



221 MAIN CONNECTION

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Welcome to 221 Main Connection!

Greetings Lancaster Campus students, faculty and staff! We would like to introduce you to our **NEW** newsletter from 221 Main! At the completion of renovations in Main, many of you may be aware that the Career & Transfer Center is no longer a separate office. Instead, we have joined our office with Advising, Counseling and Disability Services. Therefore, we have decided to merge our efforts and include updates for all the services that are represented within 221 Main.

We plan to continue to publish two newsletters a semester. In this issue, we are highlighting tips for the start of the term,

discussing new programs, providing information regarding career and transfer plans, as well as information on upcoming events and workshops.

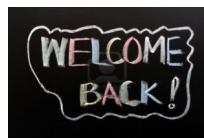
We hope that you will continue to support our efforts by taking the time to review our newsletter, attend our numerous planned events, and share the information with others.

Once again, may we welcome you to 221 Main Connection! We hope that it connects you to services and resources you are seeking to aid in a successful and worthwhile semester.

Back to School Greetings from the Counselors & Advisors in 221 Main

We hope that you are catching the last bit of summer and trust that your break was refreshing. Going back to school after break, like over summer or the holidays, can be hard. You might be sad that the days of sleeping in and having extra time on your hands are over until the next break. Or alternatively, you might be really excited to get back to school, catch up with all your friends and start your new classes.

No matter what you might be feeling, here are a few tips that can help you get back into the right frame of mind to go back to school and get motivated for the new semester.



At the beginning of the semester, it's not uncommon to feel:

- Stressed or anxious;
- Excited to see friends again;
- Sad or down that break is over;
- Pressure or expectations-from yourself or others-to perform well in school;
- Concerned about your course load.

Suggestions for easing the transition back to school:

It may help to remember you're not alone; a lot of other people are just as likely to be anxious about returning to school as you are.

(Continued on page 3)

LEARNING BY DOING!

Experiential Learning is a process through which students develop knowledge, skills, and values from direct experiences outside a traditional academic setting. Experiential learning encompasses a variety of activities including informational interviews, job shadowing, volunteering, service learning, and internships.

Experiential learning provides a hands on, multi-modal approach to learning with varying levels of involvement. Well-planned, supervised and assessed experiential learning programs can be of particular benefit to students in their educational experiences. What are the differences and benefits of each?

Informational Interviewing – Is a very important skill which can be used throughout the career exploration and job search process to gain information about careers/jobs that you cannot read in books or online. It is the process of discovering, contacting, and interviewing professionals in your field of interest to obtain advice on how to prepare for and pursue jobs of your dreams, to introduce yourself to decision-makers within companies for which you may want to work, and to uncover current or future job openings.

Job Shadowing - Is an opportunity to connect or “shadow” with a business professional (job shadowing mentor) who has specific knowledge about an occupation or career in which you are interested. It allows you the opportunity to gain first-hand knowledge and experience in exploring the world-of-work by being matched with an individual in the workplace who performs the type of work you may be interested in. You are able to observe responsibilities and tasks associated with the mentor’s career and have the opportunity to ask questions about the knowledge, skills, talents and level of education required for the job. While the purpose of job shadowing is to gather career related information and expand your networking contacts, it also allows you to build interviewing skills and helps you become aware of trends in the career field.

Volunteering - There are many benefits to volunteering, including the most obvious one of the enormous community impact. In addition, volunteering can also allow you to improve your social skills and expand your social network which will benefit you when the time comes to search for internships and employment opportunities. Through volunteering, you will become exposed to like-minded people with common interests and to community resources available to you. Like other career research tools, volunteering is also a

chance to “try on a job to see if it fits” before making a long-term commitment. It allows you to “network” with people in this new career field, and perhaps even exposes you to professional organizations or internships that could be of benefit to your career. Volunteering can allow you to learn or develop a new skill or further develop some very valuable employment skills. Through team work and project planning, volunteers are able to further develop their communication and public speaking skills, problem solving, project planning, managing/coordinating and marketing skills.

