Career Services hosts majors fair for undergraduates

By Chris Russell
Contributing Writer

This past Tuesday, the Office of Career Services held their annual Majors Fair in the Student Center ballroom. Students who have yet to choose a major, were considering changing their major or who simply wanted to learn more about the possible options were encouraged to come and have any questions they might have answered.

"Students had the opportunity to go around to any majors they would consider, some that they don't even know anything about, and sit at the tables and learn what's here for them. Students who are already in a major—say sophomores and juniors—and are beginning to question their choice can speak with students, alumni and upperclassmen and learn what they can do with their major," said Marge Dussich, Associate Director of Career Services.

"The main focus, though, is the freshman/sophomore class and a few early juniors that aren't quite sure yet about their major. Attendance was high at the event. We had about 370 students come and sign in at the door, and several more that we didn't manage to count came as well. It was the most attended majors fair I've seen in all the years I've been doing this," Dussich said.

Most of Tech's majors had at least one representative present, and several of the pre-professional programs sent representatives as well. These representatives ranged from academic advisors, to professors, to alumni and even a few current students.

The format of the event itself was rather free form. The ballroom was broken down by major, with similar majors grouped together at a table and larger or dissimilar majors at separate tables. Students were encouraged to wander around and either ask questions or listen to the representatives explaining the job opportunities, research areas and study options for each major.

Several alumni, both recent graduates and people who have been in the work force for years, discussed examples of projects they had worked on, explained the different work environments present in their respective industries and gave advice for students interested in pursuing particular interests. Professors and older students were also present and described their current projects and studies.

At the Computing Science table, for example, three alumni discussed their past work experiences, outlined the pros and cons of working on a contract-by-contract basis as compared to a salary employee and described how different study plans open up different options to new graduates.

"We sent out emails to every academic department here...and it's pretty much a given that the departments are going to want to participate. It's like a tradition here now. For the alumni, it's more difficult to get them to come," Dussich said.

"Often, we reach out to our partner companies and ask if they have any [representatives] that would be interested in coming and talking...For those majors where we can't secure any alumni, we notify the departments, and they often have better luck," he said.

All in all, the mood was very relaxed, not so much an information session as it was a chance for students to see if they want to be a major (or potential major) would like in the real world.

The majors fair, of course, is not the only service Career Services offers Tech students, nor is the only service geared toward students unsure about their current career path. In addition, Career Services offer one-on-one
Focus

ders in Spanish. It’s a nod to Leo Vargas, Javier Navarrete and Francisco Moran, all Spanish-speaking employees of Junior’s.

“Since Junior's is now bilingual, we’ve addressed that in this song,” said Klemis.

It has a different feel to it from the rest of the album and, although short, is fun to listen to, even for those who can’t speak Spanish. Another song on the album that breaks from the usual hip-hop sound of the GTGs is “Library Lullaby.”

“I was really happy with the way it turned out. It's not out there with a video and all that yet, but it’s more of a rock ’n roll song with distortion guitars and that kind of thing. It brings a different flavor to the album, and I like it a lot,” Swafford said.

Klemis and Swafford may be in two very different lines of work, but they possess a similar enthusiasm and love for the Tech community. So what is it that makes them do what they do?

“It’s cool to know that at a tough school like Tech, we can give the students a little bit of comic relief,” said Swafford. “Whether through humor or through food… whatever your medium, reaching students in this particular season of their life is not easy,” added Klemis, “but we’re all encouraging each other while we’re here.”

Career from page 13

Career counseling, informational seminars on different majors and careers and, of course, career fairs each semester.

Career Services also offers several services to students currently in the process of looking for a job. During walk-in hours, students can have resumes and cover letters critiqued, have job hunting related questions answered and receive advice on how to conduct a successful interview. For a schedule of available walk-in hours, see the Career Services website.

Students wanting a bit of practice before a big job interview can also schedule a practice interview, where a computer program conducts a mock-interview, keeps track of the student’s answers, and observes the student’s actions via web-cam. This resource is accessible on the Career Services site and, for students without access to a webcam, in the Career Services office.

