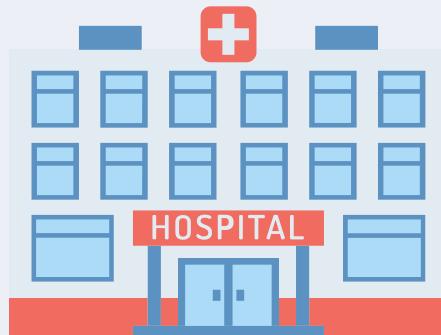


Career Tips from CFS Faculty

01

Enroll in **CDFS Elective** options that connect with your career interests

Ex. CDFS 407 The Hospitalized Child if you are interested in working with children in a healthcare setting



02

Take **CDFS 312** and **CDFS 413** early on to learn about the wide breadth of career options

Take these courses as early as possible!



03

Participate in the **internship (CDFS 492A/B)** for your Senior-Year-Experience requirement

Get experience, network with mentors, and get recommendation letters for future jobs and/or graduate school



04

Join **CAFAS** (Child and Family Associated Students)

IG: @cafas_csulb
cafas.csulb1@gmail.com

Connect with other students, faculty, and gain leadership experience.



Career Tips from CAFF Faculty

01

Participate in the **internship (CAFF 492C)** as CAFF Elective

CAFF department works closely with Los Angeles County Dept. of Consumer and Business Affairs

Get experience, network with mentors, and get recommendation letters for future jobs and/or graduate school



02 Join a **professional association:**

- American Association for Family and Consumer Sciences ([AAFCS](#))
- American Council on Consumer Interests ([ACCI](#))
- Association for Financial Counseling, Planning, and Education ([AFCPE](#))

Gain information and learn about current issues related to Consumer Affairs



03

Participate in **Independent Study (FCS 497)**

Work with a professor to gain project management or research experience

Highly recommended for students interested in research and graduate programs



04

Enroll in **CAFF Elective** options that connect with your career interests

Ex. CAFF 240 Intro to Real Estate Principles if you are interested in real estate and housing



Career Tips from FSCI Faculty

01

Attend **professional meetings** and network with potential employers

Employers often reach out to FSCI faculty to recruit CSULB students



02

Join **professional associations** and **student organizations**:

- Institute of Food Technologists ([IFT](#))
- Southern CA Institute of Food Technologists ([SCIFTS](#))



03

Participate in **competitions** and **conferences**

Learn more about current issues in Food Science and connect with industry professionals

[IFTSA Product Development competition](#)



04

Work with a graduate student on **research**

Conduct research and get published!



[Career Development Resource \(IFT\)](#)

Sample FSCI Resumes

Career Objective

Seeking a position as a Product Development Scientist, utilizing my scientific knowledge and expertise in Food Science and Technology and Nutrition, as well as my experiences in product development, while providing support to the food industry

Education

California State University, Long Beach

- Bachelor of Science, Dietetics Food Administration: Major – Food Science

August 2014 -Present

December 2018

Relevant Experience

Green Generation Mixer & Sustainability Project Showcase, Long Beach, CA

April 2016 - Present

- Prepared and submitted abstract for the 2016 Green Mixer which was held in the CSULB Earl Burns Japanese Garden
- Presented a poster presentation of a product "Ben-to-go" and its packaging sustainability

IFT, College Bowl Competition, California Polytechnic State University,

April 2016 - Present

- Developed and Submitted questions for the different rounds in the competition
- Represented the California State University team by answering questions from different categories

SCIFTS Product Development Competition, Anaheim, CA

Research and Product Development Scientist

March 2015 - Present

- Responsibilities:
- Developed a sustainable food package using recycled materials for the prototype
 - Formulated a healthy vegetable snack prototype by collaborating with a team of 5 members to research and test various recipes
 - Conducted sensory panel analysis to test the newly developed product using various affective and analytical test methods such as triangle test and hedonics tests
 - Performed shelf life tests
 - Prepared a manuscript and proposal for the proposed project
 - Presented a poster presentation at the SCIFTS product development competition

IFT, Disney Consumer Inc. Product Development Competition

August 2014 - Present

- Proposed with a team of 5 members, a healthy, fun, and nutritious snack for children
- Developed a dairy marketable product using the Disney Nutritional Guidelines
- Provided a thorough proposal for Disney to consider marketing our product

Undergraduate Research Opportunity Program (UROP), Long Beach, CA

August 2014 - May 2015

Direct

- Reviewed peer-reviewed articles
- Developed prototype

CLICK HERE



OBJECTIVE

Seeking to obtain a position as Food Safety and Compliance Specialist, utilizing my strong scientific skills and experience in product development, nutrition, and safety regulations to provide support to the food industry.

