

Hixson-Lied Success Scholar Newsletter

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Internships

By: *Brendon Herzig, Hixson-Lied Success Scholar*

Many associate an internship with job shadowing, but an internship is much more than just shadowing. *Achieving Success: A Guide for College and Life* states that “an internship immerses you in the work itself” (Cuseo, Fecas, & Thompson, 2013, p.290). For those interested in an internship, the first thing you need to do is be sure you are ready for this responsibility. Whether the internship is paid or unpaid, for credit or not, you need to be sure you are willing and able to give 110% every time you are there. You can get so much more than credits or work hours through an internship.

My first piece of advice would be to do your research and know the

company better than anyone else interviewing. Secondly, arrive early for the interview. The day I had my interview, it was a very rainy day. I left my house earlier than normal, knowing traffic would be worse than usual. I arrived to the resort and casino offices about 10 minutes before and right as I was introducing myself to another candidate for the position, we were met and brought to the room for the interview. There was no hesitation to wait for others strolling in late. So, I recommend being early and planning for complications. My third piece of advice is to really open your eyes to what an internship is meant to do, not just to benefit you in terms of credits. You can always be trained in



Continued on pg. 2

Ms. Christina M. Hixson graduated from high school in Clarinda, Iowa and moved to Omaha, Nebraska to attend business school. She later went to work for Mr. Ernst F. Lied, a car dealership owner in Omaha and in 1960 she joined Mr. Lied in Las Vegas, Nevada as his assistant. After Mr. Lied's death in 1980, Ms. Hixson became the sole trustee of the Lied Foundation Trust and turned the Lied Foundation Trust into one of the largest foundations in the state of Nevada at that time. Ms. Hixson has a special understanding of young people who, like her, came from a challenging family background and are willing to work hard.



Mr. Ernst F. Lied was born in Columbus, Ohio and attended the University of Kansas for two years, where he played on the golf team. He ultimately graduated from the University of Nebraska in 1927. Mr. Lied became a Buick dealer in Omaha, Nebraska and later his dealership was ranked third in the country for the number of cars sold. Mr. Lied established his charitable foundation in 1972, and upon his death in 1980 at age 74 nearly his entire estate funded the Lied Foundation Trust. Lied Foundation Trust has enhanced the capabilities of many schools and enriched the quality of many lives!

Internships (Continued)

system software for a hotel, but you can get better training when you are involved and ask the right questions to get a better understanding of what goes into these positions.

I secured my internship after months of searching. The first step is to communicate with the career service centers for your college if it has one, such as the Business College or Hotel College career centers. If those are unavailable you can always find internship opportunities through Career Services which is available to all students in the SSC-A building, room 201. I found my current internship through the email blasts from my college that send information about available jobs, internships, campus opportunities, etc. Often times, you will be emailing your résumé to an individual within the company to apply.

Keeping in contact with the people active in securing this internship is key to the process. The more they know your name, the better chances you have. For my internship, I was asked to participate in a group interview. They had only one time and date for the interview, making it a now or never situation. I had been scheduled to work at my current job at the exact time of my internship interview and they could not move the time nor schedule an additional interview. I told them I would be there, knowing that if I said no, I would most likely lose my opportunity. This is important, as they want to see how high of a priority this internship is to you.

During the interview, I did not think I would receive the internship because the others in the group interview had more to say. A successful interview is not always based on how many questions you can answer, but what you say. When I did receive the internship, I asked those that interviewed me, what made them chose me? Their response was not that I had a lot to say, but what I had to say. The Vice President of Hotel Operations entered the interview for less than two minutes, and in that two minutes, had already made her decision.

I am currently completing my internship at the resort and casino as a Hotel Operations Intern. I cycle through most all departments included in the

hotel operations side. My rotations include but are not limited to: Front Desk, VIP Services, Bell Services, Valet, Retail, Fitness/Pool, PBX/Reservations, and Night Audit, Housekeeping, Public Areas, and more. I intern about 32 hours per week, 8 hours a day, 4 days a week.

