Kick-start Your Career
A Series of Workshops to Help You Plan for the Future

Date/Time: Thursday, March 29, 2012 / 12pm-3:00pm

Location: Queens College Hillel
Student Union Building Room 206

Contact: Rachel Barnehama - (718)793-2222

Workshop Description:
The semester is almost over, now what? Whether you are graduating or you have another few semesters, now is a great time to start thinking about your future. This series of workshops will cover the fundamental aspects for planning your future and working toward your career goals.

Part I /Time: 12:15-1:15 pm – “Professional Makeover” – Getting a job includes sending the right message, so present yourself correctly from the beginning. This workshop will help you learn how to start your job search, create a well written resume, prepare for an interview and talk to potential employers in order to land that job that you want. Presenter: Suzanne Feiner, Employment Counselor - FEGS

Part II/Time: 1:20-2:20 pm - “Financial Freedom” - What do your finances have to do with employment? With company’s running credit checks and finding a job that covers your cost of living, having financial freedom gives you more opportunities. This workshop will help you learn how to budget your money, deal with debt, credit cards and student loans. Presenter: Mark Alpert, Financial Counseling Services-NYLAG

Part III/Time: 2:25-3:00 pm – “Year of Opportunity”- Still unsure of which major to choose? Taking the time to explore your options will give you a more concrete way to select the right career for you. This workshop will teach you about obtaining internships, summer jobs and/or spending the year in between college and the workforce to discover yourself with programs, such as AmeriCorps and Teach for America. Presenter: Jeri Mendelsohn, LCSW – Associate Executive Director of the Samuel Field Y

Space is limited. Advance Registration Required.

UJA-Federation of New York’s Connect to Care is a multi-agency initiative assisting families who have been adversely affected by the economic downturn and provides assistance with: Employment & Career Transition Services, Legal and Financial Consultations, Supportive Counseling & Jewish Spiritual Care. www.sfy.org/connecttocare