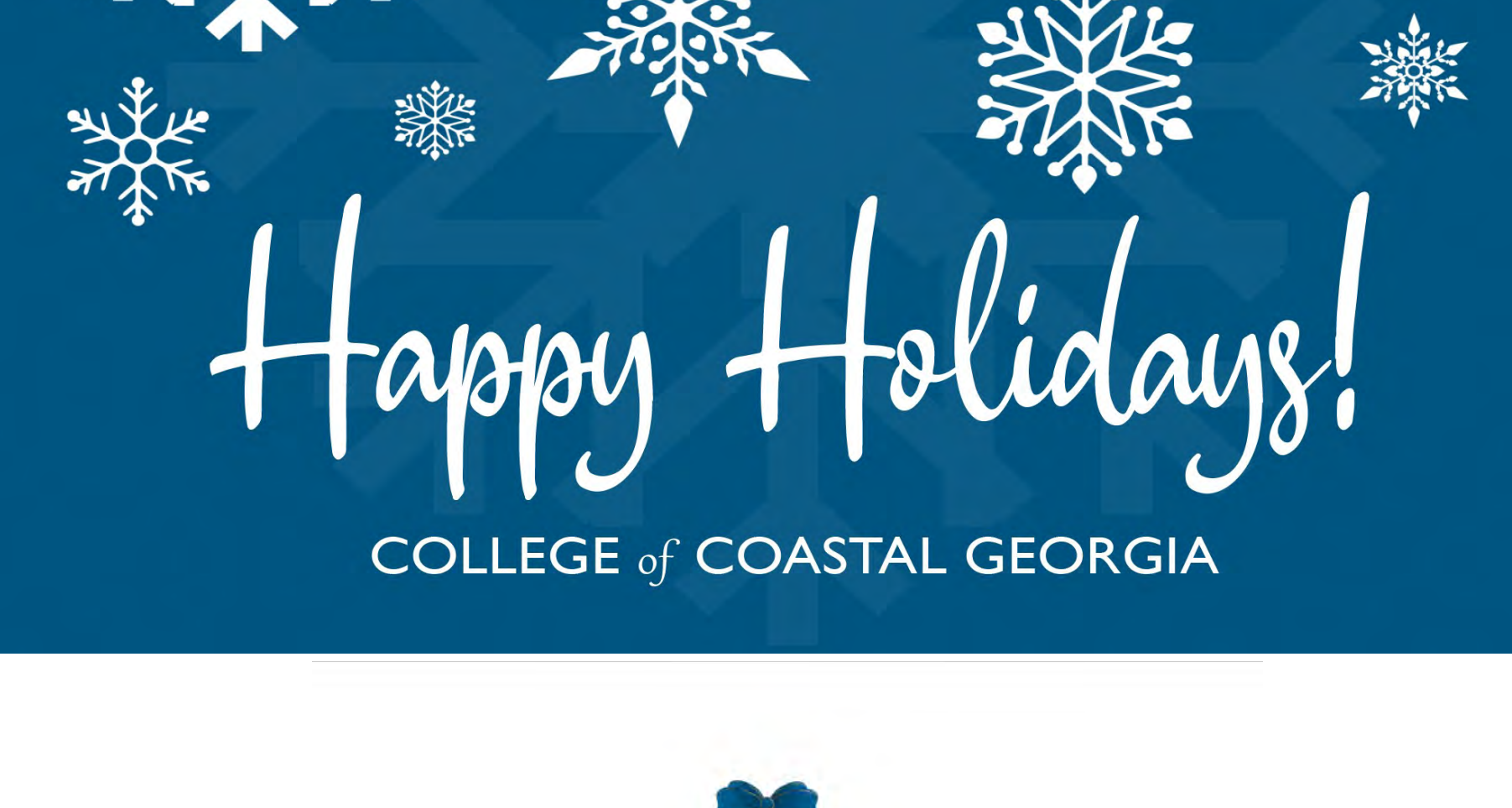


The Mariners' Log

Charting the Course Since 1961

A newsletter for the alumni of the College of Coastal Georgia, Coastal Georgia Community College, Brunswick College, and Brunswick Junior College.



