



# Monarch Family Connection

A publication from Student Transition & Family Programs

An Office of Student Engagement & Enrollment Services

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## Being a Professional Monarch

Professionalism is a big part of attending college as students are actively preparing themselves for careers and life beyond ODU. Professionalism can be defined as the conduct, behaviors, and attitude of someone at work. The National Association of Colleges and Employers (NACE) identified professionalism/work ethic as essential to new hire success. As students are encouraged to begin thinking about their summer plans which may include a course,



internship or summer job, we want to share ways that your student can practice professionalism in their every day. As virtual interactions become commonplace, students will need to be able to communicate effectively both online and offline. When sending emails to professors, staff, and employers, students should include a subject line, greeting, relevant information, and a signature. Students are encouraged to check their email frequently and it may be beneficial to have their email sent to their phone. This will keep students informed and ensure a timely response. To take full advantage of their experience students should treat everything as a networking opportunity. Getting involved through student organizations is a way to build connections with other Monarchs and University staff. Students can put their best foot forward by being on time, treating everyone with respect, and dressing appropriately for the occasion (even if in a virtual space). These small steps can increase your student's professionalism and lead to a strong reputation. [Career Development Services \(CDS\)](#) has several [resources](#) to help your student boost their professionalism.

## Important Dates

**March 19:** Spring Internship and Career Fair in Chartway Arena from 11:30-2:00.

**March 24 & 25:** Monarch Thrift Shop open to student shoppers.

**March 29:** Registration for Fall classes begins with time ticket.

**March 30:** Withdraw deadline.

**March 31:** Reading Day (no classes held).

**March 31:** [Monarch Family Meal on Zoom at 6pm.](#)

**April 3:** Open registration for Fall classes, time ticket no longer needed.



**Encourage your student to meet with an academic advisor and resolve any holds in preparation for Fall 2021 registration!**

## Professionalism in Action

Lishena Thompson was a first generation student who put herself through ODU with the help of federal work-study, networking, and self-motivation. Thompson has worked at the university as an administrator for the last 27 years. When asked what advice she has for students, Thompson shared four tips.

### Take Initiative.

Display professionalism by working hard, arriving on time, listening first and then taking your time in responding.

Practice interpersonal communication and public speaking skills.

Be a team player.

Students looking to obtain student hourly employment or fulfill their Federal Work Study (FWS) or Learn and Earn Advantage Program (LEAP) are encouraged to reach out to Career Development Services via email.

[studentjobs@odu.edu](mailto:studentjobs@odu.edu) | [fws@odu.edu](mailto:fws@odu.edu) | [leap@odu.edu](mailto:leap@odu.edu)

Join us for

# MONARCH FAMILY MEAL

Virtual | RSVP on Zoom  
March 31, 2021 | 6 PM



A virtual cooking class that allows you to make a dining hall favorite a dining room favorite!

[Register here!](#)

## MONARCH THRIFT

CLOTHING | PROFESSIONAL ATTIRE | ACTIVE WEAR |  
WOMEN | MEN | CHILDREN | SHOES | ACCESSORIES | BAGS

### DROP OFF DONATIONS

MARCH 23RD

10AM - 7PM

RIVER ROOMS WEBB CENTER

### COME & SHOP

MARCH 24TH & 25TH

10AM - 7PM

RIVER ROOMS WEBB CENTER

— OPEN TO ALL ODU STUDENTS, FACULTY AND STAFF IN NEED —

ITEMS LEFT WILL BE DONATED TO LOCAL GROUPS & THRIFT STORES