

Veteran Students: the Career Services and Internship staff are here to serve you!

Polk State is proud of our Veteran Students and of your service to our Country, and we want to assist you in making the transition from “backpack to briefcase and boots to suits.” There are several ways in which we can provide individualized assistance to help you reach your career goals, including:

Get Connected: visit the polk.edu/interns and the polk.edu/careerlaunch websites; connect with us on Twitter and Facebook, attend our workshops, and work with us directly (scroll down for contact info).

Connect with **Polk State Veterans Assistance Services** through:

Prof. Carol Toney: ctoney@polk.edu , 863.298.6886, and polk.edu/admission-aid/veteran-information/

Connect with the **State of Florida Veterans Services** via: <http://floridavets.org/> and find out more about your VA benefits: <http://www.benefits.va.gov/vocrehab/index.asp> .

Resumes: the Career Services and Internships staff can help you to identify the “transferrable” skill sets from your military experience for your business-ready resume. Frequently Veteran students know how to describe their experience and skills in military terms but need assistance in reworking those skills into business world terms—we can help!

Interviewing: we can work with you to practice your interview skills and to focus your answers and examples on business-type scenarios. Interviewing is a process through which a candidate shortens the distance between themselves and the job they seek. We can assist you in framing your answers so that they resemble the job you want rather than the military “job” in which you gained the experience.

Career Mentors: we can connect you with a career mentor either on or off campus (depending on your interests and needs). This gives you a chance to gain personalized input and insight from someone who has achieved the career goals you have and who may have walked a similar pathway. Mentoring is an informal, voluntary connection offered to shortcut the learning between you and your career goal.

Internships: we can assist you in identifying “Veteran-Friendly” employers and/or bridging the skills-gap from your military experience to your desired work environment. Many employers give preference to Veterans to show appreciation for your service, and we work closely with our business partners in support of internships so that you and the supervisor have resources as needed throughout your internship experience. There are a number of organizations that focus their efforts specifically on internships for Veterans, such as: The Aurora Foundation (aurora4vets.org), and Gratitude America (gratitudeamerica.org), as well as others that give Veterans preferential consideration.

Internship Resources:

<http://mycareeratva.va.gov/> - internships with the VA

<http://godefense.cpms.osd.mil/internships.aspx> - Government internships (see also the Department of Labor, Department of Transportation, the State Department, Internal Revenue Services, and others)

<http://studentveterans.org> – student support for fellow college student veterans

Job/Career/Internship Fairs: we provide time for Veterans to interact with employers prior to opening the doors for the other candidates. Take advantage of these opportunities to have one-on-one conversations with employers of interest. We can also provide a list of local employers who give preference to Veterans to assist you in seeking out those opportunities.

Veterans Preference:

<http://www.dol.gov/vets/>

<http://www.usajobs.gov>

<http://jobs.irs.gov/midcareer/veteran-hiring.html>

<http://militaryfriendly.com/employer-list> - for a national list of employers.

<https://www.careersourcepolk.com/> - Polk County - see Veteran Services

<http://www.employflorida.com/portals/veteran/> - Florida employment portal for Vets

[Employers – if you're interested in becoming a "Veteran-Friendly" employer, connect with us, with Career Source Polk, with the State at <http://www.employflorida.com/portals/veteran/>, and/or register nationally at: <http://recruitmilitary.com/>]

Professional Image: we have resources and information to assist you in shaping your overall image as a civilian professional. We offer workshops, attire assistance, and personalized guidance to assure that you make the right first impression with prospective employers.

Know Your Rights within the civilian workplace: The Uniformed Services Employment and Reemployment Rights Act (USERRA) is a law with implications including protection for Veterans from job discrimination: [US Office of Special Counsel USERRA website](#).

Use our on-line resources:

- MyPlan – this resource can assist you with career planning based on interest and strength inventories.
- College Central Network - register with us at <http://collegecentral.com/polkstate> to look for internships, jobs, and to use resources to assist you with career development as a civilian.

Credit for Experience: to learn more about how you can use your military experience for college credit, visit polk.edu/pla or contact the Internship Coordinator.

For more information or assistance with any of the above, contact us:

Matina Wagner, Internship Coordinator & Experiential Learning : mwagner@polk.edu , 863.298.6897, WFA 147 or LTB 1148B

Jeanette Grullon, CSC-Winter Haven: jgrullon@polk.edu, 863.292.3687, WAD 159

Pairris Jones, CSC-Lakeland: pmjones@polk.edu, 863.297.1010, LTB 1148

We look forward to serving those who have served our country! Let us know how we can help!

Polk State College is committed to and encourages equal opportunity/equity/access for its programs, services and activities.