Service Learning - Service-learning is an active learning strategy that connects students to the real world. Students partake in meaningful community service experiences with academic learning, personal growth, and civic responsibility. Service-learning enriches the lives of all who participate. Service learning promotes personal, social, and intellectual growth, as well as civic responsibility and career exploration.

Interning – An internship allows students to integrate theory with practice. Students are given the opportunity to work with qualified professionals on day-to-day work assignments and/or special projects in order to gain real-world work experience. Interning also allows you to establish a professional network, increase your marketability upon graduation by developing skills and knowledge in the career field. Additionally, you are able to explore a career path or work situation to see if it is the “right fit” for you. Internships are either offered for academic credit or simply for valuable work experience.

Interested in obtaining an
experiential learning experience?
Plan to attend the upcoming career event,
“Experiential Learning”
on **Thursday, September 17th**
from 11:00am to 1:00pm
in East 203.

Please drop-in to learn more
about these exciting opportunities
or contact career services for more information.
Email: career@hacc.edu, call: 358-2290,
Visit: Main 221

Welcome Back, continued from page 1

Here are some suggestions for making going back to school as stress-free as possible:

1. Set some goals for the year or even just the semester. A good way to get motivated for the new semester could be thinking about the things you'd like to achieve. These might be school-related goals, like getting good grades in certain classes, or personal goals, like joining a club or volunteering.



2. Break the ice. It's possible that you will find yourself in classes with people you don't know. Other people often feel nervous about making new friends or being in a situation with strangers. Try breaking the ice by asking someone in your class to hang out after class, have coffee or join a study group. You may have gotten used to your classes and classmates in the previous semester, so you'll have to introduce yourself to your new classmates to feel the same this semester.



3. Don't stick to stereotypes. It's often easy to identify different groups at your school: common stereotypes are jocks or hipsters for example. However, interacting with anyone (no matter what group they hang out with usually or what stereotype you think they fit into) can help you expand your circle of friends and become more open-minded.



4. Have something to look forward to. Sometimes it can be helpful to plan ahead so that you have something to look forward to. It can change your mindset completely. You may want to plan to catch up with friends after school or do something special over the weekend.



And there's always next break to look forward to!




Drop in at the Career Café!

"I had no idea we had a resource like this on campus. I only wish I had come in earlier in my college career!" This is an often heard comment in Career Services and we don't want you to be the next one to say it!

Give your semester a successful start at the **Career Café on September 9th**. Stop In anytime from **10 – 1** to learn what Career Services can do for you, and to learn about you! Enjoy **FREE Refreshments** while taking a quick on-line assessment to explore career options that are best for you. Enter for a chance to **WIN a Bookstore Gift Card** while learning about choosing a major, choosing a career, job shadowing, internships, resume writing, interview skills, and much more. Talk with Career Services staff, network with other attendees, and have **FUN!** It's never too early to begin planning your career goals and to start the job search process.


Let us help you start to Explore, Discover, and Connect!!!



Come to the

CAREER CAFÉ

Menu




Café Refreshments Will be Provided!

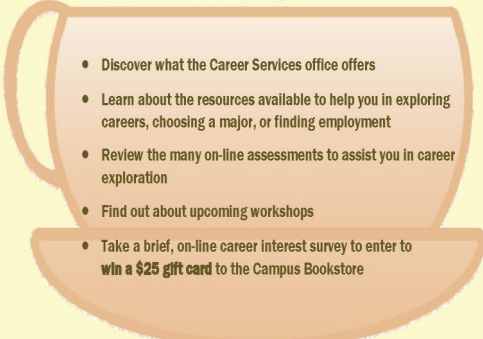
Wednesday,

September 9, 2015

10-1 in East 202



ENTER TO WIN
A \$25.00
GIFT CARD



- Discover what the Career Services office offers
- Learn about the resources available to help you in exploring careers, choosing a major, or finding employment
- Review the many on-line assessments to assist you in career exploration
- Find out about upcoming workshops
- Take a brief, on-line career interest survey to enter to win a \$25 gift card to the Campus Bookstore

Earning a College Degree is only a Starting Point!

What are your reasons for attending college? To get paid more? To live better and provide for your family? If you view college as being a way to make more money with no goals beyond that, it might not be the right place for you. This doesn't mean a college education won't enable you to make more money, it definitely does. But, the route to doing so is to first find your passion and what you love to do.

