critical that you read the position description closely. Even if the description seems unusually long, a careful reading will save you time and energy in the long run.

**Federal Resumes**

Forget what you know about resume writing. A federal resume should be more detailed and can run 2-5 pages in length for an entry-level job.

A federal resume uses the same information from a typical resume, but goes into more depth about your skills, past duties and accomplishments. Some key points to remember when converting your resume into a federal resume are:

- Tailor Resume to the Job Announcement
- Numbers Impress Hiring Managers
- Sell Yourself and Your Achievements
- Check Spelling and Grammar
- Be Concise

To get more details on formatting a federal resume check out the below sites:

- [GoGovernment.org – Your Federal Resume](http://www.gogovernment.org/how_to_apply/write_your_federal_resume/create_your_resume.php)
- [USAJOBS.gov – Create Your Resume](https://help.usajobs.gov/index.php/How_to_create_your_resume)

Students and Entry-level Jobseekers

Under Presidential mandate, the Federal Government has taken recent steps to help students and recent graduates join the Federal service.

The creation of the [Pathways Program](https://help.usajobs.gov/index.php/How_to_create_your_resume) offers clear paths into federal service for undergraduates, graduate students and recent graduates to federal internships and/or full-time careers. Three programs are housed under the Pathways Program and you can begin your career in the federal government by choosing the program that is your best fit:

- **Internship Program:** This program offers current college and graduate students with paid opportunities to work in federal agencies while still in school. The intern’s work should be related to their field of study or career goals.

- **Recent Graduates Program:** A full-time, one-year program designed for individuals who have received undergraduate or graduate degrees. Candidates must apply within two years of graduation.

- **Presidential Management Fellows Program:** The federal government’s premier leadership development program for advanced degree candidates. For complete program information, visit: [www.pmf.gov](http://www.pmf.gov).

Additionally, many federal agencies and departments offer unpaid training opportunities to students currently enrolled in an academic program. As a student volunteer, you will gain valuable work experience in the federal government as it relates to your field.

If interested in becoming a student volunteer with the federal government you should contact the personnel office at the federal agency or department of your choice.

Veterans

If you have served our country in a branch of the armed services, your experience and expertise uniquely qualifies you to serve in the civil service. To learn more about opportunities as a veteran:

- [FedsHireVets.gov](https://help.usajobs.gov/index.php/How_to_create_your_resume)
- [GoGovernment.org - Veterans](http://www.gogovernment.org)

Individuals with Disabilities

As an individual with a disability, you have access to programs and hiring authorities to assist in securing federal employment. Learn More:

- [GoGovernment.org – Disability](http://www.gogovernment.org)

Source: [www.makingthedifference.com](http://www.makingthedifference.com)
[www.gogovernment.org](http://www.gogovernment.org)
INTERNATIONAL JOB SEARCH & WORKING ABROAD

Before You Begin Your International Job Search

Clarify what you’re looking for...

Do you want:

- Career-related work?
- Work that is not career-specific, but is located in a particular country?
- A working vacation through several countries?

Are you pursuing:

- Short-term employment?
- An international career?

Your answers to these questions will determine which international job search strategies will work best for you.

Resources

Working overseas is a dream for many students. However, to make that dream a reality requires time and effort. Below are some of the resources that can help guide you in that process. Please note that the Career Center does not maintain the websites listed below, and we have no control over their content. Students should thoroughly research programs of interest.

<table>
<thead>
<tr>
<th>Resource</th>
<th>Website</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>GoingGlobal</td>
<td><a href="http://www.myseawork.com">www.myseawork.com</a></td>
<td>The leading provider of both country-specific and USA city-specific career and employment information. The database which can be accessed through your SeaWork account features 89 Country Career Guides and USA City Career Guides, corporate profiles and more than 600,000 internship and job listings within the USA and around the world.</td>
</tr>
<tr>
<td>US Government</td>
<td><a href="http://www.usajobs.gov">www.usajobs.gov</a></td>
<td>The Nation’s largest employer is hiring and more than 50,000 federal employees work abroad.</td>
</tr>
<tr>
<td>Peace Corps</td>
<td><a href="http://www.peacecorps.gov">www.peacecorps.gov</a></td>
<td>Since 1961, 210,000+ Peace Corps Volunteers have served in 139 host countries to work on issues ranging from AIDS education to information technology and environmental preservation.</td>
</tr>
<tr>
<td>Idealist</td>
<td><a href="http://www.idealist.org">www.idealist.org</a></td>
<td>Great site to find volunteer opportunities, nonprofit jobs, internships, and organizations working to change the world.</td>
</tr>
<tr>
<td>Transitions Abroad</td>
<td><a href="http://www.transitionsabroad.com">www.transitionsabroad.com</a></td>
<td>A guide to paid and volunteer work abroad, living abroad, study abroad and cultural immersion travel overseas.</td>
</tr>
<tr>
<td>GoAbroad</td>
<td><a href="http://www.goabroad.com">www.goabroad.com</a></td>
<td>A comprehensive database of study abroad, intern, volunteer, work, teach (and more) programs around the globe.</td>
</tr>
</tbody>
</table>

Work Placement Programs

There are various programs available to students and recent graduates. These programs typically place you in a job, usually procure work permits, and sometimes assist with housing. Check individual program websites for information and advice from past participants.
The Career Center is committed to ensuring a welcoming and inclusive atmosphere for all students. We encourage you to take advantage of the services and resources available to assist you with your career planning and job search needs. Check our website under “Multicultural Resources” for even more information.

