There has been a real spike in the numbers of recently laid off students and alumni contacting our office for help. Losing a job can be devastating. That day that you are “let go” to find yourself one of the “dislocated workers” who make up the latest unemployment statistics changes everything. Dramatically. When it’s you, the 5.6% figure hits home in a very real way. Suddenly you are on an emotional rollercoaster that might leave you with a tangle of feelings as you try to figure out how to find your next job and get back on your feet. We want to help. If you’ve been laid off, or are frustrated in your job search, we encourage you to sign up for the July 24th Job Search workshop described below.

from Bill Baldus, Career Counselor

**Economic Policy Institute Brief: Minneapolis had largest black-white unemployment rate disparity in 2011**
The biggest black-white unemployment rate disparity was in the Minneapolis metropolitan area, where the black unemployment rate was 3.3 times the white rate. The lowest disparities were in the Detroit and Richmond metro areas, where the black unemployment rate was 1.8 times the white rate—still far from equal. Read the full brief: [http://www.epi.org/files/2012/ib337-black-metropolitan-unemployment.pdf](http://www.epi.org/files/2012/ib337-black-metropolitan-unemployment.pdf)

**Veterans Career Fair in Brooklyn Center**
Earle Brown Heritage Center, 6155 Earle Brown Drive, Brooklyn Center
Wednesday, July 11
11 a.m. to 3 p.m.
Veterans who are looking for a job, interested in exploring new careers, or want to learn about educational opportunities should plan on attending the Veterans Career Fair. Click [here](http://www.epi.org/files/2012/ib337-black-metropolitan-unemployment.pdf) for details.

**Job Search Strategies**
St. Paul Campus
Tuesday, July 24
11:30 a.m. to 1 p.m., Library 308

How does a person begin to describe what it’s like to look for work during an economic crisis? Hard, scary, lonely, isolating, depressing? Yes, all these and more. You don’t need to go it alone. Students and alumni who have recently lost their jobs, feel stuck in their search or are just plain tired of looking can find information, support, and job search tips at this workshop. Learn how to run an effective job search,
create a concrete action plan, and find out where to go in the Twin Cities for more resources and support. Please join us! Register through Career Link www.metrostate.edu/career or by calling 651-793-1528 or email career.services@metrostate.edu

League of Minnesota Cities Job Board Has Over 90 Postings
The job board for the League of Minnesota Cities has 94 listings for a wide variety of positions available statewide. Click here to see the job board, or access www.lmc.org to learn more about the league.

Seven Ways to Optimize Your LinkedIn Profile
Search engine optimization improves the chances of your profile showing up in search results. This article shows how to increase your competitive advantage through the use of keywords, links, groups and connections. Click here for the article.

New Resource for Job Seekers with Criminal Convictions
STEP AHEAD helps job seekers with felony convictions and other criminal charges know their work options, set goals, get training, and be successful in their job search, take a look: www.iseek.org/exoffenders/.

Federal Job Advice for Students and New Graduates
USA Jobs, the website for federal jobs, is launching a program this summer that will help students and recent graduates get started in the federal workforce. The Pathways Programs offer clear paths to federal internships for students from high school through post-graduate school and to careers for recent graduates who completed their degrees within the past two years. The initiative also provides training and career development for new federal employees.
Choose one of three programs:
- Internship Program is for current students from high school to the graduate level, with paid opportunities to work in agencies and explore federal careers. Click here for information.
- Recent graduates are eligible to apply for training and mentorship through the program. Click here for details.
- Advanced degree candidates are eligible to apply for a leadership development program. Details are at www.pmf.gov.

LinkedIn for Recent Graduates
Social media can be a powerful career networking tool for recent graduates and others. Complete your profile, connect with classmates, professors and past employers. Seek recommendations and promote others as well. Click here for the article.
Ask the Experts—Check Out CareerSpots Videos
Metropolitan State’s Career Services web page links to many CareerSpots videos that illustrate what students and alumni need to know before, during and after the job interview. The 20 videos listed are about three minutes long and provide pertinent information from career professionals. Click the link for Google Yourself to hear industry experts talk about the importance of having a professional online presence in social media in case a potential employer searches for you online.