An internship can be a strong résumé builder. It can also help to determine if you would enjoy a career in this particular field or specialty. An internship gives you a feel for what your duties and responsibilities would be if you were to further yourself in that field. Likewise it can be a potential gateway to a job. The amount of people you come into contact with during your internship could be vast and could offer many connections to your field.

Throughout my time in college there have been many lessons learned; most of these lessons emerged from lectures and reading. I have also learned a lot about the mechanics of how things work in my field. However, there is no substitute for hands-on experience. Being immersed in the workings of a hotel is quite different than book knowledge. The examples I have studied in school become reality when I am faced with a situation that needs a quick and professional solution. It seems that learning happens at a faster and more efficient pace when it is happening in the real world.



Reference:

Cuseo, Fecas, & Thompson in Heavey, C., & Gianoutsos, D. (2013). *Achieving success: A guide for college and life* (Second ed. p. 290).

Your Guide to Career Planning

By: Jeanne Soriano, Hixson-Lied Success Scholar

Career Services at University of Nevada Las Vegas (UNLV) is the primary center for students seeking any type of guidance for drafting résumés and career planning. This center offers a variety of resources and assistance for both students who are struggling with choosing a career path and students who already have a career plan. Career Services is the perfect on-site career resource for students.



At Career Services, they offer cover letter assistance, mock interview assistance, graduate school application guidance, career counseling, and help with navigating through the *Hire A Rebel* website. The “Backpacks to Briefcases” handbook is a physical resource that is free to all students. Just stop by the Career Services front desk and request one! With these various resources offered by Career Services, UNLV students can improve skills when job-seeking, identifying interests, and preparing for their career.

I had the pleasure to interview Raelynn Frazier, the Director of Career Services. During our one-on-one interview, she suggested that students bring a rough draft of their current résumé to their appointments with a Career Counselor. This is so that Career Counselors can better assist any students with résumé building and even give the student assistance with job-searching. She also recommended that students dress professionally and bring several copies of their refined résumé when attending any job fair. First impressions matter and students will be able to make better connections when they are prepared. Career Fairs at UNLV are usually scheduled two months into the semester, typical-

ly mid-October for Fall Semester and late-February for Spring Semester.

In order for students to receive phenomenal assistance from Career Services, students should make an appointment either by walk-in or calling the front desk. Once a student has an appointment, they will then be able to meet one-on-one with a Career Counselor. These Career Counselors guide students along their career development journey. Though they are there to assist and answer questions, Career Counselors are not going to tell students what to be or what to do. More so, their significant role is to guide students with their career planning.

The Center for Career Services is located at SSC, Building A (across from the Academic Success Center), on the second floor in room 201. They are open Monday through Friday, from 8 a.m. to 5 p.m. To make appointments, students should contact the front desk at (702) 895-3495. Walk-ins are also available Monday through Friday, 8 a.m. to 5 p.m. For more information on Career Services, please visit their website at <http://hirearebel.unlv.edu/>



References:

Career Services. Hire A Rebel at University of Nevada, Las Vegas, 2014. Web. 12 Oct. 2015.

How to Use Career Services to Your Advantage. Digital image. OneWire. OneWire, 10 Jul. 2013. Web. 12 Oct. 2015.

HIRE A REBEL CAREERLINK

Where to Begin Your Journey to the Right Career

By: Carly Kidwell, Hixson-Lied Success Scholar

Finding the right career can be a long, stressful, and difficult process. Luckily, students at UNLV have access to many resources that can make this process easier and less stressful through Career Services. Career Services offers many resources to facilitate students' paths to finding the right career. One resource that Career Services offers, and a great way to start this journey, is to take career assessments. Career assessments are designed to use personality, interests, skills, preferences, and values to help narrow down the types of careers a person might enjoy or excel in. These tests are free resources for students of UNLV, which would not be free elsewhere.