**Diversity Link** – [www.diversitylink.com](http://www.diversitylink.com)
Site that links females, minorities and other diversity candidates with proactive employers and search firms offering outstanding career opportunities around the globe.

**Equal Opportunity Publications** – [www.eop.com](http://www.eop.com)
Find career-guidance and recruitment magazines for women, members of minority groups, and people with disabilities.

**IMDiversity** – [www.imdiversity.com](http://www.imdiversity.com)
Career site dedicated to providing jobs for minorities, females and other diversity job seekers looking for career employment.

**Insight Into Diversity** – [www.insightintodiversity.com](http://www.insightintodiversity.com)
The National Equal Employment Opportunity (EEO) recruitment publication directed to females, minorities, veterans, and all other applicants.

**Students and Alumni with Disabilities**
- Career Opportunities for Students with Disabilities – [www.cosdonline.org](http://www.cosdonline.org)
- Association on Higher Education and Disability – [www.ahead.org](http://www.ahead.org)
- AbilityLinks – [www.abilitylinks.org](http://www.abilitylinks.org)
- ABILITYJobs – [www.abilityjobs.com](http://www.abilityjobs.com)
- Just One Break, Inc. – [www.justonebreak.com](http://www.justonebreak.com)
- National Center on Workforce and Disability – [www.onestops.info](http://www.onestops.info)
- Emerging Leaders Summer Internship Program – [www.emerging-leaders.com](http://www.emerging-leaders.com)

**Veteran Students & Alumni**
- Civilian Jobs – [www.civilianjobs.com](http://www.civilianjobs.com)
- Veterans’ Employment & Training Service (VETS) – [www.dol.gov/vets](http://www.dol.gov/vets)
- Transition Assistance Online-Careers for Transitioning Military – [www.taonline.com](http://www.taonline.com)
- Military.com – [www.military.com](http://www.military.com)
- MilitaryHire – [www.militaryhire.com](http://www.militaryhire.com)
- Key to Career Success for Veterans – [www.careeronestop.org/militarytransition](http://www.careeronestop.org/militarytransition)
- TurboTAP (Transition Assistance Program) – [www.turbotap.org/register.tpp](http://www.turbotap.org/register.tpp)
- Vocational Rehabilitation & Employment Program – [www.vba.va.gov/bln/vre](http://www.vba.va.gov/bln/vre)
- Student Veterans of America – [www.studentveterans.org](http://www.studentveterans.org)
- FedsHireVets – [www.fedshirevets.gov](http://www.fedshirevets.gov)
- Helmets to Hardhats – [www.helmetstohardhats.com](http://www.helmetstohardhats.com)
- Veteran Employment – [www.veteranemployment.com](http://www.veteranemployment.com)
- Veterans Green Jobs – [www.veteransgreenjobs.org](http://www.veteransgreenjobs.org)
African American Students & Alumni
- The Black Collegian – www.black-collegian.com
- Black Enterprise – www.blackenterprise.com/careers
- HBCU Career Center – http://club.hbcuconnect.com/cgi-bin/jobs/index.cgi

Asian/Pacific Islander Students & Alumni

Hispanic Students & Alumni
- Hispanic Alliance for Career Enhancement – www.haceonline.org
- Saludos Hispanos – www.saludos.com
- LatPro.com – www.latpro.com
- iHispano.com – www.ihispano.com

LGBTQ Students & Alumni
- Out for Work – www.outforwork.org
- Internships for Gay Men, Lesbians, Bisexuals, & Transgendered Individuals – www.american.edu/ocl/glbta/Resources-GLBTA-Resources.cfm
- Pride at Work – www.prideatwork.org
- PrideNet – www.pridenet.com
- Simply Hired - Pro Gay Jobs on the Web – www.simplyhired.com/a/jobs/list/q-pro+gay
- Transgender at Work – www.tgender.net/taw
- HireDiversity – www.hirediversity.com
- LGBT CareerLink – http://outandequal.org/lgbtcareerlink

Source: DePaul Career Center, UMD Career Center, University of Illinois Springfield, Elon University
NEGOTIATING SALARIES

Job Application Requesting Salary Requirements?
Asking for your salary requirement is a great way for employers to find out whether or not you have done your research. If you throw out an unrealistic number – too high or too low – the employer can tell that you just took a wild stab in the dark; that you don’t know what the current “going rate” is for the position for which you are applying; or that you simply don’t care what they might be offering – you only care about how much you want to make.

How Should You Respond?
Do your homework (research salary data) and provide a range (not a single amount). Giving a range allows room for negotiation when that time comes. If you give a single, specific amount, you leave no room to negotiate.

Let’s say their hiring range for a job is $30,000-$40,000. If you say your salary requirement is $32,000, you have just told that employer that they don’t need to offer any more than $32,000. Provide a range – $32,000-$38,000, for example – you are leaving the door open to a higher offer.

If you don’t want to give a specific range, you can always just respond with “Negotiable,” but you will still need to do your homework and prepare for the eventual salary discussion.

