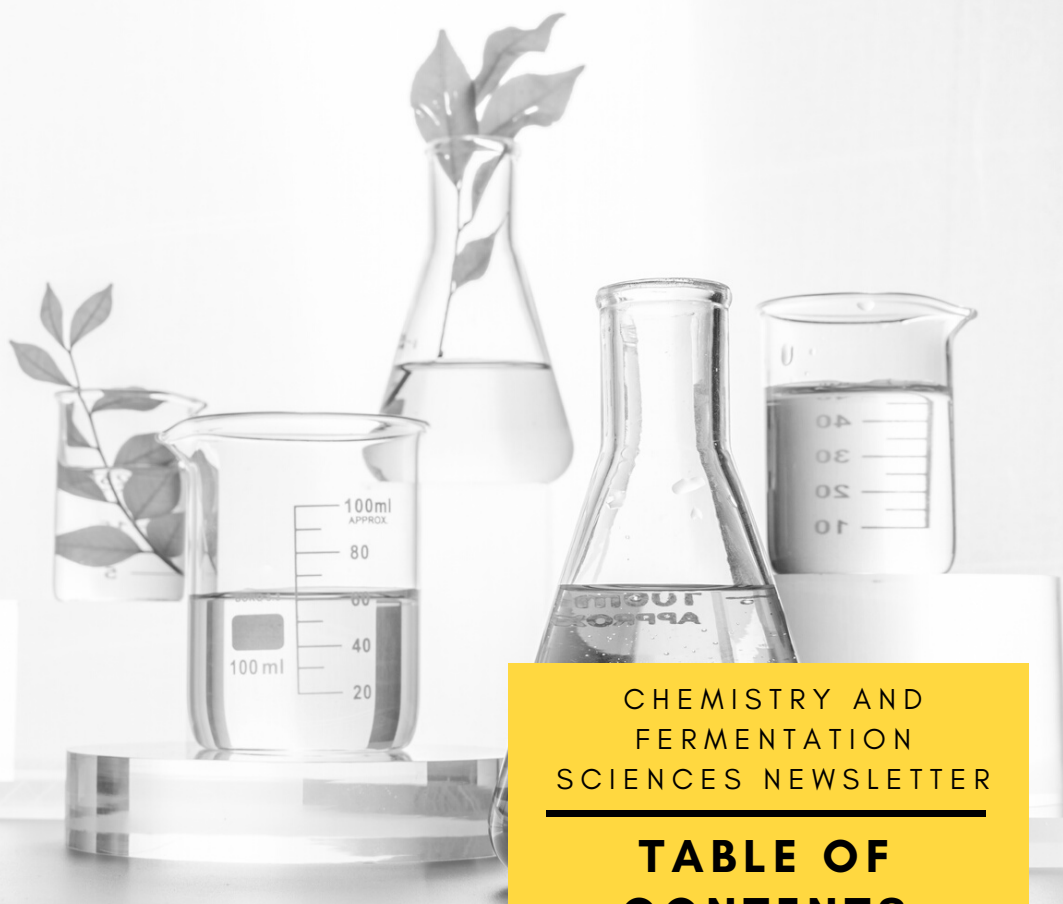


THE PERIODIC TIMES

STUDENT NEWSLETTER - APRIL 2023



WELCOME!

BY EDITOR-IN-CHIEF
AUDREY GAY

Welcome to the April edition of *The Periodic Times: Student Newsletter*. We hope you enjoy our compilation of information going through the steps of finding a job in the chemical field. In this edition we highlight some of the resources available to students to support them in the job search process, a job quiz to help you discover what job could be right for you, and helpful advice from our Alumni spotlight: Caroline Donaghy.

We hope that you find this newsletter resourceful and engaging!

"What you do makes a difference and you have to decide what kind of difference you want to make" - Jane Goodall

CHEMISTRY AND FERMENTATION SCIENCES NEWSLETTER

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me? - P. 4

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A GOOD HANDSHAKE CAN MAKE OR BREAK THE HIRING PROCESS

BY HALEY TUCKER

Looking for a job or internship?

If you are interested in finding a job or an internship, be sure to check out Handshake! Handshake is available to all students and is a great resource for finding on or off campus jobs. Once you sign up you will receive weekly emails listing all new job opportunities and internship availabilities. Handshake is a great tool for finding a job while you are still in school, but it can also be a tool to find a job in your career field after you graduate! In your Handshake profile you are able to filter by job type, fields of interest, location, and even compensation. Handshake is a great resource for all students, so be sure to sign up now!



Dates To Look Forward to in April

Wednesday

12



International Day of Human Space Flight celebrates the date of the first human space flight, made by a Soviet, Yuri Gagarin

Tuesday

25



National DNA Day - recognized to honor the discovery of the structure of DNA in 1953

Sunday

30



National Sense of Smell Day - Did you know vanilla is the most popular smell in the world?

