



# MY CAREER PLAN

CLASS PROJECT

SOSC 225

BRYANT & STRATTON COLLEGE

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# INTRO

- Hello my name is Ruth Cushingberry
- I am studying for a Bachelors Degree in Healthcare Administration.
- One of my program outcomes are: Research information management systems to evaluate and select technologies appropriate to a particular healthcare setting.

# CONNECT CLASS LEARNING TO CAREER PLAN

- Information Literacy and Communication - Utilize appropriate current technology and resources to locate and evaluate information needed to accomplish a goal, and then communicate findings in visual, written, and/or oral formats.
- One career theory that stood out to me was Donald Super's Life and Career development stages. This theory link life's stage/age to your career development stage. I do believe that I am in the Establishment stage. Due to me using my skills to stabilize my work experience on an entry level. I appreciate how this age is from 25 to 44 because I have changed my career and lifestyle to a new one. I can't wait to go through all the stages in this theory.

# CLASS LEARNINGS

- Elevator Speech – A 1 to 2 minute summary of your assets and career highlights
- Cover Letter – A personalized letter to an interviewer/organization explain your scope of interests and strengths plus what you can bring to that job.
- Resume – A history of prior jobs and skills learned to better understand the interviewee.
- Interview and networking –Interviews are usually done by a hiring manager to see if the person being interviewed can meet the requirements of the job and assets that are needed in the employee environment. Networking is building relationships with others on a professional level to let cooperate in achieving goals together usually with those that move in similar circles.
- Online and Offline presence – Online presence is usually what pops up when looking up your name and professional career profiles like Linked In. Offline presence is information others know you for, very similar to networking.
- Internship- A position that can be paid or unpaid to gain skills/experiences towards a desired career.
- Interview Simulation – Interview simulation that we did during class asked questions on teamwork, service orientation, management potential and work discipline. It really gave me insight on how to express professional interest, display attributes needed for the position along with keeping true to your needs.



# MY CRED, WHAT IS IT?

- MyCred is a profession portfolio that is connected to our school's site to allow us to learn about how to display yourself in the career world.
- Components of my portfolio consist of a resume, prior military service letter, Red Cross certificate and my Associate Degree in Health Science.

# MY CRED PROJECT

- This is the link to my online portfolio with MyCred:  
<http://mycred.com/p/3051950330/>
- My resume currently has my military information and prior jobs as well.
- Interview Simulation: this project took my by surprise because I was the leader of my group and as I have said prior, questions were broken down into groups. It really helped me understand things that I was doing wrong in interviews like being vague. Also we pretending to be someone who was established in their career and required the employer to give them what they need.



VIDEO



# WRAP – UP

- K- Documentation Management Software; S- Active Listening; B- Dependability
- Favorite class topic - elevator speech
- Networks – New coworkers, old coworkers, family and old vendors who sold medical supplies at my job
- Possible internship – The Mayo Clinic; They are known for their excellent administration programs for interns