NC State’s Career Development Center Thrives: Providing Assistance, Strategy, & Opportunity for Students

By: Kelly Mullins and Sara Concini

NC State’s Career Development Center, or CDC, was formed in 2011 to serve students and employers. The CDC brought the University Career Center and the Co-op programs together to offer more comprehensive career guidance for students and a more efficient recruitment channel for companies seeking talented new hires.

The Career Development Center gives students one-on-one assistance with a variety of issues: selecting (or changing) a major, crafting an effective resume, building interview skills, handling job conflicts, developing career strategies, and much more. Services are tailored to meet unique, individual needs. The CDC also offers career development presentations for classes and other groups and supports numerous annual career fairs to give students and employers opportunities for interaction. The employer relations team posts job openings and offers an extensive on-campus interviewing program. The CDC also manages ePACK, an online job search tool for students and employers.

All of these activities, services and events feed into the common goal of being valued by NC State University and its partners as the leading resource to meet the comprehensive career development needs of students. This work is best illustrated through the success of our students, including Daniel Rowe. Daniel worked closely with the Career Development Center staff throughout his time at NC State.

A May 2012 graduate of the College of Humanities and Social Sciences (CHASS), Daniel is headed for law school at Duke University this fall. He came to NC State in 2008 from Reidsville, NC, and connected with Dr. Woody Catoe, a Career Counselor serving CHASS students, during a resume review. With his sights set on a law career, Daniel worked with Dr. Catoe and other CDC staff to round out his coursework, majoring in Philosophy and minoring in Business Administration. He strengthened his leadership skills by serving as president of the Pre-Law Student Association in his senior year, but he knew he still needed hands-on work experience.

With the help of CDC staff, Daniel landed a seven-month internship as an intake specialist at Legal Aid of North Carolina. He was the first point of contact for a wide range of clients, and he interacted with lawyers daily and watched cases unfold in real time.

“The CDC definitely helped me prepare for internship opportunities,” Daniel says, “which are extremely valuable in getting students, in any field ready for the working world. My internship with Legal Aid gave me valuable experience in building client relationships, something that will be enormously helpful in my career.” In the future, he hopes to practice corporate law.

To learn more about the NC State Career Development Center, call 919.515.2396 or visit careers.ncsu.edu.
It didn’t take long for Sarah Cutler to show her true colors as a child. While the first words she spoke were “Momma” and “Daddy,” her mother says the first phrase Sarah uttered was “Go Wolfpack!”

That’s because Sarah was the latest in a long line of Wolfpackers in her family. Her mother, Ann Gentry Cutler, and her grandfather, Howell Gentry, both graduated from NC State, as did several other members of her extended family. Her younger brother, Brad, plans to attend NC State after he finishes high school. “Our family history is so intertwined with the university,” says Ann Cutler, a 1982 graduate. “It’s home to us.”

The Wolfpack connection started with Howell Gentry, a 1958 graduate who was the first person in his family to graduate from college. He was already married when he came to NC State - he earned money by milking cows in the university dairy each morning while his wife worked in Kilgore Hall as a secretary for the horticulture department. He went on to work as superintendent of an NC State research station in Reidsville, N.C. “My whole life, between my dad going to school there and then working for the university, there was a real connection,” says Ann Cutler.

“Cutler was a finalist from her high school to be a Morehead Scholar at UNC. But she showed up for the interview wearing red, and knew even then that NC State was the place for her. “To me, it was just like being at home,” she says. “I was so used to being on campus.”

When it was time for Sarah Cutler to consider college, her dad encouraged her to look at some schools other than NC State. You see, her dad is one of the few family members who didn’t go to NC State, although they all say he’s a strong Wolfpack fan. “He thought she might be a little brainwashed, so we did take her to other college campuses,” says Ann Cutler.

“It was enlightening for her and for us, but it always came back to NC State.” Even though State was so big, the College of Education felt like more of a small family,” says Sarah, whose family is from the small town of Bethany, N.C. “I feel like I have the best of both worlds here - the advantages of a big university but the feel of a small community.

“My family has supported me and encouraged me to keep a level head and step outside my comfort zone at times,” she says.

But while she feels support from her friends and professors at NC State, Sarah Cutler still relies on her family. She talks to her mom by telephone every day and her dad often stops by to take her to lunch when he is in town for business. They are always in the stands to watch her perform with the band.