MAKING CONNECTIONS



BY HALEY TUCKER

Navigating LinkedIn

Making connections in the work field can be very beneficial to those looking to enhance their careers. LinkedIn is a tool designed to help you connect with others in your career field and to find job opportunities. It is a social media platform created to link business and employment-related resources. With LinkedIn you can personalize your profile to include things such as your degree, awards and accomplishments, certifications, and so much more. Become friends with colleagues, classmates, and even past professors to broaden your scopes. Not only can you search for jobs, but employers can search for you! By having connections with other people in your career field, employers might come across your profile while looking at others. LinkedIn is a great tool for everyone no matter your career path.

PROFESSIONAL DEVELOPMENT CENTER

BY KEVIN MONTERO

If you want to explore majors, career options and learn more about opportunities on how to grow as a student, check out the Career Development Center in person or online. Here at the Career Development Center, they work to prepare you to apply for jobs by doing mock interviews, taking a professional headshot of you, and revising your resume and CV's. They can also work with you to prepare a plan for graduate or professional school or even help you decide what to do during a gap year.

Contact
Room 222, Plemmons student union
263 Locust St
Boone, NC 28608



<https://careers.appstate.edu/>

WHAT JOB FITS MY PERSONALITY?

BY ALLISON KEYS

Finding the right job can be a difficult task, especially in the chemistry field. Taking the following personality quiz should help point you in the right direction. Just answer the questions honestly and record your letter answers, tally them up, and check the bottom of the page for your results!

1. How often do you want to work with chemicals directly on a benchtop?
 - a. I'm good with a 50/50 set up
 - b. I like analyzing what chemicals I work with more
 - c. I only want to work if i am synthesizing the compounds I'm working with
 - d. If the chemical does not require heavy PPE then I don't want it, biohazard only
 - e. I only want to work with them if I am helping other people understand reactions
2. Does creating new information sound like a fun time to you?
 - a. It doesn't really appeal unless I'm making a more efficient method
 - b. I find little need to improve upon the way people do things
 - c. If I can create something that helps people, I'll be happy
 - d. New information is not interesting unless I'm updating an existing database
 - e. I don't find too much interest in new information, there's already so much old info to cover

Mostly: A's -> QC; B's -> Analytical; C's -> Medicine; D's -> Forensics; E's -> Teacher

3. Why is organization important to you?
 - a. Without detailed organization, how do you know if you have done something by the book?
 - b. Keeping your samples organized helps certify your findings
 - c. Good organization can be the difference between life or death
 - d. How do you know what samples belong to who if you're not organized
 - e. If I'm not organized, how can I expect the people below me to be?
4. How much do you enjoy keeping a very detailed notebook?
 - a. It brings me a lot of joy
 - b. I find it completely necessary
 - c. Having a good notebook could save lives
 - d. If my notebook is used in legal proceedings it has to be good
 - e. I don't want a job where a lab notebook is always there
5. How do you feel working with animal testing
 - a. If it's what the job entails, then I'll make sure they're doing it by the book
 - b. I don't see it to be a common occurrence, I would prefer to work with substances that aren't living organisms
 - c. I find it a necessity to ensure the safety of humans
 - d. The only animals I want to work with are Humans
 - e. Do children count as animals?

Want than the five options? Here's more that fit into each category.

- A. Quality Control/Assurance
 - pharmaceuticals, food, personal care products
- B. Teaching
 - High and middle school, tutor
- C. Analytical
 - Method Development, geological
- D. Forensic Scientist
 - Toxicology, arson investigation, crime scene
- E. Medicine
 - Biotech, pharmaceutical

DRESS TO IMPRESS

HANDLING CONFLICTING PERCEPTIONS OF PROFESSIONALISM

BY EDEN PARKER

Self-expression is invaluable, forming a fundamental part of how we present ourselves to the world and creating the beautiful diversity that society thrives on. Unfortunately, the professional world functions on a series of very old-fashioned ideas - whether or not these ideas are right, it is the unfortunate reality that individuals who refuse to temper their self-expression in interviews and in the workplace may be treated unfairly. This, we can all say with confidence, is *not* right, but it is reality - for now.

As formality increases, the stringency of clothes' gendering increases. Gender non-conforming, androgynous, and non-binary individuals may find formal clothing particularly frustrating, but formal options for presentations other than exclusively masculine or feminine have not fully ingrained themselves into society yet. For now, it may be a function of choosing the "least bad" option in many settings.

Nobody should be judged by their appearance, but people *are* nonetheless, and until that changes you stand the best odds of receiving a job by appearing to conform. Remember, you can always let it all out after work!