Happy Holidays!

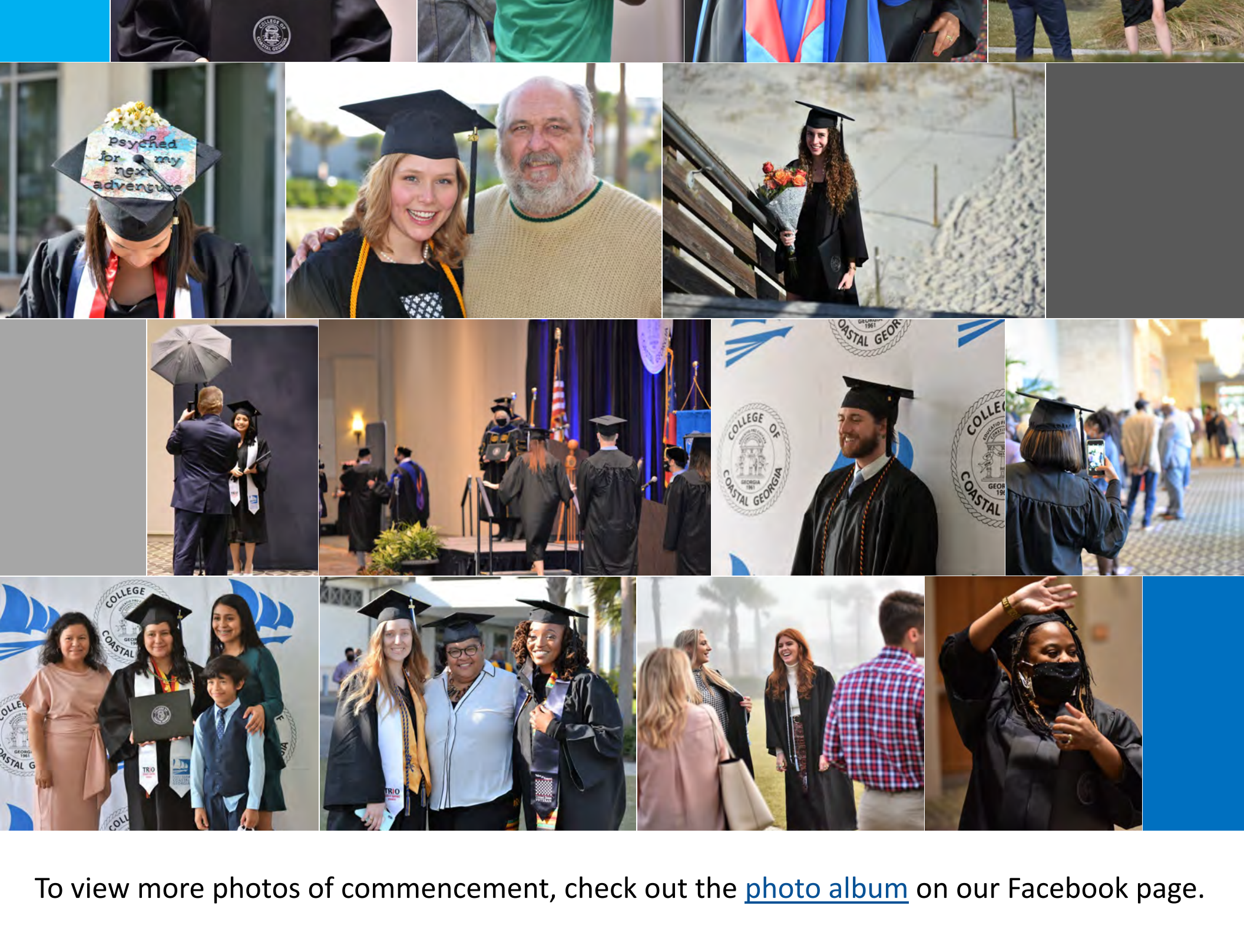
COLLEGE of COASTAL GEORGIA



Wishing you peace and joy during this holiday season and throughout the new year.