EDUCATION

California State University, Long Beach (CSULB)

- Bachelor of Science in Food Science (GPA 4.0)
- Bachelor of Science in Dietetics and Food Administration (GPA 3.8)

December 2018

CERTIFICATIONS

- ServSafe Certification – National Restaurant Association

January 2017 – Present

RELEVANT EXPERIENCE

New Direction Foods, Huntington Beach, CA

April 2019 – January 2020

Food Scientist

- Formulated and improved 36 innovative products including 16 zero and lower-calorie frozen desserts, 9 plant-based snacks, 4 sauces, 1 beverage, 2 dry mixes, 2 cold soups, 1 edible paint and 1 essential oil
- Executed the development from bench top and pilot scale through full manufacturing scale for 18 both new and product improvements (flavor optimization, shelf life, cost savings, and ingredient statement matching)
- Managed and generated 33 product specification, 5 sensory evaluation, and 1 shelf life testing of the finished products.
- Conducted physical and chemical measurements before and after development of the finished products
- Collaborated effectively with cross functional team to resolve issues and delivered business objectives

Goddess Bars, Los Angeles, CA

January 2017 – April 2017

Product Development Scientist Intern

- Formulated a nutritional bar based on a specific macronutrient profile
- Created a Hazard Analysis Critical Control Point (HACCP) plan to prevent food safety hazards
- Managed project revolving around research, experiments, and process design
- Conducted sensory evaluation panels including Hedonic, Paired Comparison and Food Action Rating Scale (FACT) to determine acceptability of food products

Navy Bliss, Madison, AL

June 2017 – July 2017

Product Development Scientist Intern

- Developed a business plan for vegetable-based food products
- Conducted sensory evaluation and regulation of ingredients

CLICK HERE

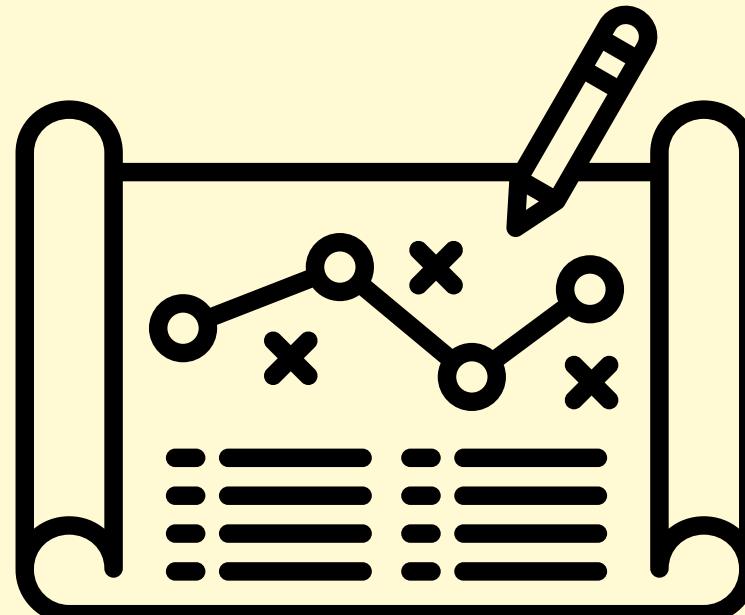


Career Tips from CCJ Faculty

01

Backwards planning is key

- Talk to outreach or hiring department of workplace - Ask about minimum qualifications and job postings
- Be open to different types of positions - there are support roles in every workplace



02

Start your internship search and preparation early

- Reach out to potential internship sites early
- Treat your internship like a job interview - internships can turn into employment opportunities



03

Connect with your professors

- Connect in-person, if possible: Not everything can be conveyed through email
- Your professors are supportive and well-connected: Lean on them to provide insight and advice
- Your professors have different backgrounds and can speak to different areas of CCJ



04

Join CJSA (Criminal Justice Student Association)

- IG: @cjsacsulb
- cjsacsulb@gmail.com
- CJSA hosts an **annual job fair** - Check it out and get involved!

