

WORKFORCE NEWS

The Workforce Development Department includes WorkFirst, Opportunity Grant & the Employment Resource Center.

Healthcare Expo—Weds. April 27th

Get Healthy, Wealthy and Wise – All in one Event!

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The LWTC Health and Wellness Expo, scheduled for Wednesday, April 27th is a combined event that showcases healthcare employment, health and wellness services from the community and healthcare educational opportunities. The event provides an opportunity for students and the public to meet with healthcare employers, discover about LWTC's healthcare-related training programs, and get general information about wellness and healthcare services in their community.

The LWTC Health and Wellness Expo kicks off at **9AM** with the **Opening Presentation**. Expo exhibits/representatives will be available in the LWTC main mall from **10AM to 1PM**. The LWTC Health and Wellness Expo is open to community members, as well as LWTC students, faculty and staff.

LWTC's Employment Resource Center coordinated the event in partnership with the Fitness Program, LWTC's Student Programs office and the event sponsors.

The sponsors, Evergreen Hospital, Bottega Fitness and Eastside Spine and Wellness will all speak during the event's opening presentation at 9AM.



LWTC Health & Wellness Expo
LAKE WASHINGTON TECHNICAL COLLEGE • 11605 132ND AVE NE • KIRKLAND WA

Opening Presentations.

Evergreen Healthcare	Healthcare Employment
Eastside Spine & Wellness	Healthy Lifestyles
Bottega Fitness	Education to Success

WEDNESDAY APRIL 27TH, 2011
Opening Presentations 9:00am - 10:00am
Expo 10:00am - 1:00pm
EAST BUILDING

The expo will feature over 50 health, wellness, and fitness vendors with employment and educational opportunities in healthcare, plus health and wellness information and resources.

SPONSORED BY:

EVERGREEN HOSPITAL MEDICAL CENTER **Bottega Fitness** **EASTSIDE spine & wellness** CHIROPRACTIC • MASSAGE

LWTC EMPLOYMENT RESOURCE CENTER WWW.LWTC.EDU/ERC 425-739-8113

STORIES—SPRING 2010-2011.....

DIRECTOR'S FOCUS: Preparing Today for Tomorrow

Workforce Development Director Demetra Bros gives tips on college and career success (part 2 of a 2-part series...)

BUILD YOUR RESUME/PORTFOLIO

Your job search should start NOW! Use the Employment Resource Center to begin to prepare your resume and look at job openings. You will then add to your resume and fine tune it as you move through your program, using the phrases and terminology that employers use every day. In addition, you should relate your college assignments and projects to your career goals. In this way, you are building your portfolio with examples that you can show off to a potential employer. For example, if you have a writing assignment in your English class and you are a pre-nursing student, write about a career in nursing. If you are a Business Admin student and have a project in Psychology, focus on the group dynamics during business meetings. There are many ways to relate what you are doing in your classes to your future career goals and then you can begin adding your best projects to your portfolio.

DO YOUR BEST WORK!

When you do your best, people notice. You will stand out above others and above the competition. Teachers recognize it, employers recognize it, and colleagues recognize it. Grades are important, but not as important as giving your best effort. Go the extra mile – do extra credit, participate in class, volunteer to help other students – others will recognize you as a leader that strives for the best.

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*“Man’s mind,
once stretched
by a new idea,
never regains
the original
dimensions”*

*~ Oliver
Wendell
Holmes Jr.*

CSNT COMPUTER REPAIR SHOP

Now open for the Spring quarter!

Hours:

- M – Th 12 thru 2:30pm - accepting new machines for repair.
- Techs will be available for consultation until 3PM M – Th.
- Shop is closed on Fridays.



Room: T219 is the shop location

Fees: Shop labor is free. Any parts needed for repairs must be purchased and supplied by the customer.

CAMPUS ACTIVITIES AND HAPPENINGS

FAFSA ONLINE WORKSHOPS

A financial aid advisor will be available to help students complete their FAFSA online on the following Wednesdays.

All sessions are held in the West Building, Room #113
From 3PM to 4:30PM

DATES:

- April 27, 2011
- May 11, 2011
- May 25, 2011
- June 8, 2011
- June 22, 2011

[2011-2012 FAFSA Application
\(Summer Quarter 2011 thru
Spring Quarter 2012\) now avail-
able on line!](#)

Students should bring a copy of their completed 2010 tax return or 2010 W-2's or estimate their income for 2010. Dependent students should bring a copy of their parent's 2010 tax return as well.