Michelle R. Johnston

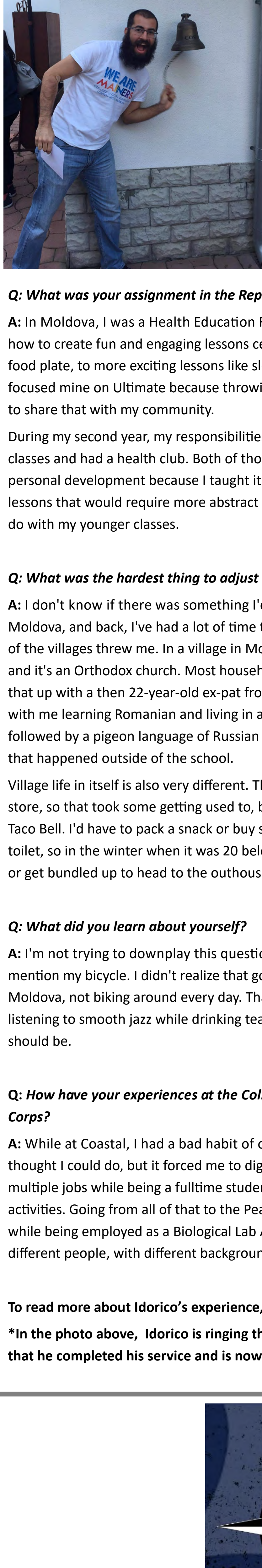
President, COLLEGE of COASTAL GEORGIA



To view more photos of commencement, check out the [photo album](#) on our Facebook page.

ALUMNI Q&A with

Idorico Sebastiao '18



Coastal Georgia alum Idorico Sebastiao graduated from the College in 2018 with a Bachelors of Science in General Biology. He then enlisted in the Peace Corps and served as a Health Education Specialist in a rural village in the Republic of Moldova for two years. Idorico is back in the U.S. and shared his experience of serving in the Peace Corps.

Q: What motivated you to join the Peace Corps?

A: Honestly, I've always liked teaching and I knew I didn't want to immediately jump into grad school while I lacked a clear direction, and spend all that money and effort pursuing a degree, not knowing if it's what I wanted to do for the rest of my life. Peace Corps afforded me the opportunity to teach, learn a new language, and experience the richness of cross-cultural exchange, all while living roughly 5500 miles from home.

Q: What was your assignment in the Republic of Moldova?

A: In Moldova, I was a Health Education Facilitator, and I worked with two co-teachers to teach them how to create fun and engaging lessons centered on health topics ranging from physical activity and the food plate, to more exciting lessons like sleep! The job also entailed creating a short summer camp, and I focused mine on Ultimate because throwing discs was something I enjoyed doing stateside, and I wanted to share that with my community.

During my second year, my responsibilities changed, and I also co-taught two personal development classes and had a health club. Both of those tasks centered on promoting healthy lifestyles. I also liked personal development because I taught it to two ninth-grade classes, so I could do more discussion-based lessons that would require more abstract thinking or more complex activities that I wouldn't be able to do with my younger classes.

Q: What was the hardest thing to adjust to while living in a different country?

A: I don't know if there was something I'd put at the top of my list, but going from The States to Moldova, and back, I've had a lot of time to process everything. In no particular order, the homogeneity of the villages threw me. In a village in Moldova, everyone is Moldovan, most towns only have a church, and it's an Orthodox church. Most households have someone working abroad, and all of a sudden we mix that up with a then 22-year-old ex-pat from America—and it's sort of hard to integrate. Compound that with me learning the Romanian and living in a border town, where the predominant language was Russian, followed by a pigeon language of Russian and Romanian, and I just stayed lost in a lot of conversations that happened outside of the school.

