



Take a risk! You have the power within you to move mountains! -Cheryl Richardson

Graduation is right around the corner!

By Erin Breslin Hunt

Spring graduation for Weekend college students is quickly nearing. Many students will be looking for jobs within their educational degree and it is a good idea to update your resume now!

- Keep several resumes on file. There may be several jobs you are applying for and each one may have different requirements. Altering each resume to address specifics found in an employment ad will afford a greater opportunity for you to be matched with a position.
- Many companies now employ a “scannable database”, which is a database that can select certain resumes based on specific keywords that match the employment posting. For example, if you are applying for a position that is look-

ing for specific skills, be sure that your resume details those specific skills or the database will not match your resume with the keywords listed in the posting.

- When applying for jobs, print out each job posting. It may take up to 90 days to hear from prospective employers and you will want to ensure you are aware of which opportunities you have applied for with prospective employment.
- Be sure to use the resources on campus. KatieClick lists job opportunities, the Career Development office can review your resume, and watch for upcoming job fair events on campus!

Free Self-Defense Mini-Workshop

Saturday, April 4th from Noon – 1:00pm, The Pulse

One in every four women in Minnesota will be assaulted. Intimidating statistics, but there are things you can do to help prevent yourself from becoming a victim. As a women’s college, St. Kate’s wants to increase your sense of personal power. Learning how to defend yourself quickly, effectively and with confidence is important. The Domestic Violence Task Force has paired with Access and Success and the Weekend College Student Advisory Board to offer free Self-Defense Workshops.

We are partnering with St. Kate’s alumna, Robyn Lingen, from Running Tiger Shaolin Kenpo to present both a mini self-defense workshop and a full-length self-defense workshop. In a dynamic and inspiring presentation, you will discover new ways to respond to a variety of personal threats from de-escalation to self defense techniques. Techniques taught include: understanding perpetrators, personal safety strategies, de-escalation strategies, and release from grabs.

Running Tiger has a strong commitment to reducing

violence against women and teaching women self-defense. Their intent is to provide all women with insights into their world, understanding of their environment, and the tools to make it safer. Based on Shaolin Kenpo, an ancient form of martial art distinguished by its focus on fast and powerful defense against multiple attackers, The Shaolin Way for self-defense emphasizes technique over athletic prowess, enabling women of any age or ability to learn highly effective self-defense in short order.

Save the Dates

Mini-workshop...
Saturday, April 4th

Full-length workshop...
Monday, April 20th

The **mini-workshop will be held on Saturday, April 4th from Noon-1:pm in the Pulse**, 1st floor of Coeur de Catherine. Light refreshments will be provided by the WEC Advisory Board. If you are interested in learning more about self-defense, please sign up to participate in a free full-length workshop **Monday, April 20th from 6:00pm-9:00pm in the Butler Gym**. Register by calling the Center for Women at 651.690.6783

Free \$\$\$\$!

Apply for a WEC Developmental Grant from the WEC Board!

Winter deadline for grant submission is April 4th - Spring deadline grant submission is June 6th.

Contact the WEC Board or Brigette Marty at bmmarty@stkate.edu for more information.

What brought you to St. Kate's?

I married young but always longed for a college education. My mom suggested the weekend program at St. Kate's after learning about it from women she worked with.

Considering St. Kate's mission is to educate women to lead and influence, what experience(s) at St. Kate's have helped you to become a more effective leader or more influential?

My confidence has grown with every class I have taken. My knowledge base has increased and my world view has become more inclusive. The will and ability to lead follows as a logical next step. I have seen the same transformation take place in every Katie as she nears graduation.

Please tell us about a positive experience you have had at St. Kate's.

Every experience has been a good one! I really enjoyed working on the WEC SAB. A standout for me was taking Math 100 with Charlotte Hennessey. I was worried that I wouldn't get through it after so many years out of high school math. She helped me relax, gave me permission to learn at my own pace and I did really well in the class. It was very empowering and I was proud of myself.

Why does the WEC format work well for you?

This is the only way I could work full time and still have the energy for the learning. Every other weekend leaves time to continue with my family and the rest of my life. I love that I am getting a rich, quality education with no shortcuts in content.

What is your most unusual classroom moment?

When Dr. C. brought in fresh homemade bread and jam. (He made the bread himself.) It was an unexpected, much appreciated treat.

"All 130 credits come from St. Kate's. I know it is the best fit for me because of the supportive WEC community."

The school/life balance is challenging. What advice would you give a new non-traditional student?

Realize that this is temporary. School will not last forever. Children grow up. True friends will always be there. Love your family, and lean on them. Don't do the housework - do your homework! Give up the little things that don't matter and focus on yourself, your family and your education.

Is this your first college experience?

All 130 credits come from St. Kate's. I know it is the best fit for me because of the supportive WEC community.

Describe your ideal homework assignment.

I would love to learn more about the present day Sisters of Carondelet and the work they do.

What motivates your best work?

A stubborn streak of perfectionism.

In your free time, what are some of your hobbies, interests, or community involvement?

I love knitting and needlework, gardening, and walking my dogs. I have been a 4-H Leader and a Sunday School teacher but had to take a break while finishing school. I look forward to getting back to working with kids after graduation.

Sheri Banitt is a Senior at the and will graduate in May 2009 with a BS in Communication Studies, Oral Concentration. She lives in Cannon Falls with her husband Jeff and two dogs. Both of her daughters attend St. Kate's.

Next WEC Board Meeting:

Saturday, March 7th @ 12:15pm, Student Org. Center, CdC

Career Development offers services on Saturdays for WEC students

Services are offered by **appointment only** and can be scheduled by calling 651-690-8890. Services include individual and group counseling related to assistance with choosing a major, resume writing, interviewing skills and job search assistance. Appointments available: **March 7 & April 18**

Visit our website www.stkate.edu/career and discover a wealth of information and resources for all phases of your career development. The website includes:

- KatieClick** for job and Internship postings
- Calendar of Events** for job fairs, on-campus recruiting workshops, presentations, and networking events
- Links to resources** for career and salary information, career exploration, job search tools and databases
- Job and Recruiting Fairs** including the Idealist Fair on April 9th and Pathways to Communication Careers in April, 2009.

"Live in alignment with your values, vision, abilities and potential" —Cheri Carter Scott, PhD.