

Career Planning and Counseling Center



Menu of Services

We Deliver!
Call 503-491-7432

Appetizers

10 - 15 minute in-class presentations

The General

Overview of the Career Planning and Counseling Center's services

Quick Tips

Your choice of topics, such as networking, finding a job, choosing a major, making career choices, overcoming test anxiety, managing stress

Student Success Seminar Teaser

Encourages students to attend our free seminars throughout the term



Small Plates

30 - 45 minute in-class presentations

Resume Quick Start

Get a general overview of how to write a resume and receive a packet of practical tips, sample resumes, and follow-up resources

Successful Interviewing

Learn about the components of successful job interviews and receive a packet of practical tips, sample interview questions, and follow-up resources

A la Carte Topic of Choice

Service-learning & internship value/opportunities, labor market trends, networking, test anxiety, stress management, choosing a major, making career choices, depression, job search skills, careers of the future

Entrées

60- 90 minute in-class presentations

Resume Writing

Combines the general overview on how to write a resume with discipline-specific resume information and active learning opportunities in break-out groups

Job Interviews

Combines the general overview of successful job interviews with Mock Interviews in which your students will get a chance to practice their interviewing skills and receive feedback



Service-Learning Specials

Service-Learning

Combines meaningful volunteer service with reflection in order to address real community needs while also meeting student-learning goals; academic, cognitive, spiritual, personal, and/or professional

Support

- Brainstorming ideas as to how service-learning could fit with your course(s)
- Technical support with the creation of your service-learning course(s)
- Assisting your students in finding appropriate volunteer or service-learning sites
- Presenting to your class on the value of and/or options for service-learning

Connecting You With

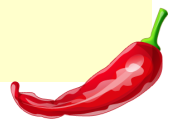
- MHCC faculty who've taught with or are currently teaching with service-learning
- Community Partners with service opportunities that are a good match with your course learning objectives
- resources such as discipline-specific syllabi, training and grant opportunities

Contact

Eric Juenemann at 503-491-7323 or eric.juenemann@mhcc.edu

Learn More

On the Service-Learning webpage:
www.mhcc.edu/service-learning



Division Liaisons

Please note: In case of emergency or student in crisis, call the CPCC at ext. 7432 or Public Safety at ext. 33. Do not call counselors' extensions for crises!



Malcolm McCord, x. 7380
CPCC Coordinator/Counselor

- ABE, GED, ESL, ENL
- Humanities, Visual Arts



Dawn Forrester, x. 7146
Counselor

- Science
- Allied Health



Nicole Gilbertson, x. 7324
Counselor

- Business, Information Systems, Health, P.E.
- Social Science, Math, Engineering



Eric Juenemann, x. 7323
Career and Experiential Learning Specialist

- Industrial Technology