Connect with other students, faculty, and gain leadership experience.



Professionalism and Effort

A detective and 21 year veteran applied for a part time position to teach at CSULB in the CCJ Department and interviewed with Professor Mark.

- She took the **day off** from work so that the interview would not be interrupted
- She was **dressed well** and **prepared**.

Result: She was **hired**, and then because of her extra effort, she was offered to teach an **additional class**.



Career Tips from FD/FMD Faculty

01

Connect with your professors

- Your professors have different backgrounds and can speak to different areas of fashion merchandising and fashion design
- Some professor specializations include: sustainability, fast fashion, body image, social media marketing, historic fashion, etc.
- [Professor profiles](#)



02

Treat the **internship** like a **job interview**

- Internship is required and strongly recommended to complete during final semester in the program
- Internships can lead to full-time employment in the future
- Show up with professionalism and openness to learn



03

Consider **Study Abroad** opportunities

- Study abroad Paris: Focus on the luxury fashion industry
- Study abroad Italy: Focus on the manufacturing and retailing of fashion in Italy
- Email: Marine.Aghekyan@csulb.edu



04

Stay engaged with **FMD**, **SIF**, and **Campus Couture**

- Fashion Merchandising & Design Program IG: **@fmd_csulb**
- Students in Fashion IG: **@studentsinfashion**
- Campus Couture IG: **@campuscouturecsulb**
- Connect with other FD and FMD students and faculty
- Be the first to know about events and opportunities



Career Tips from HCA Faculty

01

Volunteer at a healthcare organization

- Most hospitals have structured volunteer programs that are a great first step
- Firsthand experience is a great resume builder and way to determine which area of healthcare to pursue



02

Connect with the HCA Advisory Board

- Network and receive mentorship from industry professionals
- Conduct informational interviews to learn more about specific career paths



03

Get feedback on your resume and interview skills

- Connect with the [Career Development Center](#) to get feedback on resume and cover letters
- Use [Big Interview](#) to practice interview questions



04

Join and stay connected with HCA Student Forum

- Connect with other HCA students and faculty
- Attend workshops and events for HCA students



Career Tips from HM Faculty

01

Consider HM career options

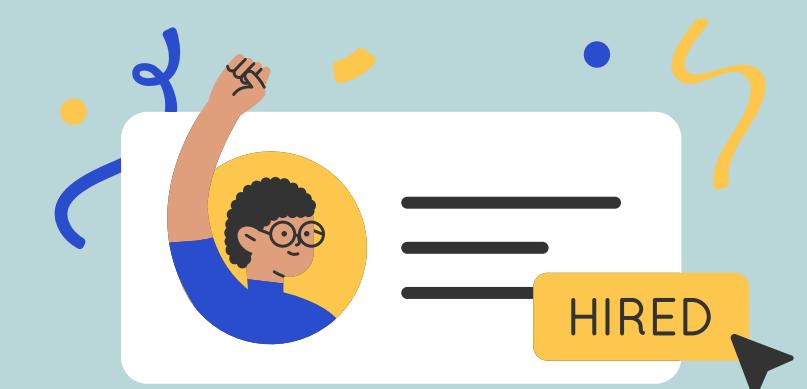
- [HM at CSULB video](#)
- Diverse and dynamic career options
- The HM field employs 14 million people in the U.S. alone



02

Treat the internship like a job interview

- Internships can lead to full-time employment in the future
- Show up with professionalism and openness to learn from the placement site and your supervisor



03

Attend HM Program events to build your network

- The HM field is all about networking and working collaboratively
- You never know who will be in attendance at the event and if they might be hiring!



