



TOP 50 EMPLOYERS FOR HBCU STUDENTS AND GRADS



HIT THE ROAD:
2019 HOMECOMING AND CLASSIC SCHEDULE

Exclusive savings for your **love of** **rewards** side.

**As part of HBCU Connect, you may be eligible
for a discount on your insurance.**

We appreciate groups that bring people together over common values and interests. That's why we're proud to offer you exclusive discounts on your insurance. Plus, we offer up to 20% savings when you bundle your home and auto insurance.*

With more than 90 years of experience and expertise, Nationwide can help you protect what matters today and plan for what comes tomorrow.



**See how we can help protect your
life's many sides.**

Visit nationwide.com/HBCUConnect
or call 1-855-550-9215 for more information.



*Savings compared to stand-alone price of each policy, based on national sample customer data from 2017. Discount amounts do not apply to all coverage or premium elements; actual savings will vary based on policy coverage selections and rating factors. Nationwide has made a financial contribution to this organization in return for the opportunity to market products and services to its members. Products are underwritten by Nationwide Mutual Insurance Company and affiliates, Columbus, Ohio. Nationwide, the Nationwide N and Eagle and Nationwide is on your side are service marks of Nationwide Mutual Insurance Company. © 2018 Nationwide AFO-1106AO (06/18)



HBCU
HOMECOMING
& CLASSICS:
PAGE 6

PUBLISHER: Will Moss
EDITOR: Reginald Culpepper
ART DIRECTOR: Stacy Edwards
ADVERTISING: Will Moss,
Daniel Moss, Stephen Butler

OUR CONTRIBUTORS

Participating HBCU Alumni
Will Moss
Reginald Culpepper

TABLE OF CONTENTS

DEPARTMENTS

- 4. LETTER FROM THE PUBLISHER
- 6. HBCU HOMECOMING & CLASSICS
- 9. TOP 50 EMPLOYERS
- 22. SO YOU ARE STUCK IN A RUT
- 26. SAY WHAT?

OUR PARTNERS



Nationwide®



ADVERTISER INQUIRIES

Please contact our sales department at **614.864.4446**
or **sales@hbcuconnect.com**.



A LETTER FROM THE PUBLISHER

LETTER FROM THE PUBLISHER

Greetings HBCU Family, and welcome to another issue of HBCU CONNECT The Magazine!

We are super excited about this issue as we have another publication full of opportunities specifically for HBCU alumni from some of the nation's best employers! Speaking of employers, we are proud to present you with our Top 50 Employers for HBCU students and graduates. So, make sure you check out the employers we have selected for our top 50 list because these are companies that are consistently making an effort to connect with YOU as HBCU graduates and diverse skilled professionals.

Some of the employers we have worked with more intimately, such as Microsoft, Intel, Cerner and Amazon, have partnered with us to host special diversity recruitment events all over the country. We have hosted events in California, Texas, Georgia, DC, Ohio, New York, Washington state and North Carolina. At these events, we are helping HBCU grads and Black professionals land rewarding careers with our partnering companies.

Coming up this Fall we have events scheduled with Microsoft, Amazon and Nestle just to name a few, so make sure you jump on our website for the details and to register for the upcoming events as soon as possible!

Remember, if you are looking for career opportunities, post graduate educational opportunities or just the ability to connect with like minded HBCU grads and black professionals, visit our website often at www.hbcuconnect.com, get connected!

Enjoy this issue of HBCU CONNECT the Magazine and keep an eye on your email for more up to the minute opportunities.

Once again, thank you all for your support as we wind down yet another year and head into 2020.

HBCUCONNECT.COM – Get Connected!

Sincerely,

Will Moss

Will Moss | CEO | HBCU CONNECT
www.hbcuconnect.com/willmoss



Danielle, Sales Excellence & Strategy Manager

Come as you are. Do what you love.

Are you ready to empower billions through your work in technology?
The time is now. Join our team of innovators.



