

The Partner

Volume 1, Issue 1 February 2010

TXCAPS Quarterly Newsletter

Carolyn's Corner: Message from the President

Special points of interest:

- Message from President Carolyn Davis of Houston Community College
- Successful Eastfield College Fall Job Fair
- Upcoming events at San Antonio College
- Energy Zappers
- TXCAPS 2010 Conference Info
- Eastfield College Update and Career Week

To contribute to the newsletter, please contact VP of Employers Ryan Long, rlong@txcaps.com

Dear Colleagues:

The 2010 TXCAPS Conference is quickly approaching. We are excited about the speakers, theme, and location for this year's event.

Most importantly, it is good to see the organization moving toward becoming one that supports professional development in a broader sense. Specifically, Program Chairperson, Regina Garner agreed with my vision to increase conference value by attaching continuing education credits to the workshops and she will be bringing in a speaker who will work with us to make

the certification a reality. This will be something of great value.

To help grow the organization, I am asking that each member bring



someone with them that would gain from membership in TXCAPS. In addition, if you know a vendor who could benefit from partnering with TXCAPS please let me know. We would appreciate your efforts in bringing sponsors to the conference and increasing our business membership base.

As for fun, don't forget to bring your game face for our game night social! If you have a special game you would like to introduce, let us know! Invite your friends and family as well. The cost is only \$40 to cover food and beverages. The rest is on us! There will be prizes and lots of surprises!

SEE YOU AT THE CONFERENCE!

A handwritten signature in black ink that reads 'Carolyn Davis'.

Carolyn Davis,
President

Eastfield College hosts successful Job Fair

Eastfield College's Career Services Office presented its Back to School, Back to Work Fall Job Fair from 10 am to 2 pm on Oct 8. The event was free and open to students of Eastfield College, the Dallas County Community College District, and the general public.

Twenty-six volunteers helped the Career Services staff present the job fair, including fourteen students and six Eastfield employees from various departments.

Employer sponsors of the job fair included:

- Volt Workforce Solutions
- Annexus Personnel & Business Services
- UPS
- Federal Aviation Administration (FAA)

Co-sponsors of the event:

- State Representative Robert Miklos
- Career Services
- Office of Student Life
- USDE Job Location & Development program.



Proud Job Fair sponsors stop for a photo before the Eastfield College Job Fair put on by Career Services.

Thirty-eight companies represented by 76 recruiters participated in the event. More than 600 job seekers are estimated to



Students interact with employers at the Eastfield College Job Fair in October.

“Thirty-eight companies represented by 76 recruiters participated in the [Eastfield College] event.”

Upcoming Events at San Antonio College

Career Seminar Feb 25 *Criminal Justice and Law Enforcement*

The focus will be about jobs as special agents and uniform division police officers with the government. The guest speaker will be a special agent!

Career Seminar Mar 4 *Financial Services*

The business department faculty will provide stu-

dents with career and job information in the banking industry.

Meet the Majors April 8
Approximately 30 academic and professional technical departments will participate, giving students information about their programs.

Job Fair April 28

Around 40 employers are

expected to participate, talking to students about jobs opportunities.

For more info these events contact Linda Moreno at lmoreno@alamo.edu



Helpful Websites for the Industry

Parent Guide for Career Planning (written for parents of high school students)
www.dacc.cc.il.us/depts/stuserv/career/ParentGuideforCareerPlanning.pdf

Brochure "Are You Undecided?"
www.kishwaukeecollege.edu/student_services/counseling/pdf/Counseling_Brochure.pdf

BrainTrack Colleges & Universities Directory www.braintrack.com/us-colleges

Career Rookie's section on Advice & Resources www.careerrookie.com/CC/Default.aspx

Submitted by Patsy Caropresi, Eastfield College

Energy Zappers (Adapted from article by Denise Schipani)

Addicted to Email: It takes a lot of energy for the brain to multi-task. Continually redirecting to email alerts siphons more energy and distracts the brain further.

Energy Fix: Switch off electronic gadgets during your most productive hours, usually the morning. Try to limit yourself to checking once per hour and turn off the auto alerts to receiving email.