INTERVIEW PREPERATION

BY CONNOR MCMINN

Preparing can be very helpful in alleviating the stress that an upcoming interview can bring. The Career Development Center can be a valuable resource for assisting students with everything involved in an interview. The services provided by the Career Development Center include mock interviews, what to wear, and free professional attire via the Look Smart Professional Clothing Closet. It is highly recommended that every student utilizes the Career Development Center for preparing for their interviews.

When preparing for an interview, the Career Development Center recommends practicing, knowing the employer, strategizing your answers, and planning your trip to the employer. When practicing for an interview it is vital to review commonly asked questions. Some good example interview questions can be found on the American Chemical Society website, Indeed, and the Career Development website. Getting to know the employer is a crucial part of the interview process. The Career Development Center recommends that you study the organization and job description, and identify the value you add to said organization. Strategizing your answers involves emphasizing your skills and experiences, being detailed and genuine, and providing real examples to illustrate your points. Make sure that you have a travel plan and have plenty of extra time to make it to the interview.

WHAT TO WEAR

For interviews and the workplace, try abiding by these guidelines -

- Neutral colorations such as black, brown, or gray with accent pieces of other colors
- Replace piercings with silicone retainers or remove them altogether for the interview
- Tattoos should be covered until a workplace is known to be friendly to them
- Dress shoes (such as loafers or oxfords) or heels
- Minimal makeup of "natural" styles, avoiding highly bold or alternative designs

LABOR RIGHTS

BY EDEN PARKER

What YOU need to know in interviews and on the job









Once on the job, you have an enormous number of rights fought for by generations of brave workers past. One common experience is to be classified as an independent contractor instead of as an employee, which saves companies money through taxes and social security. Unless you meet specific criteria, this is called labor misclassification – see the handy figure below to determine which category better suits you!

In an era where critical elements of personal safety such as food, shelter, and healthcare are tied to your employment status and quality, it can be easy to be afraid of asserting your rights in an interview. Despite this, you should know your rights and feel comfortable firmly asserting them! In an interview, you cannot be asked about a variety of questions as per the United States Equal Employment Opportunity Commission, including:

- Whether the applicant has children or intends to have children
- Applicant's race, religion, sexual preference, or marital status
- Financial information or status (if not immediately relevant)
- Applicant's age (other than inquiring whether over the age of 18)
- Whether applicant suffers from a disability
- Applicant's citizenship status (if not immediately relevant)
- Questions concerning drug or alcohol use by the applicant

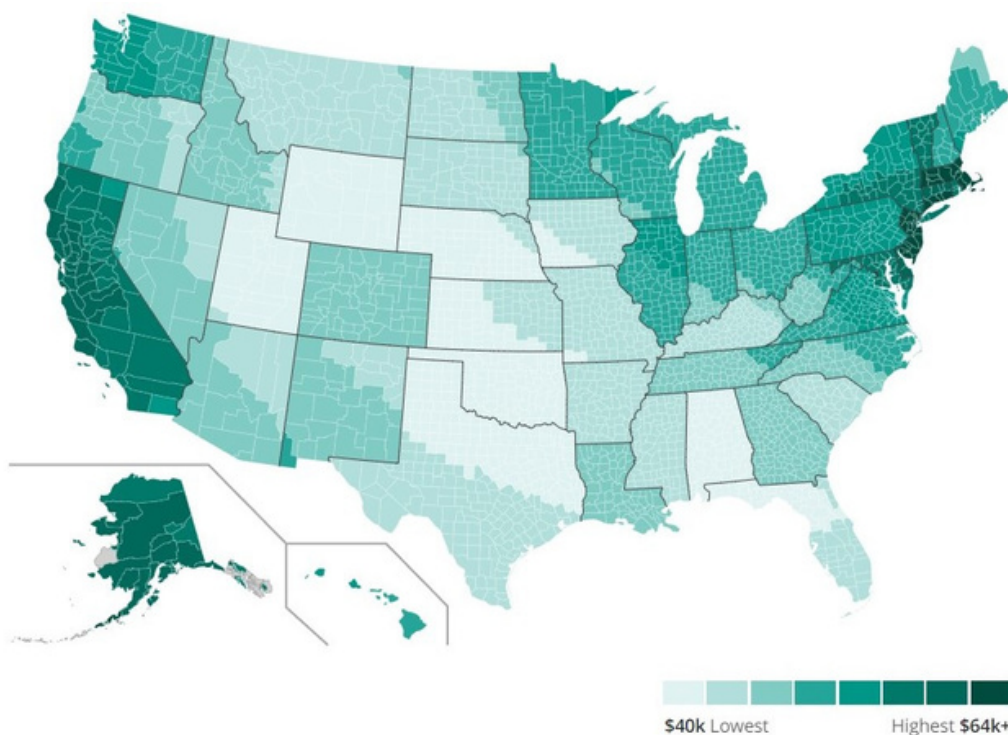
Some of these questions *can* be asked in very specific situations, such as religious institutions being permitted to inquire about your religious identity, so be sure to look into a company beforehand!

