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OFFICE HOURS

Monday - Friday
8:30AM – 5:00PM

WALK-IN HOURS

Monday - Friday
3:00PM – 5:00PM

FOLLOW US ON...



GET LINKEDIN

With over 4,000 profiles registered in the Rollins Alumni group, LinkedIn is regarded as a powerful Rollins professional network tool. This group is open to both students and alumni. [Join the group!](#)

UPCOMING IN CAREER & LIFE PLANNING

R-Life After Graduation: Salary & Benefits

Faculty Club, Rollins College

Tuesday, February 24, 12:30 – 1:30 p.m.

Join the Center for Career & Life Planning for a discussion about life after graduation, focusing specifically on negotiating salaries and navigating your benefits. Speakers include David Zajchowski and Jennifer Addleman of Rollins Human Resources.

Resume & LinkedIn Blitz

Olin Lawn (Darden Lounge, rain location), Rollins College

Thursday, February 26, 12:00 – 2:00 p.m.

How is your resume or LinkedIn profile coming along? Stop by Olin Lawn (Darden lounge rain location) to meet with a Career Liaison Peer or Staff member and have your documents reviewed before applying to your next position. Come with a print-out of your resume or LinkedIn profile for review. No RSVP Required.

Graduate School: Chart Your Path

Center for Career & Life Planning, 170 W. Fairbanks Building, 1st Floor

Friday, February 27, 12:30 – 1:30 p.m.

- Why attend graduate school?
- If you do decide that graduate school is for you, how do you apply?
- And finally, how do you begin developing an effective personal statement?
This Center for Career & Life Planning workshop will address these questions and more! This workshop is designed for all students and alumni of Arts & Sciences, Professional Studies, and Hamilton Holt who are considering graduate school. Join us and take an important step on the path to graduate school.

Rollins Summer Camp & Conferences

Now accepting applications

Applications due by Friday, February 27

Rollins Summer Camp & Conferences is pleased to announce we have opened the hiring process for summer 2015! All of our summer staff positions are posted on the Rollins jobs website at the following link: [Rollins Staff Jobs](#). We will be hiring the following positions for this summer: Summer Day Camp Counselors, Specialty Counselors (including Swimming, Sailing & Canoeing, and Tennis Counselors), Summer Day Camp Instructors, and Summer Event Coordinators. If you know of someone who would be interested in one of these positions please have them apply online and list your name, position, and department on their application as a reference. Interviewing for summer staff will begin in March.

WORKSHOP SERIES

Check out our upcoming sessions to get excellent resume writing and internship search tips from staff members in the Center for Career & Life Planning. You do not have to sign-up, just plan to attend a session that works for you!

Resume & Linked In: Build Your Personal Brand

Center for Career & Life Planning, 170 W. Fairbanks Building, 1st Floor

Monday, February 23, 1 – 2 p.m.

Thursday, February 26, 12 p.m. – 2 p.m.

Thursday, March 12, 12 – 1 p.m.

Friday, March 13, 1- 2 p.m.

Internships: Gain Experience to Get Ahead

Center for Career & Life Planning, 170 W. Fairbanks Building, 1st Floor

Wednesday, February 25, 12:30 – 1:30 p.m.

Thursday, March 19, 12:30 – 1:30 p.m.

Job Search: Achieve Success After Rollins

Center for Career & Life Planning, 170 W. Fairbanks Building, 1st Floor

Thursday, March 12, 3 – 4 p.m.

View the [Career & Life Planning Calendar](#) for further details about upcoming workshops and events.

R-CAREER BLOG



The Pros and Cons of Job Hopping by Chrissy Scivicque

Submitted by Mackenzie Thomas, Marketing Assistant of the Center for Career & Life Planning

Out of everyone in my group of college friends, I was the only one who still had the same job two years after graduation. Everyone else had changed jobs once, twice, even three times. So, I felt somewhat smug—as if I knew something they didn't. It wasn't until many years later I understood the positive side of job hopping. It hit me when I suddenly discovered I had forced myself to stay in a job I hated for five years. If only I had just left at the very beginning when I realized it wasn't for me...maybe I wouldn't have wasted all that time being miserable...

Of course, [job hopping](#) also involves a few pretty serious downsides. In order to make the [best decisions in your career](#), it's helpful to understand both the positive and negative aspects of bouncing around from one job to the next, and how it can impact your long-term goals.

Self-Discovery

Clearly, no one expects you to know exactly what you want from your career the minute you graduate from college. But, as you gain experience, you should become more astutely aware of what your idea of “the right” job looks like. If you find yourself stuck, feeling like nothing will ever make you happy, it’s time to do some self-reflection. If you need help, [download my FREE mini-workbook](#) which will walk you through a process to determine what’s working (and what’s not) in your current career so you can begin pinpointing the things that may provide (or detract from) [career fulfillment](#) the future. Once you know more about yourself, you can be more discerning in the job search process.

Proactively searching for a job that matches your unique career wants and needs should help prevent job hopping, but there’s no guarantee. Sometimes, the only way to really learn what works for you and what doesn’t is to simply step in there and give it a try. I always recommend that, unless things are really unbearable, it’s a good idea to stick with a new job for at least a year. This gives you enough time to really get a feel for it and make an informed decision.

Variety

Most of us enjoy routine...up to a point. Then, it becomes monotonous. Job hopping certainly provides variety. You end up learning about many different businesses and industries; you gain a variety of skills and meet a wide range of people. This is what many job hoppers crave when they bounce around. They just want to escape the boring everyday routine. Be cautious of this! While it’s nice to experience new things, [most jobs will have some degree of monotony](#). When you’re being paid, it won’t always be exciting and new.

