

# CAREER COUNSELOR CORNER



Winter 2022

Helping Our Students Get Ready to Launch

Vol. 2



## HIGHLIGHTS IN THIS ISSUE

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Job Shadowing Tips!  
&  
TikTok Video Resumes'

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The Wellness Corner

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Healthcare

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Upcoming Career Events

*"Action is the foundational  
key to all success"*

Pablo Picasso



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## CAREER CONVERSATIONS AT HOME: CAREER EXPLORATION

Last Fall, the American School Counseling Association (ASCA) created a series of career exploration videos to celebrate Career Development Month. These videos highlight numerous careers, including STEM, healthcare, professional trades, and other in-demand fields. Professionals shared in-depth knowledge about their career journey, training and answered questions from participants. Click [here](#) to review this library.



As you watch, consider reflecting on the following questions:

1. What else would I like to know about this field?
2. What resources should I add to my library for future reference?
3. Where can I go locally to get started? Consider [workforce.resa.net](http://workforce.resa.net) to review training options or [careeronestop.org](http://careeronestop.org)

### WHAT IS JOB SHADOWING?

A job shadow allows students to experience a "day in the life" of a professional. It can last as little as a few hours to a full day. Students see a realistic picture of what that career actually feels like. Research shows that students who complete a job shadowing opportunity realize the importance of staying in school. For some students, it can help confirm the desire to pursue a specific career or it can show the student that the career isn't what they originally thought. Either way, it can help them make a more informed career choice.

Arranging a job shadow opportunity may be the most challenging part of the process. Students can reach out to companies of interest, extended family, teachers, and friends to request a job shadow.

If students want to start out with a virtual job shadow experience before arranging an in-person opportunity, they can explore Michigan Technological University host's [Tomorrow's Talent](#) or [Career One Stop's Career Video Library](#). They can be a great place to start!



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## TEENS USING TIKTOK TO JOB SEARCH

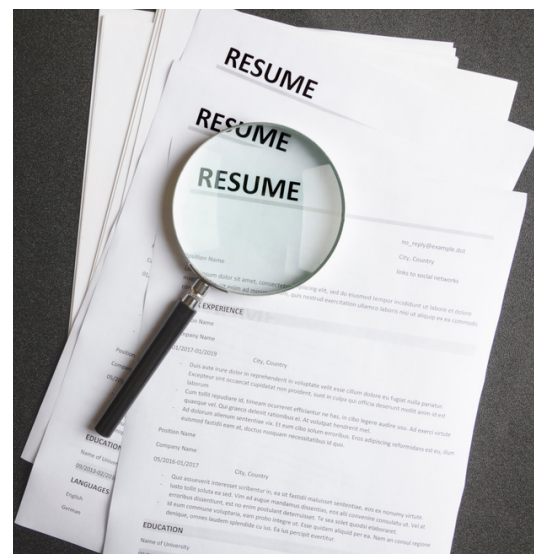
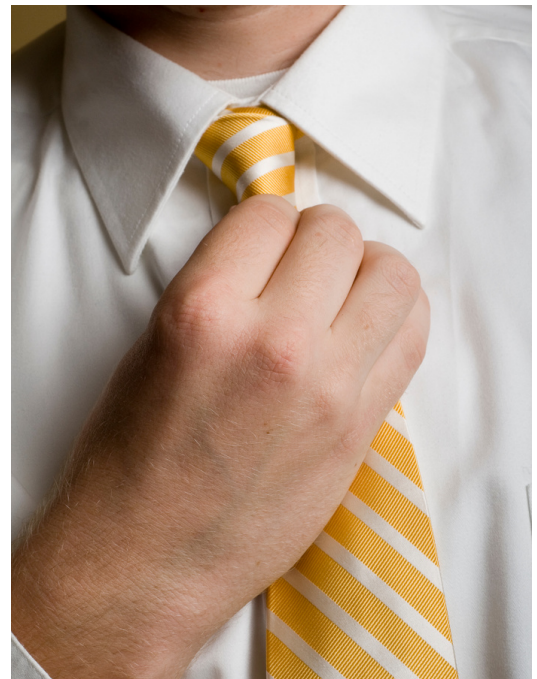
Last year, TikTok partnered with a handful of select companies to offer job seekers a unique opportunity. Rather than submitting a written resume through an online application, they could now create their own unique video resumes using the TikTok platform. The program allowed individuals to submit their videos for positions at companies such as Chipotle, Target, Shopify and others.

While it's unclear whether this practice will continue for these organizations, there is definitely a movement to allow job seekers to showcase their unique skills and experience in a more creative way.

Proponents of this method highlight its ability to appeal to a younger demographic, and allows job seekers the chance to show off their personality in a more dynamic way. They also contend that written resumes are not valued by employers, as research shows they are viewed for a mere 7 seconds during the recruitment process. With a large number of companies using social media to find and attract talent, it is easy to assume these non-traditional methods of applying for jobs will only increase and diversify in the future.