Career Services can also help connect students to companies looking to fill positions (both internships and full-time). Their online tool, Career Buzz, allows students to post resumes, apply for positions, sign up for interviews and more. Another online tool is a large collection of podcasts available from Career Services webpage.

Finally, Career Services offers information sessions on topics ranging from acquiring internships, to business etiquette, to grad school applications and more.

A library in the Career Services office in the Student Success Center is stocked with a variety of publications, books and brochures on looking for jobs, applying for jobs and comparing job offers, as well as career planning and advice for students considering graduate school.

Dussich says, “I think career counseling is incredibly important, because without that clarity of the direction [students] want to go, everything else doesn’t really fall into place.

“They need to be as clear as possible about their direction, and the career counseling piece of Career Services is extremely important to this. [We hope that we] can get the word out to all the freshman in particular so that while they’re here, they know where to come for that help... We will sit down with them as often and as long as they need it.”

GTGs from page 13

The M-Train was the first of the GTGs videos, encouraging students to go management.

The Perfect Option debuted at the start of the football season, promoting school spirit.

The Ratio pokes fun at the disproportionate number of males to females at Tech.

The School of History, Technology & Society was represented at the majors fair and provided information on this career track.
Stress workshop series addresses student anxiety

By Maria Carter
Assistant Focus Editor

The “Balancing Mind and Body to Reduce Stress” workshop took place last Thursday, October 30th, in the library’s Wilby Room. It is part of the Counseling Center’s series of workshops on stress taking place on Thursdays in November and concluding December 9th. The students in attendance were eager to recognize the signs of stress and learn the skills necessary to keep stress levels at bay.

Nelson Binggeli of the Counseling Center began by explaining the physical and emotional changes the body makes in response to stress, also called the “fight-or-flight” stress response: increased heartbeat, shallow breathing, increased sweating, and a sudden burst of energy.

Besides the uncomfortable feelings typically associated with it, stress can cause serious physical harm. “[T]he hormone cortisol, which is released during chronic activation of the stress response, has deleterious physical effects over time,” Binggeli said. According to Binggeli, these effects include weakening of the immune system, increased susceptibility to infectious diseases and cancerous cell growth and atherosclerosis or “hardening of the arteries,” resulting in heart disease.

The workshop focused on diaphragmatic breathing and meditation, two simple yet important tactics for stress management. Diaphragmatic breathing—as opposed to chest breathing which is shallow and associated with anxiety—utilizes the diaphragm, a muscle separating the lungs and abdomen. It is slow and deliberate and often induces relaxation. Meditation, in this case, simply means focusing one’s attention on a single thought at a time.

“Breathing and meditation are powerful ways of slowing down and turning off the stress response. This is especially important when the stress response is serving no useful purpose and when there is a tendency for the person to chronically activate it,” Binggeli said.

During the workshop, Binggeli walked participants through an exercise in breathing and meditation, asking them to allow their lungs to expand gradually on inhale, taking air down to the bottom of their lungs. When done properly, one’s abdomen should rise on inhale, and fall on exhale, similar to the way a sleeping baby breathes. There is relatively little movement of the chest in diaphragmatic breathing.

For a simple meditation, Binggeli recommends counting on each breath in and saying the word “relax” on each exhale. Breathing should be kept steady and relaxed, at about 10 breaths per minute. For optimal results, focus on the counting and clear the mind of any extraneous thoughts. Meditation allows one to let go of thoughts about the past and future and simply pay attention to being in the “here and now,” according to Binggeli.

“Our minds are often engaged in ruminating about the past or worrying about the future. This causes us to lose touch with our actual life experience, and the ‘non-mindful’ way of being is very much associated with the triggering of the stress response when it is not necessary,” Binggeli said.

Binggeli is a licensed psychologist who holds a doctorate in Counseling Psychology from Georgia State University. His special interests include mind-body approaches to stress management, cognitive-behavioral therapy for mood and anxiety disorders, psychological assessment and helping people to overcome the effects of unsupportive environments and traumatic experiences.

Upcoming workshops on stress

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Auditions for annual Vagina Monologues begin

By Yameen Huq
Contributing Writer

Tech’s Women’s Awareness Month is coming up this March in correspondence with National Women’s History Month. Women’s Awareness is a month-long series of events meant to highlight women’s issues and rights, as well as their struggles in both the past and in contemporary times. The kick-off event is usually on Skiles and involves giveaways as well as information for the public on events to follow.

