



The Helm

Keeping Advisers on Course

Counseling and Advising Services
College of DuPage
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Outstanding Advising Award

Frank and Ostergaard Lauded as "Outstanding Advisers"



Sue Frank, part-time Counselor and Jane Ostergaard, Associate Professor and Coordinator of the Architecture Program, became joint recipients of the inaugural "Outstanding Advising Award." Frank's selection represented the Student Affairs Division; while Ostergaard's selection represented the Academic Affairs Division. This award was developed to recognize those individuals who provide outstanding academic advising to students. The award has its roots in the AQIP 2 Action Project: Improving Student Advising.

Their selection was based upon demonstrated leadership within their respective divisions, professional development opportunities in which they participated and their "Approach to Advising" essay. As recipients of this honor, they received a monetary award of \$500 along with a personal plaque and recognition during the All - College Workshop activities. The two were also invited to attend the 2006 National Academic Advising Association (NACADA) conference which will take place in Indianapolis, IN in October 2006.

So what nuggets of advising wisdom do these "outstanding advisers" have? Frank finds that one of the key aspects to successful advising and counseling involves lis-

tening carefully and connecting individuals to the wide array of resources accessible through the College of DuPage. Frank adds, "The earlier a student contacts our support services, the better chance they have of reaching their goals in a timely manner. There are many excellent advisers and counselors available; one does not have to rely on a single person to provide all the answers."

Ostergaard feels that effective advising requires a target. "The target may be small and well defined; the student has a specific career chosen. Or the target may be large and amorphous; the student only knows that they like computers. Once a target is identified then we can help the student find their path but students should always remember that paths change. The student who comes in with a career plan may change their mind or the undecided student may quickly find their passion. As their targets change the students need to rework their paths. Students can be intimidated by the idea of planning the entire path, but yet all they really need to know is the next few steps. It then becomes much more manageable."

Nominations for the "2006 Outstanding Advising Award" will begin in November. Watch for details.

Adult Fast Track Program

"Fast Track" Students Cross the Finish Line



Wanted: Individuals, age 24 or above, who lead busy lives and are seriously committed to continuing their education. If you fit this criteria, the Adult Fast Track (AFT) might be for you. Students accepted into the program attend one or two four hour class sessions per week over approximately two-year to two-and-one-half years depending upon the program.

The program offers four different associate's degrees. The A.A. degree is designed specifically for students who wish to transfer to a four year college or university. The A.A.S. in Management and Human Services/Generalist and A.G.S. in General Studies transfer to most other accelerated non-traditional bachelor degree programs.

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The program is geared for highly motivated, self-disciplined individuals who are computer literate. Textbooks, materials and content of the courses in AFT are the same as found in traditional programs; the method of delivery is different, as the program is geared toward adult learning. The program values the experiences that the students bring to the classroom. The courses are scheduled in an abbreviated time frame. Because of this more emphasis is placed on the learner to complete work independently.

Phil Young, a recent AFT graduate and 2006 College of DuPage Commencement Speaker, found that to be true. "I attended one four hour class a week, covering two subjects, over a two year period with a lot of homework. The path to my degree was laid out for me; all I had to do was show up and do the work. At the time going to school for two years seemed like it would take an eternity. There were a few bumps in the road but in the end I finished on time and in good standing."

Jan Leniek, another recent graduate, who had raised and supported two children, decided it was time to do something for herself. "It was time to pursue a long standing goal of mine to obtain a college education. I have always had to work so the Fast Track schedule worked well for me. I appreciated the fact that one night a week I could leave work and come directly to class. The rest of the week I was able to dedicate to homework and study for tests."

Leniek won a full-tuition scholarship to the University of Illinois at Chicago in the College of Architecture and Art. All of her College of DuPage credits were accepted. She hopes to pursue her Bachelors degree and then her Masters degree and perhaps one day teach. Leniek adds, "When you go to school, you grow and are open to new avenues. I feel I had a complete metamorphosis."

A full array of support services are provided for students in the AFT program, including admissions, registration, computer resources, online access to library databases, math and writing assistance, tutoring, assessment and testing services, and counseling and advising. The AFT program is administered out of the Westmont Regional Center and most support services are available there. Classes are held at both the Westmont Regional Center and the Glen Ellyn campus depending upon the program.

Roberta Sell, Director of Adult Fast Track, says, "The majority of the graduates transfer to earn a four year degree. Many are already working, though some use this to change jobs or seek promotions. We have students who have transferred and earned scholarships worth over \$30,000 per year. Last year we even had a single mom accept a Francis Perkins Scholarship to Mt Holyoke College in Massachusetts. Our programs are a wonderful way for adults to earn their degree while still taking care of home and work responsibilities."

