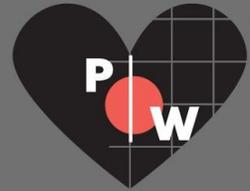


WE'RE HERE FOR YOU, FIRST YEARS.



As you get accustomed to thinking of yourselves as rising sophomores, maybe you're wondering what steps to take now to prepare for the next few years of exploration. When we talk about purposeful work, we refer to using your **strengths and skills** while doing work that aligns with your **interests and values**.

Going forward, you'll test out many experiences that will help you pinpoint what those strengths, interests, and values are - new courses, study abroad, job shadows, internships, clubs, leadership roles, and summer jobs. As you explore, consider what skills you have and what skills you need in order to engage more deeply with all of your experiences.

BUILDING SKILLS

What skills have you gained at Bates that you can add to your resume and your Handshake and [LinkedIn](#) profiles? Check out the super-full skills list in our [resume guide](#) on Handshake to help reflect on this.

If you have time to kill this summer - and we know unfortunately some of you will have more free time than you want - how about gaining a couple of new skills, or honing some skills you've just discovered? Interested in [learning to code](#)? Or [building a website](#)? How about [reading music](#) or [sewing a button](#)? SO many possibilities and online resources for building skills!

How do you prioritize skills to build? Reflect on what skills are vital for your success at Bates: **Time management, research skills, stress management, social skills**. And over the next few years: What do employers want from their interns and employees? The National Association of Colleges and Employers generates [this list](#) every year, and highlights: **Problem-solving, teamwork, work ethic, quantitative analysis, written communication**.

And don't forget to prioritize fun this summer! Whether that's learning to read music, sew, juggle, or cook, [gaining fun hobby skills](#) will bring you purpose, belonging, and enjoyment too!

UPCOMING EVENTS TO HELP YOU EXPLORE

Bates alumni and parents offer to share their advice and experiences in info sessions all year long (and sometime soon we'll be able to do this on campus!) such as:

- [U.S. Department of Commerce Briefing on International Trade Internship/Career Opportunities Worldwide](#)

Jim Paul P'22, Director of the Boston Office for the U.S. Department of Commerce's International Trade Administration, will provide insights into how his agency works with exporters, U.S. Embassies and Consulates, and other partners in global trade. Mr. Paul will discuss general application procedures and international relations/trade internship and career opportunities worldwide. This is a great opportunity for all those interested in pursuing global careers in government and business.

- [REGISTER HERE](#) for Thursday, May 21 at 4PM

Purposeful Work is collaborating with [Alumni Council](#) and [Alumni Engagement](#) to bring you special panels that will help you navigate your next steps into the professional world:

- [Practice Makes Professions: How Athletics Can Lead You to Purposeful Work](#)
Teamwork. Accountability. Integrity. Toughness. Balance. Trust. Join us for a conversation with three former Bates student-athletes about how they translated these and other leadership skills learned on the court and on the field into professional and personal success.

- [RSVP HERE](#) for Thursday, May 21 at 8PM

ADDITIONAL EXPLORATION OPPORTUNITIES

In addition to upcoming alumni panels, Purposeful Work delivered several informal and formal events with alumni and parents over the past few weeks -- Bobcat Ventures with Chris Barbin '93, International Affairs with Patrick Quirk '03, Entertainment Careers with Steven Brookman P'21, PA vs. NP Careers with Sarah Bouchard '15 and Alyssa Connors '16. Check out recordings on our [Purposeful Work YouTube Playlist](#) and more upcoming event links on Handshake.

A FEW LAST WORDS:

- We'll be here for you over the summer, so don't hesitate to reach out now and/or later to individual advisors or purposefulwork@bates.edu.
- So that we can tailor our events, resources, and communications to your needs, help us help you by completing this [4-question survey](#) if you haven't already done so.

Should you need help with anything related to Purposeful Work, our counselors are available to connect via phone, Zoom, Google Hangout, or email. You can make an appointment for M-F 8am-4pm ET through Handshake (login, go to the upper tab "Career Center" and then click "Appointments"). If you have any trouble making an appointment, please email us.

If you'd like to submit your resume and/or cover letter for review, we'll have at least two advisors available every Monday-Friday 1-3PM at purposefulwork@bates.edu. If you'd like to reach out with a quick question or for a quick consult, we'll have an advisor *LIVE* on Zoom every

Monday-Wednesday 8-9PM through the end of May. Find us at this Zoom link: <https://bates.zoom.us/j/98081221776>. You'll enter a waiting room and the on-call advisor will be with you as soon as possible.

NOTE: If you've missed any of the first-year class messages since March 23, please check them out [here on the Purposeful Work COVID-19 page](#).

As always, we're here for you.

The Team at the Center for Purposeful Work