HBCU Homecomings

Home Team	Visiting Team	Date	Time
Alabama A&M University	Texas Southern University	10/05/2019	2:00 PM
Alabama State University	Prairie View A&M University	11/28/2019	2:00 PM
Albany State University	Lane College	10/12/2019	2:00 PM
Alcorn State University	Savannah State University	10/12/2019	2:00 PM
Allen University	Columbus State University	10/26/2019	1:30 PM
Benedict College	Miles College	10/12/2019	2:00 PM
Bethune Cookman University	South Carolina State University	10/26/2019	4:00 PM
Bowie State University	Chowan University	10/12/2019	1:00 PM
Central State University	Fort Valley State University	10/12/2019	1:00 PM
Clark Atlanta University	Savannah State University	10/19/2019	2:00 PM
Delaware State University	Howard University	09/21/2019	2:00 PM
Edward Waters College	Allen University	10/12/2019	3:00 PM
Elizabeth City State University	Lincoln University -Pennsylvania	10/19/2019	1:30 PM
Fayetteville State University	Chowan University	10/05/2019	2:00 PM
Fort Valley State University	Morehouse College	10/19/2019	2:00 PM
Grambling State University	Texas Southern University	11/02/2019	2:00 PM
Hampton University	Virginia University of Lynchburg	10/26/2019	2:30 PM
Howard University	Norfolk State University	10/12/2019	1:00 PM
Jackson State University	Alabama State University	10/12/2019	2:00 PM
Johnson C. Smith University	Shaw University	10/26/2019	1:00 PM
Kentucky State University	Clark Atlanta University	10/12/2019	1:00 PM
Lane College	Kentucky State University	10/19/2019	2:00 pm
Langston University	Texas Wesleyan University	10/26/2019	2:00 PM
Lincoln University -Missouri	Northeastern State University (Missouri)	10/19/2019	2:00 PM
Lincoln University -Pennsylvania	Virginia Union University	10/12/2019	1:00 PM
Livingstone College	Fayetteville State University	11/02/2019	1:30 PM
Miles College	Clark Atlanta University	10/05/2019	4:00 PM
Mississippi Valley State University	Virginia University of Lynchburg	10/05/2019	3:00 PM
Morehouse College	Benedict College	10/26/2019	2:00 PM
Morgan State University	Delaware State University	10/12/2019	1:00 PM
Norfolk State University	Morgan State University	11/02/2019	2:00 PM
North Carolina A&T State University	Howard University	10/26/2019	1:00 PM
North Carolina Central University	Norfolk State University	11/09/2019	2:00 PM
Prairie View A&M University	Virginia University of Lynchburg	10/19/2019	2:00 PM
Saint Augustine's University	Johnson C. Smith University	11/02/2019	1:00 PM
Savannah State University	Albany State University	10/26/2019	3:00 PM
Shaw University	Livingstone College	10/19/2019	12:00 PM
South Carolina State University	Morgan State University	10/19/2019	1:30 PM
Southern University and A&M College	Alabama A&M University	11/02/2019	4:00 PM
Tennessee State University	Austin Peay University	10/19/2019	4:30 PM
Texas Southern University	Missouri University of Science and Technology	10/12/2019	2:00 PM
Tuskegee University	Miles College	11/09/2019	1:00 PM
University of Arkansas at Pine Bluff	Lane College	10/05/2019	3:00 PM
Virginia State University	Bowie State University	10/19/2019	2:00 PM
Virginia Union University	Chowan University	10/19/2019	1:00 PM
West Virginia State University	West Liberty University	10/05/2019	1:00 PM
Winston-Salem State University	Shaw University	11/02/2019	1:30 PM