Some of the month’s events include Take Back the Night, designed to raise awareness on rape victims and the Red Dress Fashion Show, a charity event to raise funds for the American Heart Association. Of particular note during Women’s Awareness Month is the biannual production of the Vagina Monologues, a group of vignettes written by playwright Eve Ensler.

Originally written as a book and later retooled for New York City theatre, the play is a series of soliloquies that highlight aspects of what it means to be a woman, usually through a metaphorical or literal relation to the vagina. Each story involves a woman giving a monologue to the audience. These pieces cover a myriad of topics, such as love, rape, individuality, and later retooled for New York City theatre, the play is a series of soliloquies that highlight aspects of what it means to be a woman, usually through a metaphorical or literal relation to the vagina. Each story involves a woman giving a monologue to the audience. These pieces cover a myriad of topics, such as love, rape, individuality, sexuality and ultimately the nature of existence for women.

At the same time, the tone of the monologues varies considerably, ranging from light-hearted rants about injustices against the vagina to much more personal stories, such as the account of one woman’s experience in the rape camps of Bosnia. All of these stories were based on the personal experiences of real women and were collected and adapted by the stage by Eve Ensler.

Ensler’s work is also malleable, always having one monologue that differs from the other ten. In conjunction with the V-Day College Campaign, all ticket sales of Tech’s production will go to charitable organizations for women, such as shelters. V-Day is an international campaign to increase awareness and raise funds to stop violence against women and girls.

Heading this production is Jane Wong, a fourth-year ECON student who performed in one of Tech’s previous productions of the Monologues. She and the rest of the team have been hard at work in spreading word of the movement.

The key hope behind this play is that it will help people to better understand the causes behind Women’s Awareness Month and inspire the audience to spread word of the movement.

“This year, I want the cast to really understand the history of the monologues and hopefully spread to their friends and family,” Wong said. Other universities are very familiar with the play.

I hope Tech students also become familiar with it.”

Wong also looks forward to howing a production that moves and inspires people, saying that actors have been driven to tears while performing in past productions. Ultimately, she’s hoping this will be as much of a moving and learning experience for the cast and crew as it is for the audience.

“Even if they’re not moved, people can still learn from the experience by working together,” Wong said. This sentiment expressed by Wong is the primary goal of the production and V-Day in general. Wong noted that oncepick a beneficiary and venue, they will begin advertising much more heavily.

The deadline for the auditions is Nov. 10, but the production staff is prepared to extend it to the second half of November if necessary. The actual audition involves a cold reading of the script, lasting approximately 15 to 20 minutes. “The monologues should have a natural aspect instead of ‘acting’,“ Wong said. At the same time, she also said that she has “no set kind of person in mind.”

Wong hopes to create an atmosphere similar to past year’s productions by casting the type of diverse group that is conducive to an enjoyable experience.

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Last year’s production benefited the Partnership Against Domestic Violence. In the past, Tech has raised more than $17,000 for charities including Men Stopping Violence, the Grady Rape Crisis Center and Angela’s House.

Auditions for Annual Vagina Monologues begin

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National Novel Writing Month kicks off

By James Norman
Contributing Writer

NaNoWriMo may sound like a high-tech device developed in a research lab at Georgia Tech, but in fact, it’s the acronym for National Novel Writing Month—a writing event that takes place every November. Chris Baty, an entertainment journalist and Berkeley grad, started NaNoWriMo in 1999 to “take advantage of the miserable weather” in San Francisco. Some may think, “Writing a novel in a month?” That’s ridiculous.” Yet, consider this: Ray Bradbury wrote his sci-fi classic, Fahrenheit 451, in nine days with a newborn baby at home. And one novel specifically written for NaNoWriMo in 2005, Water For Elephants by Sara Gruen, became a New York Times #1 bestseller.

To “compete” in NaNoWriMo, aspiring authors must first sign up at www.nanowrimo.com. Here, authors can upload personal details, plot summaries and pictures, or chat with others on the boards. The website also keeps track of the total number of words written worldwide. But authors can’t stay distracted for too long if they hope to win the competition and finish their own 50,000-word novels.