For more information, visit: <http://www.cod.edu/fast/> or contact Adult Fast Track at: (630) 942-FAST.

Advising Training Opportunity

"An Overview to Real World Advising" Workshop

A three hour workshop, "An Overview to Real World Advising," will be offered on Monday, September 25, from 1:00pm to 4:00pm. This workshop will review a variety of advising tools available to faculty to support and assist their role as adviser.

Dana Thompson, Counselor, and facilitator of the workshop explains, "We will discuss the philosophy of advising/ student

development theory, degree requirements, helpful websites, the IAI, and other transfer resources. This workshop can be used as a pre-cursor to the two credit "Basic Advising Skills" class which will be offered at a later date." All registration will be taken through the Teaching and Learning Center. For more information, access: <http://www.cod.edu/tlc>.

New On-Line Orientation Developed



A brand new on-line orientation program has been created for "New Student Orientation." The twenty-five minute presentation covers the whole gamut of "need to know" College information. The history of COD is given, along with specifics regarding admissions, assessment, advising and counseling, registration and tuition information, Student Services, and Student Activities.

Tips are offered for keys to college success along with excellent contact information. An extensive college map is also included.

According to Colleen Morgan, Student Services Program Manager, "We're happy to have this 'up and running' for our students. Our intent is to use this for spring term orientation. The information will be available on-line and also in CD-ROM format."

Nine COD Students Attend Prestigious La Raza Conference

Nine College of DuPage students had the opportunity to attend and participate in educational workshops at the National Council of La Raza Conference held in Los Angeles this summer. The National Council of La Raza, (NCLR), the largest civil rights and advocacy organization in the United States, works to improve opportunities for Hispanic Americans. NCLR is recognized as one of the most effective, influential, and respected Hispanic organization in the country, serving as a voice in Washington, DC for Hispanic Americans.

Participants developed leadership and team work skills, learned the importance of civic responsibility, and engaged in community projects. Speakers included Bill Clinton, Arnold Schwarzenegger, Jesse Jackson, and Karl Rove along with many prominent Hispanic Americans. Michelle Roman and Adriana Santillan, Multicultural Advisers accompanied the group.

One of the primary goals of the Multicultural Student Center is to annually increase the number of Latino students transferring from COD to accredited four year institutions.

Students visited three Hispanic Serving Institutions which are nationally ranked. They included the University of California in Los Angeles, the University of Southern California, and California State University also in Los Angeles.

Sophomore Alejandro Morales felt the trip opened his eyes to many different things. "I met people from all over the United States, attended workshops, and visited schools where 70% of the students are Hispanic. It helped to make me feel more confident about my future."

Cesar Flores, a sophomore who plans to transfer to Northern Illinois University liked being around other Hispanics who had goals and dreams. "I met people from all over, plus I got to be really good friends with the other COD students who attended the conference. We had the opportunity to see many professional Hispanic role models. It's great being around others who want to get educated and get ahead."

For more information contact the Multicultural Student Center at: (630) 942-2848 or visit IC 2084.

September 15—October 15

National Hispanic Heritage Month Celebrations at COD



Various activities have been scheduled by the Multicultural Center to celebrate National Hispanic Heritage Month which runs from September 15 through October 15.

On September 26, from 10:00am-2:00pm, "La Peña," a get together with coffee and pan dulce (Mexican bread) is planned. Students will be able to listen to Spanish guitars and enjoy dances from Latin America. This will be held in SRC 1450B.

On October 3, from 10:00am to 2:00pm, an individual will be speaking on immigration issues in SRC 1450 A/ B.

An Art Show will be held on October 10, from 10:00am-2:00pm in SRC 2800. Students will express their feelings about Hispanic Heritage with art, music, painting, and poems. For more information contact the Multicultural Center at: (630) 942-2848 or visit IC 2084.

Multicultural Center Plans College and University Visits



Students interested in attending the Historically Black Colleges and University (HBCU) Tour scheduled in the spring need to attend an informational meeting on September 25, from 7:00pm-9:00pm, in SRC 2052. Students will be visiting: Shaw University; North Carolina Central University; Winston-Salem State University; North Carolina Agricultural and Technical State University; Duke University; and North Carolina State University.

Students interested in visiting more locally situated colleges and universities can sign up for field trips to the following schools: University of Illinois at Chicago—UIC; Loyola University; Columbia College; Northern Illinois; and Illinois State. Contact the Multicultural Center for specific dates and times at: (630) 942-2848 or visit IC 2084.

Who Will Be the Next “Top Intern”?