Originally posted by: Bill Krueger, NC State Alumni Association

To ALL NCSU Parents & Families,

The “Family of the Year” contest honors all NC State families and celebrates the supportive role families play in the lives of students and the University community. We want to thank the students who participated and we encourage you to look for the 2013 competition which will be announced in the Fall.

From the Office of Parents & Families Services
Throughout the Fall semester, NC State University Police issued a number of Wolf Alerts to inform the campus community of possible threats to their safety. It is important that all members of the NC State community understand the many types of notifications that University Police provides, and how parents and families can receive the most current information, allowing both you and your student to take a proactive approach to safety.

There are many resources and strategies students can use to help prevent a personal or campus emergency. These include but are not limited to the following:

Text Messaging:
All students should register for campus emergency text messaging.

E-mail:
Read email announcements about campus crime updates.

Blue-Light Phones:
These are strategically placed around campus, and anyone can reach Campus Police with the touch of a button in an emergency.

Werewolf Shuttle:
If out and about on campus after dark, students can take the Werewolf bus shuttle to a stop near their residence hall, park and ride lot, or area apartment complex.

Special Needs:
Students with special needs and/or with disabilities, such as a hearing impairment, should work with the Office of Disability Services and University Housing to make arrangements for emergency plans suitable for their needs.

Suspicious Activity:
Students should be vigilant about ensuring the safety of themselves and the community. If they see or are aware of dangerous activity, they should contact Campus Police immediately, 919.515.3000 or 911.

Emergency Situations:
If there is an ongoing event threatening campus on a large scale such as a natural disaster, the Office of Parents & Families Services will keep students’ families informed about important university information. In the event of a crisis, the office will send updates on any changes to university operations via email, website updates and the parents’ HelpLine.

Families may always get information about campus emergencies by going to http://www.ncsu.edu/emergency-information/ or by calling the university’s adverse weather and emergency hotline at 919.513.8888. During an emergency please refrain from using the main emergency number to check on the status of a crisis situation.

Finally, we recommend that you and your student establish a plan for how you will communicate with one another in the event of an emergency.

To learn more about the NC State Police Services contact 919.515.3000 or visit their website at http://campuspolice.ehps.ncsu.edu

2013 Spring Semester Academic Calendar

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>Monday, January 7</td>
<td>First Day of Classes</td>
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<tr>
<td>Friday, January 18</td>
<td>Last day to add/drop a course without tuition adjustment</td>
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<tr>
<td>Monday, January 21</td>
<td>Martin Luther King Jr. Day (No Classes)</td>
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<tr>
<td>Thursday, January 31</td>
<td>Last day to cancel or change a meal plan</td>
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<tr>
<td>Wed-Mon, February 13-25</td>
<td>Renewal for Fall 2013 on-campus housing</td>
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<tr>
<td>Mon-Fri, March 4-8</td>
<td>Spring Break (No Classes)</td>
</tr>
<tr>
<td>Monday, March 11</td>
<td>Last day to withdraw, drop a course without a grade or submit a request for a course repeat without penalty</td>
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<tr>
<td>Thurs-Fri, March 28-29</td>
<td>Spring Holiday (No Classes)</td>
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<tr>
<td>Friday, April 26</td>
<td>Last Day of Classes</td>
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<tr>
<td>Mon-Tues, April 29-30</td>
<td>Reading Days</td>
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<tr>
<td>Wed-Thurs, May 1-9</td>
<td>Final Examinations</td>
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<tr>
<td>Saturday, May 11</td>
<td>Spring Commencement</td>
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Parents Helpline: 919. 515.2441; ncsuparents@ncsu.edu; www.ncsu.edu/for Parents

Campus Alert Tools

Text Messaging
The University sends a text message delivered to individual cell phones. Only individuals with an official University ID may receive a WolfAlert text message.

Home Page
The University will post a black WolfAlert banner at the top of the University home page that will contain additional information regarding an incident impacting campus.

Billboard
Notifications can be delivered to electronic billboards located in common areas across campus.

Broadcast Email
A broadcast email goes to everyone who has a University email account.

Audible Alerts
Voice and siren enabled towers are located throughout campus and are designed to broadcast a siren alert to signal to community members who are outside they need to seek shelter and emergency information (website, media, etc.).

Adverse Conditions Hotline
The University uses the following hotline for a wide range of announcements, including adverse weather and emergency situations. 919.513.8888

Campus and external media
Radio Station WKNC-FM (88.1), as well as the Raleigh broadcast media may include information about emergencies on campus.