Salary Negotiation with Job Offer
Sometimes when you receive a job offer it may seem like you are not getting fair market value for your skills, experience, and knowledge. This is an important distinction because you want to negotiate for the right reasons – because you’re worth more than the offered amount based on industry standards, NOT because you just want more money! No matter what, below are some tips to help you through the negotiation process:

- Hold off negotiations until after you’re offered the position
- Be able to justify your salary expectations
- Research your career field and determine salary averages in relation to skills and experiences
- Practice negotiating and be prepared to overcome objections, while maintaining a professional attitude
- Finally - Be aware that some companies have formal pay structures and therefore aren’t negotiable

Example of How to Start Negotiations:
“I’ve done research of industry standards for similar positions in this area of the country, and it seems that salaries range from _____ to _____ depending on experience and qualifications. Based on my _____ experiences, I was hoping that I would be towards the higher end of that range. Is there a possibility of that?”

Additionally, remember to evaluate the entire compensation package, because salary isn’t everything. Consider things like health insurance, retirement package, vacation/sick leave, personal reward, opportunity for advancement, job security, etc.

Resources for Salary Information
- CareerOneStop Salary Info - www.careeronestop.org/SalariesBenefits/Sal_default.aspx
- Glassdoor Salary information - www.glassdoor.com/Salaries
- Salary.com - www.salary.com
- PayScale - www.payscale.com

Source: Campus Career Coach
Choosing Among Job Offers
First, make sure you know enough about the organization, the job, and the details of each offer to weigh one offer against another. If you lack information, seek it out by asking the employer, researching the organization, and talking to others who work at or are familiar with the organization or job.

There is no perfect formula for making your decision, but one of the best ways to begin is by making a list of all of the features that are important to you in your first job. These may include such items as the type of work you'll be doing, the organization's reputation/prestige, training program, salary, specific benefits, location of job, opportunity for advancement, work environment, opportunity for free time (evenings and weekends), opportunity for travel, colleagues with whom you'll be working, and so forth. Add every possible item you can think of to your list.

What Matters Most?
After you have all the features on your list, rank them in order of their priority to you. For example, type of work may be most important to you, followed by salary, and then specific benefits.

Next, look at each job offer you are considering, and rate the features of each using a scale of one to five (with five being excellent and one being poor). For example, if ABC Company's offer provides a great starting salary, you'll most likely give that feature a “5” under ABC. If XYZ Company's offer provides a lesser starting salary, XYZ might earn a “3” rating for salary.

After you have finished rating all the features for all your offers, add up the scores for each offer. Although this is an inexact science, it is a way to demonstrate which offer provides you with the most of whatever features are important to you.

Weigh Your Options Carefully
In the final analysis, remember to weigh carefully what is most important to you. Don't be swayed by the job title or the prestige of the organization and how it will impress your relatives. While it is helpful to get advice from family and friends, you are the one who will be going to work every day. You need to be sure that your job will be a good experience for you and will allow you to achieve your initial goals. Remember, though, that no job is perfect or able to meet all your needs. Consider the factors that you are willing to compromise on or have met in other ways. For example, if you enjoy travel and your job provides little opportunity for it, you can use long weekends and vacations for this interest.

Nothing Is Forever
Keep in mind that while you want to make the best possible decision at this moment in time, your decision is not irrevocable. The odds are great that you will not remain with your first employer for your entire career. As you progress in your career, you will continue to learn which features are of highest priority for you (your priorities will also probably change with time) and how to find the best opportunity to have these priorities met. Good luck!

Source: National Association of Colleges and Employers
INTERVIEW
PREPARATION
INTERVIEW OVERVIEW

What is an Interview?

- Two-way conversation between you and the employer
- A selling situation
- First chance to meet and speak with a potential employer
- Second step of the job search process

What Do Employers Want to Know?

- Are you capable of doing the job?
- Are you motivated to do the job?
- Are you a person they'll like working with on their team?

Types of Interviews

Group interviews
- Several candidates are interviewed at once
- Want to show initiative and creativity in answering questions without being pushy

Panel interviews
- More than one interviewer posing questions
- Make sure to maintain eye contact and engage each person who is interviewing you

Phone interviews
- Have your resume, job description, water, pen & paper, and a list of questions to ask interviewer
- Be in a comfortable, quiet place with no distractions
- Use land line if possible

Video interviews
- Practice with the software so you are familiar with the program – have your phone as back up
- Make sure the room is free of distractions – consider what the interviewer will see on camera
- Dress professionally

BEFORE – Prepare for the Interview

Research:
- Research the Employer or Graduate School:
  - What the company does (mission, vision, etc.)
  - Information about the industry
  - Products/Customers
  - What others say about the company
  - Current challenges and industry trends
- Ways to Research:
  - CareerShift
  - LinkedIn.com
  - Company website
  - Glassdoor.com

Know Yourself:
- What skills/experiences do you bring an employer?
- How do these skills/experiences relate to the position you are interviewing for?
- Prepare a positive spin on any potential negatives. Instead of making excuses, redirect their attention to other activities/skills that will alleviate their concerns.
  - For example: if you’re lacking related experience, discuss your skills gained through school projects, organizations you’re a part of, or volunteer work.

***Remember the Career Center has interview rooms you can reserve***
During Your Interview

The key to any interview is preparation, and as mentioned in the last section being prepared consists of researching the organization and the position in detail. However, being fully prepared requires understanding what will occur during your interview or the interview process: Introduction → Dialogue → Closing

Introduction: Make A Good Impression!