Fourth Annual

Mental Health and Community Resources Fair

Wednesday, May 4

East Mall from 10:00 a.m. to 1:00 p.m.

The Fair is a partnership between the college's [Counseling Center](#), Social/Human Services Program, and Student Programs.

Agencies such as the DSHS, Crisis Clinic, Dept of Vocational Rehab, Evergreen Health Care, Soldier's Project NorthWest, The Psychology Center and many more will be present at the event. In addition, a guest speaker will present on the topic of Suicide Prevention.



TRiO Learning Lab:

TRiO program students are invited to drop-by the Learning Lab during the following hours in Room W-213—no appointment necessary.

Monday 1PM to 3PM
Tuesday 1PM to 3PM
Wednesday 9AM to 11AM
Thursday 1PM to 3PM

ALL students are invited –TRIO or not !

Services provided: Answers for your questions, helping you discover resources, providing assistance in understanding important course concepts.

ITS GREAT TO GRADUATE!

LWTC's Commencement Ceremony

June 17 at 2:00 PM at the Lynnwood Convention Center

Important—before you graduate you must:

Submit a graduation application to the Enrollment Services office to verify your graduation eligibility

To complete the application

Pick up your graduation application at the Information Desk in the West Building or download the [Application for Degree or Certificate](#) (PDF file, [requires a PDF reader](#)) and mail the completed application to the address above or drop it off at Enrollment Services, West Building, W201.

WORKFIRST DEPARTMENT: SELF-CARE AND PRACTICAL TIPS

SPRINGTIME

BY IRENE REYNOLDS

Springtime allows many opportunities for parents and children to share in the wonder of the world around them. Teaching the signs of spring can be an activity that helps kids develop life skills and experience joy.

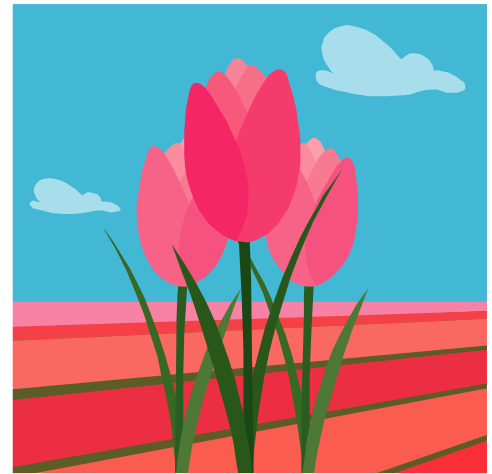
When parents notice their children's natural interest in Spring, and nurture it year after year by encouraging, teaching and enjoying spring activities, this helps turn that joy into something concrete that the children can call upon throughout their lives. Helping children notice and celebrate the signs of spring such as flowers growing and changes in the weather is a wonderful way to help kids develop observation skills.

Enjoying being outside after a long winter of inside activities is both healthy and great fun for parents and their children. Walking, running, playing sports are terrific ways to strengthen the family bond. These activities can shake children and parents alike out of the rut of day-to-day life.

Observing nature can help kids get comfortable with their surroundings and feel as if they have some knowledge and mastery of their world. This can naturally help children with their self-esteem and can help them develop and trust their intuition.

"Affirming kids' natural instincts to get excited about the simple things can go a long way in a world of constant over-stimulation. It gives kids another frame of ref-

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To laugh often and much; to win the respect of intelligent people and the affection of children; to earn the appreciation of honest critics and to endure the betrayal of false friends; to appreciate beauty; to find the best in others; to leave the world a bit better whether by a healthy child, a garden patch or a redeemed social condition; to know even one life has breathed easier because you have lived. This is to have succeeded.

Ralph Waldo Emerson

MORE COLLEGE SURVIVAL TIPS: START YOUR DAY WITH A GOOD BREAKFAST!

Breakfast has often been called the most important meal of the day and there are many good reasons for this designation. Eating a good breakfast benefits both children and adults in a number of different ways:

Energy for your day - Your body fasts during the hours you sleep so having breakfast gives your body & brain the energy it needs to function and you will feel better throughout your day.

