

### Finding your RESOURCES: Taking advantage of your OPPORTUNITIES!

The recent 2000 election gave many U.S. Americans the “opportunity” to select a candidate for the U.S. Presidency. Many voters selected their candidate with the expectation of a better economy, a decrease in unemployment, and an emphasis placed on quality education. Although there is a chance that many of these expectations may or may not be met, one thing is for certain, a change is upon us.

In this century, preparing for change is crucial. Those who take full advantage of available opportunities and resources will be better equipped to handle change. Although good grades are an indicator of success at Penn State, they do not necessarily predict professional success after graduation. Even if your area of study provides enough skills and knowledge to help you find a good job, you should always consider enhancing your undergraduate education and increasing your chances of success.

As a student, you have numerous opportunities of which to take advantage, which will help you distinguish yourself from the rest. Drawing on opportunities such as valuable work experience through co-ops or internships, education abroad, continuing or distance education, and graduate or professional school will add to your marketability in this competitive society.

“Finding your resources” is the first step in identifying the many opportunities available to you. It is important that you take time during your undergraduate education to attend information sessions and to visit the resource offices that can help you make decisions about pre-, and post-graduation opportunities. Information on some of these resources are included in this edition of the MRC News; make sure you take notes!

At the Multicultural Resource Center, our goal is to assist you in achieving the most of your educational experience and in enhancing your skills to better prepare you for society’s changes. Your MRC counselor will be happy to help you find the right resources or highlight opportunities of which you may not have been aware. Call 865-1773 to schedule an appointment with your MRC counselor and prepare for change!

*Marcus Whitehurst, MRC Director*

## Meet Our Newest



Hello, I’m Tristana Harvey, the newest addition to the MRC staff. This is my second relocation from Chicago, IL to Pennsylvania. I’m excited to be at Penn State and I hope you are too. I look forward to assisting you with any problems or concerns you are having.

I graduated from Northern Illinois University in 1993 with a Bachelor’s degree in Communication Disorders. I have worked as a speech/language impaired teacher for Head Start and in the Chicago and Philadelphia school systems. During this time, I completed my Master’s in Counseling, at Governors State University, in Illinois. My independent study areas included stress management for college students and career counseling for students with disabilities.

If you are a student with a learning disability, please feel free to discuss your concerns with me. Having one myself, I would love to share some of my studying and test-taking strategies with you. You can also ask me about stress management resources on campus.

Now that I’ve told you a bit about me, stop by the office and tell me about you. You can schedule an appointment or give me a ring at 865-1773. I look forward to hearing from you all.



# WHAT'S UP AT THE MRC?

## It's Never Too Late to Change Paths!

I received a B.S. in industrial engineering from Penn State in 1989, but this was not the major in which I started. Changing majors from business finance to industrial engineering was a very difficult decision, but my MRC counselor, Diane Farnsworth, facilitated this process for me. It was then that I began benefiting from the services of MRC. I later had the opportunity to be a work-study student in the Center.

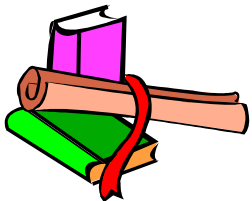
Upon graduating from Penn State, I held various strategic planning and management positions with the Dupont Corporation in Wilmington, DE. In 1995, I married Debbie Juanita Rollock, another Penn State and MRC alumnae. One year later we moved to Connecticut, where I worked as a project manager with United Technologies Pratt & Whitney (UTC) in their core procurement organization.

During my tenure at UTC, I had the opportunity to lead the development of many successful projects and manage several teams, but I also evaluated my interest in business development and knew that I wanted to ascertain the skills necessary to be a senior manager or to manage my own business. Thus, I decided to enroll full-time in the Yale School of Management (SOM) MBA program in 1999. Again, my MRC counselor, Diane Farnsworth, assisted me with a life-changing decision by providing a recommendation to the graduate school.

For summer 2000, I have a marketing strategy internship with American Express that focuses on business-to-business marketing, thus, helping me gain exposure to business development. I know my second year of study will be busy, as I will be handling a full course load along with positions as a teaching assistant, career counselor for first-year students, and co-coordinator of the Yale SOM Black Business Alliance. My Penn State education and experiences, however, have served me well.

Although I have not decided which avenues to pursue, once I graduate, I know that my educational and professional experiences have prepared me to become successful in many possible areas. What's the secret? I credit my academic and professional success to possessing a solid educational and spiritual background, utilizing common sense, treating people decently, and having an extremely supportive wife, family, and friends.