HBCU Classics

Name of Classic	Home Team	Visiting Team	Date	Location
John A. Merritt Classic	Tennessee State University	Mississippi Valley State University	08/31/2019	Nashville, TN
Black College Hall of Fame Classic	Alabama A&M University	Morehouse College	09/01/2019	Canton, OH
MEAC/SWAC Challenge	Jackson State University	Bethune Cookman University	09/01/2019	Atlanta, GA
Louis Crews Classic	Alabama A&M University	University of Arkansas at Pine Bluff	09/07/2019	Huntsville, AL
Labor Day Classic - Alabama	Alabama State University	Tuskegee University	09/07/2019	Montgomery, AL
50th Anniversary Reunion 1969 Championship Game	Alcorn State University	Mississippi College	09/07/2019	Lorman, MS
Heartland Football Classic	Langston University	McPherson College	09/07/2019	Wichita, KS
Labor Day Classic - Virginia	Norfolk State University	Virginia State University	09/07/2019	Norfolk, VA
Jake Gaither Classic	Florida A&M University	Fort Valley State University	09/14/2019	Tallahassee, FL
Chicago Football Classic	Howard University	Hampton University	09/14/2019	Chicago, IL
Southern Heritage Classic	Jackson State University	Tennessee State University	09/14/2019	Memphis, TN
West End Classic	Livingstone College	Elizabeth City State University	09/14/2019	Salisbury, NC
Prince Hall Americanism Classic	Miles College	Morehouse College	09/14/2019	Fairfield, AL
Pete Richardson Classic	Southern University and A&M College	Edward Waters College	09/14/2019	Baton Rouge, LA
Augusta Classic	Benedict College	Savannah State University	09/21/2019	Augusta, GA
Willard Bailey Classic Hall of Fame Day	Virginia Union University	Johnson C. Smith University	09/21/2019	Richmond, VA
Gulf Coast Challenge	Alabama A&M University	Central State University	09/28/2019	Mobile, AL
Upstate HBCU Classic	Benedict College	Fort Valley State University	09/28/2019	Greenville, SC
Down East Viking Classic	Elizabeth City State University	Fayetteville State University	09/28/2019	Rocky Mount, NC
Circle City Classic	Jackson State University	Kentucky State University	09/28/2019	Indianapolis, IN
State Fair Classic	Prairie View A&M University	Grambling State University	09/28/2019	Dallas, TX
Lucille M. Brown Community Youth bowl	Virginia Union University	Winston-Salem State University	09/28/2019	Richmond, VA
AME Classic (Inaugural Game)	Edward Waters College	Allen University	10/12/2019	Jacksonville, FL
Tuskegee - Morehouse Classic	Tuskegee University	Morehouse College	10/12/2019	Columbus, GA
State Fair Showdown	Texas Southern University	Southern University and A&M College	10/19/2019	Dallas, TX
Magic City Classic	Alabama State University	Alabama A&M University	10/26/2019	Birmingham, AL
White Water Classic	Lane College	Tuskegee University	10/26/2019	Phenix City, AL
Fountain City Classic	Albany State University	Fort Valley State University	11/09/2019	Columbus, GA
Commemorative Classic	Livingstone College	Johnson C. Smith University	11/09/2019	Salisbury, NC
Raleigh Classic	Shaw University	Saint Augustine's University	11/09/2019	Raleigh, NC
Florida Classic	Bethune Cookman University	Florida A&M University	11/23/2019	Orlando, FL
Soul Bowl	Jackson State University	Alcorn State University	11/23/2019	Jackson, MS
St. Louis Heritage Classic	Kentucky State University	Lincoln University -Missouri	11/23/2019	St. Louis, MO
Turkey Day Classic	Alabama State University	Prarie View A&M University	11/28/2019	Montgomery, AL
Bayou Classic	Grambling State University	Southern University and A&M College	11/30/2019	New Orleans, LA

HEALTH CARE IS TOO IMPORTANT TO STAY THE SAME™

CLIENT SERVICES

CLINICAL

CORPORATE

ENGINEERING & TECHNOLOGY

SALES, MARKETING & STRATEGY

Together with our clients, we are creating a future where the health care system works to improve the well-being of individuals and communities. While Cerner is headquartered in Kansas City, we have openings across the United States. See what it means to innovate with a purpose and Touch Tomorrow.