A great starting point for any student would be the FOCUS2 career assessments. FOCUS2 is a series of career assessments and resources that are all found online. These can be completed at any student's own pace. The FOCUS2 tests are easy to complete and offer a lot of flexibility for any college student's schedule. Taking the FOCUS2 assessments are simple: go to the FOCUS2 portal found on the Career Services website and create an account. After signing in, first time and returning users can answer a series of questions to determine career readiness, academic strengths, and career and educational goals. The next step is to take a series of self-assessments, each to assess different characteristics to try and provide the most accurate list of potential enjoyable occupations. FOCUS2 offers assessments for work interests, leisure interests,

skills, personality and values. Each assessment will give individual results for careers that match what was tested in that assessment and highlights specific careers that were "best matches," "green jobs," or had "bright outlooks." After taking the series of five, ten-minute assessments, FOCUS2 combines the results from each individual assessment, then shows the results that were present in more than one assessment to help provide occupations that you have a higher likelihood of enjoying based on your responses. The benefits of FOCUS2 don't stop there; each occupation on this list has a link to learn more information, as well as an option to save the occupation to a career portfolio for future reference.

Another tool for choosing a career, offered by Career Services is the Myers-Briggs Type Indicator (MBTI), which tests personality type based on preferences. To take the MBTI, students must make an appointment with a Career Counselor, who will help discuss the results of the test and give every student a more one-on-one experience. The MBTI gives each student their personalized type results using a four letter code. For example, my type code was "ESFJ." The MBTI also provides preferred work tasks, preferred work environment, strengths, challenges, strategies to overcome those challenges, and lists most attractive to least attractive job families as well as most popular occupations of people of the same type. The MBTI suggests all of these results based on other people of the same type; so as it is a great indicator of occupations one might enjoy it is only based on personality type. The MBTI does not take into account personal interests, skills, or values, so it is by no means the last step in the career search. For example, the MBTI listed architecture and engineering as the least attractive job for other people of my type, for me specifically this is synonymous with my own



Where to Begin Your Journey to the Right Career (Cont.)

interests. However, this may not be the case for every “ESFJ” student.

Through my experience with career assessments and Career Counselors, I have learned how helpful it is to start the process of finding a career with career assessments. As a college student, career assessments are a great way to organize interests, skills, personality, and values, and use them to your advantage. Assessments give great direction in what to do with your skills, insight on what you may or may not flourish in, and understanding of challenges you may encounter along the way. Career assessments can

even make it easier for exploring majors or students looking to change their majors to choose one that might be helpful for their career path. As helpful as career assessments are, they do not provide exact answers on where students should go with their career journeys. The assessments are as personalized as possible but cannot yield perfect results. They can only give students assistance in choosing careers and occupations that will be fitting of their skills, interests, and personalities. Taking a career assessment will undoubtedly be a step in the right direction on your path to finding the right career.

Professional Conferences

By: Sarah Mirjavadi, Hixson-Lied Success Scholar

A professional conference is a meeting of individuals at all levels, from students to seasoned professionals, who exchange research and other ideas relating to a specific area of study and occupation. These conferences can provide students with many long-lasting benefits.

So why should students attend conferences? As a student, it can be one way to really get to know what goes on in your field by gathering information on the latest research and expanding your knowledge outside of the classroom. On top of that, attending professional conferences is a good way to build professional networks by speaking with various presenters and fellow colleagues. Attending conferences also leaves a good impression on a student’s résumé. It shows their interest and willingness to explore more within their field.

Students can become involved with conferences by either attending them or volunteering. Students can learn about upcoming conferences pertaining to their field by researching on the internet. After finding out what conferences are available, students can find the main website of the organization or institution hosting the conference to learn how to register. For example, there will be a Western Veterinary Conference on March 6-10, 2016. On the main site, there was



information on location, how to register or volunteer, which presenters will be sharing their research, and what the research is focused on. Students may also use the conference website to find the contact information, such as phone numbers and emails, to determine what steps are needed for volunteers to get started. Volunteering can range from assisting with informational booths, conference registration, helping attendees find their way around, setting up, cleaning up, speaking and more.

Unfortunately, attending conferences can be quite pricey especially when they are out of state. There are ways to find funding to cover registration and travel costs. Certain conferences provide their own scholarship and grants to assist students with expenditures. Volunteering is also an option to lower the cost of registration or obtain free entrance. Many conferences provide special discounts for students and also if you register before a specific deadline.

