

MONTHLY INTERNSHIP AND CAREER NEWS

ICONNECT

ISSUE 08

SEE YOU NEXT ACADEMIC YEAR!

Goodbye! 再見!

Adeus!

On behalf of the Internship and Career Office (ICO), we are grateful to present you the eighth and final issue of IConnect this academic year!

As this academic year is coming to an end, we thought we should discuss a concept that will always be relevant to you: **grit**. What is grit, you ask? It is a psychological trait that has been defined by Duckworth, a researcher and author, as “**sticking with things over the very long term until you master them**”. It is essentially **passion and perseverance** combined into one and makes a great predictor of future success. As Baruch-Feldman states, if someone does **not** have grit, their intelligence and talent might only result in **unmet potential**. One must work hard, be resilient enough to bounce back from obstacles and failure, and be consistent in the passion and motives for their actions. The importance of our own **personal commitment** to develop, learn and **continue growing** is thereby evident. As Duckworth states:

“Our potential is one thing. What we do with it is quite another.”

ICO Services

- Publishing of student articles / ideas / projects on the monthly newsletter's "student feature" section;
- CV and cover letter critiques and helpful tips (e.g., LinkedIn profile);
- Guidance regarding personal and/or professional development;
- Job and internship search tools and tips;
- Interview preparation and tips;
- Request of workshop / seminar topics.

Contact us

The ICO office is located on the second floor of the Green Campus' Residential Hall. Feel free to drop by, call us at 8592 5699 or e-mail us at ico@usj.edu.mo.

Our team

Dr. Patrick Lam, Joana Costa, Jeanete Ozorio

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FIRST IMPRESSIONS

by Joana Costa, Intern at USJ's ICO

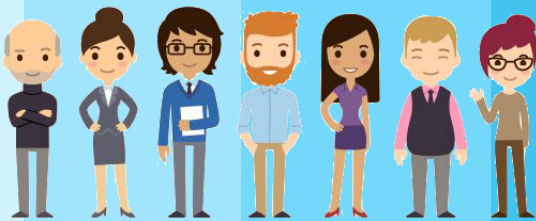
First impressions are crucial when building lasting trust so knowing how to manage your image is a valuable skill to have.

How long do you have until someone decides if you are trustworthy and confident enough to be worth building a relationship with?

Researchers say it usually takes seven to 15 seconds. However, a study by Princeton University researchers indicates that we are capable of forming impressions in an astonishing 1/10 of a second.

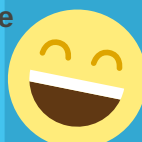
To help you manage your image and create a first impression that will surely impress, below are several tips by Forbes and Inc. contributors:

✓ **Analyze your attire.** What you wear matters, even if you do not really care about fashion or style, so put your best self forward. Think of it as personal branding and at every function try to match or slightly exceed the level of formality.



✓ **Be punctual and come prepared.** If you are going to a meeting, be respectful of everyone's time, plan accordingly and come prepared.

✓ **Smile, make eye contact and be conscious of your body language.** Smiling, besides being one of the most memorable facial features, reduces stress and makes others feel more comfortable around you. Shake hands firmly and establish good eye contact.



JUNE CALENDAR

7TH-8TH
9TH INTERNATIONAL INFRASTRUCTURE INVESTMENT AND CONSTRUCTION FORUM (THE VENETIAN)

9TH-17TH
18TH MACAO LOTUS FLOWER FESTIVAL

16TH-18TH
MACAU INTERNATIONAL DRAGON BOAT RACES

18TH
TUN NG FESTIVAL (DRAGON BOAT FESTIVAL)



Picture: tripzilla.com

22ND-25TH
47TH SKÅL ASIAN AREA CONGRESS (FISHERMAN'S WHARF)

27TH-29TH
16TH ASIA TEFL INTERNATIONAL CONFERENCE (UNIVERSITY OF MACAU)

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✓ **Be authentic. Relax and be yourself!**

✓ **Begin the conversation and choose your words wisely. Engage in a bit of small talk to break the ice, and think before you speak.**



✓ **Examine your attitude and do not forget your manners. When introducing yourself to someone new, for instance, do not forget to express how nice it is to meet them. It also helps break the tension!**



✓ **Make a connection - be interested and interesting. Pay attention, listen actively and try to establish a good rapport.**

✓ **Keep it positive. Keep an upbeat attitude and positivity. For example, it is not really great to angrily chat with a new acquaintance about how someone stole your parking spot.**

✓ **Follow-up. After a first meeting, do not forget to follow-up by sending any necessary information such as notes or next steps, or simply send a thank you note.**



Sources: <https://www.forbes.com>, <https://www.inc.com>, <http://www.psychologicalscience.org>
 Pictures: iconarchive.com, onlinewebfonts.com, dmnews.com, snagajob.com

