The "L" Word

Do you have a friend that uses "like," "um," or "you know" every other word? Or, maybe you are guilty of using filler words yourself -- most of us are!

The problem with the "L word" and other fillers is the impression it leaves on your listener. Oftentimes, people who overuse "like" come off as unprepared or nervous. When the time comes for a job or internship interview, you don't want to have to change your speech patterns overnight. Instead, start practicing good habits now.

1. **Seek accountability** -- Breaking habits is easier when you're surrounded by supportive people. Find a "like" buddy and call each other out on filler words. Maybe you decide you both will toss a quarter in a jar for every slip up. Or maybe you just count your friend's "likes" and they do the same for you. Once you're aware of the frequency, it will be easier to make changes.

2. **Slow down** -- When you have more time to think before speaking, you won't need to fill silence with "um" or "like." Slowing your speech will help you sound more prepared.

3. **Change takes time** -- Just like learning a new language is difficult and takes practice, breaking a speech pattern is not easy. Don't be too hard on yourself. Make it your goal to lessen the amount of times you use filler words rather than removing them completely. You don't start a successful diet by removing all "bad" food immediately; you gradually replace poor choices for better ones. It's
the same with your speech!

PS: Vault, one of the many resources available to you at the CCD, has a great article on this topic. Click here to read more, or watch a helpful Ted Talk on the subject.

Missed an edition of the CCD newsletter? We now have an archive on our website. Check it out here!

That's What's Up
Fun stuff, important stuff, all the stuff

Need a suit?

If you are interviewing for a paid internship, full time job, or attending a career fair and can't afford a suit, Dress for Success and Career Gear want to help you!

See if you qualify here under the "Professional Attire" header. If you qualify, please schedule an appointment
with Andrew Tessmer via Handshake to go over the program procedures with you and provide you with a mandatory referral.

The Texas Job Fair

Get connected. Get hired.

Learn more or view the list of companies attending [here](#), or download the [app](#)! To prepare for the Texas Job Fair, make an appointment with a career counselor in Handshake [here](#).  
**Date:** Tuesday, March 28, 2017  
**Time:** 10:00 AM - 3:00 PM

**Location:**  
University of St. Thomas  
Jerabeck Athletic and Activity Center  
4000 Mt. Vernon St.

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Professional headshots

Back by popular demand!

The CCD will be offering free, professional headshots to current Rice students April 10.

Space is limited. Contact katelyn.holm@rice.edu for more information or to schedule an appointment.
Oh snap, the CCD has Snapchat!

Want to take a picture with the #CCDSWAN?

Follow us @riceccd on Snapchat! Don't worry, we don't follow students unless they ask us to!

Come by Huff House and show Katelyn you're following the CCD to get your photo op with Swan Weasley!

Swan Weasley will only be visiting through 4/7 during CCD office hours (M-F, 8am-5pm).

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Diversity in professional development

Interested in hearing from established Rice alumni about diversity in professional development?

Gateway and the CCD invite you to attend “Diversity in Professional Development" in the context of overcoming challenges in life, academics, and business. Lunch provided. [RSVP](#).
Upcoming Events

Info Sessions

Simon-Kucher & Partners, LLC Info Session
4:00 pm, Jones Graduate School, McNair Hall, Room 218
Monday, March 27
Simon-Kucher & Partners is a global management consulting firm with 1,000 employees in 33 offices worldwide. We focus on strategy, marketing, pricing, and sales. Founded in 1985, we have more than 30 years of experience and are regarded as the world's leading pricing advisor. RSVP here.

Workshops

Texas Job Fair
10:00 am, University of St. Thomas*
Tuesday, March 28
10am - 3pm
The Texas Job Fair is a career expo hosted by the Houston Area Consortium of Career Centers (HACCC), which is a group composed of several Houston-area universities. This is one of the largest job fairs in Texas with over 100 employers in attendance. Students seeking internships and/or full-time positions are encouraged to attend. RSVP here.

*There will be a shuttle running from the RMC to St. Thomas University on March 28!

Final Friday: Beyond the Hedges: Alternative Careers for Sciences, Engineering, and Health
12:00 pm, Huff House 107
Friday, March 31
In this session, we will have alumni panelists speak on career paths outside of academia for both Masters and PhD students in Natural Science & Engineering. We will also discuss steps to take within and beyond the hedges to best prepare you for these types of careers. RSVP here.
Mark Your Calendar:

Freshman 15
12:00 pm, Huff House 107
Thursday, April 6
Transform your old resume into a professional document, learn about what you can do with your major, the new job shadowing program, and take advantage of a 15-minute sit-down to connect the CCD team. Learn more or register [here](#).

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Jobs and Internships
Unique opportunities you might not find in Handshake

**Bain Emerging Leaders (BEL)**
BEL is a program for current sophomores with at least a 3.3 GPA who are of African American, Latin, or Native American decent. The program will be one week at the end of the summer where students are invited to the Bain office, provided with training, and staffed to a real case team. At the end of that week, there is an opportunity for students to receive a guaranteed interview for the following summer’s internship program or even an internship offer. Learn more or apply [here](#).
**Deadline: March 31, 2017**
**Cluster: All**

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**Integrate PR and Social Media Intern**
Interns at Integrate can expect to learn the interesting "integration" of PR, social media and marketing from the pros! The chosen candidate will gain practical experience in strategic social media, blog writing, online research, press release writing, developing media contacts, media outreach, and much more. Interns are responsible for monitoring news and social networks, finding and communicating with client’s influencers, seeking opportunities for client partnerships, and managing longer-term corporate projects. Learn more or apply [here](#).
**Deadline: Now accepting applications**
**Cluster: Arts, Communication, and Entertainment**

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**IACMI Internship Program**
Are you interested in a cutting-edge manufacturing technologies internship? The Institute for Advanced Composite Manufacturing Innovation (IACMI) has an interest in developing the skills of strong technical undergraduate and graduate students who might one day support the workforce in both talent and leadership. The IACMI Internship Program offers undergraduate and graduate students a chance to participate in a research experience with an assigned mentor at one of IACMI’s partner sites. Learn more or apply [here](#).
**Deadline: March 31, 2017**
The Texas Internship Challenge
The Texas Internship Challenge is a partnership between the Texas Workforce Commission (TWC), Texas Education Agency (TEA) and The Higher Education Coordinating Board (THECB). Check out this site for additional summer internship opportunities that you might not find on Handshake. Learn more or apply here.

Deadline: Now accepting applications

Cluster: Education, Non-Profit, and Social Enterprise

Office of the Attorney General Eric T. Schneiderman Summer Business Operations Intern
The Division of Administration for the New York State Office of the Attorney General (OAG) is seeking a graduate or undergraduate intern to assist with various change management and business analysis projects. The student will perform research and analytical tasks, including the gathering and synthesis of large amounts of information, and compiling those findings into clear and concise reports and presentations. Learn more or apply here.

Deadline: June 5, 2017

Cluster: Public Policy, Government, and Law

Council Assistant for Greg Travis Houston City Council Member, District G
The Houston City Council office is in need of an assistant to coordinate schedules with constituents, work in emergency appointments, and work on special projects with the council member. Learn more or apply here.

Deadline: Accepting applications now

Cluster: Public Policy, Government, and Law