



Weekly Bulletin

Tips for the Job Fair, Part 1

The following are some tips to help you make the most of the Job Fair at NMCC on March 8:

Preparation Pre-Job Fair

1. Clarify your career objectives and update your resume. Ensure it is professional, accurate and current.
2. Research the companies that will be attending the fair. Be prepared to ask questions relevant to your possible career. Know WHY you want to work for any given company.
3. Prepare a brief, 30-second self-introduction to give recruiters. This is YOUR infomercial. Include your name, degree status (when you will graduate), position(s) you are seeking, and why you chose their company to explore career opportunities.
4. Make child care arrangements. A job fair is not a good place for children who will require your frequent attention.
5. Plan your wardrobe. It is always appropriate to wear professional business attire to a job fair, regardless of the culture of the company you may be interested in. A job fair is a professional networking tool, so you want to present your best professional image. Remember the importance of first impressions.

Look for more tips in the next week's Bulletin.

NMCC Job Fair to Be Held March 8

NMCC will host its annual job fair on Thursday, March 8, between 9:00 a.m. and 1:00 p.m. in the College Gymnasium. The 15th annual job fair will feature over 40 businesses and provide an opportunity for the public to meet with hiring representatives from businesses, organizations, and government entities from throughout Maine all under one roof.

"Since the business people speak with many individuals throughout the day, it is encouraged that the attendees looking for work bring resumes that they can leave behind," said Ruth White, regional director of Early College for ME program. "Leaving a resume behind will give the employer the sense of what skills you have and the type of work you have done in the past. Getting to know you at the job fair will make you a memorable candidate for the desired position."

With hundreds of people anticipated, it is crucial to make that lasting first impression when speaking with the company's representatives. White recommends attendees to approach each vendor with a positive attitude, show self-confidence, greet with a firm handshake, and don't be afraid to ask questions about the company.

There is also a section where the perspective employers can conduct an interview if necessary. The attendees

should come prepared for an interview to take place upon the employer's request.

According to a recent poll, many recruiters are concerned with the lack of focus found amongst job seekers, the inability to communicate clearly, and asking about salary even before the job seeker gets a position within the company. White suggests that when attending the job fair attendees should pay close attention to the company representatives when being spoken to. It is also important not to mumble when responding to the representatives and to try to communicate in a way that will be understood.

"We know the economic conditions have become much worse and layoffs have hit households that have never been affected before," said White. "The job fair at NMCC brings together a wide range of employers who are looking for skills from laborers, nurses, lab techs, truck drivers, construction, heavy equipment operators, administrative assistants, manager trainees, plus many more."

The job fair is intended not only for NMCC students, but for the general public as well as future graduates of The University of Maine at Presque Isle, The University of Maine at Fort Kent, Husson University, and Loring Job Corps.

Focus the Nation Reminder...

Just a reminder for those who have not already done so...the deadline for registering for FTN 2.0: Biomass & Beyond, a conference on preparing Maine's renewable energy future, is February 29. The day long conference takes place on March 7 in the Edmunds Conference Center. It includes a featured addresses by Dr. William Strauss, president and founder of FutureMetrics, LLC, and Gerald Chasse, president and COO of Bangor Hydro Electric Company. There will also be a panel discussion with four professionals involved in the alternative energy field. To register, stop by the development office or call 768-2810.

Lunch Menu

Monday

Chicago Style Hot Dog
Grilled Italian Sausage
Milano Wrap
Vegetable Beef Soup
Chicken Noodle Soup
Cheddar & Cauliflower Soup
Rotini Marinara
Broccoli
Vegetable Enchilada
Milano Wrap

Tuesday

Bistro Chicken Sandwich
Beef Stroganoff
Egg Noodles
Mexican Chili Soup
Chicken Noodle Soup
Spicy Veg. Barley Bean Soup
Mashed Potatoes with
Caramelized Onions
Steamed Green Peas
Farfalle w/Broccoli & Ricotta
Falafel on Pita

Wednesday

Tuna Melt
Cheeseburger Pie
Chicken Salad Club
Sauerkraut Kielbasa Soup
Tomato Soup
Lentil Soup
Steakhouse Roasted Potatoes
Stewed Tomatoes
Classic Spanakoptia

Thursday

Chili Dog w/Cheddar Cheese
French Dip Sandwich
Turkey Sub
Mandarin Style Egg Drop Soup
Tomato Soup
Carrot & Ginger Soup
Scallian Mashed Potatoes
Steamed Carrots
Autumn Barley Pilaf

