Steps You Can Take to Keep on the Career Path to Success!

- Continue to explore your academic interests through courses, making sure to check with your Academic Advisor to meet all necessary requirements.
- Maintain a good academic record. This will give employers an objective idea of how well you manage your time and what your abilities and potential are.
- Declare a major if you have not already done so.
- Meet with a career advisor in the Career Center to investigate options for gaining career related experience.
- Help build your resume by taking a part-time or summer job related to your field.
- Update your resume and have it critiqued at the Career Center. Your resume is a “reality check” about what you have done and what you still may need to do to make you a more marketable candidate for employment after you graduate from college.
- Participate in a Co-Op, Internship, or Externship.
- Attend your college’s job fair, if they have one!
- Continue to research careers by utilizing the abundance of resources available online and in the career resource library in the Career Center.
- Attend Career Center orientations on topics such as resume writing, job search strategies, and interviewing.
- Network with professional, academic, and extracurricular contacts.
- Seek a professional mentor.
- Explore the advantages of a graduate or professional school degree for your chosen profession.
- Seek opportunities to sharpen your computer, public speaking, writing, and teamwork skills.

Adapted from: The University Career Center at University North Carolina in Charlotte www.career.uncc.edu
Burnout is a state of emotional, mental, and physical exhaustion caused by excessive and prolonged stress. It occurs when you feel overwhelmed and unable to meet constant demands. As the stress continues, you begin to lose the interest or motivation that led you to take on a certain role in the first place.

Burnout reduces your productivity and saps your energy, leaving you feeling increasingly helpless, hopeless, cynical, and resentful. Eventually, you may feel like you have nothing more to give.

Most of us have days when we feel bored, overloaded, or unappreciated; when the dozen balls we keep in the air aren’t noticed, let alone rewarded; when dragging ourselves out of bed requires the determination of Hercules. If you feel like this most of the time, however, you may be flirting with burnout.

You may be on the road to burnout if:

- Every day is a bad day.
- Caring about your school, work or home life seems like a total waste of energy.
- You’re exhausted all the time.
- The majority of your day is spent on tasks you find either mind-numbingly dull or overwhelming.
- You feel like nothing you do makes a difference or is appreciated.

The negative effects of burnout spill over into every area of life – including your home and social life. Burnout can also cause long-term changes to your body that make you vulnerable to illnesses like colds and flu. Because of its many consequences, it’s important to deal with burnout right away.

Dealing with Burnout: The “Three R” Approach

- Recognize – Watch for the warning signs of burnout
- Reverse – Undo the damage by managing stress and seeking support
- Resilience – Build your resilience to stress by taking care of your physical and emotional health

The Difference Between Stress and Burnout

Burnout may be the result of unrelenting stress, but it isn’t the same as too much stress. Stress, by and large, involves too much: too many pressures that demand too much of you physically and psychologically. Stressed people can still imagine, though, that if they can just get everything under control, they’ll feel better.

Burnout, on the other hand, is about not enough. Being burned out means feeling empty, devoid of motivation, and beyond caring. People experiencing burnout often don’t see any hope of positive change in their situations. If excessive stress is like drowning in responsibilities, burnout is being all dried up. One other difference between stress and burnout: While you’re usually aware of being under a lot of stress, you don’t always notice burnout when it happens.

**What is it?** Maroon Out is a tradition that was started in 1998 as “a way to build unity among the Aggie community,” and also to boost spirit for the Texas A&M Nebraska football game. The very first year 31,000 shirts were sold. Now there is one football game per season chosen as the Maroon Out Game.

**When is the Maroon Out game?** November 26, 2009 Texas A&M vs. Texas at 7:00pm

**How much do the Maroon Out shirts cost?** The shirts are sold for $5 to make them accessible for students.

**Where can I get one?**
- The shirts are sold on weeks before home games Tuesday-Friday outside of the John J. Koldus building from 10am-3pm. On home game Saturdays they are sold in the lobby of the John J. Koldus building 4 hours prior to kickoff. Payment in person can be made by cash or check only!
- To purchase shirts online, go to www.maroonout.tamu.edu

**Why is this year special?** This year, Maroon Out and Texas A&M Student Council have applied for the world record for the most people wearing the same shirt. So go out and be a part of something for the history books and support your Aggies at the same time!