FLC CAREER & TRANSFER CENTER
(916) 608-6526 -- FLC-careertransfer@flc.losrios.edu
Virtually Visit the CTC at: www.flc.losrios.edu/academics/internships-and-career-services

CAREER & MAJOR EXPLORATION
For appt: call: (916) 608-6526 or email: bielefv@flc.losrios.edu
- Career & Major Exploration
- “PathwayU” Support
- Decision Making & Goal Setting
- Workshops & Labs

CAREER COUNSELING
Wednesdays
Visit CTC Webpage for appt
- Clarify Occupational Interests
- College Major Selection and Planning

INTERNSHIP & WORK EXPERIENCE
Visit Internship & WExp Webpage for appointment
- Internship & Work Experience Counseling and Support

TRANSFER SERVICES
Visit CTC Webpage for appt
- Transfer Counseling
- Workshops: Transfer Prep & TAG
- Transfer App Labs & App Reviews

JOB SERVICES
Tues, Wed & Thurs
Visit Internship & WExp Webpage for appointment with Ashley
- Job Search/Resume/Interview
- Workshops & Labs
- “Handshake” Support

August 2020

Aug 4th, Tues
FLC Drop-In Appts for Spring 2021 CSU Transfer Application Review: 1:00 - 3:00pm
Visit: https://flc.losrios.edu/student-resources/counseling
to make a “Drop-In” appt.

Aug 5th, Wed
CSU Spring 2021 App Assistance Workshop: 10:00 to 11:00am
These sessions are meant to assist CSU Spring 2021 students with their application process. Click Here to RSVP

Aug 11th, Tues
FLC Drop-In Appts for Spring 2021 CSU Transfer Application Review: 1:00 - 3:00pm
Visit: https://flc.losrios.edu/student-resources/counseling
to make a “Drop-In” appt.

Sacramento Regional Conservation Corps Internship Information Presentation: 1:00 to 2:00pm
RSVP Here: www.tinyurl.com/srccppresentation

Aug 13th, Thurs
CSU Spring 2021 App Assistance Workshop: 3:00 - 4:00pm
These sessions are meant to assist CSU Spring 2021 students with their application process. Click Here to RSVP

Aug 18th, Tues
Visiting Univ Rep: Sac State: 9am-4pm
Click Here to signup for virtual appt (or visit CTC webpage)

FLC Drop-In Appts for Spring 2021 CSU Transfer Application Review: 1:00 - 3:00pm
Visit: https://flc.losrios.edu/student-resources/counseling
to make a “Drop-In” appt.

CSU Spring 2021 App Assistance Workshop: 1:00 to 2:00pm
These sessions are meant to assist CSU Spring 2021 students with their application process. Click Here to RSVP

Aug 26th, Tues
FLC Drop-In Appts for Spring 2021 CSU Transfer Application Review: 1:00 - 3:00pm
Visit: https://flc.losrios.edu/student-resources/counseling
to make a “Drop-In” appt.

Aug 26th, Wed
Career Counseling: 9:00am-4:00pm - Click HERE to signup for virtual appointment (or visit CTC webpage)

Aug 28th, Fri
CSU Spring 2021 App Assistance Workshop:
9:00 to 10:00am Zoom audio/video conferencing
These sessions are meant to assist CSU Spring 2021 students with their application process. Click HERE to RSVP

Aug 31st, Mon
Visiting Univ Rep: UC Davis: 9am-4pm. Click HERE to signup for virtual appointment (or visit CTC webpage)
Note: Students must complete “TAP” prior to appointment: https://uctap.universityofcalifornia.edu/students/

Check out Univ of CA TOP Thursdays/Webinars: https://ua.ucdavis.edu/portal/TOPworkshops

COMING IN AUGUST...
FLC’s New Career and Major Exploration tool!

SIGN UP!
To sign up for Career and Transfer appointments and workshops:
Click HERE to Visit the CTC Webpage
To sign up for Internship, Work Experience and Job Services appointments and workshops:
Click HERE to Visit the Work Experience and Internship Webpage
**Career Interest & Career Development Workshops:**
FLC Career Counselor and Wk Exp & Internship Coordinator, Julie Collier, shares insight into the career exploration and career selection process.

**Choosing a Major Workshop:**
If you are undecided or unsure of your college major, this workshop defines the college major purpose and introduces you to a career exploration and pathway selection process that will help you select a career field and prepare for career counseling. Presented by Career & Transfer Center staff.

**Decision Making and Goal Setting Workshop:**
Learn decision making and goal setting techniques, and discover how conscious decision making and goal setting skills are essential for succeeding in college, career and life. Presented by Career & Transfer Center staff.

**Balancing School and Work Workshop:**
This workshop addresses the Art of Balancing school, work and life, and provides resources and tips for overcoming the “Balancing” challenges working college students face. Presented by Career & Transfer Center staff.

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**FLC Work Experience & Internship Program**
**Remote Services Fall 2020**

1:1 meetings via Zoom are available with staff members by appointment. Visit CTC webpage for appt and to signup for workshops. Students will receive a Zoom link with the confirmation.

**Julie Collier**, Work Experience & Internship Coordinator - www.calendly.com/collieJ

**Ashley Slovak**, Work-Based Learning Specialist - www.calendly.com/slovakA

Visit the Internship and Work Experience Google Site for program details, including 198/498 course information, faculty and staff contact information, events and more:
https://sites.google.com/apps.losrios.edu/flc-wexp/work-experience

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**Career and Industry Information Sessions:**
Business professionals share industry and job information with students, discuss career opportunities, and provide tips for successfully landing internships and jobs.

**Job Prep, Resume and Interview Workshops & Labs:**
Receive job preparation tips, techniques and resources, and learn about the importance of polished soft skills in college, career and life. Presented by Career & Transfer Center staff.

**Preparing to Transfer to a CSU or UC:**
Interested in transferring to a four-year institution, but confused about the process? In this workshop Chris Clark, FLC Transfer Counselor, will walk you through the transfer process and answer your questions.

**How to Qualify for a Transfer Admission Guarantee (TAG):**
FLC Transfer Counselor, Chris Clark, will overview the FLC TAG program, FLC TAG schools, process and timeline.

**UC/CSU “Drop-In” Transfer Application Lab:**
Confused about how to get started on your university transfer application? Sign up for our transfer application sessions and receive assistance filling out your application.

**UC/CSU “Drop-In” Transfer Application Review:**
Are you finalizing your university transfer application and have questions? Join our transfer application review lab and have your CSU or UC transfer application reviewed before you submit it! *Students must begin their application prior to participating.* Services are offered on a “first dropped-in will be first served” basis.

**Sac State Admissions Workshop:**
Sac State Admissions Counselor will overview the CSU application and discuss tips and techniques for successfully completing and submitting your application.

**UC Davis Admissions Workshop:**
A UCD Admissions Adviser will overview and answer questions about the UCD application and admissions process, and discuss how to approach personal insight questions.

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**Career, Transfer and Internship Services Webpage:**
https://flc.losrios.edu/academics/internships-and-career-services