- Choose your classes wisely and take full advantage of resources and opportunities provided to you at the campus.
- Visit professors outside of class during their office hours. Allowing a professor to get to know you better gives them a chance to mentor you in the career field in which they have expertise.
- Take on leadership roles in clubs you are interested and passionate in.
- Visit career services and complete assessments available to you relating to interests, skills and personality. Review your results with a career counselor to aid in narrowing down your interests and receive guidance on how to explore career fields that may be a match.
- Explore on-campus employment opportunities. Consider working in a department that relates to your area of interest or places you in close contact with professors in your potential major field.
- Attend events and listen to guest speakers that frequent the campus. This may be a wonderful opportunity to begin networking with experts in your field.
- Find experiential learning opportunities like informational interviews, job shadowing, internships or volunteer. These opportunities grant you an insider's view and a chance to see what the career field or type of organization that interests you is really like close-up. It also allows you to try out new skills, test knowledge from the classroom and understand an issue or work culture better.
- Consider traveling, studying or volunteering abroad.

International experience allows you to learn or test your foreign language ability, hone cross-cultural skills and see the world in a different light. No matter what your future field, expanding your horizons by spending time abroad will help get you closer to your goals.

After college you will have the right type of education and passion to be at the starting point of a successful career. Earning a degree, as challenging as that can be, is not an automatic ticket to a better life. However, having numerous experiences, developing a network of professionals, and being fully engaged in your field of interest will provide you the edge you will need.

For more information on how to get started or how to plan an effective job search strategy, please contact career services and plan to attend some of the many upcoming events offered this term!

“..first find your passion and what you love to do.”

BREAKING NEWS . . . Don't Fall For These 5 Myths About Choosing a Career

5 Myths

1. Choosing a Career is Simple – Picking a career that is right for you involves much thought and self-discovery. When buying a car or phone we research the purchase using tools, consumer reports, the internet etc., and take our time to make sure the decision is correct. Unfortunately we often don't consider analyzing ourselves and investigating occupations in order to make a wise career decision. Career Services can guide you through the career planning process as you learn about you and jobs to make an informed career choice.

2. A Career Counselor Can Tell Me What Occupation To Pick – Counselors do not have a magic wand or crystal ball to give this answer. No one can tell you what is best for you, but Career Services can provide valuable guidance, coaching, and insights.



Exploring
Career
Interests

(Continued on page 5)

Radiology Informatics- A Health Career Option for the Tech-Savvy

We are delighted to announce that there is an exciting addition to the health career programs offered at the Lancaster campus, our new Radiology Informatics major. This unique program will prepare our graduates to work in the medical imaging information technology setting utilizing digital imaging, Picture Archiving and Communication Systems (PACS), and Radiology Information Systems (RIS) as a PACS specialist/administrator. Graduates are also prepared to work in the PACS equipment, sales and support services. This healthcare professional will play a significant part in two domains-clinical healthcare and information technology, which is clearly evident when looking at the advising checksheet (link below) where classes in both areas are required:

<http://www.hacc.edu/ProgramsandCourses/Courses-and-Programs-Details.cfm?prn=3780>

Two introductory classes which will be offered during the Spring 2016 semester are RADT 104 (Introduction to Radiology Informatics) and RADT 100 (DICOM & HL7 I).

One way this major differs from the majority of other health careers is that students are not required to apply and be accepted into the program to take the Radiology Informatics classes. Other than qualifying for clinical classes, students are not restricted by a point system or selection process. However, there is still a clinical portion in a hospital setting, which requires a physical exam, drug and alcohol screening and background checks. The program can be potentially finished in 2 years as a full time student, or it could be completed part-time. Another advantage is that eventually the program plans to offer most classes online.

Interestingly, there is only one other entry level program (associates degree) available in the country. This means that our program will directly prepare students for this career without requiring them to first hold a degree in Radiologic Technologist or Information Technology, which is the traditional approach of other programs (bachelor's and master's level programs).