Village life in itself is also very different. There's a couple of general stores and a construction materials store, so that took some getting used to, because if I wanted a quick bite to eat, I couldn't duck over to a Taco Bell. I'd have to pack a snack or buy something to snack on. My house also didn't have an indoor toilet, so in the winter when it was 20 below at night, I would have to take care of things during the day or get bundled up to head to the outhouse.

Q: What did you learn about yourself?

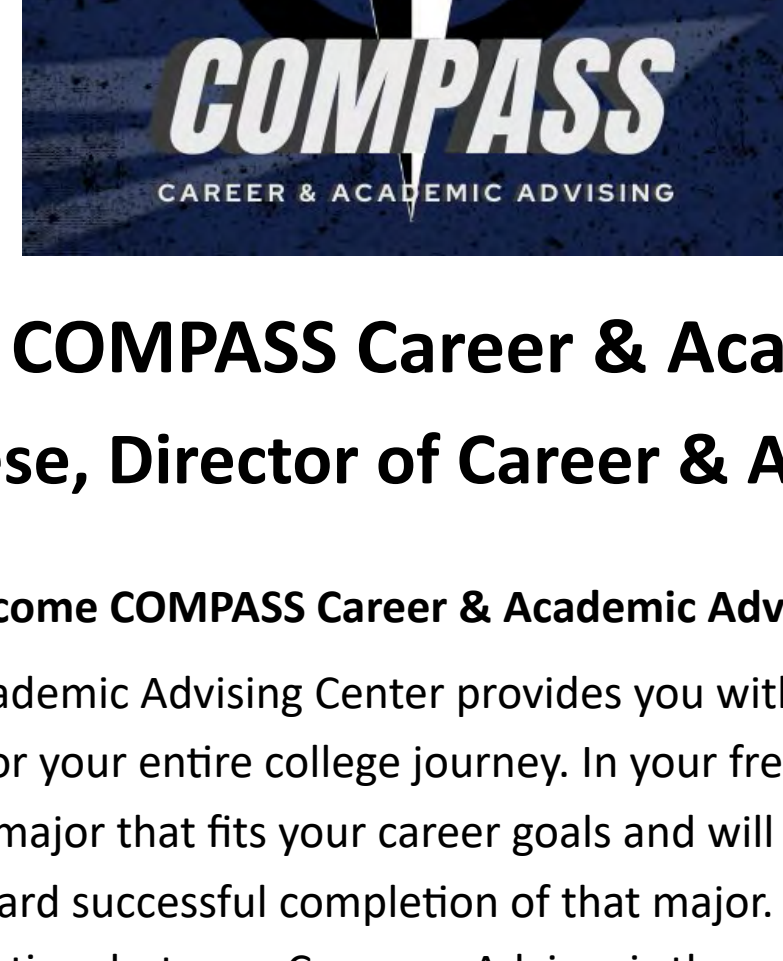
A: I'm not trying to downplay this question, but it wouldn't be an interview about me if I didn't mention my bicycle. I didn't realize that going for bike rides was how I decompressed until I was in Moldova, not biking every day. That forced me to try to figure out other ways to decompress, like listening to smooth jazz while drinking tea. Now that I'm stateside, everything is easy and mellow—as life should be.

Q: How have your experiences at the College of Coastal Georgia helped you while serving in the Peace Corps?

A: While at Coastal, I had a bad habit of overextending myself and signing up for way more than what I thought I could do, but it forced me to dig deep, and I became really resilient. At Coastal I was working multiple jobs while being a fulltime student, and running around campus participating in a variety of activities. Going from all of that to the Peace Corps, it almost seemed like I was going on vacation. Also, while being employed as a Biological Lab Assistant, and as a Resident Assistant, it forced me to work with different people, with different backgrounds, and that really helped me thrive in Moldova.

To read more about Idorico's experience, click [here](#).

*In the photo above, Idorico is ringing the bell at his Close of Service Bell-Ringing Ceremony. It signifies that he completed his service and is now a Returned Peace Corps Volunteer.



Learn About COMPASS Career & Academic Advising with Brian Weese, Director of Career & Academic Advising.

