UNIVERSITY AND COLLEGE UPDATES

Job & Internship Search Tips
ENHANCE YOUR JOB & INTERNSHIP SEARCH

5 Tips

1. Highlight your technology skills
2. Consider virtual opportunities
3. Build online employer relationships
4. Conduct informational interviews
5. Utilize CPD Center's resources

Do you need help with your Resume, Cover Letter, Statement of Purpose, Interviewing, Choosing a Career?

If you answered yes to any of these questions or other professional development needs, sign in to our virtual drop-in hours: Monday – Friday 10am – 2pm, go to famu.edu/careercenter for the link or click here to make an appointment.

Scheduling a Zoom Tutoring Session
SCHEDULE AN ONLINE APPOINTMENT WITH OUR TUTORS ON ZOOM!

It's completely FREE! Here's how to get started!

1. GO TO FAMU-INSIGHT.SYMPPLICITY.COM
2. SIGN IN WITH YOUR IRATTLER INFORMATION
3. CHOOSE TUTORIAL APPOINTMENTS
4. CLICK NEW TUTORING REQUEST
5. YOUR TUTOR WILL EMAIL YOU A LINK FOR YOUR ZOOM MEETING

Students will also now have unlimited access to Tutor.com 24 hours a day. They offer help with over 150 subjects, and it's free to FAMU students. Access Tutor.com through the tools menu on Blackboard.

If you have ANY questions about connecting with a tutor, please email us at TutorialCenterse@famu.edu!

Zoom security and etiquette tips for students

Zoom has been instrumental in recent weeks as everything from art classes to student government meetings move online. However, as with any popular technology, some people have found ways to exploit the tool by rudely interrupting lectures, dissertations, club meetings and more. Florida State University is aware of the disruptions and is investigating each reported Zoom incident.

To help ensure you and fellow Noles have a safe and welcoming learning environment, here are some quick and easy Zoom security and etiquette tips to follow.

Read message here.

Be Wary of Fraudulent Job Emails

As remote work is on the rise, the Career Services encourages you to be on alert for email scams targeting FAMU-FSU students, faculty and staff. These remote work emails promise high-paying part-time jobs, secret shopper jobs, etc., provides additional...
instructions which can result in the loss of hundreds of dollars and/or may link to a website that collects personal information. When Antonio, Stephanie, and I send out jobs we use our FAMU-FSU email address and sign with our signatures.

Scammers are getting more savvy with their emails, see a few examples of what these emails may look like:

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Hello (student name),

This is to inform you that your application has been accepted after thorough consideration, For now, communication will be via text and email, however I’ll keep you informed as soon as I make a list of things you’ll need to do for me and email them to you.

As my Personal assistant, you are to report directly to me so as to reduce the workload on me. My busy schedule prompts you to follow up, so think twice before you assume or take any action. Please review the setup you have and also prove your workliness for this position, meet free to ask any question if you have any.

Regards,
Dr. Delia Becker
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If you receive an email or anything else suspicious:

- Do not click the links
- Immediately forward it to ITS-Abuse@fsu.edu
- Alert hireanole@fsu.edu if it was a position you found on Handshake

Follow these tips to avoid being phished:

- If you are asked to purchase anything with personal funds and are told you will be reimbursed, that is a red flag and you should be skeptical
- Think before clicking email links and never click a link that looks suspicious
- Pay attention to who sent the email and do not trust messages from departments or people you don’t know
- Be wary of messages with spelling and grammar mistakes
- Remember, if it sounds too good to be true, it probably is

Be a skeptical email user. Be alert. Be savvy. Find out more about how to identify phishing emails on the ITS website: https://its.fsu.edu/ispo/training/phishing

FAMU-FSU: Mental health services for our students

Below you will find information about services offered, how to make an appointment and the Welltrack app. Our students wellbeing is vital to their success at COE and beyond. Please do not hesitate to reach out to me with any questions or concerns you may have. I am here to help.

FAMU:
http://www.famu.edu/index.cfm?Counseling&OurServices
Phone: 850.599.3145
Email: counseling@famu.edu

FSU:
https://counseling.fsu.edu/
Crisis support: 850.644.TALK (8255)
Email not provided. Students directed to call number above.
NASA Postdoctoral Program’s fellowship opportunities next application deadline is July 1, 2020. Contact us at npphelp@usra.edu with any questions.

FSU experts explain how chemical and biomedical engineers help the fight against coronavirus

From the cleaning solutions disinfecting kitchen counters to the ventilators helping keep patients alive, chemical and biomedical engineers have a big role to play in humanity’s efforts to fight COVID-19.

The opportunity to help society is what engineering is all about, said Bruce Locke, a distinguished research professor of chemical and biomedical engineering at the FAMU-FSU College of Engineering.

“Engineering students who are interested in making contributions against these kinds of viral pandemics, they can play a role,” he said. “Careers in these fields can help society prepare for and mitigate serious health crises like this one.”

Read story here.

Helpful Resources During Online Instruction
The Centers for Disease Control and Prevention (CDC) recently issued recommendations regarding the use of cloth face coverings in public settings. Essential employees are not required to wear face coverings unless their responsibilities may bring them in contact with potential COVID-19 cases. However, face coverings are recommended in public settings where other social distancing measures may be difficult to maintain. Students, faculty and staff are encouraged to review the CDC guidance for wearing cloth face coverings in public settings and watch the video detailing steps to create face coverings.