04

Stay connected with HM social media

HM Department IG:
@csulbhospitality

HMA IG: **@csulb_HMA**
Facebook: [CSULB HMA](#)

- Connect with other HM students and faculty
- Be the first to know about opportunities and events



Career Tips from KIN:EXSC Faculty

01

Participate in the **internship** course

- Students can choose their own internship location or be assigned
- Pre-existing internship sites include:
 - Physical/Occupational Therapy
 - Clinical/hospitals
 - Strength & Conditioning
 - Research
- Earn up to 6 units toward major



02

Conduct **research** related to exercise science

- Reach out to KIN:EXSC faculty
- [BUILD/U-RISE](#)
- [Honors Program](#)
- [UROP](#)

Gain valuable experience for the workplace and/or graduate school



03

Join **professional associations** and attend their conferences and workshops

- [American College of Sports Medicine](#)
- [National Strength and Conditioning Association](#)
- [International Society of Sports Nutrition](#)
- [American Society of Biomechanics](#)
- [International Society of Biomechanics](#)
- [American Physiological Society \(APS\)](#)

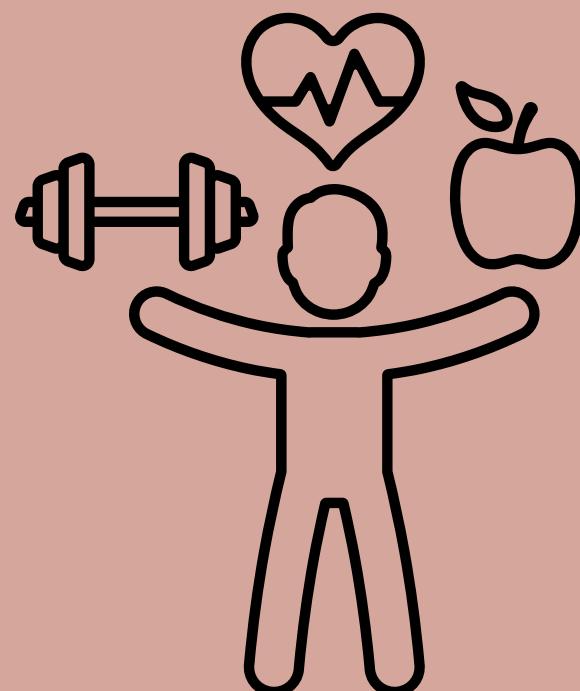


Career Tips from KIN:FIT Faculty

01

Make the most of
pre-internship
hours

- 500 hours required before internship
- The KIN:FIT department can help with placement and experiences!



02

Treat the
internship like
a **job interview**

- Internships can lead to full-time employment in the future
- Show up with professionalism and openness to learn from the placement site and your supervisor



03

Join **professional**
associations and attend their
conferences and workshops

- [American College of Sports Medicine](#)
- [National Strength and Conditioning Association](#)
- [IDEA Health and Fitness Association](#)
- [American Council on Exercise](#)
- [National Sports Medicine Academy](#)



Career Tips from KIN:SPL Faculty

01

Conduct research with faculty

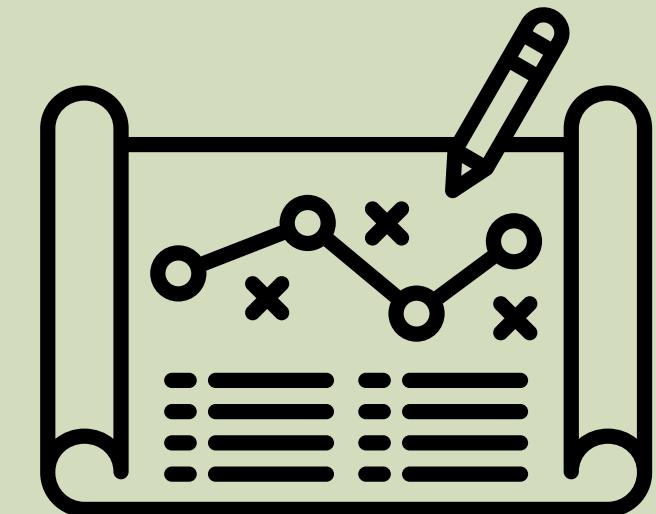
- Research often has an applied aspect that allows for valuable experience in the field
- Helpful for those seeking to become teachers, researchers, coaches, etc.



