

# NORTH CAROLINA CAREER DEVELOPMENT ASSOCIATION

Spring 2019 Edition



## NCCDA 2018-2019 POETRY & ART CONTEST STATE WINNERS

Theme: Using Career to Break Barriers, Empower Lives & Achieve Equity

Congratulations to the winners, and thanks to all who participated!

(Click on the links to view the winning entries)

### POETRY

#### Intermediate (Grades 3-5)

1<sup>st</sup> place: Caylin McCauley, Franklin County Schools

#### Middle (Grades 6-8)

1<sup>st</sup> place: Ralph Phillips, Wake Young Men's Leadership Academy

2<sup>nd</sup> place: Lillian Sebastian, Kings Creek School

3<sup>rd</sup> place: Courtney Lucas, Franklin County Schools



Zoey Beaver's entry

#### Senior (Grades 9-12)

1<sup>st</sup> place: Haley Lewis, South Lenoir High School

2<sup>nd</sup> place: Jnyah Kee, Shelby High School

3<sup>rd</sup> place: Bethany Easler, Crest High School

#### Adult Student (Age 18+ enrolled in school)

1<sup>st</sup> place: James Upchurch, Wake Technical Community College

2<sup>nd</sup> place: Sonya Jordan, Wilkes Community College

3<sup>rd</sup> place: Emma Kate Creech, Wake Technical Community College

### ART

**Category 1** : Standard use of ink, pencil, poster paints, magic marker, acrylics, and oils.

#### Intermediate (Grades 3-5)

1<sup>st</sup> place: Zoey Beaver, Franklin County Schools

#### Middle (Grades 6-8)

1<sup>st</sup> place: Rylee Carter, Collettsville Middle School

2<sup>nd</sup> place: Roland Brogden, Franklin County Schools

3<sup>rd</sup> place: Norah Cool, Collettsville Middle School



Rylee Carter's entry

#### Senior (Grades 9-12)

1<sup>st</sup> place: Charles Brownlee, Shelby High School

2<sup>nd</sup> place: Jania Camp, Shelby High School

3<sup>rd</sup> place: JaQuanna McClain, South Lenoir High School

#### Adult Student (Age 18+ enrolled in school)

1<sup>st</sup> place: Talon McMillan, Full Sail University

**Category 2** : Use of photos, clipart, graphic art software, collage, cut and pasted paper, and mixed media.

#### Middle (Grades 6-8)

1<sup>st</sup> place: Morgan Hayman, Manteo Middle School

2<sup>nd</sup> place: Piper Allison, First Flight Middle School

3<sup>rd</sup> place: Collin Harris, First Flight Middle School

#### Senior (Grades 9-12)

1<sup>st</sup> place: Carolina Grajales, Shelby High School

2<sup>nd</sup> place: Madison Biddix, Shelby High School

3<sup>rd</sup> place: Savannah Burns, Shelby High School

#### Adult Student (Age 18+ enrolled in school)

1<sup>st</sup> place: Cameron Brown, Wake Tech Community College

2<sup>nd</sup> place: Elizabeth Shulman, Wake Tech Community College

3<sup>rd</sup> place: Maggie Baker, Wake Tech Community College

#### Open Adult Student (Age 18+ not enrolled in school)

1<sup>st</sup> place: Ronda Branch, Shelby High School

2<sup>nd</sup> place: Penny Clontz, Crest High School

**Total Amount for Prizes Awarded— \$905**

## JOB SEARCHING AS A CAREER DEVELOPMENT PROFESSIONAL

Submitted by Tommy Peterson

Working in career development, it is that time of the year that we all know and love; our students, alums, and maybe even some of us are at varying points in our job search. I would like to get a little vulnerable after having been in my search all of spring semester and offer some words that I needed to hear from my colleagues, but most importantly from myself.

### So why is this so important?

Well, working in career development, we are supporting people every day to make meaning of experiences and assist them in translating that into interviews to secure a position that will hopefully align with their values, skills, and interests. However, when you are the one who is trained on teaching others to interview, you can be the harshest critic in the room.



As I was interviewing, I saw every mistake as a space that I, as a Career Counselor, should not have been making. As I was talking with my friends about our varied searches, I saw myself comparing searches, when I know I encourage students and alums I counsel to not. But at the end of the day, we are humans with emotions and reactions to these situations and the imposter syndrome may creep its way into our headspace. So, what can we do?



### Believe in Yourself

Often, if you interact with employers, they will say a lot of candidates can have all the right qualifications, but lack the confidence to communicate those appropriately. You are so much more than a set of strong, highly developed skills. While we operate as helpers, we often have a hard time recognizing our own efforts and doing so can help project confidence to obtain our dream offer.

### Ask for What You Need

Much like our clients need someone to process with, we will as well. It is important to find those people for yourself. But more importantly, it is important to communicate what you are needing at that time. Sometimes, you want to revel in the moment after SLAYING an interview. Sometimes you will want to process about how you should have handled a question you were not anticipating. Or sometimes, you simply want to vent about the slow nature of responses or needing to send a thank-you email when you will not likely get a response (see other articles linked below).