Parents & Families can receive the most current safety notifications by “liking” NCSU Police on Facebook.
Hello Parents and Families,

The New Year marks a time of new beginnings and resolutions to start fresh with innovative ideas and goals for a healthy balanced lifestyle. In the Office of Parents and Families Services we are starting the year off right with an exciting program planned for our Annual Spring Fling celebrating Wolfpack athletics and February, heart healthy month. See details inside.

We are also celebrating the addition of our new Assistant Director, Ms. Kerri Fowler. Kerri joins our team from the University of Vermont and will be serving alongside of myself and Valerie Oti. We are excited to be fully staffed to better serve you, our NC State Parents and Families. We look forward to a very happy 2013.

Sincerely,
Stacy Fair
Director, Parents & Families Services
Division of Enrollment Management & Services

We hope you like the updates we have made to your PACKParent newsletter. Please feel free to share your comments and thoughts via ncsuparents@ncsu.edu or 919.515.2441.

Sincerely,
Stacy Fair
Director, Parents & Families Services
Division of Enrollment Management & Services
Join your student for a day of Wolfpack fun as we celebrate a good cause and NC State Athletics.

Online Registration Begins January 9
Ticket registration will be online only and begins Wednesday, January 9 at 9:00 am and continues until tickets are sold out or until February 7. The registration package includes the program, Italian buffet lunch, and tickets to the NC State vs. Virginia Tech game on February 16th at the PNC Arena.
$25.00 NC State Students only (ID required)
$55.00 Non-NC State Students (parents, guests, youth)
$25.00 Program and Buffet lunch only (game not included)
Register online: http://go.ncsu.edu/PFSF
Please limit tickets to 5.
Registrations are nonrefundable.
Upon submission each registration incurs an $18.00 fee.

Buffet Lunch
Vaughn Towers, 12:00pm-1:30pm
Join us for a buffet lunch in Vaughn Towers overlooking Carter Finley Stadium, listen to engaging guest speakers, Dr. Mike Mullen and Lisa Eberhart as we celebrate NC State and American Heart Month.

NC State v. Virginia Tech
Men's Basketball
PNC Arena, 2:00pm
Catch the Wolfpack spirit and help cheer Men's Basketball to victory over the Virginia Tech Hokies. Tickets have limited availability and will be sold on a first-come, first-serve basis.

University Theatre Presents
An Inspector Calls
Thompson Hall, Titmus Theatre, 7:30pm
In an English industrial city in 1912, a respectable family is celebrating their daughter’s engagement when a doorbell interrupts the family festivities. It is an inspector who is investigating the suicide of a young woman. The inspector interrogates and implicates each member of the group. $18.00 public, $16.00 for parents with VIP card, $5.00 for NCSU students.

Tickets are available through NCSU Ticket Central by calling (919) 515-1100 or online @ www.ncsu.edu.arts.

Meet the Speakers
We are pleased to welcome two distinguished guest speakers at our 2013 Spring Fling.

Dr. Mike Mullen, Vice Chancellor and Dean of NC State’s new Division of Academic and Student Affairs. He oversees academic programs and services, Arts NC State, campus life, and student development, health and wellness.

Lisa Eberhart, winner of the prestigious North Carolina Governor’s Award for Excellence, and NC State dietitian, shares tips for a heart healthy lifestyle.

Accommodations
Save a buck or two during Spring Fling. Members of NC State’s Parents & Families Association are eligible for special discounts with the VIP membership card. Rules and restrictions may apply.

February is American Heart Month
Heart disease kills an estimated 630,000 Americans each year. It’s the leading cause of death for both men and women. To prevent heart disease and increase awareness of its effects, NC State Parents & Families Services is proudly participating in American Heart Month. In North Carolina, Heart disease remains the number one leading cause of death with one in five occurring before the age of 65. For more information visit www.heart.org.
PACKParents Calendar of Events
Spring 2013

Don’t miss Spring Fling, February 16. Tickets go on sale January 9.

We invite you to be our guest at a variety of events at North Carolina State University this spring! Most events are free of charge or offered at a special discount to parents and family members. To attend, simply present your Very Important Parent (VIP) discount card (included in your Parents’ Handbook received at Orientation) at the door, or identify yourself as an NC State parent when calling for tickets. If you do not have a VIP card or have questions about the events, please call Parents & Families Services 919.515.2441 or email us at ncsparents@ncsu.edu.

All events are subject to change. Please see the respective website for more information.

January 9
Ticket registration begins for February 16, Spring Fling. Ticket registration is online only. See reverse side for full details.