“Like” Career Services on Facebook and Join Us on LinkedIn
By connecting with Career Services through Facebook and/or LinkedIn, you will receive links to job postings, interesting news articles and other timely information. “Like” us on Facebook at [http://www.facebook.com/metrostatecareerservices](http://www.facebook.com/metrostatecareerservices) to begin receiving updates, and join us on LinkedIn at [http://www.linkedin.com/groups?gid=2176842](http://www.linkedin.com/groups?gid=2176842) and view and contribute to conversations about career-related topics.

LinkedIn Group of the Month: Twin Cities Human Resource Association
Connect with over 4,000 local human resources professionals. The Twin Cities Human Resource Association (TCHRA) is one of the largest affiliate chapters of the Society for Human Resource Management, the world’s largest human resource management organization.

The group has a sub-group for mentoring as well. Members are able to share events, articles and other valuable information as well. Click here to access the group.
Help is here! Exploring career options? Stuck in your job search? Trying to figure out what’s “out there” and where you fit in the work world? Resume needs a tune up? Career Services can help. It can be enormously helpful to think through your career-related thinking and possible next steps with someone. Why not schedule a meeting with a career counselor? You can schedule an individual appointment (in person, on the phone or via video on Skype) in Career Link, or call 651-793-1528 or email career.services@metrostate.edu

Resume Drop Ins
St. Paul Campus
Wednesdays: July 18 & July 25 (Library 132), August, 22 (Library 312), and August 29 (Room TBD)
11:30 a.m. – 1 p.m.

There is no appointment or RSVP needed to attend the Drop In, just stop by sometime between 11:30 a.m. - 1 p.m., with your resume or cover letter. Bill Baldus, career counselor, and one of the cracker jack tutors from the Writing Center will be standing by, ready to offer suggestions and ideas on taking your resume to the next level. Please bring whatever draft you have on paper, a USB device or in your email. The Drop Ins are a collaboration between Career Services and the Center for Academic Excellence.

Career Counseling Available on Minneapolis Campus
Career counseling appointments will be available on the Minneapolis campus one day per month. If it is more convenient for you to come to the Minneapolis campus, make an appointment for one of the following Thursdays: July 19 or August 23.

See all Career Services Events:
http://www.metrostate.edu/msweb/pathway/academic_success/counselcare/career_services/events.html

Pathways Program – A note from Jill Sondergaard and Emily Sladky

With all of the summertime fun you may be planning with family and friends, July is a great time to practice your “elevator pitch”! Last month we mentioned that we will be designing a workshop series for next academic year that you won’t want to miss. Part of that series will include skill building for networking.

Why an “elevator pitch”?
At any time or any place you could come face to face with someone who could change your professional career. Are you ready for that? The name “elevator pitch” reflects the idea that it should be possible to deliver a brief summary/personal commercial in the time span of an elevator ride, or approximately thirty seconds to two minutes. The first eight seconds are meant for you to connect and make a great first impression. The rest will be used to close the deal. This verbal summary of who you are, what you’ve accomplished and where you see yourself going is vital to your job search. As you refine and practice it, your confidence will climb.
To assist you, our Career Services website has loads of resources, including the Career Workbook (FYI, a template to help you create your “elevator pitch” is located on page 16) as well as additional tips via the CareerSpots and CareerBytes videos.

Schedule an appointment with Jill Sondergaard, Pathways Program Career Specialist, to learn more about the insurance and financial services industry and how you can be involved with the Pathways Program. You can schedule your appointment through Career Link or by calling 651-793-1528.

Stay tuned for more information; visit our website:

http://www.metrostate.edu/msweb/pathway/academic_success/counselcareer/pathways/index.html

“Communication—the human connection—is the key to personal and career success.”

– Paul J. Meyer

Contributors include: Bill Baldus, Emily Sladky and Jill Sondergaard.

Editor: Eric Sandve

Thanks for reading!