

# CUB CAREER CORNER

OCTOBER ISSUE

## INSIDE THIS ISSUE:

|  |   |
|--|---|
| FORENSIC NURSING                           | 1 |
| CAREERS IN HIGH DEMAND                     | 2 |
| RESUME DEVELOPMENT                         | 2 |
| CIVIL ENGINEERING                          | 3 |
| CAREER FAIRS: WHAT YOU CAN LEARN FROM THEM | 3 |
| A CAREER IN PROSTHETICS                    | 4 |
| CAREER CENTER STAFF                        |   |

## COME TO THE CAREER CENTER FOR:

- Career Exploration and Research
- Resume and Cover Letter Development
- Job Search and application
- Internship information
- Assessments: Personality, Interests, Values and Aptitude

## THE REALITIES OF FORENSIC NURSING



So many students have sat in our center and asked questions such as, “So what is a forensic nurse? What’s it like working with dead people all the time? What do you mean you don’t work with death as a forensic nurse? Doesn’t forensic mean death and pathology stuff?”

It’s amazing how many people think forensic nurses only work with death. My forensic nursing practice, for example, is primarily with living patients. Forensic nursing is growing in popularity, but much role confusion still exists about what it means to be a forensic nurse.

### What Does It All Mean?

The term *forensic* means “pertaining to the law; legal.”<sup>1</sup> While many forensic nurses are trained death investigators, many more nurses with forensic training work with patients who are survivors of sexual assault, domestic violence, child abuse and neglect, elder abuse, and many other forms of traumatic violence. Most forensic nurses have experience in emergency department, acute care, and/or women’s health nursing. Forensic nurses with psy-

chiatric training, however, often work with patients with mental health problems within the criminal justice, correctional, or state psychiatric hospital systems.

Many who are identified as forensic nurses have been practicing in the specialty for much longer than it has been recognized as forensic nursing. Kathy O’Connel, RN, has been a forensic nurse for 30 years. “But I’ve only been calling it forensic nursing for 10 years,” she says. “We just didn’t have a name for what we did.” Maya Sievers, RN, MSN, , was an emergency room nurse for 18 years and only realized about 10 years ago that her nursing practice was in forensics. Sievers is a sexual assault nurse examiner (SANE) and works for the Colorado Coalition Against Sexual Assault, coordinating training of SANEs throughout the state. For more information on various concentrations within the world of nursing, please visit the Career Center. There, you will find information on a variety of concentrations within nursing, their demand, working environment, pay scales, and length of time of training, personal qualities that are desired for this field.

Do you possess qualities aligned with nursing as a career? The following are a few personality characteristics.

- a strong desire to help others
- a caring and sympathetic nature
- an ability to work with people
- an ability to accept responsibility
- good judgment
- emotional stability
- an ability to follow orders precisely
- an ability to know when consultation is needed
- initiative
- an ability to work well under pressure



CAREERS IN HIGH DEMAND

With unemployment rates increasing in the California day by day, citizens have no other choice but to wait and see what tomorrow has to bring. Surprisingly, even with the current situation many industries are hanging out "help wanted" signs. Some of these industries include, Home Health Aides, Computer Analysts, and Masons and Finishers. Today, many Americans are living into their 80s, with many of them wishing to live at home and are not able to take complete care of themselves. This is why California Department of Education says the demand for home health aides is on the rise. Home health aides also work with disabled people and people who are recovering from a possible illness or an injury. Even though these aides may help with basic medical tasks their main job entails them to help the client with

day to day tasks. While home health aides do not need a high school diploma they must be certified by the state Department of Health Services. Students must complete a n 8-week , 150 hour course, sit for a state exam and proceed to a 40 hour course which leads them to state certification. The demand for computer whizzes is on the rise. According to the federal Bureau of Statistics the demand for network systems and data communications analyst is expected to grow from 262,000 in 2006 to 402,000 in 2016. Employers hiring for these positions also look for candidates who can think logically and speak and write well. While some employers hire with simply a bachelors degree, more and more are preferring a master of science degree. Even with the housing markets falling , the demand for cement masons

and concrete finishers is also on the rise. That is partly due to the popularity of architectural and decorative concrete in everything from restaurants, to bathrooms, and patios. Many of todays masons are not only involved in laying concrete and smoothing over it. Much artistry is involved in the process with the use of exposed aggregate, stains, stamps, dyes, and other methods. Even with the downfall of the economy citizens of California should take part in learning more about some of the careers that are now high in demand. So don't worry there is a solution for every problem!



