

CUB CAREER CORNER

FEBRUARY ISSUE

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DID YOU KNOW?

Pilots must have an airline transport pilot's license. Applicants for this license must be at least 23 years old, have a minimum of 1500 hours of flying experience, including night and instrument flying, and must pass FAA written and flight examinations.

EVER CONSIDERED NURSING AS A CAREER?



REGISTERED NURSES (RNs), regardless of specialty or work setting, perform

basic duties that include treating patients, educating patients and the public about various medical conditions, and providing advice and emotional support to patients' family members. Registered nurses

- record patients' medical histories and symptoms, help perform diagnostic tests and analyze results, operate medical machinery, administer treatment and medications, and help with patient follow-up and rehabilitation
- teach patients and their families how to manage their illness or injury, including post-treatment home care needs, diet and exercise programs, and self-administration of medication and physical therapy
- may provide grief counseling to family members of critically ill patients
- promote general health by educating the public on various warning signs and symptoms of disease and where to go for help
- may run general health

screening or immunization clinics, blood drives, and public seminars on various conditions

- may provide basic health care to patients outside of health care settings including correctional facilities, schools, colleges, summer camps, and the military
- may travel around the US and abroad providing care to patients in areas with shortages of medical professionals
- may have jobs that require little or no direct patient contact, including case managers, forensic nurses, infection control nurses, nurse administrators, and nurse informaticists.
- Are people oriented and genuinely thrive on assisting others in need.

Registered nurses can specialize in one or more patient care specialties. The most common specialties can be divided into roughly four categories: work setting or type of treatment; disease, ailment, or condition; organ or body system type; or population. RNs may com-

bine specialties from more than one area, for example, pediatric oncology or cardiac emergency, depending on personal interest and employer needs. RNs who specialize by work setting or type of care include critical care, emergency or trauma, holistic, medical-surgical, psychiatric, radiologic, occupational health, ambulatory care, rehabilitation, infusion, or home health nurses. RNs specializing in a particular disease, ailment, or condition include addiction, developmental disabilities, diabetes management, genetics, oncology, and HIV/AIDS nurses. RNs specializing in treatment of a particular organ or body system include cardiac and vascular, dermatology, gastroenterology, gynecology, nephrology, ophthalmic, orthopedic, urology, and respiratory nurses. RNs may specialize by providing preventive and acute care in all health care settings to various segments of the population including newborns (neonatology), children and adolescents (pediatrics), adults, and the elderly (gerontology or geriatrics).

CAREER CHOICES: AN ACCOUNT FROM A FORMER LACC STUDENT

When I started at LACC my major was in nursing and during that time I truly believed that was the career for me. Ever since I was young I knew I was looking for a job that had to deal with helping people and what would be a great way in helping people as a nurse. My parents were very happy for me in pursuing nursing. During the time I was taking the prerequisites for nursing I've notice I had some difficulties in the major requirement classes; Anatomy, Physiology, and Microbiology. Taking those classes opened a new view in what I thought about nursing. I figured that if I wasn't doing well on the major classes there was no interests and motivation in getting good grades. I believe that if you're interested and involved in the classes regardless how tough it is you'll do well. So at that moment I started to question myself; what will I do now? How am I going to tell my parents? Who can I talk to? During Fall '07 I was taking a Personal Development class which is a course that helps student's overview academic success skills, principle of higher education, career development, and self-assessment techniques. I had an assignment were I had to pick a career that interested me and the first

thing that came to my head was Academic Counseling. I've been working at the Counseling Office for 3 years and I've always wanted to know more about the field. So this was the perfect time to do some research. As I was doing my research I found out I needed to get my masters either in Education, sociology, psychology, or what the district requires. I knew going this route would be challenging and tough for me. I was originally going to finish nursing with just an AA degree and now I am looking in getting my masters. This was a big step for me. I thought to myself the higher education means more options in jobs later on the future. So, I finally decided I wanted to pursue Counseling. I was so afraid to tell my parents the "good" news, knowing they really wanted me to finish nursing. At first they were speechless but overall they were happy and supportive I'm reaching for a higher education. I'm currently majoring in Psychology for my BA at Cal State LA. Psychology is the scientific study of the behavior and mental and emotional processes, of human beings, as well as the behavior of animals as it applies to humans. The field also encompasses the methods, procedures, and instruments

necessary for the study of these processes. The reason I chose Psychology as my major for my BA is because as I was doing the prerequisites for nursing I had to take two psychology classes (Psychology. 1 and Psychology. 41) and I enjoyed those classes very much. I'm in my third quarter at CSULA and I love it. As I was going through the transition from nursing to psychology and later getting my masters on education I've realized all the studying till 2:00 am, writing papers 15-20 pages long, and over dosing myself with venti caramel frap almost every single day will be all worth it when I see that A next to my name. You just need that perseverance and hope that you can accomplish anything in life. I always refer to the quote: "It is our attitude at the beginning of a difficult task which, more than anything else, will affect its successful outcome." –William James



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HOW TO START YOUR OWN BUSINESS

To start your own business, you must:

- Decide what service or product you can offer and how your service or product will be better than the competition's.
- Find a location or market where the service or product will be uniquely appreciated.
- Be absolutely certain that your business can make a profit.