Poor Posture: Not only is it bad for the body physically but it is tough on energy as well. Hunching over your computer or cradling a phone on your shoulder constricts muscles and reduces blood flow to the brain.

Energy Fix: Reboot your posture: sit up straight with arms and legs at right angles to the floor. Be conscious of keeping your shoulders down and your eyes in the middle of your computer screen. Set a timer to remind you to get up and stretch every hour.

Visual Clutter: Dr. John Salerno, family physician from New York City, says clutter signals disorder which makes us anxious.

Energy Fix: Do your best to clear clutter so when you look around your eyes can "rest" rather than dart from mess to mess says, Janice Ash, organization expert. Instead of piling papers atop each other on a bulletin board, leave a small space around them.

Listening to Negative Nellies and Holding Grudges:

You may be upbeat but it can be exhausting to listen to naysayers all day. And it takes a lot of energy to remember who you have a grudge against, why, and continually update their mistakes

Energy Fix: Stop complaining colleagues in their tracks with a firm but polite, "I really have to get this finished." As for your own grudges, try to forgive old mistakes. Train yourself to banish bad thoughts by listing, daily, the things you're grateful for to push out the negatives. When thoughts about others creep in, train yourself to forgive them because they are flawed humans, which we all are.

Indoor Air and Artificial Light: Machines, cleaning products, synthetic carpet and other man made office accouterments all release chemicals into the air that you breathe. Also, your body regulates based on the rising and setting of the sun. No exposure to natural light can throw you into a sort of jet lag.

Energy Fix: Get outside! Even a 10-20 minute walk will wake you up. Indoor plants also help.

Eating a Big Lunch: Food high in carbs and calories causes excess glucose to be dumped into your bloodstream as your body absorbs the nutrients. Then your body releases insulin to process the sugar leaving you in an afternoon slump.

Energy Fix: Eat every four hours instead of six to keep energy levels steady. Eat a small snack four hours after lunch. Drinking liquids throughout the day will also help curb dehydration which makes you tired. If you do feel the need to reach for afternoon coffee, have a latte instead. The caffeine is an obvious pick-me-up but the little bit of fat and protein in the milk gives you a snack-like boost.

Get outside for a walk or a scooter ride and some sunshine to boost energy!



Did you know?
Hunching over a computer or cradling a phone on your shoulder reduces blood flow to the brain, zapping energy.



Bringing lunch, eating more often, and drinking plenty of liquids will help increase your energy level.

Capitalize on Your Colleagues! Attend the TXCAPS Conference!

The Executive Board invites you to attend the TXCAPS Annual Conference on May 19-21, 2010 at the Hyatt Regency in Downtown Austin. The hotel overlooks beautiful Lady Bird Lake.

Highlights of the event will include:

- Great info sessions
- Networking with Career and Placement Services Personnel from Texas Community Colleges and Tech Schools
- Sharing best practices
- Annual members meeting
- Fun filled dinner and game night in the live music capital of the world!

Plan to visit the Capital of Texas for the TXCAPS Annual Conference where we will be Harmonizing Tradition, Diversity, and Change. See you there!

We're on the web! Visit us at TXCAPS.com today where you can sign up to attend the annual conference in Austin, TX.



This year's conference theme is Harmonizing Tradition, Diversity, and Change.

Eastfield College Career Week Schedule



Please Note: "Speed Jobbing" was a program presented at the 2009 TXCAPS Conference by Susan Rushing of South Plains College.

Conference Attendance will add value to your organization!

After a successful Fall Career Fair (see article on page 2) Eastfield is gearing up for its annual spring Career Week and Job Fair. Enrollment is up 17% and Eastfield has 12,567 students enrolled for the spring semester.

Career Week Events:

- Monday April 19: "Going Green: Careers in the Environmental and Sustainable Field"
- Tuesday April 20: "Speed Jobbing"
- Wednesday April 21: "How to Turn a Job Fair into a Job Offer"
- Thursday April 22: Job Fair

TXCAPS 2009-2011 Executive Board

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