<https://www.businessinsider.com/how-to-write-thank-you-email-after-job-interview-2019-4?fbclid=IwAR2siP-8PTYKzxMwPtUY4vqtJaJ6nlsXp5ShVSK2mEawEhN7shV7Ph89IQ>

<https://www.businessinsider.com/thank-you-notes-interview-job-2019-4>

It is important to communicate what you are needing so others, who ultimately are trying to help, do not cause undue stress in an already stressful environment.

### Remember your Why

While we would like to say that self-doubt is 100% avoidable, we know that that may not be the case. Whether you are a graduate student, like myself, or a seasoned professional, we all have a unique amalgam of lived experiences that has lead us to the point where we are now.

Always  
REMEMBER  
YOUR Why

So while it is a tough road to navigate and can make you question why you are putting yourself through these long, often candidate un-friendly processes, know that your why gives your power and hopefully courage to take that next step in your own career development journey.



## AN “EGGCELLENT” HUNT (Opinion)

They're on the hunt. Young and old gather with excitement and serious intent, ready to begin their search. Some run frantically here and there, picking up the first colorful, shiny thing they see. Some methodically follow a plan, take careful steps in an effort to find the best—or at least not miss out. And others follow in the footsteps of those who seem to have better luck.

Yes; it's the scene of the annual Easter Egg hunt—or as seen in more recent years, a massive egg drop from a crane or helicopter! For many people, with the arrival of the Easter holiday weekend comes the egg hunt. As I think about this festive event, I also imagine people who are on a different sort of hunt—the hunt for a job. With the advent of the spring season, the coming months will have college graduates (if not already) looking for their perfect place within their field of choice. Hopefully, their education and field experience, as well as college career counseling, will help guide them in their search. However, much like a crowd of excited, nervous, and/or competitive easter egg hunters, many other people enter the job-search field not really knowing where to look, what they should be looking for, what lies inside the first pretty egg they find, or without a plan of action, seem to always be one step behind everyone else. Their basket is either not as full as others—or is empty.

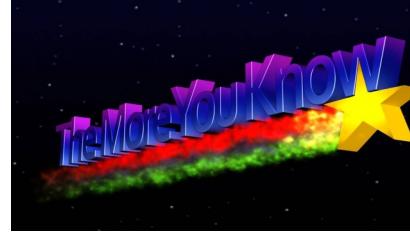


When we consider the rapidly changing world of work, due to new technology, organizational changes, and changing requirements for an employee's knowledge and skill, individuals may find themselves in the job hunt over the life-span. According to the [Career Research website](#), the biggest challenge for some people may be to just figure out what they really want: “Today's single biggest career challenge is figuring out what you really want to do. There are more choices than ever before, and there is more

information to process. People have difficulty looking inside themselves for the answer to what they want to do.”

I like to think of my counselor role to somewhat like that of the parents/caregivers who relish in the “guided” discoveries of their children on the annual Easter egg hunt. I hope that I will be able to help prepare clients to start their job search—at any age—with an awareness of what they do and do not want to do, develop a plan that will “fill their basket” with bright opportunities, and instill in them the attitude and mindset to help them enjoy the hunt.

- Submitted by Karen Driggers, M.Ed. in School Counseling Candidate, Campbell University



## NCDA’s STANCE ON NON-DISCRIMINATION AND DIVERSITY

### Non-discrimination Statement

NCDA opposes discrimination against any individual based on age, culture, disability, ethnicity, race, religion/spirituality, creed, gender, gender identity and expression, sexual orientation, marital/partnership status, language preference, socioeconomic status, or any other personal characteristic not specifically relevant to job performance. (Approved by the NCDA Board – October 2016)

### Diversity Statement

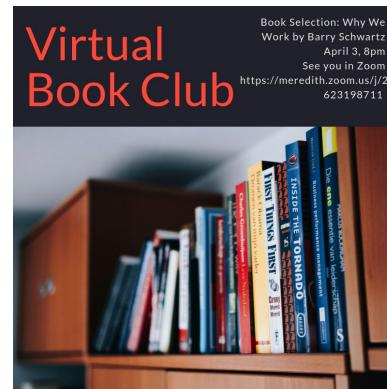
The National Career Development Association (NCDA) acknowledges the worth, dignity, potential, and uniqueness of everyone by honoring diversity and promoting social justice. NCDA views diversity from an intersectional perspective, acknowledging the ways in which identities operate within systems of power, privilege, and oppression. NCDA strives to be a diverse organization in its membership and leadership.

(Approved by the NCDA Board - March 21, 2017)

## VIRTUAL BOOK CLUB

NCCDA Members held its first Virtual Book Club Meeting on April 3. The first selection was Why we Work by Barry Schwartz. The discussion between members was enriching and enlightening.

Be on the lookout for announcements for future book club meetings—we would love to have you!



## BEST PRACTICES GRANT

Summer is almost here , and during that time most of us are planning for the upcoming academic year. So if you have an idea for a program or event, consider applying for the NCCDA Best Practices Grant to assist with any needs you may have. Be on the lookout for the application prior to the conference in the fall. Monetary awards are available up to \$1,000. Do not miss out on this money! - Submitted by Christy Dunston



## UPCOMING CONFERENCES



# NCCDA Board Members | 2018-2019

[nccounseling.org/NCCDA](http://nccounseling.org/NCCDA)

## **President**

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## **Professional Recognition Awards Committee**

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