First impressions can set the tone for the rest of the interview. When your interviewer comes into the waiting room and calls your name, walk toward that person with confidence, make eye contact, extend your hand for a handshake, and say, “Hello I’m (insert your name here).”

Some Additional Tips Include:
- Be on time! Even better, arrive 10 minutes early
- Do not chew gum or wear too much fragrance
- Turn off your cell phone

Dialogue: The Actual Interview

The most common type of interviewing today is Behavioral Interviewing. This is a popular method where questions are based on the idea that past behavior best predicts future behavior. For example, if you have shown initiative in a class project, you are likely to show initiative when you are working. So if an employer was looking to hire a candidate with leadership skills they might ask “Tell me about a time you took a leadership role.”

You should respond to these questions with a specific example where you have demonstrated the skill the interviewer is seeking and the “S.T.A.R.” method is a useful approach to structure your response:

- S – Situation – describe the Situation you were in
- T – Task – illustrate the Task you needed to accomplish
- A – Action – explain the Action you took
- R – Results – and don’t forget to tell them the Results.

Remember that no matter what the question or interview format there are three key things that employers want to know:
- Are you capable of doing the job?
- Are you motivated to do the job?
- Are you a person they’ll like working with on their team?

Closing: Close the Sale!

Don’t forget that once the interviewer has finished asking you questions the interview is NOT complete. Always finish your interviews by completing these three steps:

- Have questions about the position or organization that you prepared ahead of time (3-5)
- Obtain all interviewers’ business cards
- Express your interest and how you fit!

Source: UC Berkeley Career Center
After Your Interview

The Five W's of Follow Up
Following an interview, promptly write the interviewer a letter expressing appreciation and thanks for the interview. If you are not sure who or when to contact individuals just follow the five W's of Follow Up:

1. **Who?**
   - Contact each person you met with in-person (or on phone)
   - Hopefully you obtained business cards from all your interviewers

2. **What?**
   - Express thanks for the opportunity
   - Summarize why you feel like the school/program is the right “fit”
   - Be genuine

3. **When?**
   - Immediately following your interview (within 2 business days)

4. **Where?**
   - Sending an email and hand-written thank you card is best

5. **Why?**
   - Set yourself apart and create an excellent “last impression”
   - Opportunity to reiterate & solidify your interest and fill in anything you may have left out

Interview Do's and Don’ts

- **DO** know about the organization
- **DON'T** arrive late
- **DON'T** appear disinterested or arrogant
- **DO** identify what you have to offer
- **DO** offer examples
- **DON'T** dress unprofessionally
- **DO** know where you’re going
- **DO** develop your “close”
- **DO** follow up

Want to practice interviews? Have a webcam?
**Check out Interview Stream**
Available through SeaWork ([www.myseawork.com](http://www.myseawork.com))
SAMPLE 60-SECOND COMMERCIAL

The 60-second commercial is a guide to help you consider how to begin a conversation and points you want to mention as you introduce yourself to employers.

You will not follow this style/format word for word, but it serves as an example as you prepare to communicate appropriately and confidently with employers.

My name is __________________________, a freshman/sophomore/junior/senior, _________________________ major at UNC Wilmington. I am very interested in your company because (focus on the employer, not your needs/desires). May I give you a copy of my resume?

I am interested in talking with you because _________________________ (keep it employer focused while touching on what you can provide/bring to them. Intertwine your interests as appropriate. Share how your background fits with an employer’s needs). Share a story/experience that is relevant to your career/industry interests that would be appropriately memorable to an employer.

**Remember: this is a conversation and this serves as a guide with talking points**

Possible Talking Points:
- From the research I completed about your organization I realized _________________________. Your company appeals to me because _________________________.
- I have taken a variety of courses in _________________________ that have prepared me for this next step. My experience with _________________________ has further prepared me for this opportunity because _________________________.

Possible questions/comments to add to your 60-Second Commercial:
- What would it take to exceed your expectations for the opportunity? What are you looking for in incoming interns/hires?
- What have been some challenges previous hires have faced in being successful in this position?
- What factors are most important in your candidate selection process? Grades? Experience? Something else?
- Can you tell me about appropriate follow up at this point?
- Thank you for your time today. I will follow up with you as you suggested. I look forward to speaking with you soon.
INTERVIEWING TIPS & STRATEGIES

Below are some sample questions to anticipate in the job interview and possible ways to respond.

Open Ended

Tell me about yourself.
- Be focused and incorporate how you will add value to the employer
- Spend about 15 seconds to respond to each of the following:
  - Can you do the job - discuss training, skills, accomplishments
  - Will you do the job - demonstrate your work ethic - give examples
  - Your fit with the organization - Explain how you will fit (teamwork) - give examples

Why our company?
- Do your homework before the interview - visit the employer's website, utilize CareerShift, LinkedIn, and the researching employers part of the Career Center webpage
- Be able to explain who they are, what they do, and how that matters to you.

Why did you decide to enter this field?
- Tell your story

Describe your major strengths and weaknesses.
- Mention a few strengths and just 1 weakness. Relate your strengths to the positions and their needs.
- Focus weakness on your work - have it be something you are trying to improve, or you could improve.
  Spin it positively or discuss how you are already working to improve that weakness.

Describe your best and toughest boss.
- Best - describe what made it a positive work environment. Toughest - describe what you learned, and how you are better as a result.

