



SAN DIEGO MESA CAREER SERVICES

Presented by:

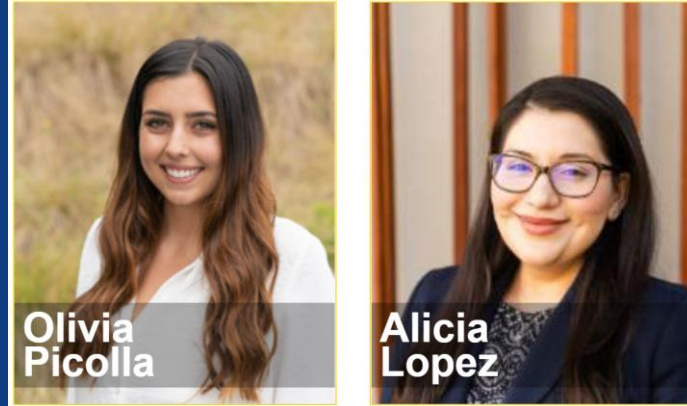
CLAUDIA ESTRADA-HOWELL

PRESENTATION TOPICS:

- Meet our team!
- Career Services Overview
- Career Technology & Resources
- Career Exploration & Readiness Resources
- Career Peer Ambassadors
- Jobs & Internships
- Unemployment Resources



MEET OUR TEAM!



CAREER SERVICES OVERVIEW



- **Career Counseling Appointments**
 - Major & Career Exploration and Readiness
 - Career Assessments (MBTI & Strong Interest)
 - Jobs | Internships | Resume | Interview Prep
 - Unemployment Application Assistance
- **Peer-to-Peer Resume & Cover Letter Review**
- **Online Career Resources and Tools**
- **Job & Internship Board – Job Network**
- **Job Fairs & Hiring Events and Workshops**
- **Professional Clothing**

WHILE REMOTE MANY STUDENTS

CURRENTLY...

- Don't know their major or have a clear life direction...
- Lost their job...
- Are struggling with finding personal support...

OUR GOAL:

Meeting students where they're at in their Career & Major exploration and readiness journey.



CAREER TECHNOLOGY & RESOURCES

Perfect Interview Prep



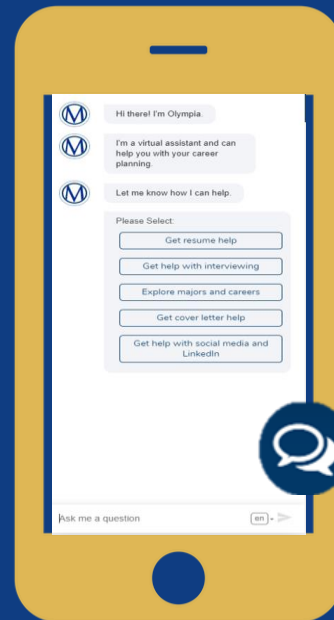
Visit our website:
www.sdmesa.edu/career-center



Career Ready Guide

A flyer for San Diego Mesa College's Career Center. It features the college name and logo at the top, followed by the text "A Career Center & Work-Based Learning Partnership". The main heading is "Online Career Ready Guide" with a sub-heading "Complete FREE career preparation tutorials to develop professional skills and get hired!". Below this are two bullet points: "8 self-paced career tutorials to choose from." and "Earn Career Ready Guide certificates to add to your résumé.". A section titled "Learn 21st Century Job Skills" lists eight skills with icons: Professionalism & Work Ethic, Communication, Critical Thinking & Problem Solving, Team Work & Collaboration, Digital Technology, Leadership, Global & Intercultural Fluency, and Career Management. At the bottom, it says "For more information or access to the Career Ready Guide Course, please visit: www.sdmesa.edu/career-center".

Online 24/7 ChatBot



Informational

Video Interviews



ONLINE CAREER READY GUIDE

SAN DIEGO MESA COLLEGE

A Career Center & Work-Based Learning Partnership

Online Career Ready Guide

Complete **FREE** career preparation tutorials to develop professional skills and get hired!

- 8 self-paced career tutorials to choose from.
- Earn **Career Ready Guide certificates** to add to your résumé.

Learn 21st Century Job Skills



For more information or access to the Career Ready Guide Course, please visit:
www.sdmesa.edu/career-center

- Students can get the skills employers want!
- Build their Resume
- 8 self-paced career readiness tutorials
- Earn a Career Ready Guide certificate
- Alternative to workshops as Extra Credit!