Professional Conferences (Continued)

For example, the Western Veterinary Conference offered a \$50 discount if potential attendees registered before October 31, 2015. Again, students must visit the main website of the conferences within their field of study in order to gather more information. Attending professional conferences provides students with many benefits. Participation in professional conferences allows students to meet

professionals, learn about current research, study successful programs, build their résumé, and also provides students with direct involvement in their future profession.

Reference:

<http://www.nevadadeca.org/wp/wp-content/uploads/2014/07/DECA-Chapter-Photo.jpg>

Research Opportunities

By: Robert Vargas, Hixson-Lied Success Scholar

Participation in undergraduate research is an amazing opportunity to gain lab experience, work with UNLV faculty on projects, and add valuable lab exposure to your résumé. Within the School of Life Sciences at UNLV, the Research Experience for Undergraduates (REU) program was established in 2007 to promote undergraduate research. The program is established as a grant whereby the National Science Foundation (NSF) provides funding for undergraduate research. Dr. Kurt Regner is Principal Investigator over this grant and I had an opportunity to ask him some questions to learn about the program details.



(Dr. Kurt Regner)

In order to participate in this program, an interested student must fill out an application that will open January 1st, 2016. As a nationally funded program, applications from all over the United States are received and reviewed for acceptance into one of few spots in the program. A 3.0 GPA is required to apply; however, no prior research activity is required. A component of the application is reviewing the UNLV faculty mentor's research publications and finding a research mentor one would like to work with. Once accepted, students are matched to a UNLV faculty and receive a \$5,250 stipend for the length of the 10 week program. Travel costs may also be covered up to \$500. Additionally, those accepted live in campus dorms and have housing covered by the program.



Students work full-time within the lab setting alongside fellow students and their faculty mentor. At the end of the summer students present their findings at a poster session.

Dr. Regner also provided some helpful insights into creating a great application. An interest in pursuing a graduate education in research should be emphasized on an application. Applicants interested in science education are also highly recommended to apply. Applying early on in one's undergraduate career may seem daunting; however, it is recommended to engage in undergraduate research early on. Doing your homework, Dr. Regner states, is key to making an application great. Reviewing faculty's prior research projects thoroughly and being able to articulate one's purpose for being part of the program can turn a good applicant into a successful one.



Research Opportunities (Continued)



I also had the opportunity to speak to former program participant Guillermo Michel, who researched with Dr. Abel-Santos in his bacterial germination lab. He told me the program not only helped him gain initial research experi-

ence, but also provided him a source for letters of recommendation and research knowledge that has helped within the classroom setting. As undergraduate students, opportunities for paid lab research opportunities are limited. With the REU program, students are able to work within lab settings and explore various fields of lab research that our UNLV science faculty are engaged in. For further information on the program, including dates and mentor information, please go to <https://faculty.unlv.edu/microreu/>.

References:

Dr. Kurt Regner, Principal Investigator for REU Grant
Guillermo Michel, former REU Grant recipient

The Parlance of Freelance

By: Garrett Wilson, Hixson-Lied Success Scholar

As a filmmaker currently pursuing a bachelor's degree in Film Studies here at UNLV, I have had several opportunities to receive practical experience within the Las Vegas film community. The skills that I have learned in the classroom have aided me on set and during my internships. However, not everything learned in the classroom is immediately useful on set, and vice-versa. Studying film theory and working on a professional set are two entirely different beasts. The key is to go in with an open mind and synthesize the knowledge you've acquired from both settings.

The best practice I have received was working on my own projects, applying what I've learned in the classrooms and other sets. The story always comes first when it comes to narrative filmmaking, so it's important that every creative decision is utilized to service the story. There's always something to learn when working on one's own project. The best advice I can give is to surround yourself with people more skilled than yourself in the different departments (camera, lighting, sound, editing, etc.). Film is a collaborative art, so there is always something to learn from your peers.