Charles "Chuck" Cooks  
B.S. Industrial Engineering, 1989



## 2001 MRC AWARDS RECEPTION

The annual MRC Awards Reception will be held on April 17, 2001 @ 2:30-4:30, in the Alumni Lounge, Old Main. We need YOU to nominate people for the following awards:



Senior Awards:  
**Leadership Award**  
**Academic Scholarship Award**  
**Volunteer Service Award**  
**Inspiring Student Leader Award**  
**Academic Achievement Award**

Student Organization Award

Faculty/Staff Diversity Recognition Award

Nominations are due Friday, Feb. 23, 2001 @ 5 p.m.  
 For descriptions of the awards and nomination forms, visit [www.lions.psu.edu/MRC](http://www.lions.psu.edu/MRC), or stop by our office, at 122 Grange.

## Upcoming Events

**Multicultural Career Awareness Day**  
 3/16/01 \* 1:00-4:30 p.m. \* HUB Alumni Hall

**Steppin' Up Career Planning Conference**  
 3/17/01 \* 9:00-5:00 p.m. \* HUB-Robeson Center  
 \*Must pre-register by March 12<sup>th</sup> at the  
 Multicultural Resource Center or Career Services

**BLENDS OF TRADITIONAL HERITAGES (BOTH)**  
 invites students who have one African/African American parent and one parent of another descent to participate in this year's activities. For more information, contact Diane Farnsworth at 865-1773, or DGF1@psu.edu

### Multicultural Resource Center (MRC)

122 Grange Building, 865-1773  
<http://www.lions.psu.edu/mrc>

**Director:** Marcus Whitehurst MAW163@psu.edu  
**Staff Assistant:** Lea Ann Bloom LAB6@psu.edu

<u>Counselors</u>	<u>E-Mail@psu.edu</u>	<u>Students with last names</u>
Dana P. Aina	DPA2	(B-F)
Diane Farnsworth	DGF1	(G-J)
Ajay Nair	ATN1	(K-M)
Tristana Harvey	TRH10	(N-R)
Melissa Landrau-Rodriguez	MXL256	(S-W)
Lori Wolfe, <i>Counseling Intern</i>	LAW20	(A, X-Z)

MRC WANTS YOU TO BE OUR

# STUDENT OF THE MONTH

Do you want your photograph on our web page?

Are you willing to share your

- interesting background?
- worthwhile participation in community service?
- fabulous internship, job, educational experience or your fantastic plans for the future?

Do you have time to write a few paragraphs about it?

If so, contact your MRC counselor for details.

## TUTORING AT MRC ~ SPRING 2001

MRC offers free group tutoring for selected courses in the Student Resource Room, 122 Grange Building. This semester, tutoring is offered for Econ 2 & 4 and Phys 212 & 215. Contact the office to sign up for a group or for scheduling information. Tutoring at the MRC is coordinated by the University Learning Resource Center (ULRC).



This newsletter is available in alternative media on request.

The Multicultural Resource Center is a unit of the Office of the Vice Provost for Educational Equity. The Pennsylvania State University is committed to the policy that all persons shall have equal access to programs, facilities, admission, and employment without regard to personal characteristics not related to ability, performance, or qualifications as determined by University policy or by state or federal authorities. The Pennsylvania State University does not discriminate against any person because of age, ancestry, color, disability or handicap, national origin, race, religious creed, sex, sexual orientation, or veteran status. Direct all inquiries regarding the nondiscrimination policy to the Affirmative Action Director, The Pennsylvania State University, 201 Willard Building, University Park PA 16802-2801; tel. (814) 865-4700/V; (814) 863-1150/TTY. U.Ed. OVP 01-1



## Distance Education: Enhancing Your Educational Experience!

Are you looking for a painless way to enhance your college experience? Would completing a professional certificate make you more marketable?

If you answered "yes," I may have a solution for you. At University Park, you have many opportunities to enhance your educational experience by completing course requirements or a professional certificate, via Distance Education.

### The World Campus and Independent Learning

*World Campus* and *Independent Learning* make up two of the programs that are administered through the Distance Education Office at Penn State. Different modes of delivery are used for course instruction within each program.

➤ *World Campus* courses are primarily technology based and delivered via the World Wide Web; the courses are offered on a semester basis with students and faculty interacting.

➤ *Independent Learning* offers a collection of more than 150 individual courses that can be taken for general interest or used to complete a degree or certificate program. Students work one-on-one with their instructors and can register for courses at any time throughout the year. Though some *Independent Learning* courses are enhanced electronically, most are predominantly print-based.

### Distance Education - Certificate Programs

The Distance Education office also offers *Certificate Programs* that are designed as flexible, convenient opportunities for self-enhancement, higher education, and professional development. Although these are not degree programs, the credits earned may be used to satisfy course requirements in many Penn State majors. More than 15 certificates can be earned through either *World Campus* or *Independent Learning* in areas such as Business, Counselor Ed, Engineering, Human Resources, Social Services, and Writing.