MY NAME IS CLYDE

I'M A CONSULTANT.
A TIME CATCHER.

My team and I adapt Cerner's oncology offering to deliver bottom-line business results that positively impact clients and patients alike. Recently, we implemented electronic chemo protocols that streamlined charting and facilitated medical journal referencing, which returned time to health care providers. Our solution helped reduce patient appointment times and curbed lost revenue. Real lives. Real Impacts.

My name is Clyde.
I'm a Consultant. A time catcher.
I'm a Cerner associate.

FIND YOUR OPPORTUNITY
careers.cerner.com

TOUCH TOMORROW



Cerner is an equal opportunity employer/disability/vets



HBCU CONNECT TOP 50 EMPLOYERS

Since 2002, we have worked with thousands of companies and organizations to assist in their efforts to reach students and graduates from Historically Black Colleges and Universities (HBCUs). As one of the largest and best resources available to HBCU students, graduates, and employers, we are in a unique position to view the efforts and campaigns executed to reach and hire HBCU talent. Based on this “bird’s eye” view, we are recognizing those that have done an excellent job targeting students and alumni from HBCUs. By recognizing a list of companies that we know for a fact are reaching out to hire HBCU students and alumni, we are notifying students, alumni, and college faculty about companies we feel they should pay special attention to and to continue to encourage these companies to recruit from the HBCU talent pool. Here is our 2019 Top 50 Employer’s List!



AMAZON



Amazon, a Fortune 500 company based in Seattle, Washington, is the global leader in e-commerce. Since Jeff Bezos started Amazon in 1995, they have significantly expanded their product offerings, international sites, and worldwide network of fulfillment and customer service centers. Today, Amazon offers everything from books and electronics to tennis rackets and diamond jewelry. Since they have a high hiring bar, once you are in, they bet on you. They allow you to influence change and help them grow. However, they also want to help you advance as a leader and develop professionally. They are looking for talented people who are looking to grow with them and make a fast and exciting career.



NATIONWIDE



If you are seeking an organization that would value the unique skills and abilities you bring to the workplace, consider Nationwide. Nationwide is one of the largest insurance and financial services companies in the world, with more than \$148 billion in assets. They are an industry leader in domestic property and casualty insurance, life insurance and retirement savings, and asset management. Their leadership and continued growth in these areas provides an extensive variety of employment opportunities for qualified individuals to begin or advance their careers. Nationwide has continued its significant growth over the years by maintaining focus on the needs of its customers and associates. Nationwide is On Your Side.



CERNER

Cerner associates are arriving at new ideas that make a meaningful difference. We are addressing the most complex health care challenges.

Individually and as a team, we create technologies that connect people and systems worldwide. The solutions we offer support the clinical, financial and operational needs of organizations of every size. In every role, Cerner encourages associates to be pioneers and innovators. We empower excellence through continuous and collaborative learning and creative problem-solving. At Cerner, innovation is real. It's seen in the contributions we make to the open source community and the patents our associates proudly claim. It's our past, our present and your future.



U.S. COAST GUARD

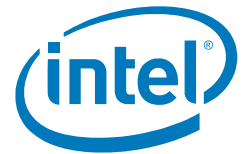
The Coast Guard is one of our nation's five military services. Their core values - honor, respect, and devotion to duty, are the guiding principles used to defend and preserve the United States of America. They protect the personal safety and security of our people; the marine transportation system and infrastructure; our natural and economic resources; and the territorial integrity of our nation. They offer a host of diverse and challenging opportunities that span a broad scope of interests, backgrounds, and skillsets - ranging from law enforcement officers all the way to executive chefs. Benefits include free health, dental, and vision insurance; tuition assistance; housing and meals; 30 days of paid vacation; and much more.





INTEL

Welcome to tomorrow. Yes, you read that correctly, tomorrow. Because at Intel, they're not only interested in what's happening now; they're focused on what happens next. And they're looking for people of all ages with the same mindset. Whether you're a current student or have graduated, you'll discover endless opportunities at Intel, no matter your field of study. In fact, few other companies offer such a wide breadth of opportunities for graduates. From business to engineering, undergrad to PhD, Intel can help you make the most of your education. Put your education to work - accelerate your career!



