

From Student to HR Professional: *Krista's Career Planning Journey*

Krista Cook shares how the Institute for Career Planning office has supported her academic and professional journey. Here is what she had to say: “During my time as a student at Adrian College, I secured a position in the Career Planning Office in January 2024, during my second semester of college. Working for Career Planning gave me a clear vision of what I wanted to pursue after graduation and opened the door to many valuable opportunities—not only through my role in the office, but also through the resources it provides. While working with Career Planning, I was able to build a strong resume, secure an off-campus position with the Human Resources Department at Goodwill, and obtain an internship with the Human Resources Department on Adrian College’s campus. Even now, as I work towards my master’s degree, the office continues to be a vital support system for my professional journey.”

Krista’s journey is a perfect example of bridging the gap between the classroom and the workplace—proactively seeking out roles that align with her long-term goals while building her professional network.



Krista Cook with Assistant Director, Emily West and President Docking

IN THIS ISSUE:

1. Student Impact of Career Planning
2. Student Employee of the Month
3. Resume Review & Bulldog Connect Pro-Day Career Fair
4. Internship Info Sessions

Spotlight: Student Employees of the Month

SEPTEMBER

September Student Employee of the Month is Krista Cook (pictured right). Krista is a dependable and friendly team player who gives 100% in everything she does. Her knowledge and dedication help keep the Career Planning Office running smoothly. She was nominated by her supervisors, Janna D'Amico & Emily West.



OCTOBER

October Student Employee of the Month is Ava Parker (pictured left). Ava is the Alumni Office's graphic designer and led all creative work for Homecoming, including the mailer and social media graphics. She consistently delivers high-quality work. She was nominated by her supervisor, Jenny Carlson, in the Alumni Office.



NOVEMBER

November Student Employee of the Month is Sarah Capper (pictured right). Sarah is an essential member of the Rink Staff, working everywhere from the Pro Shop to the ticket table and scorer's bench. Her versatility and dedication make it possible to host the many games and events at Arrington. She was nominated by Jeremy Symington.



Three more students will be selected during the spring semester. In April, one of the six recognized students from the 2025 - 2026 academic year will win a Swag Bag during National Student Worker Week!

Full Circle: Resume Review Station & Bulldog Connect Pro-Day

The Institute for Career Planning kicked off the spring semester with two events designed to bridge the gap between campus and career.

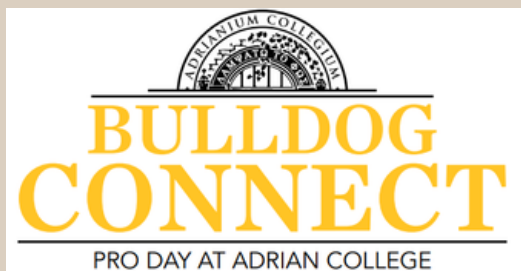
On January 21, we hosted a Resume Review Station in the Merillat lobby. Our team provided personalized, one-on-one feedback to help students sharpen their resumes and present their best selves to recruiters.

The momentum continued on January 29 at our 3rd Annual Bulldog Connect Pro-Day Career Fair. Thanks to the collaboration with Athletics, the Merillat Gym was buzzing with more than 100 students and 33 visiting employers. Students networked with a diverse range of employers, exploring internships and full-time positions across multiple industries.



Pictured here, Alivia Depies, class of 2025 returns to campus - but this time, she is the one recruiting!

"This same career fair helped launch my own journey with Cintas," she noted. "I'm excited to continue these conversations and support students at the start of their career journeys!" Her story is a testament to the lasting impact of Bulldog Connect Pro Day."



We are grateful to our Career Fair sponsors: Rima Manufacturing, Corewell Health, Athletico, Glacier Meadows Solar, Alro Steel, and Fastenal. This event is made possible through their dedicated support of student. We also had over a dozen employers provide gifts for the student raffle.



What You Need to Know: INTERNSHIP INFO SESSIONS

Looking for an internship but not sure where to start? Attend one of our upcoming info sessions! We'll walk you through the application process, highlight opportunities, and share tips on how to stand out.

Date	Time	Location
March 25 th	12-1pm	Knights Aud. - Valade
April 2 nd	3:30-4:30 pm	Hickman Board Room
April 6 th	5-6 pm	Hickman Board Room
April 10 th	12-1pm	Hickman Board Room
April 14 th	5-6 pm	Hickman Board Room

**WHERE TO FIND US:
SECOND FLOOR OF CAINE STUDENT CENTER BY THE SKYBOXES!**



CONNECT WITH US

adrian.edu/academics/career-planning | (517) 265-5161 ext. 4392 | careerplanning@adrian.edu



**Adrian College - Institute
for Career Planning**



@AdrianCollegeCP