5 THINGS YOU SHOULD DO... AFTER A JOB INTERVIEW

As recommended by
**The Muse's
 Richard Moy**

Grab a quick snack to refuel



Write down everything important that was discussed



Follow-up a week from the interview date

Write down one reason why you are excited for the job



Send a thank you note or e-mail the next day

Source: <https://www.themuse.com>
 Pictures: picpng.com, clipart-finder.com, smilesbyamy.com, freepngimg.com, icons.webtoolhub.com

CONNECT

傷健人士 自強不息 挑戰自我

by Jeanete Ozorio, Student Ambassador at USJ's ICO

此次訪問將是 17-18 年度的最後一個。今次我特別邀請了一位本校的學生為本次訪問的嘉賓，吳嘉麗同學。她現正就讀大一，是社工學系的學生。雖然她身體上的缺陷使她行動不便，但她從來沒有因此而感到自卑，經常積極參與學校活動及協助活動事宜。現在更是本校的學生大使之一，她負責協助及處理學生事務辦公室的日常事務。



你是從什麼途徑得知及為什麼對這份工作有興趣？

我是在朋友的介紹下認識到學生事務辦公室的部門主管，她悉知我想在校內找一份兼職的工作，為學校出一分力。於是得到她及其部門職員的協助下，得知有這個工作機會，我是感到開心的，但其實未開始工作之前，自感到有些徬徨，皆因自知自己行動不便，未知自己能否應付工作上的事務。不過經過與同事們的溝通和了解後，和他們亦相信我的工作能力，從而增加了我的自信心，使我敢於挑戰新的環境及工作。

你可以與我們分享一些在校工作的難忘經驗嗎？

雖然我在校的工作時間並不是很長，但令我感到最難忘的是「百萬行籌款活動」。在籌款活動當中，我是負責看守攤位的，雖然我沒有能力捐出一筆很大的金錢去支持，但我都相信自己一個小小的行動，是可以成就一個大意義的事情，然而籌款活動所籌得的善款是捐給一些慈善機構，讓他們可以幫助更多有需要幫忙的人，使我感到好滿足。此外亦得到教授及善心人士的幫助，提供一些自制的食品作義賣，使活動變得更有意義。

這份學生大使的工作，使你有什麼得著？

由於工作的關係，我有機會接觸到來自不同國籍、行業的人和事，他們都非常友善，喜歡與我交談，從而擴闊了我個人的視野及學習了不少的知識。此外，這一份工作讓我打破了自己心中的芥蒂，放下了舊有的保守思想，去學習及了解更多屬於自己的潛能及能力，亦增加了我對學校的歸屬感。

請你講一些鼓勵的說話給本校的學生們。

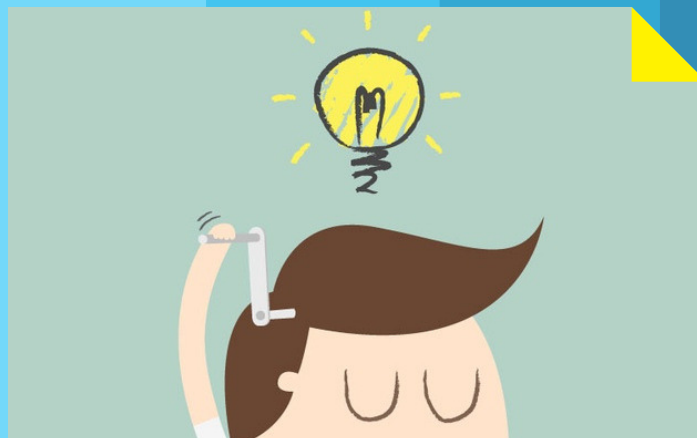
看似大學的生活有四年之長，但不應白白浪費，應多去敢於嘗試新的事物。在學習的過程中，必定讓你有不同的想法及看法，並而從中亦會有不少的得著，讓你學到更多。此外，請不要看少自己，不要覺得自己沒有比其他人棒、聰明，要學會發掘自己的優點及長處並發揮它們。不應被自己的舊有思想去限制自己的能力，自己的態度可以改變一切及結果。

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CRITICAL THINKING

Critical thinking, or the skill of "thinking rationally and clearly about what to do or believe", is expected to be one of the top 3 most sought-after skills in employees by 2020. It is a fundamental ability as it can be applied to all areas in life. According to the Hong Kong University, besides being essential for self-reflection, it improves language and presentation skills, stimulates creativity and is the basis of science and democracy.



The Open University outlines a “stairway” to facilitate student comprehension regarding the concept:

- 1. Process.** Take in the information.
- 2. Understand.** Comprehend the key points, assumptions, arguments and evidence presented.
- 3. Analyze.** Examine how these key components fit together and are related.
- 4. Compare.** Explore the similarities and differences.
- 5. Synthesize.** Bring together different sources of information and make logical connections.
- 6. Evaluate.** Assess the worth of an idea in terms of its relevance to your needs, the evidence on which it is based and how it relates to other pertinent ideas.
- 7. Apply.** Transfer the understanding to the matter in question.
- 8. Justify.** Use critical thinking to justify your arguments and opinions.



