

# Wellness Wednesday's

April 22, 2020



*Retrieved from [https://www.uwosh.edu/couns\\_center/internal\\_images/wellprograms.jpg](https://www.uwosh.edu/couns_center/internal_images/wellprograms.jpg)*

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## Navigating the Job Market

As the semester wraps up, you might be wondering what jobs are available or how to navigate the application process given some of the restrictions on essential businesses. The resources below will provide some guidance on how to approach this, as well as to keep in mind that your job search may look a little different than you had originally planned.

It is understandable to feel disappointed if you had a specific internship set up or plan in place and that is no longer an option. However, it can be valuable to keep in mind that although you may not secure your dream summer or full-time job, this is still providing a steppingstone for your next move. As one of the College Counseling and Student Development graduate student's shared, always remember your ABC's (**A** job, **B**etter job, **C**areer). This job can lead to a better job, which can in turn lead to your career. This is an opportunity to grow and learn and can demonstrate your tenacity and willingness to do what is needed. These are the types of skills that future employers will appreciate.



Retrieved from <https://www.cv-depot.net/index.php/tag/job/>.

### SCSU's Career Center

If you are looking for additional resources or guidance, visit SCSU's Career Center (<https://www.stcloudstate.edu/careercenter/>) or schedule a Zoom appointment to discuss specific questions or concerns. This can be done by emailing [careercenter@stcloudstate.edu](mailto:careercenter@stcloudstate.edu) or following the "Schedule an Appointment" section on this page (<https://www.stcloudstate.edu/careercenter/contact/appointment.aspx>).

In case you didn't know, the Career Center offers free advising and career assessments for students. In addition, you can get advice or feedback on resumes, cover letters, or even practice interviewing skills. If you are unsure where to start, consider looking at the library of majors, career paths, and industry information on the Career Center's page.

**Job Opportunities**

From restaurants to department stores to financial institutions, here are some ideas of the latest companies that are hiring (<https://www.linkedin.com/pulse/heres-whos-hiring-right-now-andrew-seaman/>).

Additional job opportunities for SCSU students can be found through Handshake (<https://app.joinhandshake.com/>) or through virtual job fairs offered through SCSU's Career Center page.

If you have specific companies in mind for job opportunities, consider checking Candor's website here (<https://candor.co/hiring-freezes/>) to see the current hiring status for the company. This information is updated continually through user updates and contributions.

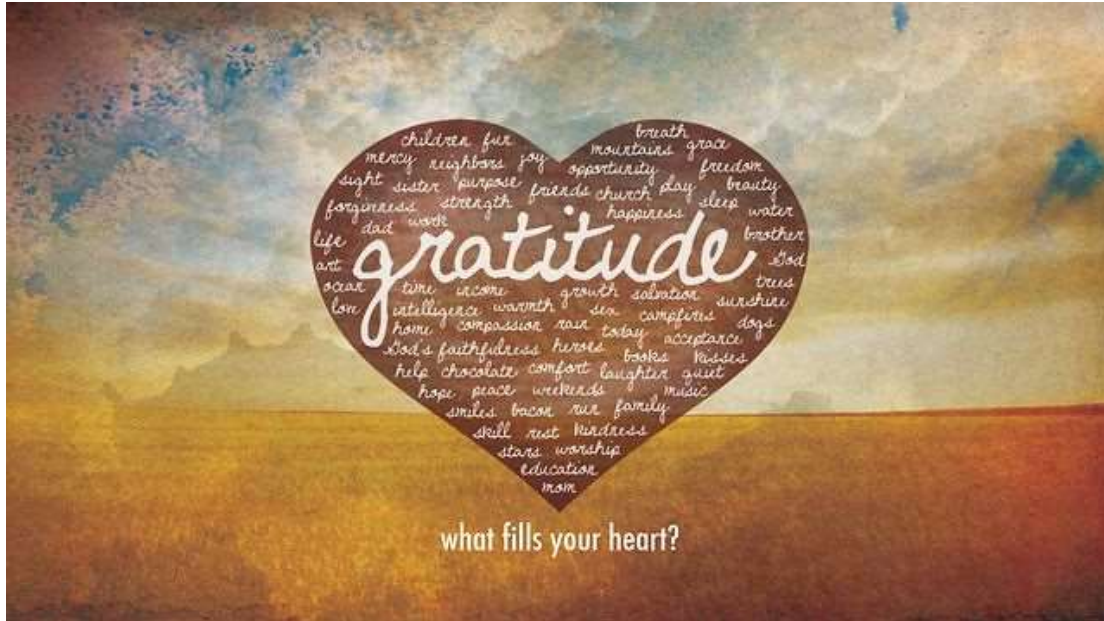
**Virtual Interviews**

So, you've secured an interview at a company and they request to do a virtual interview. What are some areas to consider? Some items are the same as if you had an in-person interview, such as preparing for the interview ahead of time, showing up on time or even a little early to plan for unexpected difficulties logging in, dressing professionally (full body in case you have to stand up at any point), maintain eye contact, and give appropriate non-verbal (head nods, facial reactions) feedback.

Something new to consider with virtual interviews would be to find a quiet and confidential location to conduct the interview with minimal interruptions or distractions. In addition, consider what the interviewer will be able to see in your background. Opt for neutral patterns when possible to minimize distraction from your words. If you plan on taking notes, it might be beneficial to share that with your interviewer so they know why you might be looking away. Lastly, don't forget to utilize the Career Center to prepare and practice your interview skills.

## Weekly Relaxation Activity

### Expressing Gratitude



Retrieved from <http://www.dailygood.org/story/578/the-neuroscience-of-why-gratitude-makes-us-healthier/>.