Friday

Chicken Cheddar BBQ Sand.
Turkey & Gravy Sandwich
Chicken Salad Sub
Swiss Crab Soup
Tomato Soup
Cuban Black Bean Soup
Mashed Potatoes
Veggie Medley
Gardenburger Jambalaya

AVAILABLE DAILY

Deli Station & Salad Bar

Pizza

Hamburgers

Garden Burgers

Hot Dogs

Chicken Patty Sandwiches,

Grilled Cheese Sandwiches,

French Fries

Assorted Desserts

Team from NMCC Takes Part in Annual Polar Dip

A group of NMCC students and employees recently traveled to Pleasant Point to join hundreds of others for the annual Polar Dip to raise money for the Ronald McDonald House of Maine. The group included "dippers" who went into the water, as well as "tow-ers" who were tasked with watching out for them and helping them dry off. Kudos to the following for going into the water on February 10: Morgan Flewelling, Ashley Bubar, Casey Haines, Lisa Donovan, Kristen Boxwell, Reid Hanks, Jonathan Post, Lindsey Rockwell, Greg Palm, Nicole Thompson, Janelle Nickerson, Kimberly McAvoy, Elizabeth Pelkey, Ricardo Rivera, David Rugg, Nicholas Welch and Dean William Egeler. Special thanks as well to those who made the trip to serve as tow-ers: Amber Flewelling, Cheslea Michaud, Melody Bourgoin, Valerie Perry, Jessica Fogg, Cindy Beaulieu, Emily Greaves, Niki Bennick, Heather Maillott, Jacob King, Brandon Thompson, Crystal Belanger, Stephanie Nadeau, Katrina Boyles, Richard Danilowicz, Julie Rugg, Porsha Williams and Paula Flora. The group has raised approximately \$4,000 for the cause. Anyone who would still like to make a donation to support Ronald McDonald House may do so by dropping off their donation in the students services office.



Movie Night

The Classic Film Series takes a bit of a twist this week. The 2011 drama *The Help*, the film adaptation Kathryn Stockett's novel by the same name, will be showing on Thursday, March 1, at 7:00 p.m. in the Edmunds Conference Center. The film offering corresponds with the first Common Read project for this semester. Discussion on the book takes place the following day at noon in the library. All members of the campus community, whether or not you are taking part in the Common Read, are invited to attend. Admission is free.

Student Senate Meeting

The Student Senate meets at noon each Tuesday in Christie 201 (in the nursing wing). All students are invited to attend and have their opinions heard.

Events

MONDAY

Search Committee Meeting, 1:00 - 2:00 pm, Martin Third Floor Conference Room

TUESDAY

Student Senate Meeting, 12:15 - 12:45 pm, CHR 201
Baseball Umpires Meeting, 5:30 - 7:30 pm, CHR 108

WEDNESDAY

Design Meeting, 8:00 am, CED Classroom
Security Meeting, 3:00 - 4:30 pm, Library Room 2
Concept Design Team, 4:30 - 8:00 pm, CHR 214
Financing Your Future Workshop, 5:30 - 8:30 pm, Keegan Rm.
PTK Induction Ceremony, 7:00 - 9:00 pm, Edmunds Conf. Ctr.

Free Audio Books & E-books

The NMCC library is offering free access to downloadable e-books and audio books for NMCC students and employees. The library is part of the MaineInfoNet project, so everyone on campus can have free access using their 14 digit ID number. To take advantage of this resource, visit the library page on the college website (www.nmcc.edu) and click on MaineInfoNet. All you need is your ID number and you can load books onto your devices. This can be done both on and off campus. For more information, stop by the library or contact Gail Roy at ngroy@nmcc.edu or 768-2734.

Newsletter Items...

Do you have items that you would like printed in the *Weekly Bulletin*? If so, submit your information to the development office by calling 768-2809, e-mailing info@nmcc.edu or stopping by the office, just off of the lobby of the Christie Building. **The deadline is Friday by 10 a.m.**

THURSDAY

Biomass Meeting, 10:00 - 11:30 am, Martin Third Floor Conference Room

Professional Development Committee, 12:00 - 1:00 pm, Library Room 2

Stress Reduction, 4:00 - 5:00 pm, Edmunds Conf. Center
Movie Night, 7:00 - 9:00 pm, Edmunds Conference Center

FRIDAY

BIT, 9:30 - 10:30 am, Martin Third Floor Conference Room
Common Read Book Discussion - The Help, 12:00 - 1:00 pm, Library