

Wishing you much joy and success throughout the year
The Valley Online SGA
Happy new year!

Reflections: My time in Student Government.

By Charles Yates

A few months ago, I was elected Vice President of the OSGA at Valley College. It has been the best, stressful, wonderful, amazing, and craziest experience of my college life. I have learned so much from it. Now that my term is ending, I am struggling to put into words what it has meant to me. The minute I heard that I was chosen as Vice President of OSGA, panic had set in. I started to question if I could really do this, and if I had made a mistake running for OSGA. I didn't want to embarrass myself and become the worst OSGA Vice president ever. Trying to figure out how to work with an entirely new group of people, completely different than me would be tough. I soon learned that one of the best parts about being Vice president was that I got to work closely with a group of successful, interesting, and impressive people. I wanted to take advantage of that and soon I learned to rely on other fellow OSGA members. I learned doing things on my own isn't always best. I foster my relationship with my other OSGA members because of

their unconditional support. I felt I never had to do things alone. There were some growing pains at times, but that was ok. The OSGA members became a key component in my life and I learned to rely on, trust, and more than anything else, care about them. It will be hard to let go of those relationships, but I am pretty sure their friendship will last a life time. I have learned so much about myself and how to be an effective leader, a team player and confident in my abilities. These are lessons that I didn't learn in the classroom and I am so grateful to Valley College for being the type of school that encourages students to pursue their extra-curricular interest. You have shown me that I can achieve some amazing things. Now that it is all coming to an end, I am having a hard time saying goodbye to it all. Thank you everyone who has made this one of the "Best" experiences of my life. Rebecca, Shelly, Natalie, Dawn, Nicholas, Nycole, Bobbie, Barbie, and everyone else I have worked with. It has been an absolute pleasure!

*Congratulations on
graduating ~ Charles ~*

*Thank you, for your dedication to
the OSGA, we wish you
great success in all of your endeavors ~*

The Valley Online SGA



NEW OSGA OFFICERS

The Valley OSGA has welcomed new team members:

Vice-President: *Natalie Keaton*

Secretary: *Barbara Price*

Representative: *Bobbi Kessinger*

We also have our first Junior Representatives:

Melanie Alexander, Samantha Hansford-Reed, Christy Shelton, Kacie Akers, Chad Pommert, and Cora Collins.

Recent and Upcoming OSGA Events

by Dawn Claiborne

The OSGA recently held a food drive in November. We were very successful in collecting non-perishable items that were donated to the respective local food banks. It was great opportunities for the OSGA to let local business owners know we are out here trying to help the community. In Berkeley County to local businesses: the Food Lion in Hedgesville and the CVS in Martinsburg each donated goods towards the cause! Also in November we also held elections for new OSGA representatives as well as a new Vice President to replace Charles Yates.

Social Media and Employment

by Natalie Keaton

It is not unusual to spend time each day on Facebook, Twitter, or other social media. Many of us go online to stay in touch with family, vent about our day, and to share pictures, but did you know what you post online may hurt your chances of landing your dream job? In February 2014, Go-Gulf.com released an article containing statistics and trends about "the role of social media in pre-employment candidate screening." According to Go-Gulf, employers have discovered that "social media activities present a far more accurate picture of who the candidate is." Two in five employers use social media during their screening process.

The following are statistics compiled by Go-Gulf:

- 65% use social media to evaluate a candidate's professionalism in terms of social conduct
- 51% use social media to evaluate a candidate's fit into the company's culture
- 43% of employers said they found information that helped them decide not to hire a candidate
- 19% of employers found reasons to hire a particular candidate

A few of the top reasons not to hire a candidate include:

- 50% - Inappropriate content posted online
- 30% - Poor communication skills
- 24% - Lied about qualifications

A few of the top reasons to hire a candidate include:

- 57% - Professional image
- 50% - Good personality
- 43% - Great communication skills

For more statistics on this subject, please visit: <http://www.go-gulf.com/blog/social-media-pre-employment-screening/>

The Secret to Your Success

By Rebecca England

Successful people have lots of common practices, like getting up early, making priority lists, working long hours and sacrificing things they enjoy in order to climb up the ladder. But something that isn't mentioned often is that they live their lives with integrity. To succeed in life, we have to earn the honor and respect of those around us. It is true, we are all being watched even when we do not realize it, and each of us will be judged by others for our behavior, whether it is respectable or dishonorable. We've all heard that integrity is about doing what's right, even when no one is looking, and treating others with respect. But it goes much deeper than that. Integrity is having characteristics that are deserving of respect. Living by strong moral and ethical values literally defines who you are inside and out. Your moral makeup guides you in every choice you make, from day to day activities to life changing decisions. The way you treat your friends, colleagues, or strangers is depicted by your moral thinking. How you carry yourself, speak, even whether you work hard in class or at your job, or how you conduct any type of business, comes from your values and morals. And believe me, your reputation will precede you.