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VISIT TO DSEJ'S CENTRE FOR EDUCATIONAL RESOURCES

On May 3rd, Professor Isabel Tchiang and her Year 1 Bachelor in Education students were received by the lovely staff at the Centre for Educational Resources (CRE).

The visit included a presentation about their services and events as well as a guided tour of several different floors that are available to all Education students and Teachers in Macau. It was a very fun morning, where students even got the chance to try out Virtual Reality Headsets!

For more information about CRE, please head on to <https://goo.gl/XRzfEP>.



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J O B P O S T I N G S



銀河娛樂集團招聘日 / Career day

- 日期：5月23 及 30日 (星期三)
 - 時間：09:00 - 18:30
 - 地點：新口岸光輝商業中心5樓
- 招聘部門：國際尊尚市場發展部

鮑思高青年機構 / 戶外教育導師

要求：

- 學士學位
- 持澳門居民身份證
- 能獨立處事及喜愛團隊工作

聯絡方式：

E-mail: info@dbyv-main.org

(含個人履歷、自薦信、中學及大學證書副本、身份證副本及近照)



澳門商業銀行 / Teller

要求：

- 中六或以上學歷
- 基本中、英文的溝通及寫作能力
- 有相關經驗者優先

聯絡方式：

E-mail: career@bcm.com.mo

Fax: 8791-0423



Pictures: <https://www.chykwest.com>, <https://www.netcredit.com/>

FAREWELL, JOANA & JEANETE. WISH YOU ALL THE BEST!



As this will be the last IConnect issue with Joana, our intern, and Jeanete, our student ambassador, they would like to say a few words:

"It has been a great privilege to be able to share knowledge and tips regarding personal and professional development that can be of great use to USJ Students, Professors, and Staff, as well as to have the opportunity to showcase USJ events and establish business connections.

A huge thank you, from the bottom of our hearts, to everyone who collaborated and supported us!"

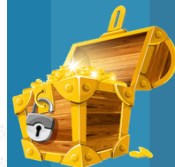
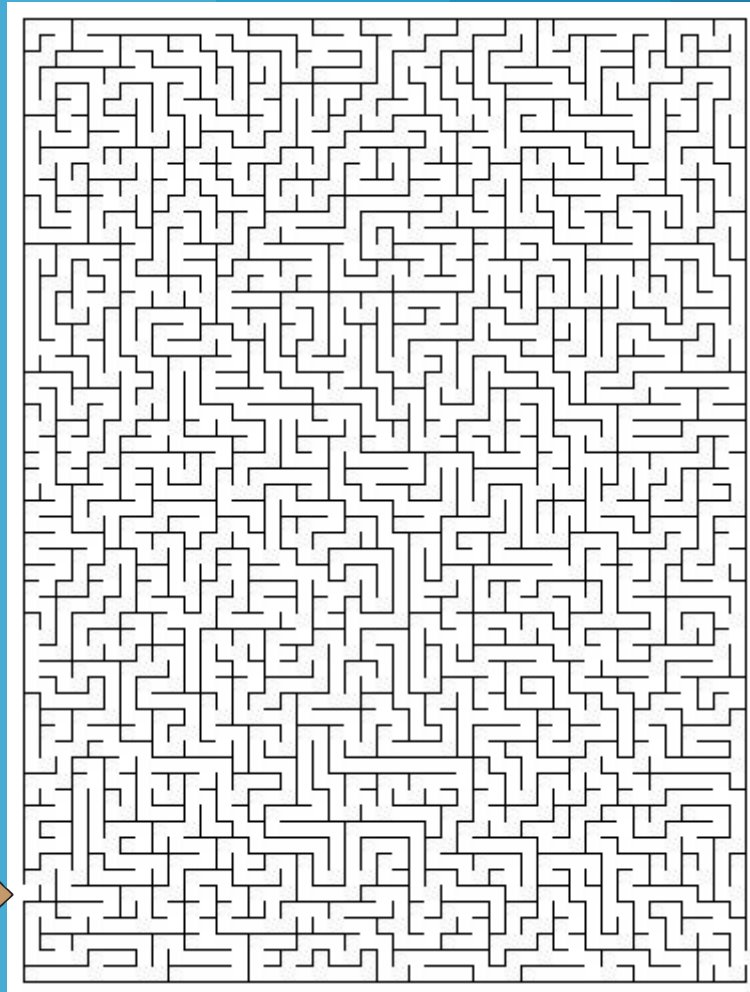


Joana
Costa



Jeanete
Ozorio

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Pictures: freepngimg.com, thehiveinsight.com

Solve the maze to reach the treasure chest!

After solving it, post a picture and tag us on Facebook or Instagram.

Have a great summer!

