

Career Pathways

Your Path to a Brighter Future

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Brandy Shell Selected as new Intake Specialist

Career Pathways is proud to introduce our new Intake Specialist, Brandy Shell. She will be the smiling face who greets and assists all the Melbourne CPI students as they walk in the door.

Before joining the Career Pathways team, Brandy cultivated her student guidance skills working as a Peer Tutor for TRiO, an Ozarka Student Service that assists first-generation college students planning to transfer to four-year institutions.

Brandy graduated from Ozarka College in June 2011 with an Associate of Arts in General Education. She is currently working towards a Bachelor of Business Administration in Management with an emphasis in Human Resource Management from the University of Arkansas at

Little Rock. Brandy and her husband Jeff reside in Powhatan with their son, Hayden.

Brandy had the following to say, "The college journey I chose to take has not always been smooth sailing. I have had my share of bumpy roads and road blocks. I can without doubt say I would not be where I am today without the support from Career Pathways and TRiO."

Kim Lovelace, Director of Career Pathways at Ozarka had this to say about Brandy's selection as the new Intake Specialist, "I am excited to have Brandy on staff with Career Pathways. Graduating from Ozarka College and being a part of Career Pathways and Trio will give her understanding and compassion for our college students."



Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude.

Thomas Jefferson

Career Pathways Office Locations and Hours

Career Pathways serves all four Ozarka locations: Melbourne, Mountain View, Ash Flat and Mammoth Spring.

The Melbourne office (located in the bookstore building) is open Monday through Friday from 8 a.m. to 4:30 p.m. Brandy Shell is available

daily to assist you with your CPI needs and questions.

Lindsay Galloway is available on Mondays and Kim Lovelace on Tuesdays in Mountain View to serve your needs from 9 a.m. to 3 p.m. each day.

The Ash Flat office is open for

business Tuesdays and Wednesdays by Kendra Smith from 8 a.m. to 3 p.m.

Kim Lovelace is available in Mammoth Spring on Wednesdays and Kendra Smith on Thursdays from 10 a.m. to 3 p.m. to serve your Career Pathways needs and requests.

Your Career Pathways Staff

- Kim Lovelace, CPI Director 368-2038
klovelace@ozarka.edu
- Lindsay Galloway, Advisor/Counselor 368-2042
lhalloway@ozarka.edu
- Kendra Smith, Counselor 368-2043
ksmith@ozarka.edu
- Brandy Shell, Intake Specialist 368-2041
brandy.shell@ozarka.edu

October Conference & Workshop Opportunities



Needless to say, getting into Ozarka's LPN program is a competitive proposition.

There are 20 LPN program slots open in January, and up to 40 students vying for those spots. In addition to the pre-requisite classes of Nutrition, Body Structure & Function or Anatomy & Physiology I and II, Math for Nurses, and Technical English or English Composition I is the TEAS and Wonderlic tests.

Students must score at least a 50 on the Test of Essential Academic Skills (TEAS) in order to be considered for admission into the LPN Technical Certificate program at Ozarka College.

Needless to say, getting into Ozarka's LPN program is a competitive proposition. Any extra leverage (just a point or two) can make the difference between getting in now and waiting another semester or longer.

Students who have chosen

to pursue an LPN degree can learn how to prepare for the pre-LPN test, known as the TEAS in a TEAS Prep Workshop offered by Career Pathways October 10th and 12th.

The one-hour workshops will cover the details of what to expect on the day of the test and an idea of how to effectively study for the fast-paced exam. There is no fee to attend, but those planning to attend should notify Kendra Smith by e-mail at ksmith@ozarka.edu or by phone at 368-2043 to reserve a slot for one of the two dates. The TEAS workshop dates/locations are as follows:

MONDAY, October 10th

Melbourne from 10-11 a.m. in Room H-112

Wednesday, October 12th

Melbourne from 10-11 a.m. in Room H-112

Call now to reserve your slot for the TEAS Prep

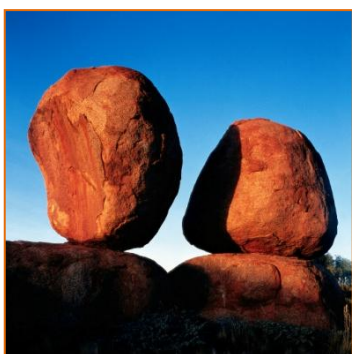
Workshop offered by Career Pathways!

Another learning opportunity in October is the **TRiO Fall 2011 Student Conference** on Friday, October 14th from 8 a.m. till noon. Register early for this FREE event and mark it on your calendar!

Keynote Speaker, Ryan Eller will address the topics of leadership skills and setting goals, both of which are important for future professionals. Other presentations include Bonnie Hartz, an Arkansas Student Loan Authority, and topics such as learning styles, stress/time management, and (the ever-popular) "FISH!" Film. Breakfast and lunch will be provided for the event.

Come by any TRIO or Career Pathways office to register.

The Obstacle in Our Path — Author Unknown



In ancient times, a king had a boulder placed on a roadway. Then he hid himself and watched to see if anyone would remove the huge rock. Some of the king's wealthiest merchants and courtiers came by and simply walked around it. Many loudly blamed the king for not keeping the roads clear, but none did anything about

getting the big stone out of the way.

Then a peasant came along carrying a load of vegetables. On approaching the boulder, the peasant laid down his burden and tried to move the stone to the side of the road. After much pushing and straining, he finally succeeded. As the peasant picked up his load of

vegetables, he noticed a purse lying in the road where the boulder had been. The purse contained many gold coins and a note from the king indicating that the gold was for the person who removed the boulder from the roadway. The peasant learned what many others never understand. *Every obstacle presents an opportunity to improve one's condition.*

Attitude Determines Attitude – Author Unknown

I get to choose what kind of day I am going to have.

