Getting The Most Out of Field Study

Know what you want out of your experience.

Social Ecology 195, Field Study is a requirement for majors in the School of Social Ecology. The field study experience is what you make of it! Take some time to think about what you would like to gain from field study. Do you want to begin in a professional network? Do you want to investigate some career options through real world experience? Do you have experience of skills that you would like to develop further? Are there limiting factors you need to consider in choosing your field study site (such as transportation, drive time, other time commitments, type of agency, or hours of your work)? Choose something that interests you because it will help build your skills, knowledge, and ultimately your resume!

Study the field study catalog.

There are over 250 field study opportunities. Take the time to read the catalog, research organizations, take a look at the web sites of the agencies, and understand their mission, services and goals. This will help you find the right experience and make you more appealing to the agency.

Use the Career Center services to prepare.

Students from all over Southern California may be applying to the internships you are hoping to secure. Take time to prepare your resume and have an advisor from the Career Center review it. Consider using the “mock interview” services also offered through the Career Center.

Clarify Expectations

Be professional! Dress professionally when you meet for an interview. Ask questions about the position and the agency so that you have a clear understanding of what would be expected of you!

Ask the supervisor if they have a written description, if not, make sure you clearly understand the duties and reiterate your understanding to the supervisor. Ask about attendance policies, dress code, and who to go to for what. Make sure you are clear on the supervisors expectations and that you share your own expectations of the experience with your supervisor. If these are not clear to you, take the initiative and schedule time to meet with your supervisor during the first week.

Learn.

Learn by doing, asking questions, taking initiative and by following through. Ask for constructive feedback. Asking for feedback is easy for some, and difficult for others. However, getting feedback will be valuable to you and may help you accomplish more while at your field site. After a couple of weeks, ask for some time with your supervisor. Ask them what you are doing well. Ask them if there are things they’d like you to do differently. This helps you, as you progress and you won’t be surprised by anything that is in your final evaluation. Think about doing this every 2-3 weeks during your internship.

Leave a good impression and ask for a reference letter.

Maintain the professional relationship you develop. Keep in mind, people change careers and organizations quite frequently. Ask your supervisor to write a reference letter about your work, skills, traits and accomplishments during your internships. Keep this for your records and for future endeavors. Be sure to thank your supervisor and colleagues for their time and efforts in training, mentoring and helping you throughout your internship.

If you need help narrowing a placement or have other questions, either make an appointment to see Ashley Vikander, the Field Study Director, by calling (949) 824-6861 or visit her during open office hours – Mondays from 1:30 – 3:30 p.m. in Social Ecology I, Room 102.
Do you know the difference between education and experience? 
Education is when you read the fine print; experience is what you get when you don’t.
~Pete Seeger

GET INVOLVED! Dates & Deadlines

Take advantage of all the opportunities here at UCI! Enrich your college experience by getting involved and making a difference in your own community!

Career Center Peer Consultant
Deadline: 3/1/2010
http://www.career.uci.edu/1AmA/Student/Peer_Consultant_Internship_Program.aspx

UCI's Capital Internship Program
Deadline: 4/9/2010
http://www.dccenter.uci.edu

Administrative Internship Program
Deadline: 2/17/2010
http://www.dos.uci.edu/leadership/aip/application.php

Be a Peer Mentor
Deadline: 3/29/2010
http://www.counseling.uci.edu/students/PeerPrograms.aspx

*If you want to learn about even more leadership opportunities, visit the Leadership Train at www.dos.uci.edu/train

Social Ecology Career Corner

CAREER FEST 2010!

By: Allison Keller
Career Center Counselor

Career Fest is a series of 17 different panels and 5 "spotlight" presentations focusing on various industries and careers. You will have the opportunity to gain knowledge about your particular career interests and network with professionals in various fields. Don’t forget to RSVP on ZotLink for all Career Fest sessions!
http://www.career.uci.edu/Zotlink/Students/Student_Login.aspx

Here are the dates...BE A PART OF CAREER FEST 2010!

Tues, 2/2 Career Fest Kick-off (Student Center) 12:00pm
Mon, 2/8 Marketing and Advertising (Career Center) 5:00pm
Tues, 2/9 Bio-Technology and Science (Career Center) 5:00pm
Tues, 2/9 Law (Student Center - Emerald Bay B) 5:00pm
Wed, 2/10 Gaming Spotlight (Career Center) 12:00pm
Wed, 2/10 Writing and Journalism (Career Center) 5:00pm
Thurs, 2/11 Green Careers Spotlight (Career Center) 12:00pm
Thurs, 2/11 Educational Leadership (Career Center) 5:00pm
Tues, 2/16 Finance and Accounting (Career Center) 5:00pm
Tues, 2/16 Healthcare (Natural Sciences II Rm. 1401) 5:00pm
Wed, 2/17 The Doctors (Career Center) 5:00pm
Wed, 2/17 Entertainment (Student Center, Moss Cove B) 5:00pm
Thurs, 2/18 Human Resources Spotlight (Career Center) 12:00pm
Thurs, 2/18 Design (Career Center) 5:00pm
Thurs, 2/18 Federal Government (Student Center - Emerald Bay B) 5:00pm
Mon, 2/22 Registered Nurse Spotlight (Career Center) 12:00pm
Mon, 2/22 Civil, Mechanical, & Electrical Engineering (Career Center) 5:00pm
Tues, 2/23 Psychology (Career Center) 5:00pm
Tues, 2/23 Entrepreneurs (Student Center - Emerald Bay A) 5:00pm
Wed, 2/24 Nonprofit and Humanitarian (Career Center) 5:00pm
Wed, 2/24 Computer Science (Natural Sciences II Rm. 1401) 5:00pm
Thurs, 2/25 Animation Spotlight (Career Center) 12:00pm
Thurs, 2/25 Public Health (Career Center) 5:00pm