Current statistics reveal that the Lancaster median salary

“The Lancaster median salary for this career is \$79,788 and nationally there will be a higher than average growth rate”

for this career is \$79,788 and that nationally there will be a higher than average growth rate, showing a nearly 40% increase over the next ten years. For more career information, investigate our Health Careers website at: www.hacc.edu/ProgramsandCourses/Programs/HealthCareers/Radiology-Infomatics.cfm

Please contact Susan Herr, Health Careers advisor at sdherr@hacc.edu or if you have specific questions about the career or our program, contact Tami Burkholder at tlburkho@hacc.edu or 358-2837 to schedule an appointment with the Program Director, Rebecca Shoener.

(5 Myths, continued from page 5)

3. **I Should Select a Career On An Expert's "Best Careers" List** – These lists can be helpful, however, this approach doesn't take into consideration your personal interests, values, skills, and personality. Just because the outlook for an occupation is good doesn't mean that occupation is best for you.
4. **Making The "Big Bucks" Will Make Me Happy** – Money isn't everything! We've all heard this and it certainly applies to making a career choice. While considering salary is important, it doesn't necessarily lead to job satisfaction.
5. **I'll Be Stuck For Life In Whatever Career I Choose Now** – Statistics indicate that people make from 3-5 career changes in their life and on average work 7-10 jobs in their lifetime. The key is to develop skills that can be transferred to other jobs enabling you to successfully make a career change when desired or required.

While this article has highlighted 5 myths, there are many more. To be sure you are on the right path visit Career Services early and often to take advantage of all the tools, resources, and professional assistance we have to offer.

**Let Us Help You
Explore, Discover, and Connect !!!**



Explore Discover Connect



TRANSFER SERVICES—FALL 2015

Workshop/Event Schedule



TAGO! Transfer and Advising Info on the Go: Stop by to pick up advising and transfer information from colleges/universities as well as Dual Admission agreements and applications. Learn how to access HACC's transfer website and speak with a transfer counselor about college searches, effective transfer strategies, and more.

Wednesday, September 2	11:00 AM—1:00 PM	East Lobby
Tuesday, September 22	11:00 AM—1:00 PM	East Lobby
Wednesday, October 14	4:00 PM—6:00 PM	East Lobby
Thursday, October 29	11:00 AM—1:00 PM	East Lobby
Monday, November 9	11:00 AM—1:00 PM	East Lobby

Fall Transfer Day—Wednesday, November 11th 10AM—1PM East 203 & East Lobby

Approximately 50+ college and university representatives will be on campus to answer your transfer questions!

Finals Frenzy— Grab & Go Prep for Finals Week: Stressed out about finals? Stop by the info table to speak with a counselor and take along useful tips and strategies to help you prepare for final exams.

Tuesday, December 1	11:00 AM—1:00 PM	East Lobby
Wednesday, December 2	4:00 PM—6:00 PM	East Lobby





SAVE THE DATE!

FALL TRANSFER DAY

WEDNESDAY, NOVEMBER 11, 2015

10AM – 1PM

**ROOM 203, EAST BUILDING
& EAST LOBBY**

If you are a student interested in transferring to another college or university, then mark your calendar now to meet with representatives from over 50 schools! You don't want to miss this opportunity!

Stop by Room 221, Main, or call 358-2290 for more information.



HACC's Fire Science Technology Classes Come to Lancaster!

Lancaster Cohort Beginning in Fall 2015
*Opportunity for Associate Degree or Certificate

We are pleased to announce the first class offering this fall as part of HACC's Lancaster Campus relaunch of the Fire Science program in the county:

FIRE 102—Fire Prevention

CRN 27941

Thursdays, 6:00-8:55pm

September 10—December 10

Location: TBA, but hopefully at Lancaster City Hall

These courses are open to all, but are specifically targeted to existing firefighters who are interested in seeking advancement opportunities.

Registration for this first class is open now. In order to register, students first must complete a free application to HACC. For assistance on getting started and learning tuition payment options, please contact either:

Laura Nalls
717-358-2879
lnalls@hacc.edu

Marcia Waters
717-358-2997
mswaters@hacc.edu

Existing HACC students (or those who have already completed an application) who need assistance in signing up for this class can contact

Jennifer Alleman
717-358-2973
jallema@hacc.edu

For questions about the upcoming schedule and content of courses, please contact
Michael Corradino
717-358-2982
mccorrad@hacc.edu

We look forward to seeing you in the fall!