THE LATEST ON RESUME DEVELOPMENT

Okay, you've worked hard to perfect your own personal resume, but what happens when each job ad is slightly different? How can you expect your resume to convince an employer that you fit all the ad's qualifications? The answer is to adjust your resume, and your cover letter, to fit the advertisement! Employment ads list specific skills and talents a company is expecting in an employee. You may have a well-written resume and cover letter, but the goal is to get the reader's attention and be chosen for an interview. Chances are, you are competing against many applicants, and you may be one of hundreds applying

for the job. Here are some suggestions to help make your resume stand out for a prospective employer. **Have a well-written basic resume**, and modify the cover letter for each opening. Make sure the reader sees the relevant parts by mentioning them in your cover letter. **Be prepared to modify your resume to fit a specific situation.** Each of us has many skills. Naturally, for your resume you selected the skills that are most relevant to the type of job you expect to find. When you see an interesting ad in a slightly different market, be prepared to change the mix on your resume. Subtle changes might catch the attention of

the reader. Emphasize the skills that would be most useful for each opening. **Use key words in your resume and cover letter.** Read the ad thoroughly, and include some of the key words in the advertisement in your resume and cover letter. Whatever you see in the ad, use the same words in your resume and cover letter. Remember that each resume receives an average screening of 10 to 15 seconds, unless it grabs the reader's attention. For help developing a resume and cover letter, contact the Career Center to set up an appointment and you'll be on your way to much success.

**JOIN LACC'S CAREER FAIR ON OCTOBER 14, 2008 FROM 4:30-6:30 P.M. IN THE QUAD. BRING YOUR RESUMES!!!**

**Michael J. Meyer**  
 Resuming in Two parts  
 Phone: (509) 555-5335 • Mobile: (253) 555-5353 • E-mail: mmj@me.com

**GENERAL MOTORS CERTIFIED / ASE MASTER CERTIFIED TECHNICIAN**  
 Offering 8 Years' Cadillac Specialization Experience

Well qualified ASE Master and General Motors (GM) Certified Technician with 8 years of experience in a fast-paced high-volume dealership. AS degree in GM Automotive. Superior Cadillac, electrical, mechanical, and transmission experience. Pleasant, hard-working, reliable, and proactive. Proven ability to deliver high quality work and excellent customer satisfaction. Areas of strength include:

- Diagnostic / Repair Performance
- Engine Repair
- Electrical / Electronic Systems
- Automotive Transmission / Transaxle
- Manual Drive Train & Axles
- Heating / Air Conditioning
- Brake Systems
- Suspension & Steering

**Qualification Highlights**

- Produces an excellent customer satisfaction rate with virtually zero complaints, handles professionally and courteously, and works with customers, service writers and co-workers, learns for energy and learning in all customer dealings.
- Used 20+ hours of work each month accurately assess problems and needs and provide adequate information and advice for customer decision-making.
- Trained and certified in all GM and Cadillac, specific courses, repair operations, working knowledge of all new year tools and GM computer systems, such as SCDD, Tech Link Online, and Tech II.
- Achieved ASE Master Technician certification, GM Certified A/C Qualified Technician, and licensing as a Washington State Certified Inspector.
- Asses service manager and serves by handling registered business and warranty information and responding to customers' ongoing inquiries on technical problems.

**Work History**

**GENERAL MOTORS TECHNICIAN**  
 Premier Motors (Cadillac, Pontiac, Chevy, GMC, and Nissan dealers) - Seattle, WA 1994 - 2008

**AUTOMOTIVE CENTER ASSOCIATE**  
 Sunnyside Center - Gig Harbor, WA 1993 - 1995

**ASSISTANT AUTOMOTIVE TECHNICIAN**  
 Robert's Complete Auto Repair - Barrington, NE 1993

**Education**

A.S., General Motors Automotive, with Dean's List Honors  
 Washington Technical College - Seattle, WA - 1998

Certified as all GM / Cadillac courses, GM Training Center - Duffield, PA, 1994 - Present  
 Awarded "Best Student" and graduated with honors from 2-year high school auto shop program

40 Kelley Hill Road, Apt. #102 • Seattle, WA 98105

## THE EXCITING WORLD OF CIVIL ENGINEERING

### What do Civil Engineers Do?

#### Work Tasks and Settings

- Design and plan roads, airports, tunnels, bridges, buildings, and water supply and sewage systems
- Supervise construction workers who build the structures
- May specialize in one area and work with one kind of structure
- May teach in universities or consult (give advice to) others

- Work in offices and at construction sites for the government, construction firms, utility companies, and universities

- Work with graphs, blueprints, maps, statistics, reports, computers, measuring and testing equipment, plans, photographs, and drawings

#### Abilities needed:

- understand science and mathematics
- be creative, detailed, and accurate
- use good judgment

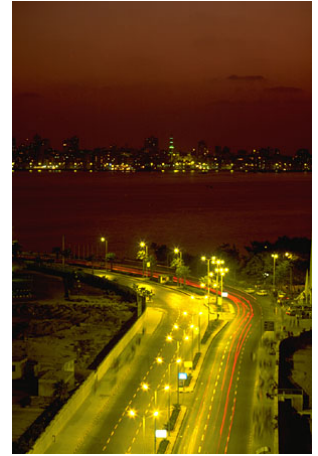
- work as part of a team
- communicate well
- continue their education to keep up with the latest developments

visualize objects in three dimensions

**What is the Minimum Education Required?** Bachelors Degree

**What is the Salary for Civil Engineer:** \$50,000 to \$95,000 per year or \$24.00 to \$45.75 per hour (approximately).

Discover ©



Think of the possibilities that exist if you were to choose Civil Engineering as a career!