X, THE MOONSHOT FACTORY

X is a diverse group of inventors and entrepreneurs who build and launch technologies that aim to improve the lives of millions, even billions, of people. Their goal: 10x impact on the world's most intractable problems, not just 10% improvement. They approach projects that have the aspiration and riskiness of research with the speed and ambition of a startup. They're looking for people who want to find radical solutions to the world's most stubborn problems. If you're an inventor, technologist, entrepreneur, or something in between and want to create things no one has before, take a look at their open roles.





LAWRENCE LIVERMORE NATIONAL LABORATORY

Their mission is to make the world a safer place. They lead the nation in stockpile science and deliver solutions



for the nation's most challenging security problems. For more than 60 years, the Lawrence Livermore National Laboratory has applied science and technology to make the world a safer place. Livermore's defining responsibility is ensuring the safety, security and reliability of the nation's nuclear deterrent. The Laboratory's science and engineering are being applied to achieve breakthroughs for counterterrorism and nonproliferation, defense and intelligence, energy and environmental security.



WALGREENS

Walgreens has something for everyone who wants to build a successful career. Anywhere you go, you'll find supportive co-workers, a positive environment and the tools you need to pursue



your interests, grow your skills, develop your ideas, and advance throughout our organization.

Your career path can be virtually unlimited here, exploring a wide range of opportunities that continue to evolve as they further expand and re-imagine their business. They're a company of IT professionals, accountants, nurses, pharmacists, retail store staff and more. And each one of them share common goals – to take their careers further and make health and happiness simpler, easier and within reach for everyone on a daily basis.



JPMORGAN CHASE & CO.



JP MORGAN CHASE & CO.

For over 200 years, JPMorgan Chase & Co has provided innovative financial solutions for consumers, small businesses, corporations, governments and institutions around the world. Today, they're a leading global financial services firm with operations servicing clients in more than 100 countries. Whether they are serving customers, helping small businesses, or putting their skills to work with partners, they strive to identify issues and propose solutions that will propel the future and strengthen both their clients and their communities. Across their brands and businesses, they have a wealth of opportunities waiting for you.

JPMORGAN
CHASE & CO.



McAFEE

Innovation is vital in order to protect the things that truly matter – from our homes to our workplaces and everything in between. At McAfee, the work you do every day will help keep people safe around the world. The global security landscape changes every day. And they're determined to stay way out in front. That takes brilliant minds. Strategic thinkers. Tenacious doers. People with a wide range of skills who are ready to roll up their sleeves and solve problems. At McAfee, they're teams of innovative technologists, sales leaders, financial powerhouses, and more – all working together to make a difference. Discover what you can do here.

 **McAfee™**
Together is power.



Let's talk about what's possible.™

Diversity & Inclusion makes us stronger.

At Best Buy we place a high value on inclusion. Every background plays an important role here. Our Rallying Cry, Let's talk about what's possible,™ is an open invitation for all, not a select few.

To set the tone for our culture, we turn to our guiding behaviors – Be human, Make it real, and Think about tomorrow. We believe people are at their best when they can bring their whole selves to work.

Corporate and retail opportunities available: bestbuy-jobs.com/diversity

Follow us: bby.me/twitter | bby.me/linkedin | bby.me/instagram





BEST BUY

Best Buy professionals work hard every day to enrich the lives of consumers through technology, whether they come to them online, visit their stores or invite them into their homes. They do this by solving technology problems and addressing key human needs across a range of areas, including entertainment, productivity, communication, food, security and health.



NINTENDO

Join them in putting smiles on the faces of millions around the world. They value diverse perspectives. Find out how they put their values to work. They invest in your health and wellness with a variety of benefits, so you can level up in all areas of your life. Find out how they set their employees up for success—and see what it's like working with these characters.



