



**St. Catherine University**

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**From the Selected Works of Terri Grundy, MOT, OTR**

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# Employment-Student to Practitioner

Terri Grundy, *St. Catherine University*



Available at: <https://works.bepress.com/terri-grundy/4/>

The background of the slide is a light grey surface covered with numerous teal and green geometric paper shapes. These shapes are three-dimensional, resembling folded paper cubes and pyramids, scattered across the frame. The lighting creates soft shadows, giving them a sense of depth and texture.

# Employment

Students Transitioning to  
Practitioners

Terri Grundy MOT, OTR

# Learning Objectives

- *Utilizing new learning prepare targeted cover letters and resumes*
- *Reflect on social media image through the lens of an employer*
- *Increase interviewing skills by increasing participation in the process*
- *Identifying roles a mentor can play in your career*

# Introductions

Name

School/program

1<sup>st</sup> career? A 2<sup>nd</sup> career?

Any particular challenges or concerns?

Area of practice you're interested in?



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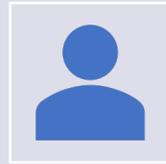


Cover Letters and  
Resumes that get  
read ...

# Resume

Detailed history of your work  
and educational experience

72 % of employers say a resume  
is very important



Profile summary



Capabilities section



Statements and points

# Do you have a particular resume challenge?

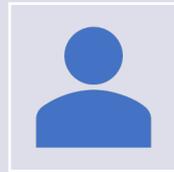


# The Cover Letter

Brief overview of who you are and why you would be a good fit for the job.



Mention the position you're applying for



Human touch

Interviewing: before,  
during, and after,  
actions to take and  
pitfalls to avoid.

What are your nervous habits?



# Interviews

: a formal consultation usually to evaluate qualifications (as of a prospective student or employee)



Elevator Pitch



Be ready for the tough questions



Paraphrase



Prepare questions to ask

A collage of various social media logos on colorful paper scraps. The logos include Twitter (bird), Instagram (camera), Snapchat (ghost), Facebook (f), YouTube (play button), LinkedIn (in), and WhatsApp (speech bubble). The background is a mix of colors like blue, red, yellow, green, and purple.

What does your social media say about you?

70% - 90% of employers check social media when going through the hiring process

- Are you a good fit with their company culture?
- Facebook
  - Albums and About Me
- Twitter
- Instagram
- Pinterest

*79% of HR professionals have rejected a candidate based on their social media content.*

How can you use social  
media to your  
advantage?



*Tips for networking and  
identifying a mentor...  
or two!*

"A trusted counselor or guide." -**Merriam  
Webster**

# Mentors...

- Who are some mentors you've had in the past?
- Or, when have you had mentors in the past?
- Types
  - Formal
  - Informal
- Where to find mentors?
  - CommunOT
  - MOTA
  - Peers

**Colleagues are a wonderful  
thing- but mentors, that's  
where the real work gets  
done.**

Junot Diaz

A scenic view of a winding road through a mountainous landscape under a hazy sky. The road is paved and has a dashed white line down the center. The mountains are layered, with the closest ones being dark and the ones in the distance being lighter and more hazy. The sky is a pale, hazy blue.

Every single job is a challenge. You are walking into a new set, a new character, creating a world and trying to get comfortable to do your best work.

Felicia Day

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