

Career Counsellor's Newsletter



Why Profile Building Is Important?



<https://shorturl.at/V8R7d>

Profile building is a systematic, logical, research-based method to enhance your chances of achieving your educational and professional goals. In simpler terms, profile building is a process of developing projects and skills which can be showcased in your Resume.

Profile building can be simply defined as a process of developing a portfolio of projects and skills that can be displayed in your Resume. A personal profile essentially serves as a concise introduction to your professional career in terms of your qualifications, skills, and experience. Now let's get into why it can be a "make or break" aspect in your Resume.

Profile building gives you a chance to introspect and define yourself in terms of your passion and purpose. This introspection often allows you to chart your strengths, weaknesses, and areas of interest.

It gives an admission officer or prospective employer a detailed summary of your career orientation, education, interests, and projects, which allows them to understand how you have developed your craft and skill along the way. In fact, a student with an impressive profile has a considerably higher chance of getting into the college of his/her choice. So be conscious of what you put into your profile; it is the best way of expression that helps represent your unique profile and background.

- 9th: The Perfect Time To Start
- 10th: Good
- 11th: You Still Have Sometime.
- 12th: Late, You Really Need To Rush if You Want An Impactful Profile.

Building a Strong Profile:

1. Dive into passion projects

Explore fields of interest and build a specific passion. Finding this passion can be a bit tricky sometimes. But we are here to help. Engaging in deeper learning and exploring interactive resources gives you a better idea of what the real world demands from your profession and what kind of opportunities you can get from this.

Example: If you are interested in microfinance and its impact on government policy making. We would encourage you to dive deeper and ideate policies encouraging the government to invest more in microfinance. [Learn Microfinance](#). Similarly, suppose you had an interest in fashion and sustainability. In that case, we'd cultivate that interest by having you explore how H&M is changing the conversation around the fast-fashion industry through a case study. [Learn Fashion Psychology](#)

2. Upskill with course certifications

No matter what passion you have. There's always a course you can do to find out more about it. This allows an admissions officer with insight into your personality as a learner... and as an innovator if you choose to explore it beyond the classroom.

Example: If you are intrigued by technology and innovation, take an online course on Acumen Academy to explore the topic further. Learn Age of Imagination in the World of Technology & Innovation

3. Study in depth with research papers.

Choose an extended project that furthers your research and skill set. This encourages inquiry and knowledge in the specific domain. Moreover, it allows you to go beyond the big picture.

Example: If you are interested in design and biology then you can make a research paper on developing a passive cooling system in a building inspired by termite mounds. For this learn Biomimetics: Engineering & Technology and Biomimicry concepts.

4. Explore your field in real-time.

Prior to internships and extensive profile building. Let's get to the basics. A foundation of the field you hope to one day work in. For example, if you want to become a graphic designer, it's essential to understand the basics of design like color theory, typography, dimensions, etc. Recreate a book cover of your favorite book. Learn The Artistic Process of Book Cover Design

5. Expand your network.

Apart from internships and clubs, a great way to build a like-minded network would be to get involved in committees. This could be at school or in your community. Being involved in a committee often means that you will be responsible for hosting events, networking with a large group of people, and working in teams towards a common goal. It's a bonus if you lead a group and achieve goals within this committee, as it showcases your ability to lead and take responsibility for others outside of yourself.

6. Dedicate your time consciously.

Join a cause that resonates with you. Invest time in volunteering and making a considerable impact. This impact could range from innovative problem-solving on the field, managing the day-to-day of teams, fundraising, etc. Make sure to spend at least a year or more. This section of your profile communicates your dedication to contributing to your community, your interest beyond academics, and your consistency towards commitments made.

Article: 8 Time Management Tips for Students



<https://surl.li/efhuab>

College/School can be a stressful time for many students and time management can be one of the most crucial but tricky skills to master.

Attending classes, studying for exams, making friends, and taking time to relax and decompress can quickly fill up your schedule. If you often find yourself wishing there were more hours in the day, this guide will offer time management tips for students so you can accomplish what you need to get done, have fun with your friends, and gain back some valuable time for yourself.