Social Ecology Exclusive
The Social Ecology Student Association (SESA) is a student-led organization sponsored by the School of Social Ecology. We are dedicated to bringing the most out of your undergraduate experience by bringing educational and social resources to you! Members gain a variety of benefits including a network of fellow Social Ecology students, faculty, and alumni, access to available on-campus resources and services, and help with classes for all Social Ecology majors!

Events for this quarter feature an evening with our Professor of the Quarter, Paul Jesilow, to discuss his extensive background and research (Week 6), a panel of Social Ecology graduate students to provide their insight on the Ph.D program (Week 7), an Alumni/Student mixer to meet and network with previous Social Ecology students from the various majors while getting a catered dinner (Week 8), a Social Ecology counselor Q & A session (Week 9), and even a sponsored study night with free coffee and pastries (Week 10)!

Meetings are held every Wednesday from 6-7pm in Social Ecology 1, room 112 (near the counseling office and computer lab).

To learn more information email us at sesa.officers@gmail.com or contact the Social Chair officer Katie Victoria at kvictori@uci.edu.

Hope to see you there!

Yvonne Marialaki

Tips and Tricks for Walk-In Appointments

By, Khrystyn Pamintuan
Social Ecology Peer Academic Advisor

15 minutes go by extremely fast when it comes to counseling! Here are some tips and tricks to help make your advising session efficient and the most helpful.

1. Prepare a list of questions beforehand—Think about why you need to come in and any relevant questions you have related to the topic. By having this check off list you can make the most of your time instead of having to think of other questions to ask the counselor or advisor.

2. Bring in any relevant paperwork—For example, if you have questions about degree requirements, bring in a degree requirement sheet.

3. Do as much as you can on your own—we love to empower students and show that they can really take control of their education and help themselves. If you have a question, try to find the answer for yourself first because it may save time for other important questions that you can’t answer on your own. Before you set up an appointment, look at your degree audit, the general catalogue, or the Social Ecology Website - a lot of times the answers to your questions are already out there.

4. Be on time—We often have back-to-back appointments so if you’re late, you lose your spot. Remember to be early is to be on time!

5. Good times to set up an appointment—the office is the least busy in the mornings from 9-12 and during weeks 4 and 5.

6. Get in line early during peak hours and weeks! To ensure that you get a same-day appointment stand in line 30-45 minutes early.

7. Attend workshops. The Peer Academic Advisors and counselors offer a variety of workshops on field study, practicum, changing your major, how to read your degree audit, planning classes etc. Attending a workshop saves you the chore of standing in line to make an appointment, your questions will be answered, PLUS you’ll learn new information that will be helpful to you.

8. Counselors and PAAs don’t have the ability to add you into a class. Only professors can add students so you’ll want either register during your enrollment window, check WebReg during the second enrollment period, or attend on the first day to see if there’s room.

9. Take notes! You’ll be given a lot of useful information during advising sessions. Take notes so that you remember what to do and can reference your notes in the future.

10. Be calm and be polite. We understand that you have questions or needs that need to be answered. We’re here to work with you and to help you so please be calm, polite, and respectful. We promise that you’re concerns will be met!

~John Dewey
Social Ecology Student Services

Office of Student Services
102 Social Ecology I
Irvine, CA 92697-7055
(949) 824-6861

Mission Statement
As student advocates, we strive to empower students for the betterment of their own lives and society by not sacrificing the human element in favor of bureaucracy. Our goal is to provide students with the tools to succeed academically, providing accurate and timely information in a professional atmosphere. We achieve our mission by supporting one another collaboratively in a team-building environment and thereby supporting the larger mission of the university in teaching, research and community service.

Social Ecology Website:
http://socialecology.uci.edu/

Social Ecology WORKSHOPS!

Scheduling Workshops
Need help determining which classes to take? Don't want to wait in line to see a counselor? This is your opportunity to start planning early. Come to one of our Scheduling Workshops!

* Wednesday, February 3, 12:00 - 1:00 p.m., Social Ecology I, Room 112

* Wednesday, February 17, 12:00 - 1:00 p.m., Social Ecology I, Room 112

Topics covered:
* Reading your Degree Audit
* Choosing Classes
* Developing an Academic Plan

What to bring:
Printouts from Student Access:
* An unofficial copy of your UCI Transcript
* A printout of your degree audit
* A printout of the planner available on your degree audit
* Unofficial copies of other college transcripts
* Your UCI General Catalog
* Your questions

Change of Major Workshops
Have questions about changing your major? Get your questions answers by SE counselors and don't wait in line!

Paperwork needed:
* Fill out change of major form
* Complete academic plan

* Wednesday, February 10, 12:00-1:00 p.m., Social Ecology I, Room 112

* Wednesday, February 24, 12:00-1:00 p.m., Social Ecology I, Room 112