



Volume 1, Issue Number 5 – February 2025

News

Hello and Welcome to the Career Development Center February Newsletter!



We're excited to welcome Curtis Sanders as the new Financial Literacy Program Coordinator here at UIS. Curtis previously attended UIS and is thrilled to return in this new role, bringing his passion for financial education to the campus community. A Springfield native and graduate of Springfield Southeast High School, Curtis holds a Bachelor's degree in Management and Organizational Behavior and a Master's in Business Administration. He's eager to help students develop essential financial skills such as budgeting, saving, and planning for their futures. Curtis is looking forward to collaborating with the UIS community and helping students navigate the world of financial literacy through engaging workshops and resources. Stay tuned for updates on upcoming events and initiatives!

Student Spotlight: Meet Pa Seedy



Tell us a little about yourself and what you are studying at UIS?

I'm Pa Seedy Jammeh, a graduate student specializing in Environmental Health within the field of Public Health.

How was working with the Career Development Center helpful to you?

As an international student, the Career Center has been instrumental in shaping my professional journey. Their guidance in refining resume and cover letter has helped me tailor my applications effectively, significantly improving my job prospects. Thanks to their support, I have been fortunate to secure two transformative job opportunities one with the Illinois Department of Public Health as a Vital Records and Quality Inspector and another with my university as a Student Staff Member in the Office of Engaged Learning. Both roles have had a profound impact on my growth, equipping me with invaluable experience and skills for my future career.

Recent Events



We began the semester on a delicious and exploratory note with our [Who You Are Matters: Career Exploration Game Around the "Campfire" workshop](#). The following week we played the game again with a class. If your group or class is looking for a fun activity to get to know each other while exploring different characteristics of yourselves that may impact your career, submit a request through our [Classroom and Student Organization Presentation Request Form](#) so we may check staff availability. We have the game and the facilitator; you bring the people and snacks.

You do not have to be part of a registered student organization to request a group experience. However, you do need at least 3 participants. Our multipurpose room can accommodate up to 21 participants for this experience.

Upcoming Events

Stay up to date on upcoming events by checking out [UIS Connection](#) and [UIS CareerConnect \(Handshake\)](#).

[UIS Virtual Career Fair](#)

Thursday, February 6, 2025

2:00-4:00pm CST

(Online - Register online via Handshake and sign up for virtual 1:1 or group sessions with employers prior to the start of the event)

Check out a brief video on how to register and sign up for virtual meetings with employers: [UIS Virtual Career Fair-How to Sign Up!](#)

Also, learn some helpful tips on how to be successful at a virtual fair: [Handshake 10 tips attending a virtual career fair](#)

[OPT Workshop for Spring 2025 Graduates](#)

Friday, February 7, 2025

2:00-4:00pm CST

(Brookens Auditorium)

[Arts & Culture Career Panel](#)

Thursday, February 13, 2025

12:00-1:30pm CST

(Hybrid HRB 111 or Online)

[Black History 2025: Art of Resistance](#)

"I Woke Up Like This" Black Hair Show

Saturday, February 15, 2025

5:00 - 7:00pm CST

(Student Union, Center Ballroom)

Learn about the CROWN ACT and protections for natural and protective hairstyles in education and the workplace.

[INSPIRE Your Journey, Empower Your Future](#)

Wednesday, March 19, 2025

5:00 – 6:00pm CST

(Hybrid HRB 111 or Online)

[Career Connections Expo](#)

Friday, March 21, 2025

11:00am-2:00pm CST

(The Recreation & Athletic Center – TRAC)

UIS Unite

For those who were unable to join us for our first ever “Life After UIS” discussion on December 4th, don’t worry we recorded it! You still have an opportunity to view Sarah’s presentation “Finding the Right Path for Your Career” in [UIS Unite](#). To access the recording, please login or signup for our UIS Unite platform. This platform creates an opportunity for students and UIS alumni to connect with one another. Once you are logged in, click the Resources tab at the top of the page, then select Life After UIS.

Two more “Life After UIS” discussions are being planned for this semester, each with a different UIS alum you can talk with about their career journey after UIS. Please be on the lookout for info about our future sessions.



Frequently Asked Questions

Q: What is a Virtual Career Fair?

A: A career fair that is held entirely online via a virtual platform. For our upcoming fair we will be using the [Handshake platform](#) which allows students to sign up for brief virtual 1:1 or group conversations with employers that are of interest. Participants need to be able to access the internet and be able to participate in online meetings so having access to a web camera and microphone are important. Virtual fairs allow for both student and employer participants to join from anywhere and have [professional networking conversations](#).

Q: What is Career Suite?

A: Career Suite Drop-in and Zoom-in hours allow student to connect with Career Development Center staff in an informal in-person or virtual setting.


During Career Suite hours, students can:

- Get help writing a resume or cover letter
- Have your current resume, cover letter, or personal statement critiqued
- Learn how to navigate CareerConnect (Handshake) and other online resources
- Find out about helpful career building resources and tools & much more!

Find the Spring 2025 Career Suite schedule online to see weekly available days and times:

[Career Suite Drop-in and Call-in Hours](#)

CAREER SUITE ADVISING SCHEDULE SPRING 2025



**JANUARY 21ST -
MAY 8TH**

What is it?!
Career Suite Drop-In/Zoom-In hours allow students to freely utilize the Career Development Center professionals between scheduled times listed below.

What can I Do?

During career Suite Drop-In/Zoom-In Hours, you can:

- ➔ Get help writing a resume and/or cover letter
- ➔ Have your resume, cover letter, and personal statement critiqued
- ➔ Learn how to navigate CareerConnect and online systems
- ➔ Find helpful career building resources and tools and much more!

Monday: 1pm to 2pm, In-person, HRB (Human Resources Building) 80
2pm to 3pm, Zoom: Join us at <https://go.uis.edu/CareerSuiteZoom>

Tuesday: 10am to 11am, In-person, HRB (Human Resources Building) 80
11am to 12pm, Zoom: Join us at <https://go.uis.edu/CareerSuiteZoom>

Wednesday: 1pm to 2pm, In-Person, HRB (Human Resources Building) 80
2pm to 3pm, Zoom: Join us at <https://go.uis.edu/CareerSuiteZoom>

Thursday: 1pm to 2pm, In-Person, HRB (Human Resources Building) 80
2pm to 3pm, Zoom: Join us at <https://go.uis.edu/CareerSuiteZoom>

FOR MORE INFO : CALL 217-206-6508

Have additional questions? Contact us at:

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www.uis.edu/career | HRB 80