1. Create a Calendar

Don't be caught by surprise by an important paper due two days from now or a dinner with your family the same night you planned for a group study session. Create a calendar for yourself with all your upcoming deadlines, exams, social events, and other time commitments well in advance so you can see what's coming up.

Keep your calendar in a place where you can see it every day, such as in your planner or on your wall above your desk. If you prefer a digital calendar, check it first thing every day to keep those important events fresh and top-of-mind. For greater efficiency, make sure you can integrate it with your other tools, such as your email.

Digital calendar options include:

- Google Calendar
- Outlook Calendar
- Fantastical
- Calendly

2. Set Reminders

After you have created your calendar, give yourself periodic reminders to stay on track such as to complete a study guide in advance or schedule a meeting for a group project. Knowing deadlines is important; however, staying on top of the micro tasks involved in meeting those deadlines is just as important. You can set an alarm on your phone, write it down in a physical planner, or add an alert to your digital calendar. The reminders will help to prevent things from slipping through the cracks during particularly hectic days.

Make sure you have allotted enough time to study for that big test or write that final paper. Time management is all about setting yourself up for success in advance and giving yourself the tools to accomplish tasks with confidence.

3. Build a Personalized Schedule

Each person's day-to-day is different and unique to them, so make sure your schedule works for you. Once you have accounted for consistent commitments such as classes or your shifts at work, add in study sessions, extracurriculars, chores and errands, and social engagements.

Not too long ago, developers were split into two broad camps. Front end vs back end.

You can think of front end development as the client side of the two, heavily involved with presentations. Indeed, front end web development involves converting data to a graphical interface, through the use of languages HTML, CSS, and JavaScript and/or other apps.

Back end developers, on the other hand, deal with the behind-the-scenes, every back end of a website involves a server, an application, and a database. Of course, at some point over the last 10 years, the demands of the job started to increase, and the two camps started converging their skill sets to get what you call a 'full stack developer.'

As you probably guessed, if developers were a meal, full stack developers are kinda like a five-star buffet – expecting to offer variety and versatility in their skill sets in both disciplines.

It's little wonder why they have become one of the most sought after talents in recent history.

Consider your personal rhythm. If you typically start your day energized, plan to study or accomplish chores then. If you fall into an afternoon slump, give yourself that time to take a guilt-free TV break or see friends.

Having a schedule that works for you will help maximize your time. Plus, knowing exactly when your laundry day is or when your intramural volleyball practice is every week will help you avoid trying to cram everything in one day (or running out of clean socks!)

4. Use Tools That Work For You

Just like your calendar and schedule, the tools you use to keep you organized should be the right fit for you. Some students prefer physical planners and paper, while some prefer going totally digital. Your calendar can help you with long-term planning, but most of these tools are best for prioritizing from day to day.

- **Planners**

Planners can help you keep track of long-term deadlines, such as important essay deadlines, upcoming exams, and appointments and meetings. They often provide a monthly overview each month, as well as day-to-day planning sections, so you can stay ahead.

- **Scheduling**

If your schedule is jam-packed and you have trouble figuring out what to do and when, scheduling day by day and sometimes even hour by hour can help you slot in everything you need to do with less stress.

- **NoteTaking**

From class to study sessions to errands, keeping track of everything can feel overwhelming. Keeping everything in one place, whether on the go or at your desk, can help keep you organized.

5. Prioritize

Sometimes there really is too much to do with too little time. In these instances, take just a few minutes to evaluate your priorities. Consider which deadlines are most urgent, as well as how much energy you have.

If you are able to complete simple tasks first, try getting them out of the way before moving on to tasks that require a lot of focus. This can help to alleviate some of the pressure by checking a couple things off your to-do list without getting bogged down too early.

If you are struggling to fit everything in your schedule, consider what you can postpone or what you can simply say no to. Your friends will likely understand if you have to meet them for coffee another time in order to get in a final library session before a challenging exam.

