



October 2009

Career Development Center

Calendar of Events

STAFF

Belen Torres-Gil, Coordinator/Career Counselor
Liz Chavez, Career Development Specialist
Jennette Noriega, CTE Counselor Specialist
Students Assistants

CENTER HOURS

Monday, Thursday 8:00 am—4:00 pm
 Tuesday, Wednesday 8:00 am—6:30 pm
 Friday 8:00 am—3:30 pm

Phone: (562) 908-3407 Location: A113

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
			1 The Dynamic Interview 10:30-11:30 am J. Noriega	2 Undecided About a Major? 11:30 am-12:30 pm J. Noriega
5 Soft Skills in the Workplace (DVD) 11:30 am -12:30 pm L. Chavez	6 Speaking with Confidence Clarity & Charisma (DVD) 1-2 pm L. Chavez Eating Habits 6-7 pm B. Itatani	7 Eating Habits 12-1 pm B. Itatani Developing a Sense of Responsibility 1—2 pm B. Torres-Gil	8 Internships - What are they? 11:30am -12:30pm J. Noriega	9 Making a Good First Impression 10-11 am B. Torres-Gil
12 Job Survival (DVD) 11:30 am — 12:30 pm L. Chavez	13 How to Develop Supportive Relationships 1-2 pm B. Torres-Gil Depression 6-7 pm, B. Itatani	14 Depression 12-1 pm B. Itatani	15 "GOALS" - Make Them Happen! 12:30-1:30 pm B. Torres-Gil	16 What Employers Want: Skills & Attitudes (video) 11-11:30 am L. Chavez
19 What can I do with a Major in Kinesiology? 2-3 pm B. Torres-Gil	20 Find Your Dream Job 1-2 pm B. Torres-Gil Improve Memory 6-7 pm B. Itatani	21 Improve Memory 12-1 pm B. Itatani Undecided About a Major? 1-2 pm J. Noriega	22 What can I do with a major in Art? 11:30—12:30 am B. Torres-Gil	23 Researching Career Options: New Technologies & Current Techniques 11-11:30 am L. Chavez
26 "GOALS" - Make Them Happen! 2-3 pm B. Torres-Gil	27 Managing Your \$\$\$ and Finances 1-2 pm B. Torres-Gil Stress Management 6-7 pm, B. Itatani	28 Stress Management 12-1 pm B. Itatani The Art of Networking 1-2 pm J. Noriega	29 Undecided About a Major? 1-2 pm B. Torres-Gil	30 The Perfect Resume 10-11 am J. Noriega