Function better at work and school - "Studies have shown that adults who

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YOUR PROGRESS DEFINED!-THE DEGREE AUDIT

Degree Audit

Lake Washington Technical College has a new Degree Audit system that can help you monitor your progress towards a degree or certificate. The Degree Audit shows: courses that have been completed, courses in which you are currently enrolled, and graduation requirements that need to be completed for your curriculum.

You can also explore *"What if..."* scenarios such as:

- *"What if I take this course?"* Select courses you may want to take and see the effect on your audit.
- *"What if I change my course of study?"* Browse the database and run an audit on any program.



STEPS FOR VIEWING DEGREE AUDIT

- Go to www.lwtc.edu
- Scroll to the bottom of the LWTC home page and under the heading ACADEMICS, click on **Student Toolbox**
- Click on Degree Audit (choose catalogue year) on the left side of page
- Enter Student I.D. Number and PIN
- Select Degree/Certificate program
- Click on Run Audit

NOTE: The Degree Audit is a self-guided online tool intended for unofficial use. Please consult with an Advisor to finalize any degree or certificate planning. The awarding of degrees and certificates is the sole authority of the LWTC Enrollment Services Office.

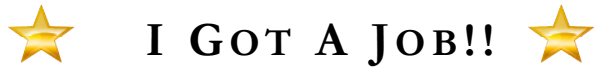
*"You can't
build a
reputation on
what you are
going to do."
~ Henry Ford*

...BREAKFAST (CONTINUED FROM PAGE 4)

eat a healthy breakfast are more efficient during their workday than those that do not. Children that don't have breakfast get sleepy at school, have a harder time paying attention & tend to eat more junk food later during their day. Children who do eat breakfast are shown to get higher test scores and perform better in sports (2008, The Permanente Medical Group)."

Create a healthy eating pattern for your family - "Studies show that eating a healthy breakfast everyday can give you a more nutritiously complete diet, higher in nutrients, vitamins and minerals (2007, WebMD)." Eating breakfast also helps you feel more satisfied and less likely to overeat later in the day. Research also shows that most people who have lost weight and kept it off eat breakfast everyday (2008, The Permanente Medical Group).

EMPLOYMENT RESOURCE CENTER: CAREER EXPLORATION AND JOB SEARCH TOPICS



ACTUAL STUDENT SUCCESS STORIES FROM THE FRONT- LINES OF THE JOB SEARCH

Student #1: Student who was hired as a Payroll Specialist for a brand-name company in the food industry:

“I got the interview in part, because of my membership in the local chapter of the American Payroll Association. I saw the job advertised on our chapter website, and then remembered that I had met someone who worked for [the hiring company] at one of our monthly chapter meetings. I was able to send my resume directly to her, and she forwarded it to the correct person. “

Lesson: Networking is key.

“Having my degree gave me the confidence to get this job because I knew that I had the knowledge to do the job...I'd also like to send a thank-you to the Employment [Resource] Center for their advice and encouragement.”

Lesson: Getting your education opens doors and helps confidence – use LWTC's Employment Resource Center, and campus resources available to you as a student.

Student #2: Nursing Student who landed a Nursing Residency position with a community hospital:

“One of the key elements I have learned in this job search is patience and persistence. It is imperative to get in front of the RN recruiters for the chosen facility and make your name and face known....NETWORK!! Find anyone who knows someone at the hospital or facility...I have learned that you must maintain a positive attitude, don't become discouraged.....just keep plugging away. In addition, volunteering is a great way to get your foot in the door and network”

Lessons: Patience and persistence, and NETWORK!

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“All labor that uplifts humanity has dignity and importance, and should be undertaken with painstaking excellence.”

Martin Luther King Jr.

WORKPLACE 101—EMPLOYMENT WORKSHOPS

WorkPlace 101 series of Workshops is focused on job search skills. All Workshops are on Wednesdays (dates listed below) from 12 noon to 1PM in classroom W-204f

Date: Topic:

May 4th — Job Search—Job Search resources, where to start, how to get organized

May 11th — Resume

May 18th — Cover Letter

May 25th — Part I : Interview

June 1 — Part Interview—Mock Interview

(Part I is required for participation in the Part II)

Director's Focus— (Continued from page 2)

(Continued from page 2)

When it comes to your job search, doing your best means you need to start now. Practice your “60-second commercial” and your interviewing skills. An interview is like your final exam – you need to study and you need to practice. Do you know what interviewers are looking for in candidates? Do you know what type of questions interviewers will ask? Do you know how to stand out above the other candidates for the job? Start practicing now! The Employment Resource Center offers workshops and one-on-one interviewing practice. If you start practicing now, you will ace the interview tomorrow.

