

This is Eastern Michigan University's *Career Corner*. And welcome to season 2-- Finding Your Fit.

[UPBEAT MUSIC]

Welcome back to the *Career Corner* podcast. My name is Logann Dolan, one of the amazing career coaches in the University Advising and Career Development Center here at EMU. We're switching things up this season and providing a mix of hosts throughout the episode. And here today, I am joined with my fellow host and career coach, Barb Gehring. It's officially Barb's first time on the podcast, and she's already been promoted to host [CHUCKLES].

Thanks so much for the introduction, Logann. I'm really excited to be here, and to kick off my first episode with you.

So in today's episode, as you can all see from the title, today's going to be all about career coaching and what it can do for you. So Barb, I know we're both a little biased when it comes to this subject, but there is no better humans to talk about the subject other than career coaches ourselves, right? So with that being said, for our students, who might not know, what is a career coach?

A career coach is an individual who works with you to gain confidence and empower you to make informed decisions about your career paths. The four coaches in our office are trained with a growth mindset to assist you in adapting and engaging in a solution-based approach to your career decisions. We can help you learn more about yourself, gain clarity, and enter into meaningful careers that you will enjoy.

That was perfect, Barb. And our goal is to help you get to a place where you not only feel comfortable with your major, minor, and career path, but also feel confident and ready to start pursuing opportunities in your field. So we're a really fine group of humans who genuinely care for each and every one of you, and we support your goals. So we want to see you succeed here at Eastern and after you graduate.

Absolutely, Logann. And we're here for you every step of the way-- whether that be the first semester of freshman year or your last semester of senior year, we're here for you. Especially those struggling to pick a major or minor, want to learn more about a possible career choice, or want to learn more about yourself, that's exactly what we're here for.

Now, I'm sure at this point, our listeners are thinking, how the heck can I make an appointment with

one of us? And there's a few ways to go about it. First, you can make an appointment right from the comfort of your home by heading to Handshake. Handshake is our online career platform that we'll go more in-depth on in another episode.

But for now, you can make an appointment by going to app.handshake.com and logging in with your email and password. Once logged in, go to the Career Center tab at the top, click Appointments, and follow the prompts to find the date and time that works best for you. Another way you can make an appointment is by calling our office directly at 734-487-0400 and requesting a career coach appointment.

Speaking of making an appointment, Logann, it's important to know what to expect when coming to chat with one of us. You know a little bit about us and our approach. But what about what we're going to chat about in the appointment, right? Logann, can you talk a little bit about what a student can expect when in an appointment with us and how it can help them?

Of course. So while we recognize all of you are unique humans that come to us with varying degrees of questions, concerns, and areas you're looking to gain confidence in, there are a variety of things we tend to do regularly in appointments with students that help you gain the clarity that you're seeking.

And those include taking a few different assessments, such as the O*NET interest inventory, walking through the TypeFocus assessments, doing a values or skills card sort, and learning more about your personality, and completing the MBTI assessment. So we're all trained to administer and interpret these tests with you, to help you get a better understanding of yourself, and help make it easier for you when it comes time to make important career decisions-- like selecting a major.

That's right, Logann. And we also can help you explore careers, get you thinking about what minors or concentrations would pair nicely with your degree and your career goals, and also prepare you and get your career ready when looking for internships, co-ops, or a full-time work upon graduation. We have many tools in our backpacks, are equipped to help you with whatever you need, related to reaching your career goals.

Yes. And we know that career readiness may not be at the top of your priority list right now, with the current condition of the world and the global economy. But know that, when you are ready, we are here for you.

So to wrap things up, remember that if you're looking to gain more clarity on your major, minor, or

career and professional goals, be sure to schedule an appointment through Handshake or by calling our office, to meet with either myself, Logann, or other two fellow career coaches, Brad and April.

Well, Eagles, stay tuned for next week's episode, as Brad and April are going to introduce and give you an overview of the MBTI assessment that I mentioned earlier and how it can be super useful when making career decisions. As always, stay safe, stay healthy, and remember that we're here for you, and we support your goal.

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