What are your short term and long term career goals? OR Where do you see yourself in 3-5 years?
- Include their organization and how you are going to grow and improve yourself and abilities, while working for them... how you may move up within the organization or how you will continue to grow.

Why should we hire you?
- Why you can't wait to work for the company/organization. The training, accomplishments, skills, expertise you possess. Your ability to learn, work ethic or teamwork ability, provide examples.

Situational

What would you do if the work of a team member was not up to expectations?
- Balance between blaming others with standing up and taking responsibility for the situation and doing something positive about it... How do you handle tough situations?

Describe how you would handle the situation if you met resistance when introducing a new idea or policy to a team or work group.
- Discuss being able to listen to all perspectives and ideas and how you also stick to your thoughts, particularly those grounded in experience, training and research.

What would you do if you realized at deadline time that a report you wrote for your boss or professor was not up to par?
- Discuss honesty and positive aspects that you completed. Focus on what you've done. Don't make excuses.

You disagree with the way your supervisor says to handle a problem. What would you do?
- Describe how you would approach the situation and the type of conversation you would have with him/her.
Behavioral

STAR method: Situation/Task, Action, Results/what you learned; use specific examples from your experiences. Focus should be on the action and results, less on the situation - don’t lose the interviewer.

Examples of Questions:
- Can you tell me about a time when you felt you had to make an unpopular decision based on your beliefs and values?
- What are three effective leadership qualities that you think are most important in the workplace? How have you demonstrated these in your current/past experience?
- Describe a situation where you were able to comfortably delegate an important task to another team member.
- Describe a situation when you felt that you overpromised and under-delivered. What did you learn?
- Tell me about a time when you looked beyond the obvious to find an unusual solution.
- Tell me about a time where you admitted a mistake and it paid off.

Questions for the Interviewer
- What are the main objectives that you have for this position?
- Describe the typical first assignments.
- What are the challenging aspects of the job?
- What is your organization’s culture?
- What do you enjoy/dislike about working here?
- What characteristics does a successful person have at your organization?
- Will there be opportunities for increased responsibility and broader experience?
- How will I and how often will I be evaluated? Who does the evaluation?
- What are the next steps?

Want to see other sample questions and responses? Check out the Career Center website (www.uncw.edu/career).

Want to practice interviews? Have a webcam? Check out Interview Stream - available through (www.myseawork.com).

Adapted from Meredith College Academic and Career Planning 2012
**INTERVIEW PREP – STAR METHOD**

**Prepare for Behavioral Interviews**

Use the STAR formula for responding to behavioral questions: **S** – Situation, **T** – Task, **A** – Action, **R** – Results. To help you prepare, use the STAR formula to come up with a story you would tell for each skill area below.

<table>
<thead>
<tr>
<th>SKILL</th>
<th>YOUR STAR STORY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Communication</td>
<td><strong>Situation:</strong> Action:</td>
</tr>
<tr>
<td></td>
<td><strong>Task:</strong> Result:</td>
</tr>
<tr>
<td>Interpersonal</td>
<td><strong>Situation:</strong> Action:</td>
</tr>
<tr>
<td></td>
<td><strong>Task:</strong> Result:</td>
</tr>
<tr>
<td>Teamwork</td>
<td><strong>Situation:</strong> Action:</td>
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<tr>
<td></td>
<td><strong>Task:</strong> Result:</td>
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<tr>
<td>Initiative</td>
<td><strong>Situation:</strong> Action:</td>
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<tr>
<td></td>
<td><strong>Task:</strong> Result:</td>
</tr>
<tr>
<td>Critical Thinking</td>
<td><strong>Situation:</strong> Action:</td>
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<tr>
<td></td>
<td><strong>Task:</strong> Result:</td>
</tr>
<tr>
<td>Leadership</td>
<td><strong>Situation:</strong> Action:</td>
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<td></td>
<td><strong>Task:</strong> Result:</td>
</tr>
<tr>
<td>Technical</td>
<td><strong>Situation:</strong> Action:</td>
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<tr>
<td></td>
<td><strong>Task:</strong> Result:</td>
</tr>
<tr>
<td>Other:</td>
<td><strong>Situation:</strong> Action:</td>
</tr>
<tr>
<td></td>
<td><strong>Task:</strong> Result:</td>
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<tr>
<td>Other:</td>
<td><strong>Situation:</strong> Action:</td>
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</tr>
<tr>
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<td><strong>Situation:</strong> Action:</td>
</tr>
<tr>
<td></td>
<td><strong>Task:</strong> Result:</td>
</tr>
</tbody>
</table>

Source: Virginia Tech Career Planning Guide
UNCW Skill Seeker
PROFESSIONAL ATTIRE

Business Professional (Interview Attire):

- **The Suit**: single breasted 2-3 buttons jacket. Matching jacket and pants or knee length skirt. Best colors: grey, black, navy, or brown. Pant length should give a slight break at the front of your shoe. ½” of shirt collar showing.

- **Shirts/Blouses**: Thick enough so that it isn’t see-through. Avoid tight fit, low necklines, and busy patterns. Best colors are white, light blue, and pale colors.

- **Ties**: Darker than your shirt. Length should end at your belt. Keep it conservative.

- **Accessories**: Stay conservative; jewelry and other accessories can overshadow you. No piercings other than earrings. Professional watch. Nude colored hose. Natural looking makeup. Shave or neatly trimmed beard. Professional haircut. Briefcase/portfolio OR purse. No book bags. Match belt and shoes. Calf length socks should match or be slightly darker than pants. No cologne/perfume. Cover tattoos if possible.