MICROSOFT

Microsoft's Cloud & Enterprise business and Global Foundation Services business are looking to hire the best and brightest professionals from all over the world to work on innovative technology and solutions! Learn a little bit more about what they do and then browse and apply for jobs that interest you.



MASTERY

At Mastery, you can look forward to being surrounded by smart, dedicated educators who will challenge you to be a better leader each and every day. You will be given the resources and tools to move your team forward. They are committed to hiring a diverse staff to create warm, joyful, student-centered and welcoming schools.





CARDINAL HEALTH



Cardinal Health wants bright, motivated individuals who share their values and are committed to making a difference for their customers and communities. They focus on the business of healthcare so their clients can focus on the business of healing. They bring support, speed and mile-high vision to healthcare workers worldwide.



NESTLE



Diversity and inclusion is an integral part of their company's culture and is one of the ways they bring their purpose and values to life. They aim to promote a culture that builds on strengths and focuses on abilities. Find the part of Nestlé that serves you best!



VHB



VHB is passionate about making meaningful contributions to the world through the work that they do. Their passionate team of 1,500 professionals includes engineers, scientists, planners, and designers who collaborate across 30 locations throughout the east coast. They work hard. They have fun. They make a difference.



VANDERBILT HEALTH



VANDERBILT

Vanderbilt University Medical Center is home to Vanderbilt University Hospital, The Monroe Carell Jr. Children's Hospital at Vanderbilt, the Vanderbilt Psychiatric Hospital and the Vanderbilt Stallworth Rehabilitation Hospital. As the largest employer in middle Tennessee, they welcome those interested in development in a caring and professional atmosphere.

84.51°



Data Science is our DNA

That's what we do at 84.51° — we gather and analyze data from more than 60 million U.S. households. With our unparalleled customer data and predictive analytics capabilities, we deliver personalized marketing strategies and ensure the best experience for customers of The Kroger Co. and more than 300 consumer-packaged-goods companies.

We have many career opportunities with positions in:

- **DATA SCIENCE AND RESEARCH**
- **CONSULTING**
- **DATA AND SOFTWARE ENGINEERING**
- **ADVERTISING AND MEDIA**
- **PRODUCT MANAGEMENT**

For more information, check out our current open positions in our CINCINNATI and CHICAGO offices, and apply online at: 8451.com/career-paths



8451°

8451°

84.51 brings insights to life through personalized customer communications. They utilize data to understand customer behaviors, and the why behind them. Their most valuable assets are their people. They're always looking for naturally curious people to make them better.



DOT FOODS

DOT



Dot Foods is the largest food industry redistributor in North America, with 12 distribution centers across the U.S., operations in Canada, and a joint venture in Mexico. They create an influential family culture within the business where everyone matters. They encourage all of their employees to bring their unique experiences and talents to the table.



WELLS FARGO

WELLS
FARGO

Start your future now. Whether you're just beginning your career or taking it to the next level, they have the right job for you. Wells Fargo offers a variety of career paths that encourage you to thrive and flourish in an inclusive environment. Start your career path with them, and unlock the possibilities in store for your future.



DEPARTMENT OF VETERANS AFFAIRS

VA | U.S. Department
of Veterans Affairs

The Department of Veterans Affairs (VA) is a nationwide medical facility, with over 250,000 employees, they are one of the largest and most technologically advanced health care systems in the world. They strive to offer their employees a better quality of life, on the job and off, in return for their dedication to providing Veterans with exceptional patient care.



NOTRE DAME



The University of Notre Dame promotes a spirit of diversity and inclusion through academic inquiry, and programs and opportunities that reflect their foundational belief in the dignity of all men and women. Notre Dame provides a number of educational and enrichment activities outside the classroom for faculty, students, and staff.



SIMMONS



Located in Boston's historic Fenway area, Simmons College is a small, private, non-sectarian College which has educated students for enriching careers and purposeful lives since 1899. Working at Simmons means joining a collaborative and mission-driven community of educators and professionals. At Simmons, leaders make themselves.



