

## Joining Handshake: Very Demure, Very Mindful

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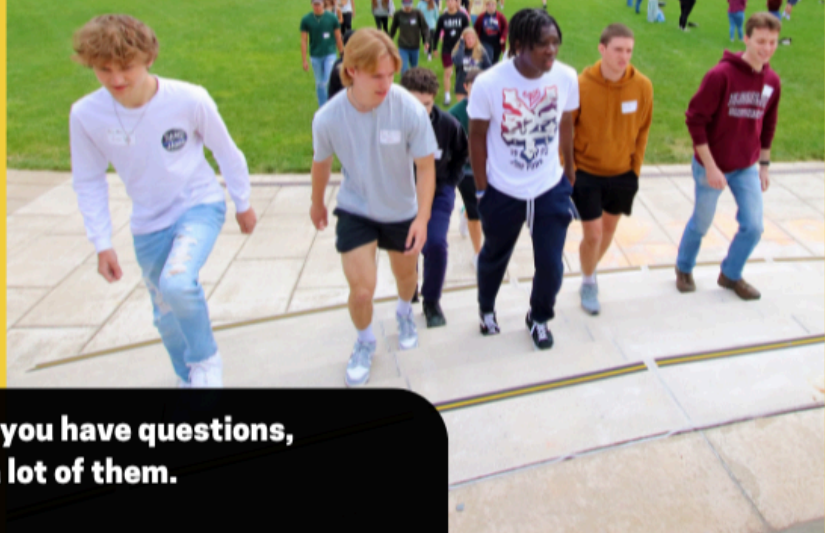
**From** Alumni & Professional Engagement <handshake@mail.joinhandshake.com>

**Date** Tue 9/17/2024 11:37 AM

**To** Bulman, Marlee A. <mab75742@commonwealthu.edu>



# **WELCOME FRESHMEN & SOPHOMORES!**



**We know you have questions,  
a lot of them.**

**That's good!**

**There is a lot of change and new experiences  
going on.**

**Maybe you caught a flow and are going off  
vibes,  
maybe you're confused and don't know where  
to start.**

**No matter where you land on the spectrum,  
over the next four-ish years, every month we  
will be in your inbox giving you the best advice  
we can offer.**

**So... where to start...**

# Handshake

**It's easy, I promise.**

Handshake is basically the student version of LinkedIn.

It's tailored for students to connect with their campus events, find new opportunities, and connect you with the professional world.



**You can click here** [\[email.mail.joinhandshake.com\]](mailto:email.mail.joinhandshake.com) to learn how to set up and use your Handshake account from our Career Coach, Rashmika Ramlall.

***If you have the tools available to you, might as well check it out!***

After signing up, the world of Handshake is your oyster!  
Employers are on Handshake exclusively to hire students like you for jobs and internships.

In 2021 alone, employers contacted more than 7 million students on Handshake.

**Not convinced yet?**

**Take a look at what is coming up...**

***(all found on Handshake)*** [\[email.mail.joinhandshake.com\]](mailto:email.mail.joinhandshake.com)

Event

**LinkedIn Lab**

**[\[email.mail.joinhandshake.com\]](mailto:email.mail.joinhandshake.com)**

[\[email.mail.joinhandshake.com\]](mailto:email.mail.joinhandshake.com)

September 18, 2024 • 4:30 pm - 5:30 pm  
EDT

Event

**CoHST Pathways 2024**  
**(Pathways in Health, Science**  
**and Technology Day)**  
**[email.mail.joinhandshake.com]**

[\[email.mail.joinhandshake.com\]](mailto:email.mail.joinhandshake.com)

September 20, 2024 • 10:00 am - 4:00 pm  
EDT

Event

**Aspiring Educators Conference**  
**2024 | Commonwealth**  
**University**  
**[email.mail.joinhandshake.com]**

[\[email.mail.joinhandshake.com\]](mailto:email.mail.joinhandshake.com)

September 21, 2024 • 8:30 am - 1:00 pm  
EDT



**That's great!**

**After looking at your profile, ask yourself some of these questions:**

# How does my major make me feel?

Am I fulfilled/passionate?

Am I second guessing any decisions?

Can I picture myself working in this field for the next 10-30 years?

## Do I have any idea(s) on what I want to do?

What experience will get me there?

Do I know any professionals I can talk to?

## Am I set up for success?

Is there a minor I should look into?

Do I feel like I am doing my best?

**Maybe it's time to re-evaluate**

*Have you heard about FOCUS2?*

It is a site designed to help students see where their values and passions are, and help you start your career journey!

**[Click here \[email.mail.joinhandshake.com\]](#)** for a short video explaining all the details.

You can **[click here \[email.mail.joinhandshake.com\]](#)** to access the site!

You can also set up a meeting with your Career Coach through the ProfessionalU Handshake or by emailing **[professionalu@commonwealthu.edu](mailto:professionalu@commonwealthu.edu)**.

Reach out and see what advice they have to offer!

### **QUESTIONS? CONCERNS?**

Please contact the Dept. of Alumni & Professional Engagement at **[professionalu@commonwealthu.edu](mailto:professionalu@commonwealthu.edu)**, or (570) 389-4070

**Bloomsburg | Lock Haven | Mansfield**  
COMMONWEALTH UNIVERSITY OF PENNSYLVANIA

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**Professional U**

This email is being sent to Marlee Bulman at Commonwealth University of PA  
(Bloomsburg | Lock Haven | Mansfield | Clearfield).

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