

Career Developments



Join us for the March 19th Job & Internship Fair

We invite employers to join us at the Purchase Performing Arts Center upper lobby from 11:30 AM - 2:30 PM for our annual fair!

Promote your organization, internships, part-time, and full-time opportunities to our diverse, talented, and engaged students!

Early Bird: Payment by 1/31
FP: \$135 | NP: \$60

Standard: Payment by 3/15
FP: \$200 | NP: \$100

(Snow Date: Wednesday, April 2, 2025)

Registration Includes:

- Admission to the event for up to 2 reps
- Searchable list of student/alumni RSVPs
- Access to resumes and to email attendees
- A detailed listing on the event page
- Inclusion in our Participant Guide
- Email/social media promotion
- 4 ft table (6ft provided for 3 reps; 3rd rep \$35)
- Lunch and refreshments

[Register Here](#)

Select "Register as an Employer" and then "Proceed to Registration" under "New Participants"

Connect with Students and Create a Lasting Impact!

Meet Purchase College students and alumni in the spring semester 2025 and beyond!

Professional Skill Building Events

Engage with students by helping them develop career readiness skills. Join us for events including *Mock Interview Day*, networking practice, special topic panels, and more.

Career Readiness Presentations

Are you passionate about a career topic and want to share your expertise? We invite you to present to share your expertise and enthusiasm! Examples include interviewing skills, LinkedIn, networking, professionalism in the workplace, resume, and more!

Meet and Greet

Are you seeking a more informal way to meet students? Let us find you a venue to connect with students at a campus table, drop in virtual meeting, or join you for a presentation.

Hosting a Training or Recruitment Event?

Let us know and we'll invite our students and alumni to attend your events and post on our off-campus events list and social media.

Reach out to jessica.mazzia@purchase.edu to connect!



Let Us Post Your Jobs & Internships For You

Share your jobs & internships with Purchase students & alumni!

You can advertise your FT, PT, Freelance, Gig, and Internship opportunities for FREE!

[Email us](#) your opportunities and we will post them for you.

We also invite you to log in and post directly on our [Purchase JobScore \(Simplicity\)](#) system.

How Interns Can Benefit You

Seeking your next high-achieving future hires?

- Interns can bring in fresh ideas and energy aligned with your organizations goals
- Mentoring student interns can help your employees develop leadership and management skills in their current roles
- Interns help with productivity and retention rates should they later become full-time employees

To recruit for internships, please reach out to Jeffrey Arroyo, Assistant Director of Experiential Learning (jeffrey.arroyo@purchase.edu) or call (914) 252-6371.



Students sharing their internship experience on our 2024 Internship Success Panel.

Best Practices for Helping Employees Manage Their Workload

Erin Harrell, MBA, and current MA student in Industrial and Organizational Psychology shares tips from her graduate program research.

According to the [American Psychological Association](#), an overwhelming majority of workers have experienced work-related stress over the past month. This can show up as a lack of motivation, lower productivity, emotional exhaustion, irritability, or feelings of ineffectiveness. While we know not all stress is bad, positive stress response can motivate and improve performance, ensuring that this positive stress does not boil over to unhealthy stress is a challenging balance. Below are a few ways employers can help workers manage their workload and improve mental health:

- **Create structure and consistency for employees** – Monday meetings, Friday wrap ups or any variety in between allow time for employees to check in with their direct line manager on a consistent basis. This can reduce anxiety and give employees a place to work out the deliverables for the upcoming week.
- **Respect non-working time boundaries** – Workers need to be able to disconnect for a period of time from work and not worry about answering that lingering late night email. Allowing time for workers to be offline can improve their mental state as well as create trust and respect for them as an individual.
- **Walk the walk** – While manager support is one of the most important aspects of managing workload, the organization itself should also provide support and reflect the values of an “employee first” culture.

Simple changes and easy to institute values can go a long way to helping employees feel more in control of their workload, which in turn should produce better outputs and a healthier workplace culture.

Career Development Center

Purchase College, State University of New York

career.development@purchase.edu | (914) 251-6370 | www.purchase.edu/offices/career-development



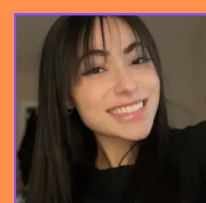
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Learning/Career Coach

Graduate Intern Spotlight