6. Make Time to Have Fun And For Yourself

Time management isn't just about getting work done. It's also about ensuring that you can put yourself and your mental wellbeing first. Consistently including time for yourself in your schedule helps to keep your mental health and your life in balance. It can also be helpful to have things to look forward to when going through stressful periods.

Whether it's going for a bike ride along the river, spending time with your friends and family, or simply sleeping in on a Sunday, knowing you have space to relax and do things you enjoy can provide better peace of mind.

7. Find Support

Preparation and organization can sometimes only get you so far. Luckily, you have plenty of people rooting for your success. Keep yourself and your classmates on task by finding an accountability partner or study buddies. Remind your roommates when you need extra space to work on a paper.

8. Be Realistic and Flexible

Sometimes unforeseen circumstances will come up or you simply may not be able to get to everything you set out to do in a given day. Be patient with yourself when things don't go exactly to plan. When building your calendar, schedule, and priorities list, be realistic about what you can accomplish and include buffer time if you are unsure. This can help to reduce obstacles and potential friction. Time management isn't just about sticking to a rigid schedule, it's also about giving yourself space for change.

The Perfect Pace for Working on College Applications over the Summer



<https://surl.li/cnwtvt>

Summertime has officially arrived. The “strawberry moon” solstice has passed and there’s some good energy in the air (if you believe in that sort of thing!). Big things are happening, guys! As any good stargazer or athlete knows, timing is everything, and summer is an amazing time to power through a lot of work on your college essay. You have to know where to start, though, and how to pace yourself appropriately. Starting early gives you a huge advantage, but there’s no reason to sprint. Use our calendar to pace out your work appropriately over the next three months, and keep an eye out for momentous dates on the horizon.

JUNE: Have experiences!

Will you be working over the summer? Traveling? Volunteering? Become a keen observer of any and all of your summer experiences. Keep a journal or blog. Take photos. Sketch people. Do your best to document and reflect on everything you do and see. The more details you capture, the more vivid your essays will be. If you think you’re boring (which you’re not, btw), this summer will be the perfect time for you to shift this perspective

JULY/AUGUST: Start writing!

We have said it once and we'll say it again: start early! August is a perfect time to collect your notes, mine for memories, and pull together a draft of your Common App essay. You will be able to hit the ground running when school finally starts, and will probably impress your guidance counselor in the process. (By the way, the Common App platform will probably go live this month, so set yourself up with an account ASAP and start getting acquainted with your new favorite website.)

SEPTEMBER: Keep writing!

If you say the beginning of the school year is hectic, we say: so what?! You are only going to get busier as the year goes on (and the time until your deadline dwindles). Keep up the writing momentum that started in August and continue working and creating opportunities for small successes. (Pro tip: setting aside time to work with the tips in College Essay Academy and our newsletter on a weekly basis will help you maintain a good pace.)

Looking Ahead:

OCTOBER: Polish up your early application(s)!

NOVEMBER: Polish up your regular applications!

(Yes, everyone.) and HIT SUBMIT!



TED TALK SUGGESTION FOR THE MONTH

[How to Figure Out What You Really Want | Ashley Stahl | TEDxLeidenUniversity](#)

Have you ever wondered what you actually want? Then join Ashley Stahl—career coach, author, former counterterrorism and podcast host— as she shares her 3 key steps to help you connect to your life's purpose, discover your ideal career path, and make what she likes to call a "You Turn," the decision to get out of fear and tap into to what you actually want out of life. She hosts inspirational guests each week on her show, "the You Turn Podcast", with the intention of helping her listeners upgrade their mindset both in work and love, and land a new job they love. Ashley Stahl is a counterterrorism professional turned podcaster, forthcoming author, and career coach who helps clients find their purpose, build their confidence, and launch successful service-based businesses. Ashley also hosts inspirational guests each week on her show, the You Turn Podcast, with the intention of helping listeners work on themselves, raise their confidence—all while taking life less seriously.

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