Hello CMES students!

I hope your semester is going well! Best of luck with your upcoming final exams and projects! As the semester winds down, if you would like assistance in your career ambitions—including job search strategies, resume & cover letter reviews, and/or interview practice—please feel free to email me at ebloomquist@sa.utah.edu to set up an appointment!

Our office is excited to announce a shiny, new database that will better help you reach your career goals! We are currently transitioning to UCareerPath, and we are excited about the tools and resources available to you. You will soon be able to access UCareerPath from our website, and here’s a sneak peek of what is coming your way:

- **Schedule appointments online** – easily find an appointment with your own dedicated Career Counselor depending on your availability.
- **Virtual Mock Interviews** – practice your interviewing skills online and share with mentors to ask for feedback.
- **Document Library** - find valuable handouts to help you with resumes, interviewing, LinkedIn, and your job search.
- **NACElink Network** – your new tool to search for internship and full-time positions worldwide.
- **CareerShift** – your exclusive resource for searching for jobs nationwide as well as conducting employer research and networking.
- **GoinGlobal** – the best tool to prep you for searching for jobs internationally as well as to identify employers who issue H1-B visas.

Now for a tidbit of career advice... “Tell me about yourself” can be an intimidating question in an interview or networking situation. When the attention is momentarily all on you, you want to make a good impression! Consider these tips on how NOT to introduce yourself from Bernard Marr, author & professional speaker.

Avoid:

- **Name dropper.** This person introduces themselves by saying who they know, who they've worked with, etc. I might not remember their name, but I'll remember that they once got Tony Robbins a glass of water.
- **TMI.** If I’m just meeting you, I don’t need to know your entire history, all of your degrees and accolades, and your dog's maiden name. Stick to the basics.
- **Limp fish.** It may be old fashioned, but I think a weak handshake is a turn-off when introducing yourself. Practice a firm (but not crushing) handshake to convey confidence.
- **The Cannonball.** Probably the opposite of the limp fish is the cannonball — the person who is so overly confident that they'll barrel their way into any situation or conversation without being invited. If you want to join an ongoing conversation, wait to be acknowledged before you jump right in.
• **Digital Zombie.** If you’re going to a networking event, or a professional function of some kind, don’t be so absorbed in yourself and your cell phone that you’re not paying attention.

Best,

**Eric Bloomquist**

Career Counselor  
801-581-5624  
[ebloomquist@sa.utah.edu](mailto:ebloomquist@sa.utah.edu)
Connect with me on [LinkedIn](https://www.linkedin.com)

Achiever | Harmony | Positivity | Significance | Discipline

**University of Utah Career Services**  
Student Services Building (SSB) Rm 350 SSB  
801.581.6186| [www.careers.utah.edu](http://www.careers.utah.edu)