If you haven't had the chance, *Count Your Rainbows: A Gratitude Journal* by Jenny Mecher provides great ideas on how to express and recognize gratitude in different ways.

*What are some ways that you reflect on the little moments of joy and thankfulness in your life? How do you express your gratitude?*

Here are a couple ideas to get you started:

- Saying thank you
- Capturing it through pictures
- Expressing it through creative art
- Daily mantras or intentions
- Journaling
- Taking in the beauty of nature
- Listening to music
- Doing a small act of kindness for someone
- Stopping and taking in the moment
- Dancing
- Sharing a story with a friend
- Calling a family member
- Cooking
- Putting little notes in your child's bedroom
- Going for a walk
- Bike rides in the park

If you're having trouble coming up with ideas, consider taking a couple minutes by yourself to close your eyes and focus on your breathing while thinking about what you are thankful for. What comes to mind? Remember, it can be all things, big and small, from being grateful that you were able to shower today to having supportive friendships in your life. No matter the impact, it all makes a difference.

## Parent's Corner

You have likely established or started to create a new family routine whether it was from incorporating ideas from previous weeks or your own family style, but that still leaves celebrations as a unique experience for children and parents alike. Your child may not understand why, but you can let them know you love them and while it might look different this year, you want their celebration to be just as special. It may not look like having family and friends over or going to a restaurant or special place to celebrate, but there are still many ways to make the day special for your child or loved one.



*Retrieved from <https://citydadsgroup.com/blog/covid-19-coronavirus-childs-birthday-party/>*

- Create a birthday scavenger hunt with little pictures around your home that your child can easily identify (or adjust to make it a little more challenging for older children with riddles). You could have a fun activity at each checkpoint or a little treat for them to collect. Either way, it makes a special moment that they will not soon forget.
- Have them choose their favorite meal or dessert. If you usually go out to eat, consider doing a to-go order and eat in a special place in your home or decorate it with balloons to feel more festive.
- Have a special activity of their choice, whether it is a dance party or slumber party or something else, you can find cheap ways to set a mood in your home. For example, bring all the pillows down to the couch and turn off half the lights to set a fun atmosphere for dancing or watching a movie. Don't forget the popcorn or snack of choice for your family!
- Video chat with friends or loved ones.
- Create a chalk adventure on the sidewalk. Some ideas could be hopscotch, if you land on this square – jump three times, etc. You could even have props by some of the spaces, such as putting on a silly hat, and then take a picture of your child at the end.
- If your child is missing someone else's celebration, consider sending a card or fun video message to brighten their day.
- Have friends tie a balloon outside or leave a chalk message on the sidewalk.



Lastly, it's not about buying expensive things or lavish decorations, it's about spending quality time together and creating a special memory that your child can carry with them.

### Story Time – A Feel Better Book for Little Tears



Retrieved from <https://www.facebook.com/AmericanPsychologicalAssociation/videos/631220024276084/>.

As children (and parents!) start to miss some of their routines, extended family and friends, and celebrations or birthdays, it can be hard to manage the variety of emotions that go along with it. This week's story time video from the American Psychological Association is called *A Feel Better Book for Little Tears* and is read by one of the authors, Holly Borchmann. The book helps children understand what sadness is and what it can look like in their life. It shares that it is okay to feel sad sometimes and while it is important to honor those emotions, there are also different ways that they can incorporate other activities to start feeling better in little segments. Here are some of the ideas from the book:

- Talk about why you're feeling sad
- Try letting your sadness out (it's okay to cry!)
- Think happy thoughts, such as what you like a lot
- Do something creative, such as drawing a picture
- Play outside
- Bake with a parent
- Build a fort with blankets and pillows
- Take deep breaths and envision flying in the sky
- Remember it might take time

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## Resources

### Career Resources

- **Handshake** (Job search)  
Website: <https://app.joinhandshake.com/>
- **SCSU Career Center**  
Make an appointment: Email [careercenter@stcloudstate.edu](mailto:careercenter@stcloudstate.edu) or go to:  
<https://www.stcloudstate.edu/careercenter/contact/appointment.aspx>  
Website: <https://www.stcloudstate.edu/careercenter/>

### Mental Health Resources

- **Disaster Distress Helpline** (crisis and support line for natural/pandemic disasters): Text "TalkWithUs" to 66746 or call 1-800-985-5990  
Website: [DisasterDistress.samhsa.gov](https://DisasterDistress.samhsa.gov)
- **Local Crisis Line**: Call 320-253-5555 or 800-635-8008
- **National Domestic Violence Hotline**: Text "LOVEIS" to 22522 or call 1-800-799-7233  
Website: <https://www.thehotline.org/>
- **National Suicide Prevention Lifeline**: Call 1-800-273-8255  
Website: <https://suicidepreventionlifeline.org/>
- **SCSU Counseling and Psychological Services (CAPS)**: Call 320-308-3171  
Website: <https://www.stcloudstate.edu/counseling/default.aspx>
- **ULifeline** (online resource for college mental health): Text "START" to 741-741 or call 1-800-273-TALK (8255)  
Website: <http://www.ulifeline.org/>

### Student Support Resources

- **SCSU Student Parent Support Center**:  
<https://www.facebook.com/scsustudentparentsupportcenter/>
- **SCSU Non-Traditional Student Support**: <https://www.facebook.com/SCSUNonTrads/>

### Substance Use Resources

- **Alcoholic Anonymous (AA) Online Meetings**:  
Website: <http://aa-intergroup.org/>
- **Narcotics Anonymous (NA) Virtual Meetings**:  
Website: [https://na.org/?ID=virtual\\_meetings](https://na.org/?ID=virtual_meetings)



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