Today I can complain because the weather is rainy or I can be thankful that the grass is getting watered for free.

Today I can feel sad that I don't have more money or I can be glad that my finances encourage me to plan my purchases wisely and guide me away from waste.

Today I can grumble about my health or I can rejoice

that I am alive.

Today I can lament over all that my parents didn't give me when I was growing up or I can feel grateful that they allowed me to be born.

Today I can cry because roses have thorns or I can celebrate that thorns have roses.

Today I can mourn my lack of friends or I can excitedly embark upon a quest to discover new relationships.

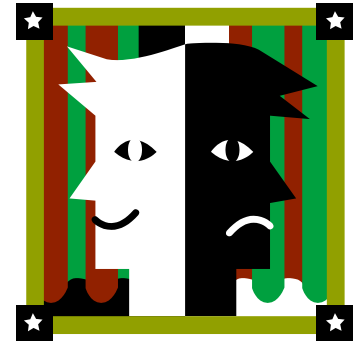
Today I can whine because I have to go to work or I

can shout for joy because I have a job to do.

Today I can complain because I have to go to school or eagerly open my mind and fill it with rich new tidbits of knowledge.

Today I can murmur dejectedly because I have to do housework or I can feel honored because the Lord has provided shelter for my mind, body and soul.

Today is up to me. I get to choose what kind of day I will have!



Typical Interview Questions – A Few Suggested Responses

<http://www.ttgconsultants.com/job-interview-techniques/index.html>

Here are some questions you're likely to be asked in an interview, along with some suggested responses.

Q. Tell me about yourself.

A. Pre-plan your answer to this question, it's usually the first one asked. Talk about your work experience, skills, and accomplishments, not personal statistics such as where or when you were born, or whether or not you are married. Keep it brief.

Q. What do you know about this company?

A. Be prepared with as much information

about the company as possible, especially its products or services. Do some homework on the company's web site, your local library, or talk with friends who may work for or have knowledge of the company.

Q. Why do you want to work for this company?

A. If you've done some research, this should be easy. Refer to the company's fine reputation, growth opportunities, etc.

Q. What kind of benefits are you looking for?

A. Answer this question honestly,

otherwise you'll be unhappy and less than productive.

Q. You've changed jobs frequently. Why? **A.** Unless you've been a victim of layoffs, talk about better opportunities and more money.

Q. Have you ever been fired?

A. This can be checked, so be truthful. If the answer is yes, you might want to describe the circumstances, and your side of it. Whatever you do, don't bad mouth your boss or the company.

"Be prepared with as much information about the company as possible."

October Gas Card Distribution and Food Activity

Special dates to remember in October are gas card distribution dates and our monthly food activity.

October gas cards will be distributed **October 3rd thru 7th in Melbourne, Oct. 3rd & 4th in Mtn. View, Oct. 4th & 5th in Ash Flat and Oct. 5th & 6th in Mammoth Spring.**

To receive a gas card, CPI students must submit an attendance sheet, employment verification form and a receipt for last month's gas purchase. Students who receive a gas card will also receive blank forms to submit the following month.

The food activity for October will be **Candy Corn!** This snack will be available to students:

Oct. 10th – Mtn. View
Oct. 11th – Melbourne
Oct. 11th – Ash Flat
Oct. 13th – Mammoth Spring



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www.ozarka.edu/blogs/career
pathways

Career Pathways is a state-funded program that can assist eligible students with the academic and financial obstacles that they may face while going to school. CPI offers the following services:

- Tutoring
- Counseling
- Academic Advising
- Kuder Interest Inventory
- Career Readiness Certificates
- Resume Building
- Interview Skill Building
- Job Search Assistance
- Tuition & Fee Assistance
- Gas Cards
- Childcare Assistance
- Book Loan Library

Your Path to a Brighter Future



Time Management Tips for Students -

<http://www.collegeboard.com/student/plan/college-success/116.html>

Managing your time well is an important element of success — especially if you're a student. Here are some tips for taking control of your time and organizing your life.

1. Make a To-Do List Every Day.

Put things that are most important at the top and do them first. And don't forget to reward yourself for your accomplishments.

2. Use Spare Minutes Wisely.

When you're commuting on the bus or train, use the time to get some reading done.

3. It's Okay to Say No.

If your friend asks you to go to a movie on a Thursday night and you have an exam the next morning, realize that it's okay to say no. Keep your short- and long-term priorities in mind.

4. Find the Right Time.

You'll work more efficiently if you figure out when you do your best work. For example, if your brain handles math better in the afternoon, don't wait to do it until late at night.

5. Review Your Notes Every Day.

Reviewing helps you reinforce what you've learned, so you need less time to study before a test. You'll also be ready if you get called on in class or have to take a pop quiz.

6. Get a Good Night's Sleep.

Your brain needs rest to perform at its peak. Lack of sleep makes the day seem longer and your tasks seem more difficult.

7. Communicate Your Schedule to Others.

If phone calls or text messages are proving to be a distraction, tell your friends that you are only available at certain times of day and not to expect a response at other times.

8. Become a Taskmaster.

Give yourself a time budget and plan your activities accordingly. Figure out how much free time you have each week before you add any commitments.

9. Don't Procrastinate.

Instead of agonizing and procrastinating, just do it.

10. Determine Your Priorities.

You can't do everything at once. Establish the importance of each item. Then set realistic goals that are attainable.