If you believe you have been wronged, discriminated against, made the victim of a hostile workplace, misclassified, or otherwise had your rights violated, there are several departments in the government which handle such issues. As well, some injuries (such as wrongful termination) may be handled best by a civil lawsuit. In general, complaints of labor law violation (discrimination, unionization, retaliation, FMLA violations) are handled through the National Labor Relations Board, a federal agency which exists to protect YOU! Workplace injury, retaliation, hostile workplace, wage theft, or hostile workplace complaints can be handled through the NC Department of Labor, which again exists to protect YOU from the company! Remember that HR exists to protect the company from lawsuit, not to protect your rights.

 EMPLOYEE	OR	INDEPENDENT CONTRACTOR
Working for someone else's business		Running their own business
Paid hourly, salary, or by piece rate		Paid upon completion of project
Uses employer's materials, tools and equipment		Provides own materials, tools and equipment
Typically works for one employer		Works with multiple clients
Continuing relationship with the employer		Temporary relationship until project completed
Employer decides when and how the work will be performed		Decides when and how they will perform the work
Employer assigns the work to be performed		Decides what work they will do

HOW TO KNOW IF MOVING FOR A JOB IS THE RIGHT DECISION

BY KEVIN MONTERO



The average chemistry major graduates in the US make an average salary of \$56,438 per year or \$27.13 per hour. The map shows which areas of the United States have higher salaries as indicated by the darker teal color. Remember to know your worth and only take jobs that you feel compensate you fairly and appropriately. The best states for high-paying jobs for chemistry major graduates are Massachusetts, New Jersey, Connecticut, California, and Delaware. The lowest earners are Alabama, Florida, South Dakota, Nebraska, and Utah.

However, the highest paying job might not be worth it if the cost of living is too high in the area you plan to move to. The MIT Living wage calculator is a great way to get an idea of how much you would have to make in order to live comfortably in different cities or states. With this tool, you can compare and contrast different job offers and decide which one will afford you the most comforts. The calculator includes different situations like single parents, couples with a stay at home partner, or a full working family. It also has information on typical salaries in the area.

Even while earning a living wage, you still might need to budget and cut out expenses. There are many pre-planned budgets you can find online. One is the 50/30/20, where 50% of your income should go towards things that you need, 20% should go towards saving and investments, and 30% should go towards things you want. If this plan does not work, there are dozens of strategies that can be found with a simple search.

<https://livingwage.mit.edu/>



ALUMNI SPOTLIGHT

CAROLINE DONAGHY



Q- How did your time at App and in the chemistry department help you get to where you are now?

I took a non-traditional route during my time at App State, which resulted in a two year gap between my junior and senior year. Due to timing and serendipity, I was able to work as the stockroom technician for part of the last gap year and during my senior year. I believe it was that experience of juggling a full-time job and course load, all the times I presented at conferences on encouragement from the faculty, and being published with the Culpepper lab that I not only was accepted to all my top choice graduate programs, but that also allowed me to be awarded the National Science Foundation - Graduate Research Fellowship in my first year. The fellowship has granted me the extra time not having to teach to conduct my research, grow the Joint Safety Team into a valuable resource for the department, and mentor two McNair Scholar undergraduates. Beyond the App State chemistry department allowing me the resources to have become an NSF fellow, the department also made me into a chemist with a strong set of technical skills and the ability to grow my knowledge rapidly because of the foundation they set for me.

Q- What is some advice you would give to someone who is applying for graduate or professional school?

First, you have been shaped into a chemist with outstanding technical skills compared to students coming from bigger R1 universities because you have been the ones driving your research, not a graduate student having mentored you, and that is something you should highlight in your applications. The next, when writing your applications if you are susceptible to imposter syndrome, your brain is going to make you procrastinate writing because it's going to tell you that you aren't going to get in anyways or some other mean thing, but you just have to get a first draft down on paper. Once you get your first draft, you can combat those thoughts easier and shape your application into a beautiful one! Lastly, enjoy your remaining time in Boone and in that special chemistry department with all the gratitude you can afford.

DEAR LABBY

Do you have a question or need advice from a fellow chemistry student here at App? Feel free to drop a line on the google form below and let us know how we can help you out.

https://docs.google.com/forms/d/e/1FAIpQLSfa526nmn6y8EQe7I6cSPI_fe9_QY7LVefWs7EPiUWXkoWWDA/viewform

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