1641 Old Philadelphia Pike, Lancaster, PA 17602 • 800-ABC-HACC • hacc.edu

YOURS.

**EXPAND YOUR HORIZONS
AT A TRANSFER-FRIENDLY
UNIVERSITY**



Millersville Mondays @ HACC
Planning to Transfer to MU?

**Speak with a MU admissions representative to learn more
about the transfer process to Millersville University.**
Individual appointments are available!

September 21
October 19
November 16

(All visits 11:00am – 1:00pm, EAST Lobby)

**For more information or to schedule an appointment
to discuss your transfer plans, stop by
Room 221, Main Building, or call 358.2290**

**To schedule an appointment to meet with the MU admissions
representative on a Millersville Monday,
contact Kyki @ kyki.bobotas@millersville.edu**

**Planning to transfer?
Have you considered
Penn State -
Harrisburg?**

Fall Visit Dates:

Tuesday, Sept. 1st
10AM—2PM
EAST Lobby

Monday, Oct. 5th
10AM—2PM
MAIN Lobby

Transfer Day—Nov 11
10AM—2PM EAST

**THEN MARK
YOUR
CALENDAR TO
MEET WITH
KEITH
THIS SPRING!**



**Questions? Stop by the Career &
Transfer Center in Room 221 to
speak with a transfer counselor!**



CAREER SERVICES—Fall 2015

Workshop/Event Schedule



Career Services ~ On The Go! – “Explore, Discover and Connect” - learn more about career services and what’s available, or stop by with your career-related questions.

Wednesday, August 26	10:00-12:00	East Lobby
Thursday, August 27	9:30-10:30	East Lobby
Tuesday, September 1	1:30-2:30	East Lobby
Thursday, September 10	9:00-10:00	East Lobby
Tuesday, September 15	4:30-5:30	East Lobby
Monday, October 5	11:00-12:00	East Lobby
Wednesday, October 14	1:00-2:00	East Lobby
Wednesday, November 4	5:00-6:00	East Lobby

Special Event: Career Café—Join us for this fun and exciting event!

Wednesday, September 9	10:00-1:00	East 202
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Special Event: Career Fair—“Experiential Learning” - Drop in to learn more about the following opportunities: volunteering, informational interviewing, job shadowing and interning.

Thursday, September 17	11:00-1:00	East 203
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Special Event: “Health Careers Exploration Day” - Interested in pursuing the healthcare field? Plan to attend this event to explore a variety of health career options.

Wednesday, October 7	9:00-11:00	East 203
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Revitalize Your Resume Review ~ On The Go! – In a hurry and need your resume critiqued? Stop by the table in East Lobby for feedback on your resume from Career Services staff.

Thursday, October 15	1:00-2:00	East Lobby
Wednesday, October 21	12:00-1:00	East Lobby
Monday, November 16	10:00-11:00	East Lobby
Tuesday, December 1	2:00-3:00	East Lobby



Resume Writing Workshop – Get help designing an effective resume or get answers to your resume questions.

Thursday, October 1	4:00-5:00	Main 305
Wednesday, October 28	12:00-1:00	Main 305
Wednesday, November 18	5:00-6:00	Main 305
Thursday, November 19	1:00-2:00	Main 305

New! Tips for Successful Networking—Developing professional contacts can be a key component to gaining valuable opportunities. Attend and learn more about the power of networking!

Tuesday, October 6	1:30-2:30	Main 305
Wednesday, October 21	5:00-6:00	Main 305

Preparing for the Interview Workshop – Learn what employers are looking for, how to relax, develop an effective job search strategy, and more!

Tuesday, October 22	5:00-6:00	Main 305
Monday, November 23	12:00-1:00	Main 305



Contact HACC Lancaster Career Services for more information. Main 221, 717-358-2290, careerlancaster@hacc.edu

Let us help you start to Explore, Discover, and Connect!!!