## JOIN LACC'S CAREER/JOB FAIR ON OCT. 14TH

### Questions You May Want to Ask Recruiters!

- Before beginning with your questions be sure to introduce yourself and establish rapport with the representatives.
- The questions you ask at a career fair depend upon your goals. Are you interested in finding out about a particular career field? Or have you researched the company and their employment opportunities, and thus have interest in a particular job?
- Pay close attention and listen carefully to their answers!
- Be courteous: before leaving, be sure to close the conversation and thank them.

Don't read directly from this list of questions at the Fair. If you are well prepared,

you can truly be yourself. Here are several questions you may consider asking at our fair on October 14th.

How many employees does your company have? What kind of entry-level positions exist within your organization? How many employees are in my area of interest? Does your company hire on a continual basis or just certain times of the year? How long does the hiring process take? What does your organization consider the 5 most important qualities in an employee? Are graduate degrees important? If yes, in what areas? What courses do you suggest in order to be a successful candidate? Is there a G.P.A. cut-off in the recruiting process? What personality traits are important for success in your company? As an entry-level employee now, what can I expect to be doing 2, 5, 10 years from now? What

made you choose to work for this company? How long have you been with the company? What things have your organization accomplished of which you are especially proud? How many years does the entry-level employee typically stay with the company? What is the retention rate in the company? Do you expect your employees to relocate? If you plan to attend this event, please come prepared. Prepared means having an updated resume. If you need assistance developing a resume or simply polishing the one you already have, please call (323) 953-4000 Ext. 2210 and make an appointment. Remember to make several copies to leave with employers at the fair. You never know.....sometimes they perform on-the-spot interviews. So dress to impress and good luck!

"Informational interviewing worked for us because we were able to actually hear it from the source!"

Kathy and Jill



We are on the web!

[www.lacitycollege.edu/services/career](http://www.lacitycollege.edu/services/career)

### LACC CAREER & JOB DEVELOPMENT CENTER

855 North Vermont Avenue  
Los Angeles, CA 90029  
(323) 953-4000 Ext. 2210  
garciaec@lacitycollege.edu  
[www.lacitycollege.edu/services/career](http://www.lacitycollege.edu/services/career)

### CAREER CENTER STAFF

MS. STAJNA ESTRADA—PROGRAM ASST.

DR. EMMA GARCIA-SALAS — COUNSELOR

MS. MARIBEL MORALES—COUNSELOR

MS. MARY NAZARYAN—PROGRAM ASST.

## HAVE YOU EVER CONSIDERED A CAREER IN PROSTHETICS?

PROSTHETISTS/ ORTHOTISTS assist patients with disabling conditions of limbs and spine or with partial or total absence of limb by fitting and preparing orthopedic braces and prostheses. Prosthetists/ orthotists

- examine, interview, and measure patients in order to determine their needs, and to identify factors that could affect appliance fit
- design devices, based on physicians prescriptions, and their own examination and measurement of patients
- custom-make and fit artificial and orthopedic braces
- work with the artificial replacement of missing limbs or other body parts (prosthetist)
- are concerned with supports or braces for weak or ineffective joints or muscles (orthotist)
- examine and evaluate the needs of a patient, formulate a design for a device, and select the materials and parts when a physi-

cian prescribes a prosthetic or orthotic device

- make casts according to measurements
- may supervise laboratory activities relating to the development of the artificial limbs or braces
- perform fittings, including static and dynamic alignments
- evaluate the devices on the patient and make adjustments to ensure good fit, function, and comfort
- instruct the patient in the proper use and care of the artificial limb or brace
- also maintain patient records.

Prosthetists and orthotists today have available for treatment advanced techniques, equipment, and ultralight materials. Prostheses often include energy storing feet for athletic use or myoelectric hands and arms which operate with the use of electronic sensors placed on certain muscles. Computer Aided Design and Manufacturing (CAD-CAM) offer future promise and challenge to the field.

Prosthetists and orthotists must keep up with the advances in this technology.

Education for PROSTHETISTS/ORTHOTISTS occurs in two forms: bachelor's degree and certificate programs. Degree programs are based on a standard 4-year curriculum, and certificate courses range from 6 months to 1 year for one discipline to 18 months to 2 years for both disciplines.

Applicants for the 4-year bachelor's degree programs should have a high school diploma and meet institutional entrance requirements. Applicants for post-baccalaureate programs should have a bachelor's degree that includes appropriate course work in biology, chemistry, physics, psychology, computer science, algebra, human anatomy, and physiology, as well as any other specified by the institution.

For more information regarding this career, please contact LACC's Career Center in order to take a closer look at this career's demand, pay scales, growth projections, etc.

Discover ©