FAMU’S College of Law students offer coronavirus safety tips to help you during our period of online instruction.

FAMU-FSU Engineering | Who to Contact

https://www.eng.famu.fsu.edu/who-to-contact

The FAMU-FSU College of Engineering administration, academic and service unit contact information.

VIRTUAL CAREER SERVICES

ProfessioNole Mentors Virtual Sessions

Tuesday April 14
Wednesday, April 15
Tuesday April 21
Wednesday, April 22

All sessions start at 11 a.m. and 12 p.m.
Zoom Link: FSU.zoom.us/j/186889499
Meeting ID: 186 889 499
Feeling overwhelmed? Approach coronavirus as a challenge to be met, not a threat to be feared

Pick the mindset that makes you better able to respond. Thomas Barwick/DigitalVision via Getty Images

You have a choice to make when it comes to the coronavirus pandemic.

Do you treat this time as an insurmountable threat that pits you against everyone else? This option entails making decisions based solely on protecting yourself and your loved ones: stockpiling supplies regardless of what that leaves for others; continuing to host small gatherings because you’re personally at lower risk; or taking no precautions because the effort seems futile.

Or do you treat the coronavirus as a collective challenge that will require shared sacrifices to achieve a difficult but not impossible goal? That option would mean taking recommended precautions: practicing social distancing, hand-washing and restricting travel. These actions might not be your most desired or convenient path as an individual, but they contribute to the broader social good, reducing the spread of COVID-19.

Read story here.
Heritage & University Archives is launching a campus-wide project to encourage FSU students, staff and faculty to document their personal experiences during the coronavirus outbreak and contribute them to the University Archives. In accordance with FSU’s University Archives Policy, we are collecting official FSU records related to COVID-19. In addition, we want to ensure that personal experiences and reactions to this challenging and historic situation are included in FSU’s permanent archives. All members of the campus community are invited and encouraged to participate.

For more information or to make a submission, visit https://www.lib.fsu.edu/covid-19-fsu-community-experience-project.

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Important Census Information for Students

The 2020 Census counts everyone in the United States, including college students. If you are a Florida State student who normally lives in off-campus housing but who has been temporarily displaced due to COVID-19, you should use the address you use when you are attending school. Learn more by watching this 2020 Census YouTube video and be counted.

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STRESS AND COVID-19

“Breathing for relaxation” can calm stress, anxiety

For students who may be experiencing stress because of disruptions caused by the COVID-19 pandemic, the FSU Student Resilience Project shares the “breathing for relaxation” technique. Researchers have identified this breathing technique as a holistic response to stress that focuses your mind on your breath. The technique can help you cope with stress by regulating your emotions.

Belly breathing is one way to breathe for relaxation. With this technique, you take full breaths deep into your lungs by using air to push out your belly. This may help relieve tension and relax you into sleep.

Read announcement here.

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Resources for Living: COVID-19 Resources


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Employee Assistance Program Available Services

An important message from FSU Office of Human Resources

Florida State University values employees and the work that they do. Because of this, the Employee Assistance Program (EAP) was created in the spring of 1995 to improve the well-being of FSU employees by providing assistance through personal and/or workplace difficulties. To ensure the health and safety of both counselors and clients during this emergency period, all services are being offered via phone and video. Requests for in-person appointments will be assessed on a case-by-case basis. EAP’s highest priority is to continue our commitment to FSU employees by providing the following services:
Confidential Counseling Sessions

Employees and their dependents have access to confidential and timely problem identification/assessment services. Through constructive confrontation, motivation, and short-term intervention with employee clients, these sessions address problems that affect job performance. When necessary, clients are referred for diagnosis, long-term treatment, monitoring, and follow-up services.

Confidential Supervisor Consults

Consultation, training, and support are available to those who manage employees seeking assistance (VP’s, Deans, Directors, Department Heads, Department Chairs, managers, and all other supervisory personnel). The goal is to enhance the employee’s work environment and improve job performance and satisfaction.

Mediation/Guided Discussion Services

Sometimes, parties need help to resolve their differences. When employees need help in resolving conflict, they may turn to the EAP Conflict Resolution Program which includes free, confidential Mediation and Guided Discussions to help resolve disputes.

Emergency Loan Fund (ELF) Program

EAP administers FSU’s Emergency Loan Fund (ELF) which was established to aid employees facing unexpected financial emergencies. If eligible, an individual may receive an interest-free loan of up to $1,500, which is repaid through payroll deduction. Additionally, EAP has partnered with Debt Management Credit Counseling Corporation (DMCC) to assist those in the FSU community who may be struggling with debt or wanting to increase their credit rating. DMCC has a host of resources that can assist you in regaining the road to financial solvency, including Debt Management Plans and Online Financial Literacy Programs.

Resources

EAP is available 24/7 to respond to any emergency. For assistance by phone, call (850) 644-2288 or toll free at (877) 246-4679. For assistance by email, please click here.

For tips on managing stress amid the COVID-19 pandemic, please read Coping with Stress and Anxiety during the Coronavirus.

Want to add something to the next issue?
Email us! Deadline is Friday for Monday publication.