Shallow Experience

If you’re a job hopper, or if you end up being one, you can always frame your scattered experience as being a good thing: you have a wide range of capabilities and broad point-of-view...[Read more](#).

Blog Post: Scivicque, Chrissy. [Internet]. January 2011. The Pros and Cons of Job Hopping. Available from <http://college.monster.com/training/articles/1421-the-pros-and-cons-of-job-hopping>

More articles like this on [R-CareerBlog](#)

SOCIAL MEDIA TIPS

4. **Un-tag photos:** Okay, I don't mean *all* photos. But this one is pretty self-explanatory. Use your own discretion on what's appropriate and what's not. Not sure if it's professional or not? It's best to air on the side of caution. Risqué pictures from a night club, or any pictures with alcohol in the background, are good places to start. Although employers understand you're young and in college, it's best not to remind them. Remember, your goal is to appear as professional as possible to anyone viewing your profile.
5. **Register on LinkedIn:** Although this tip is last, it's certainly not least. If you're not familiar with LinkedIn, it's a social media network for professionals. Don't wait till after graduation to start networking, it's best to start now. You'll have a leg up on other candidates if your LinkedIn profile is listed on your resume. It shows that you're ready to enter the professional world, as well understand how important networking is. You can find and connect with your favorite professors, fellow classmates, as well as old employers. But remember the golden rule of LinkedIn: Only connect with people you know firsthand!

Remember, your social media presence is ultimately an extension of your resume. Don't wait till after you've applied for jobs, instead optimize everything now. Follow these 5 tips and you're sure to come out of the social media gauntlet unscathed. Happy job hunting!

Blog from: Combs, Patrick. [Internet]. Clean it Up! How Social Media Affects your Job Search. Available from: <http://pearsonstudents.com/blog/clean-it-up-how-social-media-can-make-or-break-your-job-search/>

CAREER RESOURCE HIGHLIGHT

Academic Internship Program

A Student Resource provided by the Center for Career & Life Planning

Did you know that Rollins will be hosting a Career & Internship Expo on March 26, 2015 in the Alford Sports Center? Well if you are looking to get ahead on your internship planning, check out our [website resources](#) to learn about academic internships, course registration, and more! This is a great resource that will allow you to plan ahead for the upcoming Career & Internship Expo and prepare for the many internship opportunities.

UPCOMING EVENTS & DEADLINES

Rollins College Career & Internship Expo

Alford Sports Center, Rollins College

Thursday, March 26, 12:00 – 3:00 p.m.

Rollins' career centers invite all current students and alumni to attend the annual Career & Internship Expo on Thursday, March 26 in the Alford Sports Center. This event consists of approximately 70 organizations offering full-time positions, internships and summer employment. Each organization will have a table and representatives available to discuss the various opportunities within their companies. Rollins College Career & Internship Expo is NOT just for Rollins seniors and alumni, but for first-year students, sophomores, juniors and

graduate students too! It is an opportunity to network with employers, learn more about different career fields and possibly get an internship. Expo also provides a chance for students to gather research about different companies they may want to work with someday.

U.S. Department of State Student Internship Program

Now accepting applications, Deadline is March 2, 2015

This program offers U.S. citizen undergraduate and graduate students the opportunity to participate in 10-week, unpaid internships that provide intensive educational and professional experience within the environment of America's principle foreign affairs agency. The unpaid internships are available at many of the over 270 U.S. embassies, consulates and missions to international organizations around the world, as well as at the Department of State in Washington, D.C. and other locations throughout the U.S. Participants gain first-hand, hands-on experience, and learn the realities of working in – and with – Foreign and Civil Service professionals who are at the forefront of America's diplomatic efforts. As an unpaid intern, you may have the opportunity to:

1. Participate in meetings with senior level U.S. government or foreign government officials;
2. Draft, edit, or contribute to cables, reports, communications, talking points, or other materials used by policy makers in furthering U.S. foreign policy objectives;
3. Help organize and support events, including international and/or multi-lateral meetings and conferences on critical global issues;
4. Contribute to the management and administration of the Department of State and America's foreign policy; and
5. Engage directly with U.S. or foreign audiences to promote U.S. foreign policy and improve understanding of U.S. culture and society.

So consider spending your Fall 2015 with the U.S. Department of State, witnessing and participating in the formulation and implementation of U.S. foreign policy, working closely with the U.S. diplomats and civil servants who carry out America's foreign policy initiatives. You'll not only have an experience of a lifetime, you may even earn educational credit.*

National AmeriCorps Program Public Allies Central Florida

Now accepting applications

Application Deadline is June 15, 2015

National AmeriCorps Program Public Allies Central Florida is accepting applications. This is a full-time, paid apprenticeship at a nonprofit organization, where young adults:

- Create, improve and expand services that benefit children and youth
- Promote economic development, improve education and address other local needs by working at local nonprofit organizations
- Leadership Development: training opportunities to observe, interact, and learn from civic leaders across Central Florida.

Benefits include earning a \$1,500 monthly stipend, upon graduation, receiving a \$5,550 education award that also applies to some student loans, and Healthcare & Childcare. To learn more about this opportunity and to apply [click here](#).

Summer 2015 LIVE. LEARN. INTERN Program

Now accepting applications thru March 17, 2015!

DCInternships.org is now accepting applications for our Summer 2015 LIVE. LEARN. INTERN. Programs in Washington, DC. Each program includes academic credit, a guaranteed internship placement and fully furnished housing in the heart of Washington, DC. Get more information on this program, and apply at: <http://www.dcinternships.org/live-learn-intern/>

New events are always being posted! Visit the Career & Life Planning Calendar for a complete schedule of workshops, networking events, and recruiting sessions being offered during Spring 2015.