

WE'RE HERE FOR YOU, JUNIORS.



We at Purposeful Work hope that you've been able to find the time and space you need to focus on your studies, stay connected with your professors and classmates, get some fresh air on your own or with loved ones (at appropriate distances, of course), and take care of yourself physically and emotionally, individually and socially.

We especially hope that you've been able to find ways to reset and refresh so that you can approach your days with perspective and purpose. That's what our work is all about.

As we move into another week of this virtual reality, here are a few thoughts we want to share:

1. **CHECK IN:** While this is a difficult time, it's one that we're living through together -- as a Bates community, as a national and international community. More than ever, the actions of one can significantly impact the experiences of another. How will you remember this time? How will others remember you?
 - a. **Check in on yourself:** Reflect on what you're experiencing right now and how you're handling the current situation and all of its challenges. What are you struggling with most? Why? What actions are you taking? Knowing these answers will help you identify your strengths and work on your weaknesses. How you develop and grow during this time will be part of your story to tell -- to potential employers, to those you support and mentor, to future Batesies.
 - b. **Check in on those you know well:** Take the time to touch base with your friends and classmates, your professors and coaches, your advisors who counseled you through a difficult problem or decision, your neighbors and teachers who watched you grow up, and especially your family. All of these people have been impacted by the same circumstances. Have you reached out to see how they are? Are there things you can do to support them during this time? Small gestures can have a significant impact. What actions can you take within your community that have purpose in this moment?
 - c. **Check in on those you want to know better:** Like Rome, relationships aren't built in a day. They're built on expressing interest and care in others over time

and engaging beyond introductions and formalities. Reach out to those you've crossed paths with briefly but would like to know better. For example, did you meet an interesting alum at one of our Purposeful Work events? Did you connect with them on LinkedIn? Have you reached out to see how they are, [especially if their industry has been uniquely impacted by recent events](#)? They may not have time to answer right away, but the outreach conveys initiative, attentiveness, and thoughtfulness -- qualities that organizations and teams seek in potential hires. Take every chance to make a positive and lasting impression.

2. **BE STRATEGIC:** When you're dealing with a lot at once, you can easily get caught up in the chaos. To ensure that you're exploring all possible options and taking advantage of all possible opportunities, be strategic about gathering information, setting priorities and goals, and tracking progress.
 - a. **Be strategic about gathering information:** With the wealth of information available, there's no need to make important decisions in a vacuum. For those of you actively searching for internships: i) engage with the [Vault guides in Handshake](#) for industry knowledge; ii) research employers and industry associations; iii) register on Handshake for information sessions and virtual events with recruiters; (iv) consult with alumni on [BatesBridge](#) and LinkedIn; (v) connect with local businesses and community organizations that provide essential services; and (vi) watch out for communications from Purposeful Work regarding internship program updates, project-based opportunities, and online learning platforms. As we have more information to share, we'll be updating [our COVID-19 website](#).
 - b. **Be strategic about setting priorities and goals:** Regardless of what opportunities you're pursuing, you should make decisions that reflect your personal values, needs, and interests while considering the broader context in which you're making those decisions. For example, what kinds of roles are you considering? [Given the impact of COVID-19, what industries and employers are ramping up or pulling back on hiring?](#) How are organizations responding to the current situation and how does that reflect their ability to pivot? Based on these considerations, set your priorities so that you direct attention to the opportunities that would be most realistic and meaningful for you, and set your goals to reflect the time and effort you expect to put into those opportunities.
 - c. **Be strategic about tracking progress:** As you're working through your decisions, make sure to note what specific actions you take, when you take those actions, whom you reach out to, when you reach out and follow up, and what the outcomes of actions and conversations are. You can easily set up an Excel spreadsheet or a Word document that can be as simple or complex as you want them to be. Not only will tracking progress help you keep information in order, but

it'll also give you a sense of how much time and effort you've already put in and help you adjust your goals moving forward.

3. **BE RESILIENT:** During times of crisis, it's critical for you to persist, respond, and be flexible as needed. We realize that many of you are experiencing varying degrees of challenge given COVID-19's negative impact on the economy and recruitment/hiring. Similar to those who experienced the recessions of 2001 and 2008, we know that you'll get through this challenging period. However, we also know that it must be unsettling not knowing how things will be this summer and beyond, especially as you're making plans for your senior year and life after Bates.

As you're thinking about your next steps, consider all available opportunities -- from virtual internships and project work, to online courses and programs (including [Coursera](#) and [EdX](#)), to volunteer and entrepreneurial options. What opportunities are your main focus and what opportunities are adjacent? What roles or industries have you never considered but might see potential in exploring? If you can't secure a full-time position, would you accept a part-time one or volunteer your time? Are there opportunities to connect with companies who aren't hiring interns but may hire graduates next year? What options are you willing and able to consider? What would you not consider?

As the internship landscape remains uncertain, what opportunities would allow you to gain the knowledge and skills you would've otherwise gained from an internship? Whatever you accomplish this summer, you'll have the chance to tell your story of resilience and how you were able to make the most of opportunities available to you. How can you demonstrate your ability to respond to unexpected circumstances?

If you're seeking guidance or support as you explore and navigate options for this summer, our counselors are available to connect via phone, Zoom, Google Hangout, or email. You can make an appointment for M-F 8 am-4 pm ET through Handshake (log in, go to the upper tab "Career Center" and then click "Appointments"). If you have any trouble, please email purposefulwork@bates.edu. You can also email us with questions, concerns, or suggestions for services you'd like to see Purposeful Work provide in the coming days and weeks.

NEWSFLASH: Check out this recent Forbes piece by our very own Rebecca Fraser-Thill on [Five Ways To Boost Your Career Through Targeted Reflection](#).

As always, we're here for you.

The Team at the Center for Purposeful Work