What I've done to practice is open myself to every aspect of filmmaking. I've taken classes in sound, cinematography, editing, and writing. I aim to speak the language of each discipline; in this way, I can more easily communicate with the different department heads to find out what creative choices would best service the story. In addition to that, I have delved into the various corners of the business, taking internships on professional film sets, a distribution office, and the Las Vegas Film Festival. All have provided me with a better understanding of narrative filmmaking as an industry.

It is immensely important to expose yourself to the different aspects of filmmaking, as well as other creative disciplines, as both an art and an industry. Not everyone pursuing a

The Parlance of Freelance (Continued)

degree in the fine arts is going to be working in their field of study. Honestly, you get what you put in to it. For every creative outlet, there is a community of individuals continuously working to get their work seen. If you don't make personal connections, not networking contacts, but actual friendship and mentorship, you will not get far.

If you do good work, the rest will come. Do not just think in terms of networking and résumé - building opportunities. Do the best you possibly can on sets, internships, and gigs. Those working with you will be more prone to hire you or collaborate with you again. Always stay humble, and do not bring your ego into it. There's no room for ego in storytelling.

The first step you can take to be on your way to having opportunity within film, or any artistic industry, is to create something! It will get you noticed, and people will be more prone to collaborate with you or watch your work. It will open the first door and lead to new opportunities. Of course, that doesn't always mean paid work, but that comes with time. You have to be persistent and keep at it!

Final Exam Guide: 12 Recommendations

By: Sophia Quinton, Hixson-Lied Success Scholar

1. Use the Pomodoro Method

The Pomodoro Technique is a time management technique developed by Francesco Cirillo. It is used to improve mental agility by using frequent breaks. For example, you can follow this pattern:

- 25 minutes of hard work
- 5 minutes break
- Every third break should be 20 minutes long

2. Find a SECRET study spot for solo study

Study somewhere on campus that is quiet, not crowded, and without friends. If you are around friends, then you may tend to get distracted easily.



3. It still is OK to study with friends IF...

It is a study group. Remember to stay on track.

If you know the material well enough, then try teaching it to other students in your study group.

4. Space out

Whatever you do, do not cram the night before for the exam. Studies have proven that this does not work



5. Map out your study times

- a) Write down each exam
- b) Write down every chapter or unit covered for the exam
- c) Write down the number of days to the exam and divide it by the number of units covered, this will help you determine how many units you need to study per day
- d) Order the units for each class hardest to easiest to allow for more time to let the hard information sink in
- e) Write down the study units per day on a calendar to keep track

Final Exam Guide: 12 Recommendations

6. Get in them Z's

Sleep deprivation is linked to low GPA. Ideal sleep for a college student is between 6 to 8 hours. Also, if you follow number 4, then this shouldn't be a problem.

7. Eat the Right Way

Eat small snacks because large meals use oxygen to digest and this is denying oxygen to your brain that helps keep you alert. Eat the right foods. Don't junk out, when studying you need foods with optimal nutrition to help retain information. Mint helps retention and concentration while relieving stress and anxiety. So chew some mint gum.

8. Don't stay cooped in your room

Go for a walk outside and take in some deep breaths. Nature has positive effects on your wellbeing. Exercise is also an excellent stress reliever. It releases endorphins that improve your mood and decreases health problems.



9. Listen to Music

Classical music is best, but any music provides motivation and study retention.

10. When writing a super long paper

Take the number of pages needed and multiply by two. Subtract by two, this is your introduction and conclusion paragraphs. Whatever is left, you need that many ideas.

11. STOP procrastinating!

Facebook will still be there after your exam.

12. Find your study date, go to...

https://www.unlv.edu/sites/default/files/page_files/27/Registrar-FinalsSchedule-Fall2015.pdf. Use your current class times to find your date and time for your final exam. *Remember that they are not always at your normally scheduled meeting time.



Good Luck on Your Exams!!!

Reference: https://www.collegefinder.org/images/infographics/cf_dontfreakoverfinals.jpg

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*All photos used are original, can be found at unlv.edu or have references indicated