

April 2022

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More Than Just Resume Writing: College Students Succeed With Career Coaching and Planning

BY DR. CLAUDIA V. SCHRADER

There was a time when college offices for career services received visits from students only looking for help to create a resume. Today, these services have evolved from being primarily transactional to becoming more relational. Career coaches provide support from as early as students' orientation as freshmen to providing the kind of guidance and skill-building they need as they approach graduation. Career coaching coupled with workshops on such topics as time management, goal setting, job interviews, employment training, and work-life balance are designed to help soon-to-be-college graduates, internship seekers, and students who are still trying to find their career niche sharpen their skills and focus. These skill-building sessions all but ensure that they are ready to respond to numerous

local, regional, and national job internship opportunities.

As such was the case with Michelle Rozenblyum, now a Kingsborough Community College alumna, who shared that the KCC Center for Career Development & Experiential Learning was a "life changer" for her. Her career coach helped her to discover and successfully pursue her professional passions.

Michelle shared that a significant challenge she faced while interning was balancing school and work. She overcame this challenge by using any free time she had to do assignments way ahead of time and stay on track with daily assignments. "While also starting one of my evening classes on the bus while going home," Michelle stated. "As a result of my internship, I got an opportunity to work with an amazing team who supported me and guided me through



Marisa Joseph, director of the Center for Career Development & Experiential Learning at Kingsborough Community College, gives career coaching to a KCC student.

any challenges I faced. Such as showing me where all the main offices that I may need to use throughout my internship are located. As well as having me participate in shadowing and hands-on activities for

how the afterschool program is run. My internship also resulted in me having an opportunity to get employed to become an official member of the YWCA after-school program at PS 329."

Another former KCC student, Humas Ali, who earned an associate's degree in business administration, was granted an internship with the Alliance for Coney Island as a marketing and events coordinator. He found the experience helped him immeasurably. "The most important thing I gained through this experience was effective communication and conflict resolution at the workplace. It was key to being able to meet with and resolve a problem with a supervisor beforehand so that both sides are aware of the situation and that a solution could be created before turning into a huge conflict at work."

Kingsborough realizes that the key to success is much more than academics. It's also about having support and access to opportunities for professional growth. From the moment students set foot on the campus, staff work with them to determine steps to achieve their ultimate goal ... a successful career.

Kingsborough Community College Career Services Center hosts career exploration events including workshops and career conversations featuring guest speakers who share about their careers and offer advice for students to be successful as they plan for their long-term goals. The Center's services are available to students beyond graduation, free of charge. Its newsletter can also be found here at <http://www.kbcc.cuny.edu/career/documents/C102.pdf>. For more information, call 718-368-5115 or email careerdevelopment@kbcc.cuny.edu.

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