January 14
An evening with Iyanla Vanzant
6:00 p.m. – 8:00 p.m.
Location: McKimmon Center
The African American Cultural Center will present, An evening with Iyanla Vanzant, Celebrating the Legacy of Dr. Martin Luther King. Iyanla Vanzant is an author, a lecturer and currently hosts her own program, Iyanla, Fix My Life on the OWN network. The event is part of the NCSU celebration of the legacy Rev. Dr. Martin Luther King Jr. $10.00 general admissions, free for students, faculty and staff. Tickets are available through NCSU Ticket Central by calling (919) 515-1100.

February 9
Krispy Kreme Challenge
8:30 a.m. – 10:30 a.m.
Location: Belltower
Join the University community for the 9th Annual Krispy Kreme Challenge, a charity race, from which all proceeds are donated to the NC Children’s Hospital. Registration opens December 1st through February 9th. For additional information including the online registration system visit http://www.krispykremechallenge.com/volunteer.

February 13-17 & 20-24
University Theatre presents
An Inspector Calls
Location: Thompson Hall, Titmus Theatre
Evening performances at 7:30 p.m.
Sat. & Sun. matinées at 2:00 p.m.
See details and full show description on reverse side. Tickets are available through NCSU Ticket Central by calling (919) 515-1100 or online @ www.ncsu.edu.arts.

February 16
Parents and Families Spring Fling
NC State Men’s Basketball vs. Virginia Tech
Ticket registration begins January 9
See details on reverse side.

February 17
Hoops for Hope
Women’s Basketball v. Georgia Tech
Location: Reynolds Coliseum, 2:30 p.m.
Hoops 4 Hope is designed to bring awareness in the fight against breast cancer. Hope for early detection, hope for increased survival, and hope for a cure. Proceeds from the ticket sales will go to the Kay Yow Cancer Fund. $10.00 for adults, $5.00 for youths, free for NC State students with a valid ID. http://www.gopack.com/ot/h4h/index.html for details.

February 19
Arts NOW! - 7:00 p.m. – 9:00 p.m.
Location: Thompson Hall, Studio Theatre
The Arts NOW Series presents concerts, lectures, and other performing arts events for the University community and the general public. The Arts NOW Series programs feature contemporary work in the arts: new works, new techniques, new interpretations and contexts, and new connections to older work. $10.00 general admissions, $8.00 for parents with VIP card, $5.00 for NC State students. Tickets are available through NCSU Ticket Central by calling (919) 515-1100 or online @ www.ncsu.edu.arts.

March 10
Baseball vs. Clemson - 1:00 p.m.
Location: Doak Field at Dail Park
Immerse yourself in the Wolfpack spirit and cheer the baseball team to victory over Clemson. Tickets will go on sale at the gate on the day of the game. $5.00 for parents with a VIP card, free for NC State students with a valid ID.

March 23
Service Raleigh
8:00 a.m. – 1:00 p.m.
Location: Various
The Park Scholars program and Student Government would like to extend an invitation to parents to join the university community for the 16th annual Service Raleigh. Be a part of NC State’s largest student-run philanthropic project and help make a difference in the community your student now calls home.
For additional information including the online registration system visit http://www.serviceraleigh.org/

April 4 & 5
4/4 at 8:00 p.m.
4/5 at 7:00 p.m. & 9:00 p.m.
Center Stage presents Ninety Miles
Location: Thompson Hall, Titmus Theatre
The distance between Miami and Havana is only ninety miles. This project, featuring New Orleans-born trumpeter Nicholas Payton, Puerto Rican saxophonist David Sánchez, and New York vibrabophonist Stefon Harris seek to bridge the musical, cultural and historical kinships between the US and Cuba. $28.00 public, $23.00 for parents with VIP card, $5.00 for NCSU students.
Tickets are available through NCSU Ticket Central by calling (919) 515-1100 or online @ www.ncsu.edu.arts.

April 12 & 13
Center Stage presents Frank Vignola
8:00 p.m.
Location: Thompson Hall, Titmus Theatre
A single performance careens across the musical spectrum from standards to opera, classic rock to contemporary pop, and Latin to R&B. He has performed with the likes of Ringo Starr, Donald Fagon, and Madonna. $26.00 public, $21.00 for parents with VIP card, $5.00 for NCSU students. Tickets are available through NCSU Ticket Central by calling (919) 515-1100 or online @ www.ncsu.edu.arts.