

New Year, New You

Becoming Your Best (immigration services) Self

Introduction:

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- 10 years in the field

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- 5 years in the field

Where are you now?

- Wanting to get into the field
- Brand new, wanting to learn as much as possible
- Been in the field for a bit, happy where I am, and want to learn how I can be the best at my job
- Been in the field for a while, happy with where I am, how can I finish on a high note?
- I'm in the wrong session

“Dream Jobs”

<https://one.npr.org/?sharedMediaId=634047154:634082518>

Creating your “Dream Job”

- Making your job into something you want it to be:
 - Tasks
 - Relationships
 - Cognitive Reframing

Creating your “Dream Job”

- Tasks
 - What tasks do I enjoy that I want to expand on?
 - What tasks frustrate me that I can change, delegate, remove?

Creating your “Dream Job”

- Relationships

Your relationships/interdependencies with other people can cause the greatest joys or greatest frustrations

- What can you customize to make you feel more connected to the people you work with or the people you are helping?

Creating your “Dream Job”



Choose Your New Job Title

- Cognitive Reframing: write down your new job title



Keeping the Dream Alive

“...getting involved in leadership opportunities that facilitate connection with those at other campuses and around the region.”

“...serving on university committees outside of International Education to better understand and engage with different university initiatives.”

“...staying involved in NAFSA, through leadership roles and by presenting and training has helped me find the spark that I need to keep going.”

“...to focus on the small wins and interactions; improving my second language learning; focusing on helping and mentoring others coming up in the field”

“...helping my staff grow and succeed.”

“...review the position descriptions of the next career level up and make sure I’m incorporating the educational, professional, and other required components in my day-to-day plans.”

“...having a positive influence on younger or less experienced professionals; to maintain contact with the students themselves; learning new things.”

“...allowing myself a couple of hours of relaxing time with them....you can’t grow without allowing time for rest and recuperation.”

“...\$2 margarita night at La Salsa with work mates.”

Worksheet

- Now create your own professional goals/standards and write out your ideal job description
- Think of ways to utilize the suggested resources to help you become who you want to be/do what you want to do!

Time for sharing...