Employers consistently report interest in hiring students with internship experience—three or more experiences are considered ideal. Workshops have been scheduled by the Cooperative Education and Internship Program on most Tuesdays, Wednesdays, and Thursdays during fall term. Students can view an on-line internship orientation at: <http://www.cod.edu/Service1/CECS/CoopEdu/CoopEduS.htm> before the workshop. Each student will learn job seeking skills during the workshop and will then be referred to a faculty member for advisement.

Faculty who mentored an outstanding student-intern between September 1, 2005 and August 31, 2006, have been asked to nominate a student as “Top Intern of the Year.” A faculty panel will select students for special recognition. All student-interns will be asked to nominate outstanding faculty advisers and employers. Contact Jean Spahr at: (630) 942-2657 or Marilyn Rodgers-Danos at: (630) 942-2611 of the Cooperative Education and Internship Program for further details.

October 17 & 18

Disney College Program Recruiters Visit COD



Hundreds of COD students have participated in the Disney College Program internship in Orlando and have resoundingly reported their experiences to be “awesome” or “the best experience ever.” Disney recruits enthusiastic college students to staff entry level roles, and each role is designed to enhance communications, problem-solving, team work, and customer service skills. Students live in Disney apartments and meet people from all over the world while also

completing a college level class. Encourage students seeking an adventure to attend a Disney presentation on October 17 at 6:00pm or October 18 at 3:00pm in SRC 2800. Additional information is available at: www.disneycollegeprogram.com or visit the Cooperative Education and Internship Program at: <http://www.cod.edu/Service1/CECS/CoopEdu/CoopEdu.htm>.

September 6 & 7

Service Learning Fair to Serve Students and Organizations



The Service Learning Program at College of DuPage is an academic program that incorporates classroom theory with meaningful service projects in the community. Over thirty faculty in more than fifty courses incorporate service learning as part of their classroom curriculum. Service learning is a method of instruction that provides an opportunity for students to merge classroom learning and civic engagement.

8:30pm, and September 7, from 11:00am-2:00pm, in SRC 2800. This will give students participating in courses offering service learning an opportunity to meet with representatives from community organizations. Some of the community partners planning to attend include: DuPage Convalescent Center, Naper Settlement, the Mosaic Initiative, and Senior Home Sharing, Inc.

The Service Learning Program will be hosting a “Service Learning Fair.” It will be held on September 6, from 5:30-

For further information about service learning call: (630) 942-2598 or visit: <http://www.cod.edu/Service1/CECS/SrvLrn/servindx.htm>.

Mark Calendar for Student Activities Fair, September 6

A Student Activities Fair will be held on Wednesday, September 6, from 10:00am until 2:00pm, in the lower walkway of the SRC, near the College of DuPage Bookstore. Over forty student clubs and organizations, along with student service departments and college vendor partners will participate. It’s a great venue for students to view the vast array of activities and services available to them. Please encourage students to attend.



Learning Opportunities Student Success and Food for Thought Workshops

Student Success Skills and Autism: Recommendations for Success

September 7, 6 to 7pm, in the Student Resource Center (SRC), Rooms 1450A/B—inside cafeteria
Michael Duggan, Counselor, will be the presenter

This workshop will look at what high school students and parents can do to prepare for college, as well as talk about success strategies that can be applied for students currently enrolled with Autism and Asperger's Syndrome.

Success at College of DuPage is Spelled A-S-C

September 11, noon to 1pm, in the Student Resource Center (SRC), Room 1450A—inside cafeteria
Rae Maslana, Coordinator of Tutoring, will be the presenter

Learn about the five service areas within the Academic Support Center and how one or more of these areas can meet your needs.

I.N.S.I.R.E.: Inspiration, Networking, Skills, Perseverance, Intelligence, Responsibility, Excellence

September 20, noon to 1pm, in the Student Resource Center (SRC), Room 1450A—inside cafeteria
Carol Giegerich, Counselor, will be the presenter

Learn how to connect what you know, what you are learning, and what you can do to be successful in college.

How to Get What You Want-Goal Setting and Goal Attainment

September 20, noon to 1pm, at the Naperville Center 1223 Rickert Drive, Naperville
September 26, noon to 1pm, in the Student Resource Center (SRC), Room 1450A—inside cafeteria
Jeanne Kemptiak, Counselor, will be the presenter

Learn steps for success. How do you put together where and what you want to be with how you're going to get there?

Time, Time, Time, Time is on Your Side...Yes, It Is

October 4, noon to 1pm, in the Student Resource Center (SRC), Room 1450A—inside cafeteria
Edison Wells, Counselor, will be the presenter

Don't know where your day went? Try taking this session on time management and find out how to best prioritize your time.

