

Wellness InSTALLments

December 2015 — Volume 3, Issue 6

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Congrats, Fall Class of '15!

Prevention and Wellness would like to extend a big congratulations to our Fall 2015 graduates! Although graduation is an exciting, well-deserved rite of passage, it can also be a scary time filled with anxiety about the future. Many students become overwhelmed with applications, interviews, and finding work within their field.



The Washington Post reported in January 2015 that 4 out of 5 students graduate without a job, although 72% reported actively looking for one. So what can you do to prepare yourself? Whether you're graduating this semester or in three years, these interview tips can help you land a job! In addition, don't forget to take some time for yourself! Finding a job is hard work, so make time to de-stress. Exercising, spending time with friends, meditating, watching movies, and coloring are all great ways to relieve stress on your job hunt!

Programs & Events

12/2 - PUPPYPALOOZA

Cohen Center Lawn
10:00am—1:00pm

12/2 - Color Me Calm

2nd Floor Eagle Hall
7:00pm—8:00pm

12/3 - PUPPYPALOOZA

Cohen Center Lawn
1:00—4:00pm

12/4 - Prize Team

Main Campus
1:00—3:00pm

Please see our online calendar for a full, updated schedule

FGCU Career Development Services

(239) 590-7946

Resume and Interview Help

You can even use this service up to one year after you graduation!

Check out their Job Interview Guide at <http://studentservices.fgcu.edu/careers/>

College Central Network

[www.collegecentral.com/FGCU/Job and Internship Posts](http://www.collegecentral.com/FGCU/Job%20and%20Internship%20Posts)

Good for registered students, alumni, and employers.



How to Ace An Interview

- If they ask about **your weaknesses** related to the job, talk about something you can easily change as opposed to something about your character.
 - DO:** "I'm not great with Microsoft Excel, but I'm a fast learner!"
 - DON'T:** "Sometimes I get stressed and overwhelmed by all the work I have to do."
- Make sure you are conscious of your **non-verbal communication**. Sit upright with your posture open. Crossing your arms or slouching can make you look uninterested.
 - DO:** Smile and maintain eye contact to show interest in the position.
 - DON'T:** Bounce your legs or swing your feet out of nervousness.
- **Research the company** thoroughly. This means check out their website, social media accounts, and LinkedIn accounts. Knowing what they do shows them you are serious!
- If the interviewer asks you **if you have any questions**, have a 2-3 ready to go.
 - Example-** "Why did you choose this company?"
 - Example-** "What skills are especially important for someone in this position?"

Question of the Month

How many undergraduate majors did FGCU offer for the 2015-2016 school year?

Email Prevention & Wellness at pws@fgcu.edu with the correct answer to enter into a drawing for: \$10 of Eagle Dollars!



PEERS CARE
Educate. Engage. Empower.



Prevention & Wellness is located on the 1st floor of Howard Hall. Find us online: <http://fgcu.edu/wellness>