02

Backwards plan toward your career goals

- Seeking to work with athletes on mental skills (non-clinical)?
 - You need a Masters or PhD
- Want to do clinical work?
 - You will need a PhD/PsyD

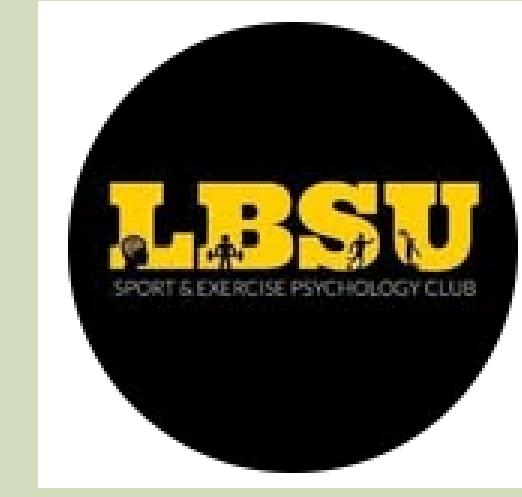


03

Join Sport and Exercise Psychology at the Beach

IG: @sepbeachclub
[SEP website](#)

- Connect with other KIN:SPL students and faculty
- Learn from alumni about their work experience



04

Get involved in the Association for Applied Sport Psychology

- [AASP website](#)
- Attend regional and national conferences to network with industry professionals

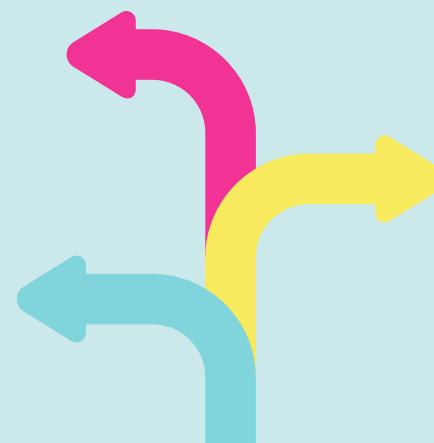


Career Tips from PETE Faculty

01

Consider career options

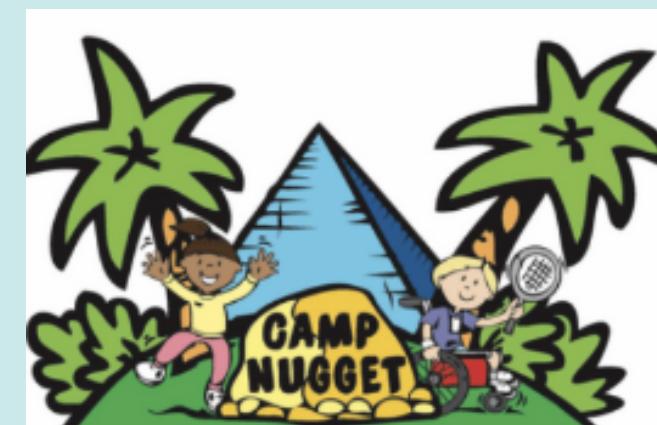
- PETE major sets you up to obtain a [credential](#) to teach Physical Education in elementary, junior, and high schools
 - Physical Education K-12 option
 - Adapted Physical Education (APE) option
- [PETE Career Options](#)



02

Get hands-on experience at CSULB

- [Camp Nugget](#): Summer camp for children 5-17 years old
- After School Adapted Physical-Activity Programs ([ASAPP](#)): Work with children with or without disabilities and gross motor delays year-round

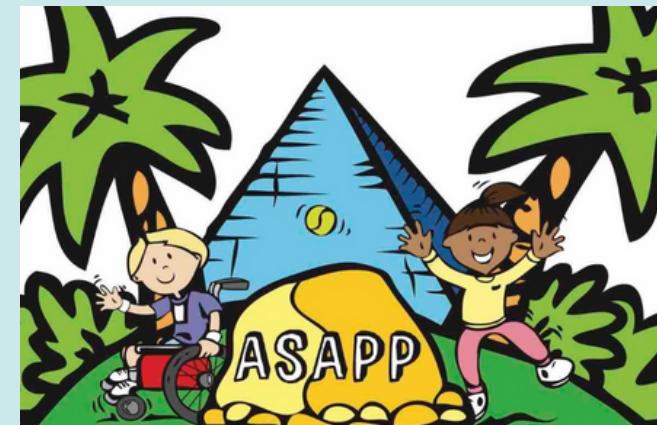


03

Stay connected with LBSU PETE & APE

IG: [@csulb_pete](#)
IG: [@longbeachstateape](#)
Facebook: [LBSU APE](#)

- Connect with other PETE students and faculty
- Be the first to know about events and opportunities



04

Utilize the Career Development Center

- Check out the [Education-focused career page](#), which includes featured jobs, internships, and ed-specific search engines
- Attend the annual Educator's Career Fair in the Spring