**Here are resources to help students get started with their job search:**

- [Michigan Works](#)
  - Resume and Interview Workshops
  - Job Placement Assistance
  - Training
- [Pure Michigan Talent Connect](#) - Job Search Website
- [Indeed](#) - Job Search Website
- Consider an opportunity in Career Tech Education (see page 4 for more information)
- Explore work-based learning opportunities with a school counselor or other staff member



## CONSIDER CAREER TECH EDUCATION (CTE)

As students begin to think about their schedules for next year, please consider a class in career and technical education. High school students can add hands-on course work to their schedule that gives them a chance to take a deep dive into a specific career pathway. There are numerous opportunities in career tech education that include the following: hospitality and culinary arts, healthcare, education, welding, information technology, criminal justice, construction, HVAC, and many others.

There are numerous benefits to career tech education that include employability skills, hands-on experience, job-shadowing, college credit, and exclusive job and internship opportunities. In addition, students have an opportunity to get connected with local professionals and gain skills that could last a lifetime.

To learn more, consider speaking with your school counselor about career and technical education opportunities in your school district. You could also visit a local center during an open house. Some are held in person and others may be held virtually. Consider following them on social media or review their websites. To learn more, here are links to some Career Tech Centers in Wayne County:

[Detroit Public Schools Community District Career and Technical Education](#)

[Downriver Career Technical Consortium](#)

[Livonia Career Tech Center](#)

[Michael Berry Career Center \(Dearborn Public Schools\)](#)

[Taylor Career Center](#)

[William D Ford Career Tech Center \(Wayne- Westland Community Schools\)](#)



## WELLNESS CORNER : COPING WITH BURNOUT

On January 1st, we welcomed a new year. With it comes resolutions and a hope that this year will be better than the last. Research shows, that after only seven days, 25 percent of people have given up on their new year resolutions.

Being committed to change can be difficult, especially when there has been little change in the world around us. The world has continued to turn, but for many it has remained stagnant. Parents, students, teachers and counselors have all had to cope with the limitations and stressors associated with the pandemic.

Stress is a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances (dictionary.com). To cope with stress in the body, we have learned breathing techniques and mindfulness practices. Some have turned to yoga and exercise. Others have changed their diet and committed to 6 or more hours of sleep every night. But what happens when those coping skills are no longer working? You could experience BURNOUT. Dictionary.com defines Burnout as the physical or mental collapse caused by overwork or stress. Burnout is the result of experiencing periods of stress that are never ending or that have no end within sight.

Over the past few weeks students have expressed experiencing:

- a)Sickness themselves or someone in their household
- b)Failure of an assignment, exam or class
- c)A family member in the hospital
- d)Additional responsibilities in the household
- e)Fear

This list is just a snapshot of what some of the students are dealing with as they entered into a new year. Lexi Walters Wright the former Community Manager at Understood.org wrote an article titled, ["Burning Out in School: What it Means and How to Help."](#) The article describes signs of burnout, ways to manage burnout, and how to prevent school burnout. Lou Holtz, a former football coach once said, "It's not the load that breaks you down, it's the way you carry it." Hopefully, we can all learn ways to help ourselves and our students better carry the loads.



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## SCHOOL COUNSELOR WEEK

Like teachers, principals, and other school-based professionals, school counselors are integral parts of our schools. That's why we celebrate them, annually, during a week in February. This year, the focus for **School Counselor Week (Feb. 7-11)** is *School Counseling: Better Together*, which highlights the importance of focusing on positive ways to enhance students' academic, career and social/emotional development. School counseling programs help to increase student achievement and provide a much-needed resource.

Historically, school counselors have helped students by working together with parents, teachers & administrators to help them through challenges, build skills, and achieve their goals. Because of this, we salute them and encourage others to do the same.

Consider saying hello, emailing, or sending a virtual smile this week.



## HEALTHCARE CAREERS

In the most recent Career Chat (see final page for upcoming Career Chats!), Career Counselors highlighted opportunities in Healthcare and encouraged students to explore the many pathways in these growing fields. Students learned that they could begin with entry level credentials and later move up after gaining experience and training, from their employer or a local community college.

### WHAT CAN STUDENTS DO NOW TO GET PREPARED FOR A CAREER IN HEALTHCARE?

- Explore Health Careers with the resources below
- Start at your local community college
- Watch career videos on [My Next Move](#) to see a first-hand look at careers that are new to you
- Create a resume
- Talk with someone who works in a Healthcare field
- Attend a virtual open house or admissions event

### HEALTHCARE CAREERS RESOURCES:

[EXPLORE HEALTH CAREERS](#)

[HEALTH CAREER CHAT RESOURCE PAGE](#)

[MICHIGAN CAREER OUTLOOK](#)

[POSSIBLE CAREER PATHS](#)



## DON'T FORGET THE FAFSA!

As our seniors rush to put the finishing touches on their college applications and prepare to start their career journey, we want to remind them that the [Federal Application for Financial Student Aid \(FAFSA\)](#) is just as important. Millions of free dollars go unclaimed each year. Here are some resources to get started.