Be prepared to convince everyone, even your best friends, that you will succeed when it looks as if you are failing.

Develop a sound business plan which in-

cludes:

- a statement of purpose
- your goals in measurable business terms (i.e. volume of orders, sales, clients, etc.)
- a schedule which allows enough time to solve possible problems
- start-up expense estimates for the time that more money will be spent than received
- short- and long-range income and expense estimates
- a budget for personal living expenses

- a source of funds for the first year or more.

Most people starting a small business use savings or borrow from relatives during the start-up period. Banks rarely lend to new businesses, and venture capitalists look for experienced business people starting large projects which project unusual profits. Make sure your business will be able to survive cash-flow problems.

Discover ©



DENTAL HYGIENE: WHAT IS IT?

DENTAL HYGIENISTS clean teeth, teach patients how to practice good oral hygiene, and provide other preventive dental care. They examine patients' teeth and gums, recording the presence of disease or abnormalities. Dental hygienists

- remove calculus, stains, and plaque from teeth; and perform root planing as a periodontal therapy
- take and develop dental; x-rays; and apply cavity-preventive agents such as fluoride and pit and fissure sealants
- administer anesthetics in some states

- place and carve filling materials, temporary fillings, and apply periodontal dressings
- remove sutures; and smooth and polish metal restorations
- may not diagnose diseases, but they can prepare clinical and laboratory diagnostic tests for the dentist to interpret
- sometimes work chair-side with the dentist during treatment
- help patients develop and maintain good oral health.
- instruct patients on plaque control and explain the relationship be-

tween diet and oral health

- inform patients how to select toothbrushes, and show patients how to brush and floss their teeth
- use hand and rotary instruments to clean teeth, x-ray machines to take dental pictures, syringes with needles to administer local anesthetics, and models of teeth to explain oral hygiene.

For more information on this career's pay and demand information, please visit your LACC's Career Center.

You don't have to brush all your teeth—just the ones you want to keep—

Unknown Dental Hygienist



www.lacitycollege.edu/services/career

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Visit the Job Boards Located outside of the General Counseling Department and you Career & Job Development Center in order to view updated job information. Postings are updated every other Tuesday!

USING WEBSITES FOR EMPLOYMENT SEARCH

With the economy the way it is, it is important to be able to know how to perform employment searches on the internet. The following sites can help you find a job. You may also post a resume on these sites. Some sites may charge a fee for some of their services but most of these tend to have free services.

CareerBuilder Want Ad and Employer Listings: <http://www.careerbuilder.com>

CareerOneStop: <http://www.careeronestop.org/>

Charge Forward: <http://www.chargeforward.com>

CollegeGrad.com: <http://www.collegegrad.com>

Hot Jobs: <http://hotjobs.yahoo.com>

Job.com: <http://www.job.com>

JobBank USA: <http://www.jobbankusa.com/>

Monster: <http://www.monster.com>

MonsterTRAK (College Student Service): <http://www.monstertrak.monster.com>

National Business and Disability Council: <http://www.nbdc.com>

Nation Job: <http://www.nationjob.com>

Quintessential Careers: <http://www.quintcareers.com>

Spherion: <http://www.spherion.com/>

ABSORB YOUR RESOURCES

BY: VIOLETA MARIN



The average college freshman does not know what major he/she is going to choose, let alone what career they are going to pursue. When you enter college, one of the toughest, if not the toughest decision you have to make is selecting a major. It is a

tough decision to make because you don't know where you are going to end up. How about you do not like the major you selected? That is why it is very important to clear up the path to reach success. Use school resources like your Career Center to narrow down majors based on your interests and personality. The sole purposes of centers like these are to help you make tough decisions like this one.

I have a friend; her name is Michelle, who is a perfect example of someone who took advantage of the resources that were available to her at school. She had a tough time selecting a major because she loved doing many things. She asked one of her instructors for advice, and the instructor suggested that she visit the Career Center. At the Career Center, she took a few tests and, voila, she decided that she wanted to major in psychology. Now, she is only a few years from becoming a psychologist, and she says that if it was not for the help she received at the Career Center, she most likely would have ended up studying something that she did not like or it would have taken her longer to discover her true passion.