Fifty thousand words is considered short for a novel, but that is approximately the same length as Aldous Huxley’s Brave New World. In contrast, Leo Tolstoy’s War & Peace is roughly 520,000 words. Nevertheless, NaNoWriMo competitors must write 1,665 words or about 6.5 pages per day to finish.

In 2007, an estimated 101,767 people signed up for NaNoWriMo to be “WiMo” (pronounced like a drunken person saying “rino”). By December 1st, 15,333 participants were declared winners.

NaNoWriMo is the acronym for National Novel Writing Month, in which thousands of writers compete in an effort to unleash their creativity and finish writing a novel in the span of one month.

Amusingly or disappointingly, winners don’t receive any prizes, and no one ever reads the thousands of submitted manuscripts. People compete in NaNoWriMo to “open up their imagination and unleash their creative potential like nothing else,” said founder Chris Baty.

In San Francisco, competing WiMos converge mid-month for a NaNoWriMo-sponsored write-a-thon called the “Night of Writing Dangerously.” Writers must raise $200 to attend the five-hour event. In return, they receive a catered dinner, a chance to meet famous WiMos, a tote bag and are entered in a drawing for prizes such as tickets to area museums or—another tote bag.

The Technique cannot confirm whether Tech has had any students in NaNoWriMo. This is appropriate considering that Tech is not a hotbed for writers. Anne Lovett received her B.S. at Emory and a Ph.D at Tech before becoming a romance writer. Nicole Jordan received her Civil Engineering degree from Tech with a degree in Library Science, and worked at Proctor & Gamble before becoming a romance writer. Jordan tells young adults thinking about career changes “do it now—don’t wait until you’re too old to explore your dreams!”

Arguably, Tech’s most famous writer was Frances Newman (1883-1928). Newman spent time as a librarian at Tech in 1924—with a degree in Library Science, no less—before leaving to pursue a very interesting writing career.

Newman was one of the most controversial writers of her era, with bestselling titles like The Hard-Boiled Virgin and Dead Lovers are Faithful Lovers. She was part of the feminist Flapper movement of the 1920s, and her novels comically explored themes about the repressive and racist themes of Southern cultures.

So, Tech students, faculty, alumni and librarians who wish to compete in the NaNoWriMo can all draw from some historical source of inspiration. Whether anyone at Tech has time between midterms and finals to escape the “miserable weather” and write a 50,000 word novel is another question.

PTFE design class...where this sliver goes out to all you haters! :CR8:320: Stop asking irrelevant questions. kthxbye, person in the back of 9AM 3040 - if you already know everything and are smarter than everyone else, why do you still come to class and fail the tests? everyone needs to vote coach johnson coach of the year!!!

That’s wasser! Tech’s defense or Obama as president? iPhone kick it!

College of Computing is the best! Sending a sliver from my iPhone!! Awesome! :)

That’s what thanks mom said... Poudit Girl who swipes me in at the crc is the highlight of my day!

Sending a sliver from my iPhone!! Awesome! :)

I called a b-Lunt bigger than chinaland!!

The art of travel is deviating from ones plans. Anybody else wanna drop out of school and open a brewery to sell GT labeled alcohol back to students? If so, contact me.

How can she slap??!?

To the girl who straddled her boyfriend while he rested between benchpress sets: if the Georgia State Legislature was half as enlightened as the Taliban, you would have been dragged out in the street and shot.

Motorboat SH is an awesome person.

Stress from page 15

hosted by the Counseling Center include “Manage Your Stress Before It Manages You” (Nov. 13), “Don’t Believe Everything You Think: Using Logic to Overcome Stress” (No. 20) and “Stress Management for the Holidays and Every Day” (Dec. 9).

Each November class will be held in the Wilby Room, which is located in the lower level of the main library, and will last from 11 a.m. to 12 p.m. The December workshop will take place from 1 p.m. to 1 p.m. in the Student Center’s Cypress Room.

The Counseling Center is located in the Student Services building and offers various services, including individual, group and couples counseling, outreach, consultation and crisis intervention.

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