

Created by Truman
State University's
School of Business
Academic Peer
Mentors

It's Everyone's Business

Volume 2, Issue 3

November 2011

Inside this
issue:

Interning at a
Corporation...2

University
Counseling
Services...2

Benefits of Net-
working...3

Stress Fractures

Don't Strain Your Brain

The end of the semester is quickly approaching, meaning those projects and papers you forgot about since syllabus day are coming due in the near future. After you finish those, you will be rewarded with a week of finals. This time of the year is the most stressful and can be the hardest on your body. These stress tips will help you keep your body and mind healthy for the final push of the semester.



Feeling Stressed?
Here are five
essential tips!

1. **Don't stress about being stressed:** It may seem like you have a million things to do and no time, but stressing about it won't help. Instead, when you are stressed, develop a plan to get everything done. Schedule your time in concrete chunks and stick to it.
2. **Eat:** Simple, right? Don't just grab an energy drink and some chips; your body needs real food and nutrition. Healthy and filling meals will give you energy. Fruits and vegetables are great along with whole grains and nuts. No senior would tell you to eliminate caffeinated drinks entirely; however, eating healthy can help you feel better and help your body operate at a stronger baseline.
3. **Sleep:** Everyone knows that you should be getting 6-8 hours of sleep a night. People operate differently so do use your own judgment. But be sure to get enough sleep that you can be alert enough to do well on the tasks ahead of you.
4. **Exercise:** Even if you're not a REC Center "regular" you should try to schedule time to get some exercise. If you love the REC, great! Keep up your regular exercise habits. If you never go to the REC or don't enjoy exercising, just get out and move. Stuck in the library? Walk around the outer ring of the second floor a couple of times. In your dorm? Walk around your floor. This time can be a great study break and moving around will relieve some tension and help you focus better when you return to studying.
5. **Take Breaks:** Don't underestimate the benefits of taking a break. Allowing your mind to relax for a bit by doing something fun will recharge you. You will be able to be more productive than if you had not taken a break at all.

Interning at a Corporation

As senior year is quickly approaching, many decisions and job hunts will begin. Business majors often think the only place to work is at a business, but through the next couple of newsletters, the Peer Mentors hope to introduce new areas and places where business majors can intern and ultimately work .

One popular area for business majors to intern and work is at a corporation. A corporation is a public company made up of multiple smaller companies within. Here at Truman, corporations such as Target, Boeing, Monsanto, and Cerner all recruit heavily. The benefit of working at corporation is the diversity and the array of opportunities available all within one company. For example,

Boeing has a commercial airplane company in Seattle and a defense branch in St. Louis. Target has in-store opportunities and headquarter jobs. Not only is the location and environment diverse at corporations, but every role has a job. Don't be surprised working at a corporation to have multiple careers within a company. One might enter as a finance analyst, but end their career doing marketing.



University Counseling Services

If you are interested in UCS's services, do not hesitate to schedule an appointment with them.

Phone: 660-785-4014
After-Hours Crisis Phone: 660-665-5621
E-mail: ucs@truman.edu
Website: ucs.truman.edu

Feeling down? Need someone to talk to? Know someone who needs some direction or advice?

Check out University Counseling Services (UCS). UCS is for all currently enrolled Truman students. It offers individual counseling, couples/relationship counseling, and group counseling.

Besides offering counseling in their location west of Grim Hall and across the street from Magruder Hall, they put on programs for stu-

dents to attend during the school year. These outreach presentations are provided not only for Truman students but also for the Kirksville community.

UCS does not have an office visit fee and services are confidential. All of the counselors at UCS have had extensive training in counseling; each counselor at UCS is a licensed professional counselor in the state of Missouri.

Benefits of Networking

The Wall Street Journal reports 94% of successful job seekers claimed that networking had made all the difference for them

As a college freshman or sophomore, networking is a key activity that is critical to personal growth and business development.

There is so much to do to successfully complete your four years at Truman that it's good to have a network of friends, classmates, faculty, alumni, business associates, and family to draw energy from. Being a part of a group can keep you on point in terms of getting things done.

This business is all about networking, building relationships and taking action and when you do these things continually the return on your investment in time will be quite positive.

But that's not the extent of networking benefits, in fact that's only the beginning. Let's have a look at a few others.

1. Shared Knowledge-Being a part of a network leads to shared knowledge. There is usually more than one way of accomplishing a goal. Receiving feedback and discussing other points of view can expand your knowledge base and allows you to see things from a broader perspective.

Learning from others is always a huge plus for your advancement. Why not listen, learn and avoid some of the common pitfalls that most of us will experience without someone pointing the way?

2. Opportunities- Networking results in the creation of opportunities. The thing is, you have no idea when or where they may materialize, which is why it's important to be ready to jump on an opportunity when it does come along.

3. Connections- People who have a network of friends have connections with many other people they have never even encountered in their own lives. For example, if you need advice and have no one that you know and trust; receiving a recommendation from within your network can be both timely and comforting.

4. The Social-Networking has many benefits, not the least of which are the great people you will come to build relationships with. I personally enjoy this and have developed many great friendships through networking. It's always nice to have friends who have your back.

Some points of caution:

As you build your network think about what YOU can contribute and how you can make the online life better for others.

Guard against spending too much time on social networking sites and keep your most important projects in focus.

Truman State University School of Business Academic Peer Mentor Program

Violette Hall 2416
Truman State University
100 E. Normal St.
Kirksville, MO 63501
Phone: 660-785-4378

Please feel free to contact Jean (jx8176@truman.edu) if you have any comments/questions/concerns about the newsletter.