- **Shoes**: closed toe, 1” – 1 1/2” heel, comfortable, polished leather. Best colors are black, brown or burgundy.

Business Casual:

- **“The Suit”**: Casual pants, skirts, or dresses. Pants/skirts/dresses neatly pressed. Recommended colors: navy, black, gray, brown, or khaki.

- **Shirts/Blouses**: Button down, polo/golf shirts tucked in; sweaters; cardigans, knit shirts.

- **Shoes**: Leather, low heels; boots; or dress sandals.

- **Accessories**: Socks match shoes, can be bolder with jewelry. Neat and groomed hair on head and face.

Where to Buy Locally:

- Banana Republic
- J. Crew
- The Limited
- Ann Taylor
- JoS. A. Bank
- Men’s Warehouse
- Express
- Belk
- Dillard’s
- New York & Company
- Kohl’s
- Target
- T.J. Maxx
- Marshalls
- JC Penny

*Check with retailers for student discounts*
GRADUATE & PROFESSIONAL SCHOOL
PLANNING FOR GRADUATE SCHOOL

Is Grad School in Your Future?
Before deciding on graduate school, either at the masters (2 years) or doctorate level (4-8 years), it is strongly encouraged that you fully explore every aspect of your chosen career. Ask yourself...

- Should I go directly into grad school vs. taking some time off to work?
- Do I have the determination to devote the next 2-8 years in a specific field?
- Will grad school give me greater personal and professional development?
- Is a graduate degree necessary to gain entry into my chosen career field?
- Will I advance faster in my career?
- Is grad school worth the financial investment?
- Will I have a higher earning potential after grad school?

Which Academic Programs Should I Consider?

- What schools offer my desired program?
- What programs do faculty recommend?
- Which programs do professionals in the field recommend?
- Which are accredited?
- Which are highly rated by national or professional reports?

Evaluate your Choices

- Admissions requirements
- Academic program emphasis
- Quality of faculty
- Quality of facilities
- Cost and financial aid
- Location and size
- Post-graduation employment

Applying

Entrance criteria vary between programs and can even change from year to year within a program depending on the quality of applicants. Deadlines are usually 7-8 months before your entrance date. Determine all deadlines for graduate school applications, financial aid, and assistantship applications. Send in applications early! Don’t worry if you shine in some areas but are lacking in others. Most programs use a trade-off approach to gain an overall picture of an applicant. Criteria for admissions will typically include:

- GPA – most minimum requirements range from 3.0-3.5, although students can get in with lower GPAs. Official transcripts from all colleges attended will be required.
- Admissions tests
- Letters of recommendation (3) can really make a difference so think carefully about who you ask. Choose people that can truly attest to your academic or work life. Tips:
  - Ask for letters in person (consider asking 4 people in case one doesn’t get finished on time).
  - Provide your qualifications/resume that may include your personal attributes (shows you are well-rounded), goals, and what program you are seeking.
  - Give recommenders the deadlines.
  - Send a thank-you letter to show appreciation.
- Write your personal statement (see next page)
- Field/Research Experience. Plan early so you’ll become invested in the research with faculty who could write recommendation letters for you.
- Clubs and organizations may be good if they provide you with experiences that graduate schools value.
- Resume and interviews (usually required by more competitive programs).
**POWERFUL PERSONAL STATEMENTS**

A personal statement provides info beyond your transcript and entrance exam scores. It should provide a personal account of why the program should choose you!

**Your statement should explain:**
- **Who you are**
  - Your characteristics, skills, character, motivations, experiences
  - How you’ve changed over the years
  - How you’re different from other applicants
  - How you’ve dealt with past difficulties
  - Past experiences that have impacted your goals
- **Your goals**
- **Why you are applying to grad school?**
- **How you match their program**

**Make sure to consider:**
- **Who are they?**
  - The audience for your statement
  - Their institution & culture
  - Their program
  - Their faculty
  - Unique attributes of their program
- **How do you match their program?**
  - Academic interests
  - Research experience or interests
  - Career focus
  - Teaching experience or interests
  - Service experience or interests
  - What you offer their program; their faculty
- **Carefully read the application and instructions**
  - Highlight your accomplishments relevant to each program
  - Personalize each statement to match with the targeted program
  - Edit and proofread; repeat

**Get others to proofread:**
- Have your personal statement reviewed by faculty, Writing Center tutors, Career Center counselors, etc.
- Did my opening paragraph capture your attention?
- Did you find the statement as a whole interesting?
- Did you find it to be well written?
- Did it seem positive, upbeat?
- Did it sound like me?
- Do you regard it as an honest and forthright presentation of who I am?
- Did it seem to answer the question(s)?
- Can you think of anything relevant that I might have inadvertently omitted?
- Is there material within the statement that seems inappropriate?
- Did you gain any insight about me from reading this?
- Did you notice any typos or other errors?
- Do you think the statement has in any way distinguished me from other applicants?
- Do you think my application is logical?
**PRE-PROFESSIONAL TRACK: HEALTH OR LAW**

**What is Pre-Professional?**
"Pre-Professional" is a category for students who are interested in entering a professional school after graduation, and a bachelor’s degree in any field from UNCW is excellent preparation for further educational opportunities.

