



# News Release

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## **NMCC to host unique workshop “How to Lose a Job in 10 Days”**

**Aroostook County** - A panel of Aroostook County human resource managers will share their horror and humorous stories with Northern Maine Community College students and interested community members in a unique workshop designed to help students and prospective employers know what not to do in a job interview or on their first days on the job.

“How to Lose a Job in 10 Days” is a fun and fitting name for an informative hour-long luncheon session sponsored and coordinated by NMCC’s TRiO Student Support Services program on Wednesday, October 25, at 12:00 noon in the Keegan room of the Reed Dining Commons. Several members of the local Northeast Society of Human Resource Managers (NESHRM), who are local individuals responsible for making hiring recommendations and decisions at several area businesses, will lead the discussion.

“The conversation that happens at our monthly NESHRM meetings sometimes includes the ‘oh my gosh, what were they thinking?’ variety. Students and others entering the workforce often, unknowingly, sabotage themselves by making poor first impressions during the interview and/or on their first days on the job,” said Shelli Cronkhite, student support services counselor at NMCC and member of NESHRM. “‘How to Lose a Job in 10 Days’ is an opportunity for job seekers to hear, from human resource professionals in the field, exactly what employers are looking for, and perhaps more importantly what they are not looking for. Participants will have the advantage of the ‘inside scoop’ from the professionals who are actually making hiring decisions.”

Panelist will include Barbara Turner of The Aroostook Medical Center, Janet Kelle of Professional Home Nursing, Cathy Ricker of BurrellesLuce, Sherri Jordan of Maine Public Service Company, Jennifer Curran of TEMPO Employment Services, and Bev Clayton of Columbia Forest Products.

“We are so pleased that these individuals have volunteered their time to join us and share their experience. NMCC students are the direct beneficiaries of such collaborative relationships that exist between the college and community in that such partnerships better prepare our students for the workforce,” said Cronkhite.

“How to Lose a Job in 10 Days” is the latest in a series of workshops for NMCC students coordinated by the Student Support Services Office designed to teach students strategies to be successful in college and beyond. The hour-long sessions this semester focus on a range of topics including study skills, time management, resume writing and interviewing skills.

Coordination of the workshops is funded through the U.S. Department of Education Federal TRiO program, which is focused on preparing first generation college students for admission to post-secondary education and then helping them to be successful in college. The TRiO program at NMCC provides a variety of support services – academic support, financial aid counseling, personal counseling and career planning and placement services – to students who are the first in their family to go on to college.

“The idea is that students who have not had the benefit of either parent earning a baccalaureate degree and navigating the maze of higher education are at a disadvantage. TRiO programs, like the student support services program at NMCC, help ‘level the playing field’,” said Cronkhite.

“How to Lose a Job in 10 Days” is free and open to the community. For more information on the upcoming session or on the TRiO program at NMCC, contact Cronkhite at 768-2793.

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