### Things to Consider

Before registering for Distance Education courses, please contact an *Independent Learning* or *World Campus* adviser to be sure you are taking courses appropriate for your selected major or certificate program. In addition, it's important for you to consider the following questions:

- ✓ How will the course affect my financial aid?
- ✓ Are there other fees and costs related to the course?
- ✓ What are the restrictions in terms of the drop/withdrawal process?

I encourage you to take advantage of the opportunities that are available for you to enhance your college education through Distance Education courses, at Penn State or at another university. To contact the Distance Education office at PSU, visit 207 Mitchell Building, call (814) 865-5403, e-mail: <psude@cde.psu.edu>, or visit their Web Site at <http://www.outreach.psu.edu/DE/>.



## Creating a Résumé

Writing an *effective* résumé is critical to the image you wish to present to employers and it may become the determining factor in securing an interview.

Prepare! Evaluate your skills and abilities as they relate to the prospective working environment, job description, salary, geographic location, and other details of the employer. Tailor the following parts of your résumé, as necessary:

**Name, Address, Phone Number, and E-mail Address**

**Objective:** State your career goals and the strengths you can bring to the job.

**Education:** Include your degree, major, institution, graduation date, minor, and your overall or major GPA (if higher than a 3.0). Only include a “related coursework” section if you have taken relevant courses outside your major’s common curriculum.

**Work Experience:** List your work history, and related duties, beginning with your most recent job, but omit irrelevant experience. Use “action verbs” (in the correct tense) to describe your tasks.

**Additional Skills:** List skills that relate to the employer’s needs (e.g., language fluency, computer skills, certificates, trainings). If special skills are more relevant than past work experience, place it before the “Work Experience” section.

**Honors and Activities:** List honors and recognitions you have received, and highlight your participation in leadership positions and community service. Include positions and dates.

**References:** Although typically not included on the résumé, be prepared to give a list of references (no more than three) to the employer. Select people whom you know are willing to be a reference and can speak positively about your abilities and skills.

### GENERAL GUIDELINES

- ✓ **Be concise!** Résumés capturing five or less years should fit on one page. Minimize using articles (the, a, an) and avoid the use of “I” or other personal pronouns.
- ✓ **Proofread!** Allow a few days between readings to provide a fresh perspective.
- ✓ **Have others review it!** Seek ideas and corrections from friends to finalize a copy that makes sense to you. Ask a professor or professional in the subject to read your final draft to get a *career* perspective.
- ✓ **Prepare for electronic submission!** Since companies are accepting (and even demanding) résumés electronically, prepare your résumé for internet publication.
- ✓ **Use your resources on campus!** Visit Career Services (413 Boucke) for résumé samples, résumé-writing workshop offerings, and for expert advice from career counselors. You can also ask your MRC counselor to review your résumé.



First semester students who were recognized for academic excellence during the MRC’s Academic Reception on February 13, 2001.

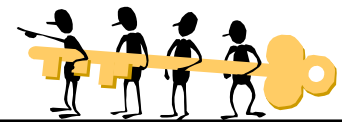
## Forge Your Own Path: INTERNSHIPS!

Welcome back to your spring semester at Penn State. While the break was enjoyable, it is time to get back to work and prepare for new opportunities. January and February is usually the time when announcements for summer and fall internships emerge. It is also time for you to prepare by reviewing your needs, interests, and available resources.

**Internships are your first real experience with your chosen profession;** they prepare you for the daily demands expected of anyone working in your field. Internships differ in length, responsibilities, and salary, amongst other details. For example, in some cases, you may want to consider a semester internship rather than a summer internship; semester internships tend to be less competitive. Also, you might want to choose internships where you can help in various departments to get a complete picture of the company and the field. The internship you pursue and obtain will depend on your particular interests and field. **Evaluate your needs before you begin searching for internships.**

Career fairs and university programs will offer settings where you can find prospective employers; but you must also **be proactive.** Do not wait for Career Services to find an internship for you. Contact the human resources department of companies that interest you to find out if internships are available and request an application. Start collecting business cards before you are ready for an internship; then, use those contacts to find out if they have internships. **Prepare and be persistent!** The more persistent you are, the more likely you will land an internship offer.

A career counselor can assist you in identifying your knowledge, skills, and abilities, in recognizing personal strengths and weaknesses, in discussing different opportunities, and in preparing for the search process. Our Career Services office is located on 4<sup>th</sup> Floor, Boucke Building. You can either walk-in or schedule an appointment by calling 865-2377. An intake counselor is available to assist all students, including Spanish-speaking students and students with disabilities.



## PEACE CORPS

Gaining international experience can be very valuable in an age when the world is becoming increasingly interconnected through technology and other means. Studying abroad during your undergraduate years can be very fulfilling and even make you more marketable; but have you considered working abroad *after* graduation? The Peace Corps could be the right opportunity for you!

