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Pros Who Know at The University of Maine

University of Maine Alumni Association

Derek Francis

Cary Weston

George Day

Kallie Aldus

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Authors

University of Maine Alumni Association, Derek Francis, Cary Weston, George Day, Kallie Aldus, Paul Bolin, Amiee Nielsen, Ed Curtis, Corbett Smith, Caitlin Dutton, and Kate Axelsen Foster



Pros Who Know at The University of Maine

Date: March 31, 2016

Run Time: 00:05:13

<https://www.youtube.com/watch?v=tLh10TT1vXo>

In January 2016, alumni, and current students from a variety of academic fields gathered at Buchanan Alumni House to swap questions and answers about the keys to landing that first job and career success. Billed as “Pros Who Know,” the event was a collaborative effort of the Alumni Association and UMaine’s Career Center.

The alumni panel shared their experiences and insights on career search strategies; offered interview, resume, and cover letter tips; related stories from their own career paths; and reflected about things they wish they had known when entering the workforce. Students commented that all the UMaine alumni were inspirational - and they appreciated getting to mingle with the panelists and other professionals.

Moderator:

Derek Francis

Panelists in order of appearance:

Cary Weston , Sutherland Weston Marketing

George Day , Enterprise

Kallie Aldus , athenahealth

Paul Bolin , Eastern Maine Healthcare System

Amiee Nielsen , Asa Adams Elementary School

Ed Curtis , Creative Print Services

Corbett Smith , Ernst & Young

Caitlin Dutton , Maine Veterans Home

Kate Axelsen Foster , University of Maine Career Center

Transcript is machine generated, unedited, in English.

0:04

welcome everybody on behalf of the

0:07

University of Maine alumni association

0:09

in the career center I'd like to thank

0:11

you all for coming to the pros who know

0:12

event I'd also like to express my

0:14

sincere thanks to all of our alumni
0:15
panelist for joining us today and
0:17
sharing their time with us the first
0:19
question is what do you wish you had
0:21
known before beginning your career
0:23
search the number one thing I wish I had
0:25
known is how important it is to know who
0:30
you're interviewing with do some basic
0:32
homework before you go in shake hands
0:35
look somebody in the eye and tell them
0:38
why you can make a difference I would
0:41
say the biggest thing for interviewing
0:43
that I wish it would have known is
0:45
telling specific stories to what you've
0:48
done in the past I've had a chance to
0:50
interview others sitting across the
0:52
table from me and now the ones that have
0:54
specific stories I remember a lot of
0:56
people will go into interviews and
0:58
everyone said I'm a hard worker I'm
1:00
dedicated I'm loyal but if you have a
1:02
specific story about a time that you
1:04
went above and beyond people remember
1:06
that for recruiters what is your biggest
1:10

pet peeve with cover letters or resumes
1:13
so as far as the resume go we like to
1:16
see them to be one page um you know I
1:19
know you guys have a lot of spirits and
1:20
so forth but when they're way more than
1:23
one page it's you know we look at
1:25
resumes each day so the one page is
1:27
pretty key I know I'm a little anal
1:30
retentive because I review resumes with
1:32
a highlighter and after three mistakes
1:34
I'd skip and so when you are reviewing
1:38
resumes in a high-volume position where
1:41
you might have a hundred applicants or
1:43
200 applicants it depends on the job how
1:45
difficult was it to get a job after
1:47
graduation and the second part of that
1:49
is did an internship play an important
1:52
role in that I actually graduated in
1:55
december so I was
1:57
prepared to not find a teaching position
1:59
but I would say that my student teaching
2:01
internship was the reason why I found a
2:04
long-term sub position which turned into
2:05
a teaching position so I would say like
2:08

during your internship if you have the
2:09
opportunity to have a required
2:12
internship for your degree is to take
2:14
advantage of that too and offer your
2:17
support in every area not just the one
2:19
you're assigned in make yourself stand
2:20
out network because my letters of
2:23
recommendation are what got me to where
2:25
I am today when you network and I do it
2:28
I always did it the old-fashioned way
2:29
and I still do it I'm standing in line
2:31
at Starbucks I talked to people in front
2:33
of me about I me ask what they do it's
2:35
probably a little notches with it but I
2:37
do like to find out what people do so
2:39
don't ever be afraid to put yourself out
2:40
even if you get humiliated you're at the
2:43
airport here in wherever you're a
2:46
sporting event talk to people and find
2:48
out what they do and you'd be surprised
2:50
how that will open doors for you what
2:52
advice do you have to students who take
2:55
a job that is kind of out of state or
2:57
out of their area and they're relocating
2:59

give me tips or things you know that you

3:01

wish you'd known before you had done

3:02

that you know I think a lot of a has to

3:04

do with where you're comfortable you

3:05

know if your family's is in a certain

3:06

area you really don't want to leave that

3:08

area then you should probably Taylor job

3:11

search to you know companies that are

3:14

hiring where you want to live but it

3:17

also helps and i'm pretty sure employers

3:19

love to see that you're flexible you

3:20

know if you're willing to make a change

3:22

for the company that certainly tells it

3:24

a lot so really depending on your

3:26

situation and what you think is best for

3:29

you is what you should make that

3:31

decision based off I worked in Boston

3:33

for my first year work and the Boston

3:36

Public Schools as a contractor was a

3:39

speech therapist I wish I went down into

3:44

the interview but I wish I had spent

3:45

more time trying to get the feel of the

3:48

schools I think if you're going to go

3:51

out of state i think environment and

3:53

your work environment
3:54
is really important and if you are able
3:56
to get a tour of the facility talk to
3:59
somebody who works there you can get a
4:01
better idea about just the feel of it
4:05
because you could love your job but if
4:07
the environment is in the right
4:10
environment for you it can make for a
4:12
pretty miserable situation so again
4:15
thank you all for being here we really
4:18
will see some of them at the career fair
4:19
also next week and I just want to
4:22
reiterate um if you don't own a business
4:24
if you're not your own boss you're
4:26
basically an intern everywhere you go
4:28
you're always developing skills and we
4:30
just had a great session where we were
4:32
discussing this at the Career Center and
4:34
so think of everything you're doing is
4:36
an internship it might not be called an
4:37
internship but any practical experience
4:40
where you're developing relevant and
4:41
transferable skills is very valuable for
4:43
you to be able to write on your resume
4:45

talk about an interview and again be
4:48
confident about so get behind what
4:50
you've done what you know you're good at
4:51
and start to build upon those strengths
4:53
and improve and I would like to just
4:55
encourage you to continue to be a sponge
4:57
you know network with folks make
4:59
connections and build relationships and
5:00
ask questions follow up follow through
5:04
thank people it's really important so go
5:07
forth and conquer

The University of Maine in Orono is the flagship campus of the University of Maine System, where efforts toward racial equity are ongoing, as is the commitment to facing a complicated and not always just institutional history. The University recognizes that it is located on Marsh Island in the homeland of the Penobscot nation, where issues of water and its territorial rights, and encroachment upon sacred sites, are ongoing. Penobscot homeland is connected to the other Wabanaki Tribal Nations — the Passamaquoddy, Maliseet, and Micmac — through kinship, alliances, and diplomacy. The university also recognizes that the Penobscot Nation and the other Wabanaki Tribal Nations are distinct, sovereign, legal and political entities with their own powers of self-governance and self-determination.