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# Career Center News

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## Angelia Lightfoot

By: Danielle Green



Angelia Lightfoot is a bright and ambitious employee of the Office of Personnel Management. Angelia was a Park University student majoring in management with an emphasis in human relations, but her passion for structure did not start at Park. Before enrolling in college, she was an Air Force Command and Control Specialist. When I inquired about this position, she said they are “the eyes and ears of the base”.

While attending classes

at Park University, Angelia received an email from Traci Klasing, Assistant Director in the Career Development Center, about an internship opportunity with the Office of Personnel Management. Immediately Angelia submitted her resume and application. Soon after, OPM contacted her for her on-campus interview, which proved to be detailed and involved numerous background checks going back as far as ten years. Angelia was then contacted for a second interview at the Federal Building in downtown Kansas City, and she has been there ever since. Because of her hard work, OPM offered her a full time position upon graduation.

At OPM she assists the Staffing Specialist by reviewing resumes and referring potential candidates to a Federal hiring agency. Angelia also aids in

placing candidates in government classified jobs, and provides workforce solutions and succession planning for crisis situations in the workplace. OPM is the hiring agency for the United States Federal Government and all jobs go through OPM before being submitted to USAjobs for further stages of review. When asked about her decision to stay on after her internship Angelia replied, “No company can succeed without a strong workforce behind it and I wanted to help strengthen the most important workforce of all, the Federal Government”. Angelia also added the following about Park’s Career Services, “Any student who comes across an opportunity like this should definitely apply. I think companies really look highly upon Park University students.”

## The Office of Personnel Management

By: Danielle Green

The Office of Personnel Management is your gateway to Federal employment. OPM strives to put America’s best and brightest in government positions. They are committed to: promoting the ideals of public service, championing the Federal workforce, advocating for innovative human resources practices, attracting and developing the best people for Federal service, and encouraging professional development and recognition opportunities. The

Office of Personnel Management is responsible for the review and placement of all government positions. Federal Agencies post job vacancies on OPM’s job database called USAjobs. Public submission of application materials such as resumes and cover letters is done through this site as well. This site has approximately 20,000 positions posted at any given time. This centralization creates a modern and thorough way to connect job

seekers and prospective employers. To obtain detailed information on all of the great opportunities and benefits offered by the Federal Government, go to [www.opm.gov](http://www.opm.gov) or [www.usajobs.gov](http://www.usajobs.gov). There are 32 federal agencies in the Kansas City area that are looking for recent college grads!

\*Retrieved from:  
[www.opm.gov](http://www.opm.gov)

# Student Stressor: Home for the Holidays

By: Sean Crellin

It is Christmas again! Family fun, joy and happiness spread all over the country. College students go home, to enjoy wonderful winter days, free of homework and professors. Everyone is eating, dancing, laughing and jumping. It is clear; there is no place for troubles. What can go wrong with the holidays? For some, it is a little family crisis and for others it is a complete meltdown. Here are a few easy steps one can follow in order to cope with the stress of the season.

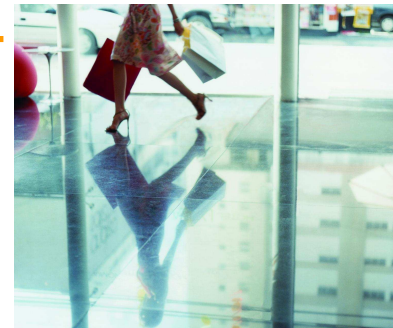
First you need to realize that you are not the only one dealing with family stress! In fact millions of people have to deal with the exact same thing each holiday. Remember, the key to dealing with family stress is to handle and redirect the stress into something productive rather than just bottling up your emotions. Something else that can help is to change your environment. If you cannot convince your family to stay at some resort, change which house you stay at each time. This gives you the opportunity to go out and explore the surroundings if the stress becomes too much. Another helpful hint is, if something happens, talk about it; talk about it to the entire family if need be. If everyone is aware of a situation, they may be able to help resolve it or can help to prevent a larger problem in the future.



When it comes times for chores get everyone involved! This gives you time to work on something else, keeping your hands busy, and your mind free of stress. Besides, the dinner messes belong to everyone and therefore everyone should have a part in cleaning them up. Remember, just because someone is hosting a family gathering it does not mean that they should have to deal with the entire family's mess.

Which leads us to the last tip for avoiding stress, be mindful of others. If people worried about the feelings of their family members, rather than just worrying about themselves, things would be more pleasant.

Most of all make sure that you stay positive! If everything goes totally wrong just sit back, take a deep breath, pull out your mp3 player of choice and take a 5 minute break for yourself. But always remember, it could be worse, you could have no one to spend the holidays with.



**DON'T FORGET ABOUT COSMC-KC!!!**

**The Career Development Center's  
Premier Interview Event**

**Tuesday February 24<sup>th</sup> 2009**

**8:00 a.m. - 3:00 p.m.**

**KCI Expo Center**

**STUDENT ON-LINE SIGN UP DATES : January 12th to February 16th**