

CAMPUS & COMMUNITY

Career & Internship Fair Welcomes Students Across Northland Communities

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It’s that time of year again when the leaves fall and the weather changes, but not one’s path to find their future. There are a plethora of ways to look for internships, jobs, or careers, but only one way to meet and greet employers, and that’s the career fair.

The University of Wisconsin-Superior held a fair on Thursday, Oct. 17, from 12 p.m. to 3:30 p.m. in the Yellowjacket Union Hall. All students and alums from all years and all majors were welcome to attend.

The event offers unique opportunities, from entry-level permanent positions to summer 2025 internships. Students and alums can pursue the career opportunities and various employers on Handshake. Some employers in attendance were WisDOT, Mystic Lake Casino and Hotel, Ampact, UWS-Human Resources, and more.

It’s a place to discover, explore, and connect with



UWS student speaking with career fair employers about possible internships and entry-level permanent positions.

Photo by Maddie Schaffer | The Promethean

new and future opportunities. To many of these employers, a career fair is a way to get the word out about what they offer in hopes a college student can find a perfect fit.

This is one reason it is essential to discover, explore, and connect: not every employer is looking for a specific major.

Talent Acquisition Program Manager Holly Opegard at Mystic Lake Casino and Hotel said, “For some roles (like the CFO), we would be. All other roles, there are degrees that we

would like to see, but we are open more to the related experience that a person has.” WisDOT has a similar approach where specific internships call for particular majors, but there is room for many other degree types within their operations.

Attending the career fair at the University of Wisconsin-Superior can provide valuable opportunities for students and alums from all majors. The event offers a wide range of prospects, from entry-level permanent positions to internships.

It’s an excellent chance to network with potential employers and explore various career paths. The insights from employers like WisDOT and Mystic Lake Casino and Hotel emphasize the importance of discovering, exploring, and connecting at such events.

Overall, attending the career fair could open up doors to unexpected and exciting career opportunities.



UWS Career Fair opportunities ranging from health, human resources, engineering and more.

Photo by Maddie Schaffer | The Promethean

De-Stress Days at UWS: A Practice of Selfcare with the ICRC and GERC

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As we work our way through the semester, students and staff are likely feeling some stress. Getting projects done, juggling school and work schedules, or just not taking the time to relax can build stress over time.

Luckily, the Indigenous Cultures Resource Center and Gender Equity Resource Center have teamed up to provide a free series of days to help people de-stress.

The De-Stress Day series consists of one day each month where students can meet and learn about something that can help with reducing stress. In September, the activity was making shower steamers. Oct. 16 was therapy animal day in the Jim Dan Hill Library.

The last day for the semester will be Nov. 21 and teach attendees how to utilize essential oils for relaxation. T Wainman, the coordinator for the GERC, said that the goal of the days is not only to give everyone a little break, but also to

teach people how they can take time for wellbeing in their daily lives.

“We wanted to do something once a month where it was just a, even just for two hours that we’re doing it every month, that it’s a time to either learn more about a certain wellbeing experience... or just an opportunity to really engage in some kind of breathing space.”

Wainman also said that the De-Stress Day series is planned to run through the year, so students can expect to see more events on the Campus Calendar in the spring semester.



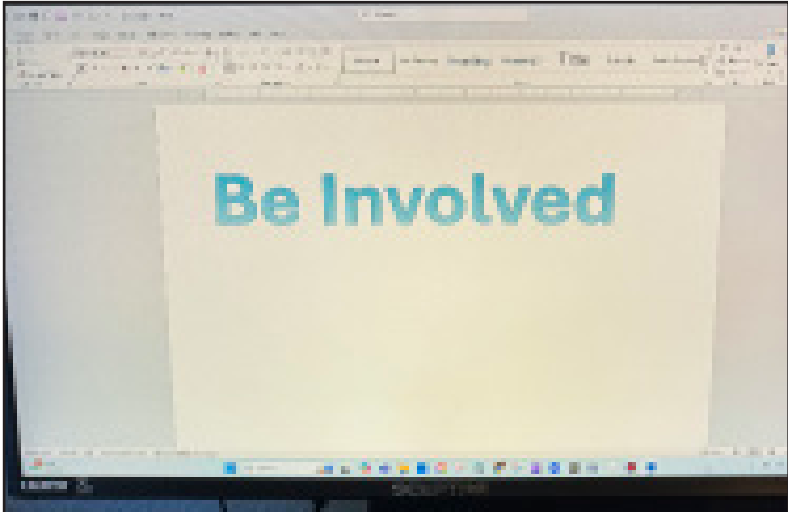
Therapy animals also makes stop by the Jim Dan Hill Library to help ease stress through out the semester.

Photo by Maddie Schaffer | The Promethean



Wagging tails and healing hearts. This is a student journey with therapy dogs.

Photo by Maddie Schaffer | The Promethean



Online students explore the virtual side of UWS's campus-focused groups.

Photo by Yvette Klauer | The Promethean

Online Student Involvement with Campus-Focused Groups

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Participating in campus groups is a significant aspect of college life. Campus groups provide many benefits for students, such as friendship, responsibility, a broadened worldview, and skills development. However, campus students are not the only attendees at the University of Wisconsin-Superior. There are still nontraditional students to consider, such as online and veteran students. Where do these students fit in with campus-focused groups?

The answer is—all of them. More than most, campus-focused groups offer the option to meet online. Ponika Bhandari, Program Manager for Yellowjacket Activities Crew, said, “Most of our programs are in person. We tried in the past to have some online programs, but we did not have a great turnout. Some online programs included trivia, cahoots, and all sorts of things.”

This is not the only group that has said something similar. Ella Hill, President of Amnesty International at UWS, said, “. . . We are trying to start doing tabling to get more people and then also doing what one of my club members likes to call online chats where you open it up more to online students. And be like, yeah, just come online and have coffee with us and talk to us about human rights and stuff like that.”

However, what is being contemplated is how to re-establish that human connection with online students. “Cause its easier to have somebody in person and be like sign up for our email list and well like email you consistently,” said Hill.

This is a subsequent challenge to many collaborations because the culture for online students is asynchronous. “... also the outcome is not very good. For example, if we were investing a lot in a program and we did not have as many students getting involved, I think that also kind of creates a gap of.. Oh yes, we really want to do this, but will it really be worth it,” Bhandari said. This is not to say collaborations are giving up, but an outreach that all college students, whether in attendance or not, are encouraged to participate in clubs, organizations, or programs at UWS. “... being involved on campus is not only just having like of course there’s the man factor of having fun and all that, but it really is important for them to understand that this. Ok, this event is happening on campus. That shows the campus cares about students. Hence, we have a department for it. We are here for you,” said Bhandari.

It is important for campus-focused groups to consider the inclusion of non-traditional students such as online and veteran students. While there are challenges in engaging online students, efforts to create opportunities for online participation and bridge the gap are crucial. It is essential for all college students, whether on campus or not, to feel encouraged to participate in clubs, organizations, or programs.

By fostering a sense of belonging and inclusion, the university can demonstrate its care and support for all students, regardless of their mode of attendance. Efforts to adapt and reach out to online students can ultimately enrich the college experience for everyone involved.