Why is practicing integrity important to you? First and foremost, it adds value to your life and to you as a person. It opens doors of opportunities, as well as earns the respect of others, which is something we all want. If you want that raise, promotion, title, or even the acceptance of others, practice integrity. Promotion comes after you have proven that you have trustworthy and have respectable character. Most importantly, living by rules of integrity brings personal self-worth and self-respect.

CDC "Take 3" – Fight the Flu

Flu season is here! What can you do to fight the flu?

1. Get the flu shot.
2. Take every day preventive actions to stop the spread of germs.
 - Wash hands frequently or use sanitizer
 - Avoid touching your eyes, nose, and mouth
 - Use tissues when coughing or sneezing
3. Take antivirals if your doctor prescribes them.

Valley OSGA:

Giving Thanks Food Drive



CAREER DEVELOPMENT AND PREPAREDNESS: ARE YOU READY OR NOT? – BY BARBARA PRICE

Are you ready or not? Career development is an important step towards looking towards the future and knowing what job will be right for you.

Career Development is the lifelong process of managing learning, work, leisure, and transitions in order to move toward a personally determined and evolving preferred future.

First step to find the right path is to assess yourself. Assessing yourself is the first step of the career exploration process. To find a career that's right for you, it's important to know a lot about yourself. Know everything about yourself already? It can be surprising to discover what you may have overlooked or taken for granted. Assessing your past and present will help you make the right decisions about your future.

Second step is deliver results and explore your options. After learning about all the careers on your list you will find that several of them don't appeal to you. This could be for a variety of reasons. For example, you may decide that you wouldn't enjoy the job duties of a particular occupation or that you can't or don't want to meet the educational and training requirements. The earnings may be lower than you thought they would be or the job outlook doesn't look promising. After completing your preliminary research you will be left with a list that contains no more than about three careers on it.

Cont.

Career Development and Preparedness

You can also talk to your student advisor and see if they can help you with the path you are most interested in. They are the most important people to help you through school to make sure you get your right foot off the ground towards the right path.

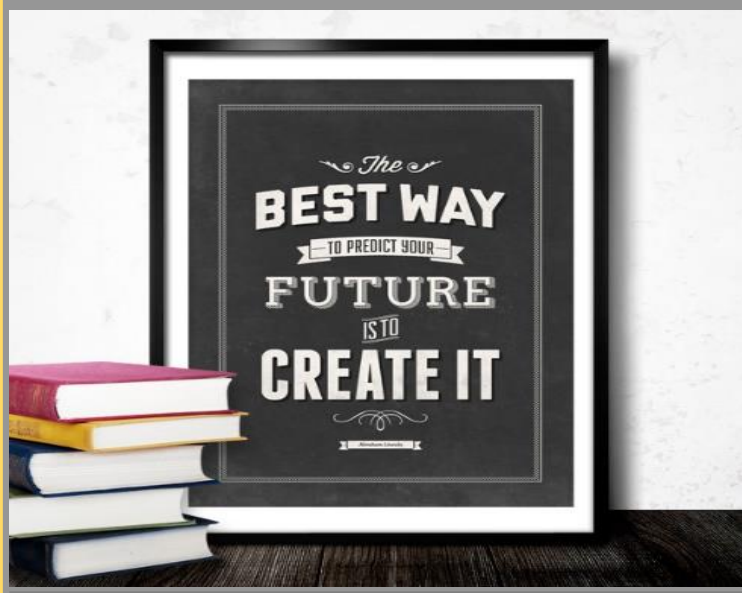
Once you finished the steps to find out what path you want you will need to do your final step and develop your skills to make you an asset to whatever company you want to work for. This will be College classes, hands on experiences, internships, and volunteering to get as many skills in the field you want to be in. If you are willing to work for what you want the reward of the "dream job" will be yours.



Are you prepared? If you are not, or you don't feel like you are, the best solution is to sit down with a pen and paper and make a list of what you would like to accomplish.

Once you have that, find your support system to help you through your ups and downs. When you have the support system in place, contact a student advisor and tell them what you want and see what college is best for you. Don't let the fear of failure stop you because you will never make it. If you try and fail try and try again. You can do it, if you believe in yourself.

January 2015



Valley College Online SGA

Rebecca England – President

Natalie Keaton – Vice President

Dawn Claiborne – Secretary

Barbara Price – Secretary

Nycole Peterson – Treasurer

Nicholas Pack – Student Representative

Bobbi Kessinger – Student Representative

The leading reasons Employers Fire Employees

Studies show that Skills may get you hired, but lacking the right attitude can get you fired.

1. Lack of Integrity on the job (#1 reason for termination)
2. Dishonesty
3. Misleading resume
4. Not following directions
5. Talking on the job, doing personal business
6. Unreliable, unproductive
7. Inability to get along with others at work
8. Work Errors
9. Missing work
10. Drug or alcohol abuse in the workplace



VALLEY
COLLEGE