When President John F. Kennedy became President in 1961, he issued a call to service to Americans by saying, "Ask not what your country can do for you, ask what you can do for your country." He manifested this vision by establishing the Peace Corps to promote world peace and friendship. The Peace Corps, with opportunities in more than 76 countries, has three goals:

- To help the people of interested countries in meeting their need for trained men and women.
- To help promote a better understanding of Americans on the part of the people served.
- To help promote a better understanding of other people on the part of Americans.

**Penn State Contact Person:** Christine Boryenace, RPCV Paraguay, 409 Boucke Bldg, University Park, PA 16802 (814) 865-2377. For more information on the Peace Corps, visit <http://www.peacecorps.gov>



Members of the developing Multicultural Greek Council (MGC), at Penn State. For information, e-mail [mxL256@psu.edu](mailto:mxL256@psu.edu)

### TESTS FOR GRADUATE & PROFESSIONAL SCHOOLS

Most graduate and professional schools require applicants to submit scores on admissions tests, which are a very important component of your graduate application. You may consider:

- Borrowing practice books from the library
- Ordering practice books
- Buying study guides at any bookstore
- Taking a review course



### Graduate School Admission Test

**GRE** (Graduate Record Exam; [www.gre.org](http://www.gre.org)) The general GRE aptitude test is divided into three parts: Analytical, Verbal, and Quantitative. Some graduate programs will also require you to take the GRE Subject Test as well, which examines a major field of study (e.g., Biology Subject Test).

### Professional School Admission Tests for Specific Areas

**GMAT** (Graduate Management Admission Test *for business schools*) <http://www.gmac.com/>

**LSAT** (Law School Admission Test) <http://www.lsac.org/>

**MCAT** (Medical Admission Test)

<http://www.aamc.org/stuapps/admiss/mcat/start.htm>

**VCAT** (Veterinary College Admission Test)

**DAT** (Dental Admission Test)

<http://www.ada.org/index.html>

**MAT** (Miller Analogy Test) includes a series of intellectual problems stated in the form of analogies. Some graduate schools require this entrance exam instead of the GRE exam

## AMERICORPS

College is expensive and scholarships are limited. What can you do to earn money for college and gain valuable work experience? Maybe you should consider AmeriCorps, a national service program that allows people of all ages and backgrounds to earn help paying for education, in exchange for a year of service. Each year, more than 40,000 members serve with programs in every state in the nation. You can tutor kids in your own community, or build new homes for families far away from home; restore coastlines or help families traumatized by domestic violence. You might do the work yourself, or help others serve by organizing projects and recruiting volunteers. Any way in which you serve will be an amazing experience!

For more information on AmeriCorps visit <http://americorps.org/> or contact the organization at [Ne2recruiter@americorps.org](mailto:Ne2recruiter@americorps.org) or (617) 565-7016.

# Graduate and Professional School: Myths and Facts

Many talented and capable college graduates fail to consider graduate school based on misinformation about the graduate experience. Forget myths; learn the facts!

**MYTH #1: I have to study pre-law to go to law school and premed or biology to go to med school.**

**FACT:** Any undergraduate major is acceptable to apply to law schools; there are no prerequisite courses. For most law schools, strong verbal and written skills, as well as strong analytical reasoning are more important. Your undergraduate GPA and your LSAT (Law School Admission Test) score are also essential factors; and a well-written personal statement and strong recommendations are always a plus.

**FACT:** It is not necessary to major in Premed or Biology to go to medical school. It is more important to select a major that you enjoy, with room to take the required courses that all medical and dental schools demand, which include two semesters each of general biology with lab, general chemistry with lab, physics with lab, organic chemistry with lab, and English. Some schools may also require Calculus, advanced biology, and biochemistry (look into entry requirements for the school in which you are interested).

**MYTH #2: You need at least a 3.5 GPA to attend graduate school**

**FACT:** Getting into medical school can be competitive and most students accepted have at least a 3.0 GPA. With all other majors, however, the weight of importance on the GPA is variable. Equal value seems to be given to letters of recommendations and the quality of your personal statement on the application. Networking with professors can help you in making connections to graduate programs. GPA should never be a deterrent to applying; students have been accepted into graduate programs with less than a 2.5/4.0. But be aware that the higher your GPA, the greater your chances of acceptance.

**MYTH #3: You can only pursue graduate work in the area in which you major as an undergraduate.**

**FACT:** In some technical areas, undergraduate preparation is necessary in a similar or same field of study. With most non-technical graduate programs, however, a major in the same area is not always necessary, although sometimes they might suggest that you take an introductory program course.

Sometimes the information we believe to be facts are only myths. Graduate programs vary within a college and between institutions. Thus, if you have questions about a particular program, see a professor or adviser in that program; they can best answer your questions. You can also ask your current professors, academic advisers, or counselors. Regardless of who you ask, make sure you ask; "rumors" are not facts.



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