**Pre-health** is for those interested in a health profession including:
- Chiropractic
- Dentistry
- Medicine
- Occupational Therapy
- Podiatry
- Pharmacy
- Physical Therapy
- Physician Assistant
- Veterinary Medicine

**Pre-law** is for students who want to attend law school

**Where Do I Go to Get Help? Pre-Professional Programs!**
Within University College the office of Pre-Professional Programs is available to assist students interested in either the Pre-Health or Pre-Law fields. The advisors in Pre-Professional Programs offer one-on-one advising and curricular programming for all students interested in pursuing a degree in legal education or a career in the health field.

Students are encouraged to get involved with volunteer opportunities, leadership roles in campus clubs and organizations, and take advantage of the Pre-Professional Programs’ curricular programs and workshops that are offered to enhance their candidacy for graduate education.

You can learn more about getting involved with Pre-Professional Programs or the workshops/programs happening throughout the year by visiting [www.uncw.edu/preprofessional](http://www.uncw.edu/preprofessional) at any time.

**Resources for Researching Your Options**

**Pre-Health:**
- Explore Health Careers – [www.explorehealthcareers.org](http://www.explorehealthcareers.org)
  - Provides a wide array of information about a variety of health careers
- American Academy of Physician Assistants (AAPA) – [www.aapa.org](http://www.aapa.org)
- American Dental Association (ADA) – [www.ada.org](http://www.ada.org)
- American Occupational Therapy Association (AOTA) – [www.aota.org](http://www.aota.org)
- American Osteopathic Association (AOA) – [www.osteopathic.org](http://www.osteopathic.org)
- American Pharmacists Association (APhA) – [www.pharmacist.com](http://www.pharmacist.com)
- American Physical Therapy Association (APTA) – [www.apta.org](http://www.apta.org)
- American Podiatric Medical Association (APMA) – [www.apma.org](http://www.apma.org)
- American Public Health Association (APHA) – [www.apha.org](http://www.apha.org)
- American Veterinary Medical Association (AVMA) – [www.avma.org](http://www.avma.org)

**Pre-Law:**
- Law School Admission Council (LSAC) – [www.lsac.org](http://www.lsac.org)
  - Provides services, including the LSAT, and information for students applying to law school
- American Bar Association – [www.abanet.org](http://www.abanet.org)
  - The national organization for the legal profession
- National Association of Law Placement – [www.nalp.org](http://www.nalp.org)
  - Provides info and stats on current legal careers and recent salaries of law school graduates
- The Pre-law Commentator – [www.prelawnews.com](http://www.prelawnews.com)
  - Provides pre-law "news" and editorials that are relevant and interesting to pre-law students such as one entitled "The Law School That's Right For You"
PROFESSIONALISM IN THE WORKPLACE
TRANSITIONING TO THE WORKPLACE

First Year on the Job
Your first year on the job is a great opportunity to learn more about yourself, assess your strengths and weaknesses, and start devising a long-term career path. It seems like a lot to accomplish in 12 short months, but as any seasoned employee will tell you, the first year is one of the most crucial for both personal and professional growth, so it’s important to get as much as you can from it.

Master the Basics
As a new hire, it’s natural for you to want to dazzle your boss with your knowledge, revolutionary ideas, and unwavering team spirit. These are all important, but your first job is to demonstrate that you have mastered the basics:

*Show up on time every day, ready to work, and dressed appropriately.*

Sound simple? Many employers report an alarming shortage of qualified, enthusiastic job applicants who can be trusted to report to work each day. Your first job in your new job is to demonstrate your reliability, trustworthiness, and enthusiasm.

Know What’s Expected
It’s critical that you understand your job, your supervisor’s expectations, and how you fit into the larger picture of the company. Ask as many questions as you need to do your job well and learn about the organization and its culture. Don’t worry about looking foolish; it’s more foolish to pretend you know something (and risk getting it wrong) than to admit up front you don’t.

It’s also important to find out about your organization’s performance review process and terminology—such as “meets expectations” and “exceeds expectations”. You can’t meet or exceed expectations if you don’t know what they are!

Watch and Learn
While it might be tempting to contribute ideas at every staff meeting or team-building session, it is generally better for you as a new hire to sit back and observe your co-workers before jumping into a discussion. You don’t want to come across as a “know-it-all,” or as dismissive of the knowledge and insight those senior to you have. Listen. Pay attention. Not only will you gain information that is relevant to your job, but also you will learn about your company’s culture and your co-workers’ distinctive personalities. You will also learn quickly that the working world is very different from the insular life on campus.

Closing Out the Year
New hires in virtually every industry can expect a yearly performance review, and some employers require them at the end of the 90-day probationary period, or after the new hire’s first six months of employment.

Seek out constructive feedback periodically so there are no surprises at your review. This will also help you correct mistakes or improve your processes quickly. Use your performance review to your professional advantage. Build on your supervisor’s comments to assess your work style and improve your performance. Your review can help you get to the next step in your career.

With the right combination of a strong work ethic, the willingness to learn and improve, and the ability to accept constructive feedback, this year can be an amazing learning opportunity, and can help you lay the foundation for later career success.