The Career Center has now become COMPASS Career & Academic Advising. What is COMPASS?

The new Compass Career & Academic Advising Center provides you with one solid person—your Compass Advisor, who will be with you for your entire college journey. In your freshman year, your Compass Advisor will help you choose a major that fits your career goals and will assist you in registering for classes that will start your journey toward successful completion of that major. After your first year, your Faculty Advisor will take over career registration, but your Compass Advisor is there to work with you to gain experience in your field through part-time jobs, volunteer opportunities, clubs & organizations and other opportunities. Your Compass Advisor will assist you with writing your resume, honing your interview skills, finding and applying for Internships, networking and finding that first job upon graduation.

What are some of the new trends in job searching that you've noticed?

Soft skills are important! Soft skills include things like: oral/written communication, professionalism/work ethic, teamwork, leadership skills, and critical thinking skills. With the recent downturn and layoffs due to COVID-19, the job market has gotten tighter. You need to be able to stand out in a field of applicants. Most college grads have the soft skills required, but they don't articulate them to an employer on their resume/cover letter or in interviews. Be sure to provide details on how your experience has helped you build these skills.

Networking is important, especially online networking. Be sure to update your LinkedIn profile regularly and be active on that platform by commenting, sharing, liking and providing content. Reach out to those in your network and expand your network by connecting with people in your field of interest. Another way to network is to join civic or volunteer organizations like Rotary, the Lions Club, Junior League, and the Exchange Club. These organizations host weekly or monthly meetings, providing lots of opportunities to network.

The Gig Economy continues to be strong. This means you may have to string together multiple part-time jobs and freelance contracts to create a stable income. On the positive side, this means you'll gain a lot of experience in multiple areas. On the downside, juggling multiple jobs can be stressful and create uncertainty.

Expect to see jobs that went remote during COVID-19 to remain and new remote opportunities to be created. Employers have learned that not everyone needs to be in the office all the time. This trend bodes well for students who spent the last year learning remotely in college, because they already have the skills to work and collaborate remotely. College students who learned online will be well-positioned to replace retiring "Boomers" who haven't adapted as well to remote work.

What's the first thing someone should do if they are considering a job change?

Start networking if they don't already have a robust network of contacts. Reach out to individuals in your areas of interest to discuss the field and to let them know you're interested in jobs in their field. Also be sure your resume is updated. There's nothing worse than an active networker who isn't prepared to send their resume immediately if an opportunity arises.

What services does COMPASS offer to alumni?

COMPASS offers everything we offer to current students to alumni as well. This includes career advising, resume and cover letter writing assistance and reviews, job leads through Coastal Careerlink, job fairs, and networking opportunities. We also love to hear from alumni who are now reaching out to us to recruit Coastal Georgia students for jobs and Internships.

Any career advice from your many years of experience?

Have a well-written and updated resume ready to go at a moment's notice. You don't want to network with a potential employer and have them ask you to send them a resume, but then take several days to write/rewrite your resume before sending it to them.

Network. Network. Network. Even in today's digital world, the majority of new hires still come through some sort of connection between the applicant and the company. LinkedIn, and even Facebook and Instagram, are great networking tools and should be used, but they're PASSIVE tools. You need to be actively engaging your network through phone calls, emails, and face-to-face conversations too.

How can alumni get in contact with someone at COMPASS?

We're here for alumni at any time. Call us at 912-279-5717 or by email at COMPASS@ccga.edu. Alumni also have lifetime access to Coastal Careerlink. If they recently graduated, they can still log in with their student credentials. If they experience issues, they can reach out to us to have their accounts updated.

MARK YOUR CALENDAR!

There is always something going on at the College of Coastal Georgia. Here are some upcoming events:

Dec 24-31: Closed for the Winter Break

Jan 11: Spring Semester Begins

Feb 20: Homecoming. More details to follow.

STAY IN TOUCH

We would love to stay in touch with you. Please tell us about yourself and what you've been up to after college. Update your contact information [here](#).

Questions? Contact alumni@ccga.edu.