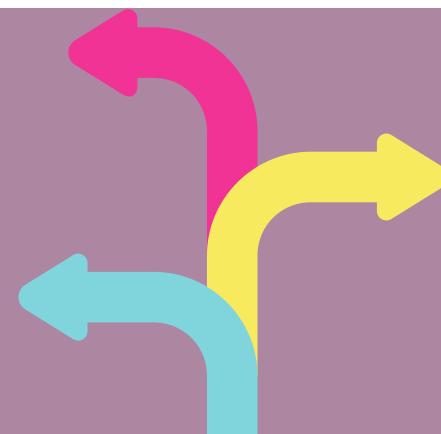


Career Tips from PH:CHE Faculty

01

Take courses in an **optional track** that aligns with your career goals and interests

- Minority Health
- Mental Health
- Public Health Informatics and Technology



02

Treat the **internship** like a **job interview**

- You will work with your professors to find an internship during your senior year
- Review the [PH Internships page](#)
- Internships can lead to full-time employment in the future



03

Stay connected with **HSSA** and **ESG**

Health Science Student Association (HSSA) IG:
[@csulbhssa](https://www.instagram.com/csulbhssa)

Eta Sigma Gamma (ESG) IG:
[@csulb.esg](https://www.instagram.com/csulb.esg)

- Connect with other PH students and faculty
- Be the first to know about events and opportunities



04

Explore **grad schools**

- CSULB offers...
 - [Masters in Public Health](#)
 - [Beach EDGE](#): Blended track - B.S. and M.S. in Public Health
 - Double count 12 units in the Masters program!
- Check out [HPAO](#) for information about health professions (ex. OT, PT, etc.)

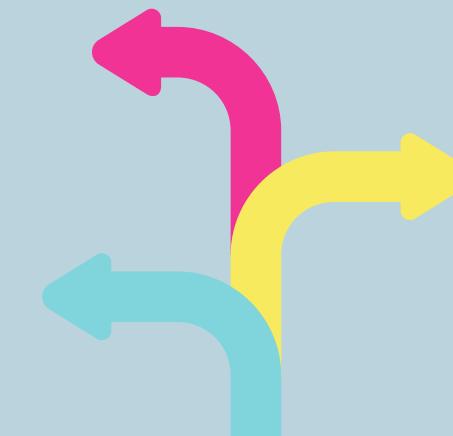


Career Tips from PH:SHE Faculty

01

Consider career options

- PH:SHE major sets you up to obtain a [credential](#) to teach Health Education in elementary, junior, and high schools
- Administrative career options:
 - Health education curriculum coordinator
 - Substance abuse prevention coordinator



02

Utilize the Career Development Center

- Check out the [Education-focused career page](#), which includes featured jobs, internships, and search engines
- Attend the annual Educator's Career Fair in the Spring



03

Stay connected with HSSA and ESG

Health Science Student Association (HSSA) IG:
[@csulbhssa](#)

Eta Sigma Gamma (ESG) IG:
[@csulb.esg](#)

- Connect with other PH students and faculty
- Be the first to know about events and opportunities



Career Tips from NUTR Faculty

01

Explore **career options** within nutrition

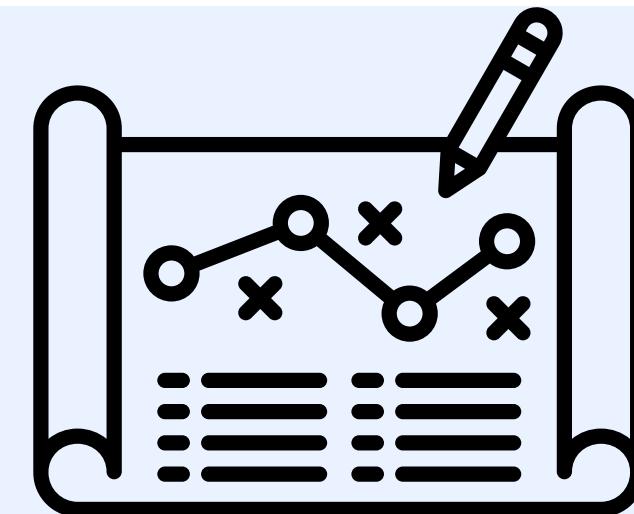
- [Career options](#)
 - Registered Dietician Nutritionist
 - Nutrition and Dietetic Technician, Registered
 - Other nutrition-related careers
- Graduate school required for some pathways