The world of work is extremely competitive, but as students you have the advantage of not only showing off your newly acquired skills and credentials, but also preparing to be the BEST candidate for the job. **Start TODAY and you will be ready for TOMORROW!!!!**



Whatever you can
do or dream,
begin it.

~Goethe

Kirkland Campus Parking Advisory

With the start of Spring Quarter, parking at the Kirkland campus will be difficult during peak hours (normally 8:00 a.m. to 2:00 p.m.). As a result, we strongly encourage all faculty, staff, and students to take the following steps:

LWTC PARKING ENFORCEMENT

- Use the College shuttle service (Wednesdays only)
- Use the local transit service bus
- Carpool if possible
- Allow ample time to find parking

Reminder about the following parking rules:

- Park in designated parking areas only. Honor posted speed and Stop signs.
- Do not park in Disabled Parking areas without a valid State permit
- Do not park in Visitor Parking (current employees and students are NOT visitors)
- Do not park in any area not designated for parking or marked no parking
- Do not park in a fire lane or adjacent to a fire hydrant
- Do not park in areas designated as loading zones
- Do not park so as to block or obstruct traffic or occupy more than one parking space
- Do not park in the Child Care Center parking area designated for parent drop off/pick up

...“ I GOT A JOB!” (continued)

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Regarding interview preparation: “...Find out everything you can about the facility you are applying for. Research the website and know their mission and core values. Try to incorporate those into your personal values and 5 year plan. Also, practice "selling" yourself. Practice in the mirror, in the car, with family members....practice, practice, practice. The more you practice the more you exude confidence and the more confident you feel during an interview.”

Lesson: Practice, practice, practice your interviewing

...Spring (continued)

(Continued from page 4)

erence about what makes people happy. Do this by engaging them when they pick a flower or chase a frog. Be as excited as they are. Focusing on nature can help kids get outside of themselves, it can teach them to experience “natural highs” so they don’t need to depend on artificial ones later on.” (Quote from Lisa C. DeLuca, internet contributor on Suite 101.com)

As a parent I can remember the enjoyable times I helped my children plant seeds for flowers and vegetables. I also liked watching them participate in community track - and-field days. Check your local city’s park and recreation page to see what is available where you live. These nice Spring days bring back those nice memories of hanging out with my children even though they are now grown.

CAMPUS SHUTTLE SERVICE: Started Monday, April 4, 2011.

Due to low ridership and as a cost saving measure, the Campus Shuttle service will conclude its 5 day per week shuttle run between The City Church and the LWTC Kirkland Campus effective Friday, April 22, 2011.

Shuttle ridership on Monday, Tuesday, Thursday, and Friday no longer supports continued use of the shuttle service on those days.

Shuttle service will continue its current schedule (7:00 AM to 4:45 PM) between The City Church and the Kirkland Campus on WEDNESDAYS ONLY throughout the remainder of Spring Quarter, April 25 through June 15, 2011.

LWTC Workforce Development Dept.—West Building, W-207

- **Director:** Demetra Biros 425-739-8315
- **Opportunity Grant:** Adria Sneed 425-739-8100 x448
- **Employment Resource Center:** Kate Conant 425-739-8113
- **WorkFirst :** Irene Reynolds / Annemarie Williams 425-739-8339



LAKE WASHINGTON TECHNICAL COLLEGE

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College Academic Calendar:

April 2011

5 - Last day for 50% refund
(most classes)

25 - Last day for 40% refund
(most classes)

May 2011

10 - Advising Day

30 - Memorial Day Holiday (no
classes; buildings closed)

31 - Last day to withdraw
from Spring Quarter classes

June 2011

17 - Commencement

21 - Spring Quarter ends

22 - Inservice/Faculty Prep

July 2011

4 - Independence Day Holiday
(no classes; buildings closed)

5 - Summer Quarter begins

August 2011

26 - Summer Quarter ends

September 2011

19 - Fall Quarter begins