What—Me Worry? (Food for Thought)

October 10, noon to 1:30pm, in the Student Resource Center (SRC), Room 1450 A/B—inside cafeteria
Terry Jackson, Counselor, will be the presenter

Don't just feel better, get better! Learn what it is we do to create unhealthy anxiety, as well as preventive steps.

Improving Communication through Creativity (Food for Thought)

October 13, noon to 2pm, in the Student Resource Center (SRC), Room 1450 A/B
Steve Matusak, founder of the Chicago Comedy Company will be the presenter

Just like professional comedians, you can learn to communicate with honesty and agility, create from nothing, and gain the freedom to be comfortable and spontaneous in presentations.

Listen to Your Heart (Food for Thought)

October 17, noon to 1:30pm & October 19, 6 to 7:30pm, in the Student Resource Center (SRC) 1450 A/B
Sandy Werner and Michael Duggan, Counselors, will be presenters

This fun and interactive workshop will help you discover how to find more meaning in your work and life.

Test-Taking Anxiety

October 18, noon to 1pm, in the Student Resource Center (SRC), Room 1450AB—inside cafeteria
Jacqueline Dlatt, Professor, will be the presenter

Are you looking for ways to reduce test-taking anxiety? If so, this workshop is for you.

Note-Taking Strategies

October 30, noon to 1pm, in the Student Resource Center (SRC), Room 1450A—inside cafeteria
Carese John, Student Success Advocate, and Ellen Vician, Student Success Advocate, will be presenters

We will review basic guidelines for taking notes, examine different methods, and teach you the Cornell method of note taking.

For American with Disabilities Act accommodations, call (630) 942-2141 (voice) or (630) 858-9692 (TDD).



Tool and Tips
By
Marge Peters

Find Tomorrow's Jobs Today

"Crystal ball gazing" on future job growth – with much statistical backup-- is one of the major tasks of the Bureau of Labor Statistics. To see the Bureau's predictions of the outlooks for over 250 occupations to the year 2014, go to the *Occupational Outlook Handbook*: <http://www.bls.gov/oco>

See the "cream of the crop" occupational titles with highest percentage growth and most jobs predicted in these two charts from the BLS:

Fastest Growing Occupations: <http://www.bls.gov/emp/emptab21.htm>

Health and computer-related fields dominate the list, with growth forecasts of 29% up to 56%. Among the health careers that require some training or associate's degrees are: Home Health Aides, Medical Assistants, Physical Therapist Assistants, Dental Hygienists and Assistants, Forensic Science Technicians, Veterinary Technicians, Diagnostic Medical Sonographers, Cardiovascular Technologists and Technicians.

The IT fields on the list require completion of at least a bachelor's degree, although some of the field's basic required courses can be taken at COD: Network Systems and Data Communications Analysts, Computer Software Engineers (Applications), Computer Software Engineers (Systems Software), Network and Computer Systems Administrators, Database Administrators, and Computer Systems Analysts

Occupations with Largest Job Growth: <http://www.bls.gov/emp/emptab3.htm>

With predicted job creation to 2014 ranging from 153,000 openings (Computer Systems Analysts) to 736,000 openings (Retail Salespersons), these large-employment fields should have many job postings. Most pay low to very low wages and require short-to-moderate-term-on-the-job training (Retail Salespersons, Customer Service Representatives, Janitors and Cleaners), but some high-paying areas for which COD offers degrees, certificates or preparatory courses have booming forecasts: Registered Nurses, Elementary School Teachers, Accountants and Auditors.

The essay *Tomorrow's Jobs* (<http://www.bls.gov/oco/oco2003.htm>) from the BLS summarizes the assumptions that led to predictions of growth and decline in various industries and occupations to the year 2014.

In the next issue of **The Helm** : **Emerging Occupations**

DuPage Job Fair... Connecting Futures

The "DuPage Job Fair...Connecting Futures" will be held on Wednesday, October 25, 10:00am to 5:00pm in SRC 2800. This annual event is a community service to connect employers and job seekers for the purpose of securing potential employment. Admission is free and it is open to the general public. Participants are encouraged to bring resumes and attend workshops.

Scheduled workshops include: "Networking: Your Network is Your Networth"-10:30am and 3:30pm; "Dynamic

Interviewing Skills for Success"-11:30am and 2:30pm; and "Job Trends and the Economy"-1:30pm. No reservations necessary.

According to Nancy Wajler, Manager of Career Services, "Major companies will be accepting applications for employment. This is an outstanding job placement opportunity." Contact Wajler at: (630) 942-2230 for more information.

We welcome comments and suggestions to **The Helm**.

Please contact: Mandy Kouri, Advising Support Coordinator
Counseling and Advising Services
SRC 2044f/Ext. 2812
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Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.

Quote attributed to Mark Twain (1835-1910)