02

Backwards plan toward your career goals

- Effective Jan. 1st, 2024, Registered Dietician Nutritionists will need a Master's degree
- Check out CSULB's 19-month accelerated [M.S Degree in Applied Nutrition and Dietetics](#)



03

Get involved with **student organizations**

- CSULB Student Dietetic Association
 - IG: [@csulb sda](#)
- CSULB Food Science Club
 - IG: [@foodsciclubcsulb](#)
- Students Active in Community Health
 - IG: [@sach csulb](#)
- CSULB Hospitality Management Association
 - IG: [@csulb HMA](#)
- Connect with other NUTR students and faculty
- Be the first to know about events and opportunities



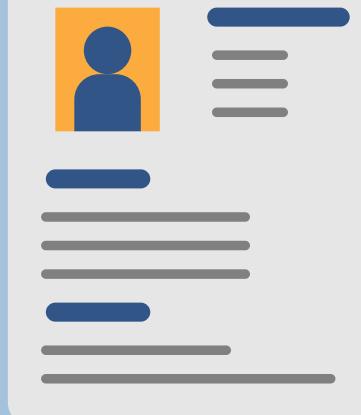
Career Tips from REC Faculty

01

California employers want experience

- The most important thing for employment in REC is experience
- Having more or varied experience can make a difference in hiring (vs. a specific degree)

RESUME



02

Fieldwork hours required before internship

- Take advantage of your paid or volunteer experience
- Can take REC 485 and complete 200 hours of fieldwork experience
- Refer to the [REC/RT guide](#)



03

Treat the internship like a job interview

- Internships can lead to full-time employment in the future
- Network and learn from mentors and alumni in the field
- Check out the [CPRS job board](#)



04

Stay informed and connected

Department IG:
[@csulbrecandleisure](#)

Rec Society Club IG:
[@csulb_recsociety](#)

- Connect with other REC students and faculty
- Be the first to know about events and opportunities



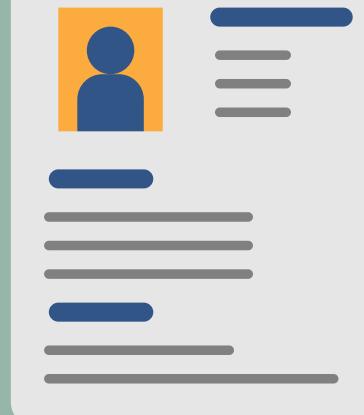
Career Tips from RT Faculty

01

California employers want experience

- The most important thing for employment in REC is experience
- Having more or varied experience can make a difference in hiring (vs. a specific degree)

RESUME



02

Fieldwork hours required before internship

- Complete 200 hours of fieldwork then...
- Take REC 485 and complete 200 more hours of fieldwork experience
- Refer to the [REC/RT guide](#)



03

Rec Therapy Certification

- The Recreation Therapy major prepares you to take exams to become a certified therapeutic recreation specialist both nationally and in California
 - National certification ([NCTRC](#))
 - California certification ([CBRTC](#))



04

Stay informed and connected

Department IG:
[@csulbrecandleisure](#)

Rec Society Club IG:
[@csulb_recsociety](#)

- Connect with other RT students and faculty
- Be the first to know about events and opportunities



Career Tips from SW Faculty

01

Connect with your professors

- Your professors have different backgrounds and can speak to different areas of social work
- Some professor specializations include: community mental health, child welfare, school social work, and gender identity
- [Professor profiles](#)



02

Make the most of **practicum education**

- There is a full-time practicum department that oversees all placements and experiences
- Show up with professionalism and openness to learn from the placement site and your supervisor



03

Additional experience in social work practice

Outside of official practicum and internships through the BASW Program, students can gain valuable experience in social services or related social work settings, such as...

- School settings
- Group homes
- Community-based service settings (such as YMCA or Boys & Girls Club)



04

Stay engaged with **ASSW**

- Associated Students of Social Work (ASSW) IG: [@csulb.assw](https://www.instagram.com/csulb.assw)
- Connect with other SW students and faculty
- Be the first to know about events and opportunities