Visit our website:

www.sdmesa.edu/career-center



CAREER EXPLORATION AND READINESS RESOURCES

SAN DIEGO MESA COLLEGE | Career Center

ONLINE JOB PREPARATION RESOURCES

PERFECT INTERVIEW
Perfect Interview is an interactive multimedia interviewing system that allows students to practice their interviewing skills.

perfectinterview.com/sdmesa

U.S. Department of Labor's career research database with hundreds of detailed job descriptions

ONET ONLINE

onetonline.org

CAREER ONE STOP
This is a source for career exploration, training and jobs.

careeronestop.org

Career Coach is a source for discovering careers and programs based on interests.

CAREER COACH

ccc.emsicc.com

SAN DIEGO WORKFORCE PARTNERSHIP
San Diego Workforce Partnership provides programs and employment training to job seekers, showcases workforce trends, in-demand occupations and high-growth industries in San Diego County.

workforce.org

INTERNSHIP SEARCH RESOURCES

hacu.net/hacu/hnlp.asp

HACU National Internship Program is a national program offering internships that may lead to full-time roles.

internships.com

Internships is a database offering users a variety of internships.

internjobs.com

Internjobs is a global database of internships and entry-level positions for students.

VOLUNTEER RESOURCES

volunteermatch.org

VolunteerMatch is a database with the largest network in the nonprofit world, with the most volunteers, nonprofits and opportunities to make a difference.

handsonsandiego.org

This database allows you to search for volunteer opportunities based on location.

JOB SEARCH RESOURCES

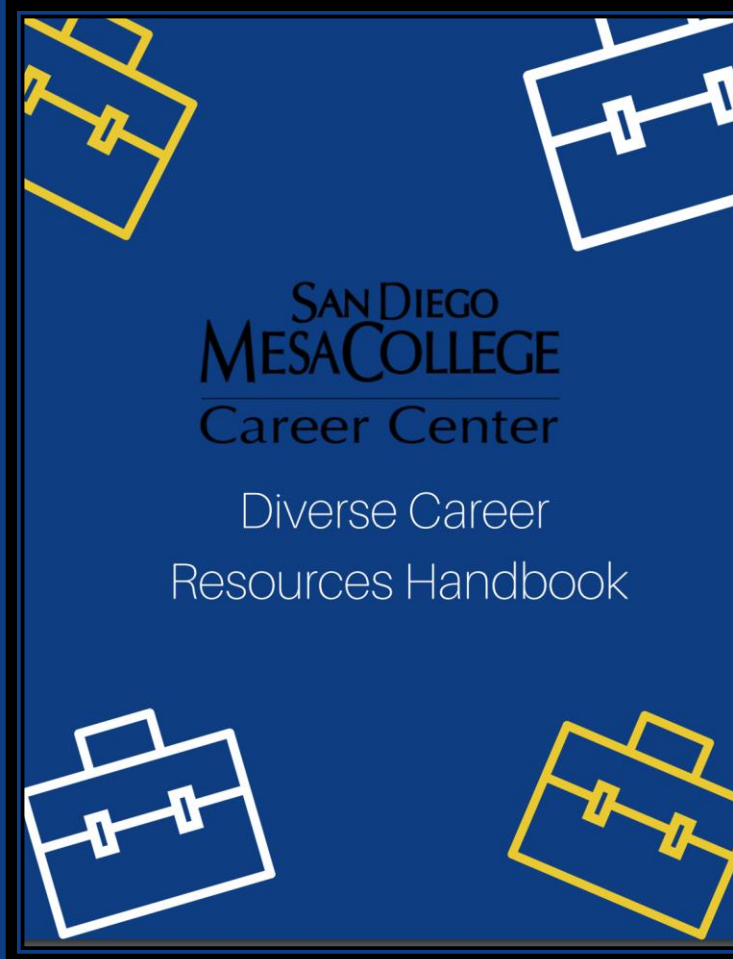
sdmesa.edu/jobnetwork

Mesa Job Network is a free online job board for Mesa students and alumni.

caljobs.ca.gov

CalJOBS is a California job board for jobs within the government and private sector jobs.

Career Center | 14-306 (3rd Floor, I-400 Building) | 619-388-2777
www.sdmesa.edu/career-center | [a](#) [f](#) [t](#) [w](#) @SDMesaTCE



SAN DIEGO MESA COLLEGE
Career Center
Diverse Career Resources Handbook

SAN DIEGO MESA COLLEGE | Career Center

ONLINE CAREER AND MAJOR EXPLORATION RESOURCES

Visit us online at www.sdmesa.edu/career-center to explore more tools!

