The CSC Top 5 Tips for Transitioning Back to CMC

With classes starting in a few short weeks, it is important to feel prepared in your transition back to campus. Whether you were involved in summer employment, an internship, a study abroad experience, or simply had a relaxing vacation (or set of vacations), it may be a challenge to make the adjustment back to Claremont McKenna. We are focusing this last summer newsletter on things to think about as you begin your preparation for the fall semester. Here are our top 5!

1. **Begin Your Fall Schedule Now** – We know that the summer months can be a bit more relaxing. Begin waking up a bit earlier and work to get a full 8 hours of sleep a night. This will make it easier to feel energized during your first week of classes. Take the time to look at your fall schedule, your academic commitments, and your personal commitments. Use the next week as a starting point. We recognize that summer commitments may cause some difficulty in fully integrating your fall schedule into your routine.

2. **Add Breakfast to Your Routine** – Breakfast is the most important meal of the day. And no, simply drinking coffee does not count as a breakfast! Incorporating breakfast will provide you that energy you need for the rest of the day. If you’re worried about time, you can prepare the evening before so you aren’t rushing in the morning. Make sure to wake up a bit earlier and head to Collins Dining for some chow. They are open on the weekdays from 7:30 – 9:00 AM.

3. **Check Your CMC Email** – We know that many of you have been checking your email and staying current with things this summer, but if you haven’t or haven’t found a regular routine, begin that routine now! You may have some important emails in need of a response. Campus faculty and administrators have been working all summer and have been working to plan for the fall semester and have likely shared materials (or will share materials in the next week).
4. Begin Your Fall To-Do List – Begin a to-do list with tasks you must complete upon your arrival back to CMC. Some of the items on the list may include purchasing new notebooks, new textbooks, pre-class assignments, setting up meetings with faculty and staff, etc. If you are able to check off some of those items before leaving, take advantage of that! And remember to update your LinkedIn profile, resume, and cover letter with your summer experiences.

5. Add Our Workshops to Your Calendar – Alright, this may be a shameless plug. Career Services hopes to see each and every one of you this upcoming year! No matter your class year, start on the right foot by schedule a meeting with us or register to attend one of our fall workshops. We are here to help you be successful students and future professionals. You can find our most updated workshop schedule attached to this newsletter. Feel free to email us with any questions you may have!

Enjoy the last bit of the summer, and we look forward to seeing you soon!

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**SEPTEMBER EVENTS**

**Navigating Career Resources**  
Tuesday, September 8, 2015  
4:15 – 5:00 PM, Curb Conference Room

**Navigating a Career Fair**  
Wednesday, September 9, 2015  
12:00 – 12:45 PM, Curb Conference Room

**Resources for Finding an On-Campus Job**  
Thursday, September 10, 2015  
4:15 – 5:00 PM, Curb Conference Room

**Accounting & Finance Industry Day (Career Fair)**  
Friday, September 11, 2015  
1:30 – 4:00 PM, McKenna Auditorium

**Navigating Resume & Cover Letter Prep**  
Monday, September 14, 2015  
12:00 – 12:45 PM, Curb Conference Room

**Navigating a Career Fair**  
Tuesday, September 15, 2015  
4:15 – 5:00 PM, Curb Conference Room

**Navigating an Interview**  
Wednesday, September 16, 2015  
12:00 – 12:45 PM, Curb Conference Room

**Consulting Industry Day (Career Fair)**  
Friday, September 18, 2015  
1:30 – 4:00 PM, McKenna Auditorium

**Careers In Biotech**  
Monday, September 21, 2015  
6:00 – 7:00 PM (Panel) 7:00 – 8:00 PM (Social)  
Freeburg Forum

**Navigating Resume & Cover Letter Prep**  
Tuesday, September 22, 2015  
12:00 – 12:45 PM, Curb Conference Room

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Check out our newly-renovated website for additional information & updates!
**September Events (Cont.)**

**Landing In Biotech**
Wednesday, September 23, 2015
12:00 – 1:00 PM, Curb Conference

**Navigating an Interview**
Thursday, September 24, 2015
4:15 – 5:00 PM, Curb Conference Room

Events are listed on ClaremontConnect. Make sure to register for our workshops, Careers In, and Landing In series. Additional information can also be found on our website.

**Summer Contest Series (#SCSatCSC)**

**Contest 1: Summer Selfie Results**
We wanted to reach out and thank Sijia Lai (@sijialai) for the response to an earlier contest. Check out what Sijia is doing this summer:

![Image of Sijia Lai and her selfie]

**Contest 2: Difficult Interview Questions Results**
Caroline Sunshine (@csunshine12) sent in a great piece of information regarding the process in which actors and actresses use to “cry on cue.” We have featured the information below:

Great actors and actresses are famous for being able to produce tears on demand, or “cry on cue” they say. While most people think this is a feat that can only be achieved through years of drama school, the truth is you don’t have to be Meryl Streep or Sir Laurence Olivier to be able to cry on cue. Anyone can do it and I can teach you with a few short simple steps. Ready? Let’s get Started at any solid object in front of you. Now DON’T blink. Your eyes will immediately begin to jingle and instinctively want to blink, but don’t give in. Continue not blinking until you feel your eyes start to water and begin to naturally produce genuine tears. This will happen rather quickly in about 30-60 seconds. You can speed up this process by looking into a nearby bright light source (i.e. a lamp, ceiling fan light, etc.). Once your eyes have watered, allow the tears to roll down your face. And voila! Extra tips for a stellar performance: once the tears have started rolling go ahead and slowly wipe your eyes, blink a little, and sniffl. The biggest trick to make your new tears seem real is to try to act like you aren’t crying. This will make your performance look extra realistic because it mimics our natural human behavior. When we are around other people and are truly crying because we are upset, our innate instinct is to try and stop our tears before we finally can’t do it anymore and unleash the floodgates. Have fun entertaining people with your new skill.

![Image of Caroline Sunshine with her note]

We have your swag ready for when you both return to CMC. Stop by Career Services to pick up your gear and see the team!