- Contact a local university financial aid office. They offer free virtual financial aid events.
- Create a [FSAID](#) - for both student and parent to get started
- Use this [financial aid checklist](#) as a guide and review the required documents
- Review an online [video](#) to get started
- Have an underclassman and wonder how much free aid your student is eligible for? -

[Complete the Federal Student Aid Estimator](#)



## SCHOLARSHIP OPPORTUNITIES

As seniors wrap up their financial aid application and complete those final steps, we shouldn't forget about other scholarship opportunities. Scholarships are **free dollars** offered to students. We are entering the peak season for scholarships, so keep your eye out for both local and national opportunities. Colleges and universities offer many academic scholarships to students based on test scores, special skills, interests, and/or grade point average. Scholarships are also available from community organizations, faith based groups, businesses, and other non-profit organizations. Here are some of our favorite links and websites to get started:

[GoMerry.com](#)

[Fastweb.com](#)

[RaiseMe](#)

[MI Scholarship Search](#)

[EnactYourFuture.com](#)

[Scholarships.com](#)

[Payingforcollegeresource.com](#)

[The Most Comprehensive List of HBCU Scholarships](#)

[Community Choice Foundation Scholarships](#)



# UPCOMING/SEMESTER 2 READY TO LAUNCH CAREER COUNSELING EVENTS



Families looking to support their student with career planning should attend our virtual series.



Career Counselor Connections #3  
Preparing for Next Steps  
4/6/22 @ 6pm [Register Here](#)

Career chats are for students exploring different pathways or wanting to learn more about fields they are considering. Come hear from professionals and find your starting place.



2/9/22 @4pm  
Business & Entrepreneurship  
[Register Here](#)

3/16/22 @4pm  
Computer Science & IT  
[Register Here](#)

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FOR MORE INFORMATION:  
CONTACT US AT  
WORKFORCE.RESA.NET



Parent Connections  
4/6/22



Career Chat  
2/9/22



Career Chat  
3/16/22



## SUMMER FUN?

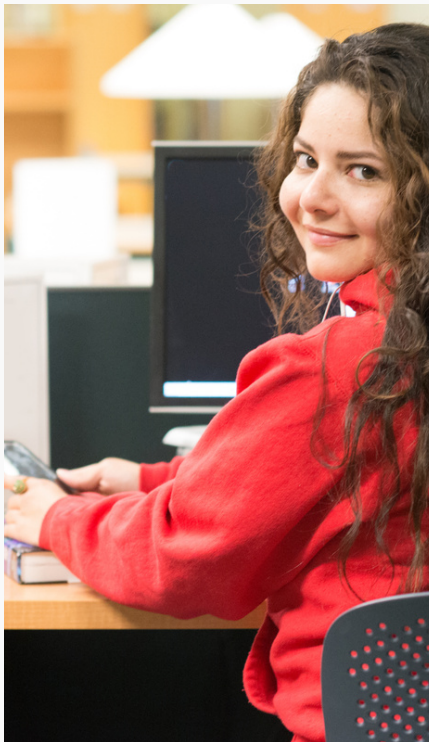
Summer career camp & volunteer opportunities are now available. So, get a head start on your summer planning. Below are links to experiences for students interested in art, engineering, healthcare, technology, design, science, and more.

[Wayne State University's Biomedical Career Advancement Pipeline Program](#)

[Volunteer at Beaumont Health Services](#)

[Lawrence Technological University STEM Summer Camps](#)

[College for Creative Studies - PreCollege Summer Experience](#)



## VIRTUAL EVENTS & OPPORTUNITIES

[Detroit Area Pre-College Engineering Program](#)

Career Counselor Connections: Parent Information Series

- [Preparing for Next Steps](#) [April 6th](#)

Career Chats w/ Ready to Launch Career Counselors

- [Business & Entrepreneurship](#) [Feb. 9th](#)
- [Computer Science & IT](#) [March 16th](#)

[Wayne State Virtual Career Panels](#)

[Your Voice Is Power - Make beats. Learn code.](#)

(Students use Georgia Tech's EarSketch platform to make music, learn code & win scholarships)



Wayne RESA:  
33500 Van Born Road · Wayne, MI 48184  
734.334.1300 · 734.334.1620 fax · [www.resa.net](http://www.resa.net)  
Board of Education: James S. Beri · Mary E. Blackmon  
Danielle Funderburg · Lynda S. Jackson · James Petrie  
Daveda Colbert, Ph.D., Superintendent

### CONTACT:

Paul Carlin, MA LPC  
Career Counselor  
Wayne RESA  
Mobile: 734-756-0017  
Email: [carlinp@resa.net](mailto:carlinp@resa.net)

Would you like to meet? Need [Career Resources?](#)

Note: Inclusion of a program in our database does not indicate an endorsement by Wayne RESA. The database is for informational purposes only.