CAREER EXPLORATION TOOLS

| | |
|---|---|
| CAREER ONESTOP.ORG | Your source for career exploration, training & job searching in the U.S. |
| Candid Career | Learn about careers through 1-2 minute videos |
| ONET ONLINE.ORG | U.S. Department of Labor's career research database |
| CA CAREERZONE.ORG | Your source to explore industries and opportunities |
| MYNEXTMOVE.ORG | An interactive career tool to learn about the tasks, skills, and salary for over 900 different careers. |
| BLS.GOV/OOH | U.S. Bureau of Labor Statistics provides information on occupations and growth trends. |
| labormarketinfo.edd.ca.gov/occo/uides/ | Information on wages, job outlook, education, and licensing requirements |

MAJOR EXPLORATION TOOLS

MYMAJORS.COM/list-of-majors-in-college.cfm

Information on over 1,800 college majors including coursework, schools offering the major, and careers associated with the major

BIGFUTURE.COLLEGEBOARD.ORG/majors-careers

College Board Major and Career Search: Browse major and career profiles

SDMESA.EDU/STUDENT-SERVICES/CAREER-CENTER/CAREER-COUNSELING/MAJOR-CAREER-EXPLORATION.SHTML

What Can I Do With This Major? is a tool to learn more about specific majors and how they connect to career pathways

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SAN DIEGO
MESA COLLEGE
Career Center

**Internship
Resource
Handbook**

"The best way to predict your future is
to create it." - Abraham Lincoln



SAN DIEGO
MESA COLLEGE
Career Center

Career Exploration:
What Can I Do With a Major In...





**BLACK
LIVES
MATTER**
SAN DIEGO MESA COLLEGE

CAREER RESOURCES FOR BLACK/AFRICAN AMERICAN STUDENTS

Black Collegian— Career and job search site for African-American college students.

Black Creatives- A digital media platform for news, resources, and tools that helps black creatives thrive in their careers.

Black Career Women's Network - A national professional development organization focused on the success of African American Women.

The Black Perspective – Dedicated to promoting diversity and inclusion in America's employment and education.

Black Enterprise - Premier business, investing, and wealth-building resource for African Americans.

IMDiversity - Website network focused on diversity-oriented careers content.

CAREER PEER AMBASSADORS

THANK YOU to all the students, staff, and faculty for attending and sharing these workshops! We had over 119 participants join us this Spring. Please share this newsletter with students. Zoom session recordings and presentation slides are now available online!
- Career Peer Ambassadors

SAN DIEGO MESA COLLEGE
@sdmesatce Career Center

SPRING 2021 CAREER PEER WORKSHOP SERIES

FEBRUARY 16TH - MARCH 23RD | NEWSLETTER

CLICK ON THE HYPERLINKS FOR ZOOM RECORDINGS AND PRESENTATION SLIDES

So You Wanna Build a Resume? By Malik Shabazz
[Click here for Zoom Recording](#) | [Click here for Presentation Slides](#)
Header, and Education, and Skills, oh my! Follow along during this interactive workshop, and transform your Resume into one that will wow any potential employer.

The One Stop Cover Letter Shop By Malik Shabazz
[Click here for Zoom Recording](#) | [Click here for Presentation Slides](#)
Writing a Cover Letter doesn't have to feel like Rocket Science! Get some of the best tools on how to craft the perfect Cover Letter for your next job application!

Land That Internship! By Lara Napasa
[Click here for Zoom Recording](#) | [Click here for Presentation Slides](#)
Get the latest scoop on internship resources at Mesa! Learn the tips and tricks that will help boost your internship search.

Creating a Career Portfolio By Sadie Wager
[Click here for Zoom Recording](#) | [Click here for Presentation Slides](#)
What's in your portfolio? Learn how to build connections and showcase your academic and professional achievements with Portfolium.

Dressing and Networking in a Virtual Setting by Helen Ma
[Click here for Zoom Recording](#) | [Click here for Presentation Slides](#)
Learn how to prepare an Elevator Pitch and make a strong first impression as it relates to networking, interviewing and business situations.

Virtual Interview Essentials By Lara Napasa
[Click here for Zoom Recording](#) | [Click here for Presentation Slides](#)
Prepare for a 2021-styled interview like a boss! Learn the best techniques and practices on what to do before, during, and after your interview with an employer.

Congratulations to the following student participants who won a \$20 Amazon gift card!

