



# Drop-in Career Counseling Sessions

*You can drop in every week for a career counseling session, where you will learn the skills and confidence essential for your professional choices.*

**Mondays, 12 - 2 pm**  
Rm 1640, Computer Lab

**Thursdays, 12 - 2 pm**  
Rm 1640, Computer Lab

### *What you can expect:*

- Gain practical experience with **MOCK INTERVIEWS**, covering both skill-based and behavioral questions
- Receive **INTERVIEW GUIDANCE** on constructing a professional resume and creating a compelling cover letter.
- Get feedback on your **LINKEDIN PROFILE** and learn tips on managing your **ONLINE SOCIAL MEDIA PRESENCE** professionally.
- Learn valuable **MINDFULNESS TECHNIQUES** to reduce interview anxiety and stay grounded before interviews, ensuring you can approach them with a calm mindset.
- Discover practical strategies for **TIME MANAGEMENT**, a crucial skill for both your job search and daily life.

At the end of each session, you will walk away with valuable insights, practical skills, and increased confidence to enhance your job search and career development. Join us for our drop-in career counseling services, and let us empower you to achieve your professional goals.

**NYC Campus: 25 Broadway, Floor 16, New York, NY 10004 | (212) 380-9004**

Career Services: [careerservices-nyc@mildred-elley.edu](mailto:careerservices-nyc@mildred-elley.edu)

Academic Support & Professionalism: [ASAPcounseling@mildred-elley.edu](mailto:ASAPcounseling@mildred-elley.edu)