Source: National Association of Colleges and Employers
**PROFESSIONALISM IN THE WORKPLACE**

**Email Etiquette Tips**
- Check your junk mail regularly. You may miss something important!
- Allow someone 24 hours to reply to your email before you email them again. Following up by phone may be preferable.
- If you are replying to an earlier email, reference that in your reply.
- Acknowledge receipt of emails from individuals.
- Use proper business letter form and use a salutation.
- Avoid using texting abbreviations (ur, btw, lol).
- If you need immediate response, call don’t email.
- Use a professional email signature; it’s your billboard.

**Phone Etiquette**
- Allow people 24 hours to return your call before calling again.
- In a voice mail message, leave name and phone number, a good day and time to call, and then repeat phone number.
- Edit your voice mail message when your phone becomes a professional phone.
- Avoid taking a call if meeting with someone in your office.
- Avoid taking a call or texting when in the presence of someone else or excuse yourself from the room.
- If someone plans a meeting or meal with you, give them your undivided attention; leave calls, text replies for another time.
- If in a public place, go outside to take a call!

**Social Media Issues**
- Save social networking for home - even if your company does not restrict use of these sites, you shouldn’t abuse this privilege by signing on every hour or Facebook-ing when you should be working.

**Office Etiquette Tips**
- Knock before entering offices even if the door is open.
- Ask if they have a minute or better time to come back.
- Avoid removing items on someone’s desk without asking.
- Watch your volume, especially in public areas.
- Close an office door if having a private or heated convo.
- Be kind to support staff and respect everyone.
- Make your boss look good.

**Self-Management Tips**

**Introductions** – Always explain who people are and use full names.

**Handshakes** – Make a “V” with your thumb and forefinger. Then extend your right arm across your body and pump about two times. Make sure your grip is not too hard or too weak.

**Name Tags** – A name tag should be worn on the right side of your front shoulder area. Pay attention to people’s names when being introduced, and use names after introductions. Use Ms., Mr. Professor, Dr., unless asked otherwise.

**Socializing vs. Gossiping** – In a professional setting, stay away from cliques. Be nice and friendly to everyone, and volunteer to help out when you can. It’s okay to have appropriate fun, and don’t forget to communicate regularly and effectively.
Professionalism in the Workplace
-By the Numbers-

96% of HR executives/managers believe that professionalism relates to the person, not the job title.

92% of HR executives/managers believe that colleges and universities should develop professionalism in students regardless of their field of study.

51% of HR executives/managers believe that the sense of entitlement has increased among employees.

96% of the HR executives/managers reported that a job applicant’s professionalism affects the likelihood of being hired.

Top Characteristics of Today’s Professional

- Interpersonal Skills: 34%
- Time Management: 21%
- Communication Skills: 25%
- Knowledgeable: 9%
- Work Ethic: 27%
- Appearance: 25%

IT Misuse on the Job

- 83% Excessive use of social media
- 82% Text messaging at inappropriate times
- 78% Inappropriate Internet use
- 65% Excessive personal cell phone usage
- 8% Unauthorized access of company files

Deadly Interview Mistakes

- 40% Inappropriate Attire
- 29% Late for Interview
- 26% Lack of Preparation
- 23% Poor Verbal Skills/Grammar

Source: Center for Professional Excellence at York College of Pennsylvania’s 2012 Professionalism in the Workplace Study. To download a copy of the full report, visit: www.ycp.edu/cpe.
So, you want to stay in Wilmington?

The Wilmington Job Market
The job market in Wilmington is tough! While there are jobs, you have to start early and reach out through networking, and hitting the pavement.

Join organizations, meet new people, get involved with things you are interested in, volunteer – all to network, and learn about opportunities!

Get Involved with Alumni Chapters
Alumni chapters give Seahawks the ability to connect with others who share a common interest or live in the same region. As alumni programming continues to grow, chapters remain at the core of keeping alumni connected. Events are seasonal and vary depending on the location or group preferences.

The Cape Fear Area Chapter, where the largest concentration of alumni lives, hosts over four events each year.

Networking Groups in Wilmington

Port City Young Professionals
The Port City Young Professionals (PCYP) is a network of professionals in their 20’s and 30’s designed to engage and introduce young professionals to Greater Wilmington’s vast resources and opportunities.
Email portcityyoungprofessionals@gmail.com
www.portcityyoungprofessionals.com
Follow them on Twitter @PCYP – Like them on Facebook “Port City Young Professionals”

Wilmington Minority Professionals Networking Group
The Wilmington Minority Professional Networking Group (WMPNG) was started to address the challenges facing Wilmington’s Minority professionals. The organization is dedicated to bringing together diverse people who live and work in Wilmington, N.C., and share similar backgrounds and experiences for personal and professional awareness, interaction, and development.
For more information visit: www.wmpng.com

Business Networking International - Wilmington
BNI Wilmington is the premier BNI chapter in the Cape Fear Region. BNI is the largest business networking organization in the world. There are over 5000 chapters in 42 countries. BNI offers members the opportunity to share ideas, contacts and most importantly, business referrals. Wilmington BNI meets every Monday at Osteria Cicchetti. Meetings are from 11:30 am until 1:00 pm. For more information visit: www.bniwilmington.com

**Groups and their activity level changes periodically. Be sure to search other groups/areas of interest that may fall in line with your desired career path.**

Research Wilmington Area Employers
Use CareerShift and LinkedIn to research employers in the Wilmington area that are in your industry. Search jobs at those companies, see who you know, network, and conduct informational interviews with those employers.
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