David Lin
Yoshika Betty
Trinity Brandon
Forest Corbett
Diane Zimmermann
Wendy Figueroa

BLACK LIVES MATTER
SAN DIEGO MESA COLLEGE

Contact the Career Center
(619) 800-3556
mesacareersdccc@gmail.com
www.sdmesa.edu/career-center

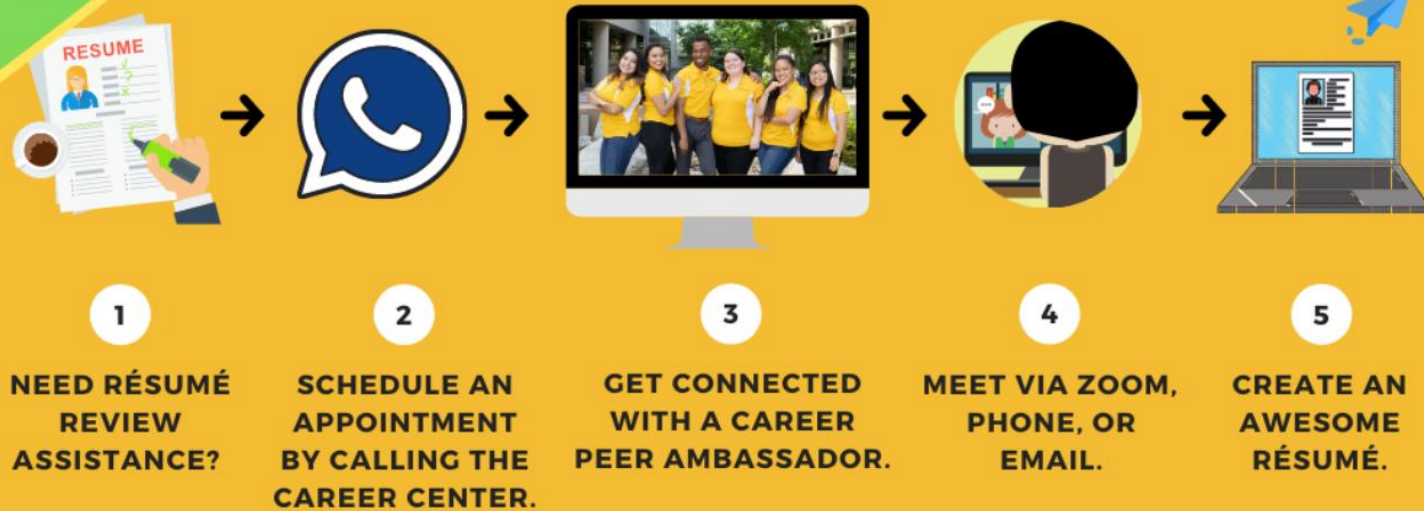


RESUME & COVER LETTER ASSISTANCE

SPRING 2021

SAN DIEGO MESA COLLEGE | Career Center
**ONLINE PEER-TO-PEER
RÉSUMÉ REVIEW**

WE CAN ASSIST YOU WITH COVER LETTER WRITING AS WELL!



SCHEDULE AN APPOINTMENT TODAY: (619) 800-3556

JOB RESOURCES

Find these on our website!

- Immediate Job Openings List
(San Diego and U.S.)
- Remote Work Opportunities Lists
(U.S. and Global)
- COVID-19 and Your Job Search!
(Handout)

SAN DIEGO MESA COLLEGE

JOB NETWORK

Powered by College Central Network

FOR STUDENTS & ALUMNI

Visit sdmesa.edu/jobnetwork



Create a FREE account to find:

JOB OPPORTUNITIES

INTERNSHIPS

SERVICE LEARNING

WORK EXPERIENCE

CAREER EVENTS



WORK-BASED LEARNING

Connecting Real World Experiences with Academics

Internship Appointments
now scheduled on

Job Network
sdmesa.edu/jobnetwork

Click: "Appointments"

Pavel Consuegra
Internship Coordinator
pconsuegra@sdccd.edu



UNEMPLOYMENT RESOURCES

- California Employment Development Dept. (EDD)
YouTube Channel
 - Unemployment Insurance
 - Disability Insurance
 - Employment Services
 - Paid Family Leave
 - Payroll Taxes
- CA Unemployment Insurance – **websites and phone numbers for filing claims**
- CA Coronavirus updates – **CA unemployment insurance changes related to COVID-19**

A stylized icon of a computer monitor with a grey frame and base. The screen is blue and contains yellow text.

**Find these
links
on our website!**



CONTACT US!

Google Voice Phone: (619) 800-3556

Email: mesacareersdccd@gmail.com

Hours: Mon -Thurs: 8:00 a.m.– 6:00 p.m.
Friday: 8:00 a.m. – 3:00 p.m.

Website: sdmesa.edu/career-center