VERIZON



With 53 million customers, Verizon Wireless is known for its reliable network and award-winning customer service. The wide variety of roles they offer includes opportunities in sales, customer service, network engineering, marketing, accounting and any number of supporting professions. We invite you to consider joining them.



VALENCIA



The winner of the inaugural Aspen Prize for Community College Excellence, Valencia College is one of the largest community colleges in Florida. Here, it's more than just a job. They begin with recruiting the right talent. They seek leaders. Inspirers. Motivators. Individuals who not only believe in our students, but will help our students believe in themselves.



27

CARNEY, SANDOE & ASSOCIATES

39

STATE CENTER COMMUNITY COLLEGE

28

EASTERN WASHINGTON UNIVERSITY

40

EVERGREEN COMMUNITY COLLEGE

29

MILTON HERSHEY SCHOOL

41

AZUSA PACIFIC UNIVERSITY

30

BUCKNELL UNIVERSITY

42

LEBANON VALLEY COLLEGE

31

THE WASHINGTON CENTER

43

COLLEGE OF THE SEQUOIAS

32

BELLARMINE UNIVERSITY

44

MOTLOW STATE COMMUNITY COLLEGE

33

HARLEM VILLAGE ACADEMIES

45

MINNESOTA DEPT. OF HUMAN RESOURCES

34

FRED HUTCHINSON CANCER
RESEARCH CENTER

46

MT. SAN ANTONIO COLLEGE

35

OAKTON COMMUNITY COLLEGE

47

BOSTON PUBLIC SCHOOLS

36

CSU SAN BERNARDINO

48

READING PARTNERS

37

BRIDGEWATER STATE UNIVERSITY

49

IUPUI

38

COLLEGE OF THE DESERT

50

URBAN TEACHERS



So You Are Stuck In a Rut...

You've been at your job for awhile now and yet things seem monotonous—never varying—same ole, same ole. It starts to get boring after awhile. Yeah, you may have some weeks where things are exciting but for the most part you may be thinking if this is what it's all going to be about for the rest of your life. What's the end goal here? And why is it taking so long to get to it? You are not alone. According to a 2017 poll, 80% of Americans feel as if they are stuck in a rut—whether it is in their job or personal life. Everyday seems like the next and the next—as if you are living your own version of the popular movie Groundhog Day starring Bill Murray.

You don't look forward to much at all. All of your days are a blur and you forget what day it is. When you do have free time, it's spent sleeping or watching TV instead of doing anything productive – just unmotivated. You daydream like it's going out of style. If this sounds like you, you may be stuck in a rut.

If you feel like this, even if none of the above issues pertain to you, try a few of the following things to get your life back on track. The first thing you need to do to get out of a rut is to make that first step.

1. Understand why you feel the way you feel.

This will help you identify what exactly in your life you need to change and what to look for when you do decide to move forward. Is it your job? What specifically about your job? Is it your daily routine. What specifically makes it mundane? Identify and then assess.

2. Switch up your routine. Instead of going to the office, try going to a gym before or after work. Maybe you eat at the same places all the time. Try new restaurants especially the ones you were curious about. The main goal here is to change your standard routine and create some differences in your life. You never know if a new routine may spice up your life even more than before.

3. If you had a personal project or hobby that you have been looking to do for the longest, why not start on it. Dedicate time in your day to focus solely on that and use it as a way to channel your energy to create something new. Maybe it's taking some online courses. Maybe it's taking that guitar or piano lesson. Maybe it's learning how to program and create your own online project or app. Something so simple can inject much needed energy into your life.

4. Network and meet new people. You'll be surprised at how refreshing it is to make new connections especially with those who share some of your same interests. Those who are content with their life may be able to offer advice and what they did when they felt the same as you. Whether it is through a mentor, sponsor, life coach, friends, or even those at networking events, you are sure to take whatever information you can from them and apply them to your own life. Again, you are not alone so together you may be helping each other out of ruts.

This is just a small list of actions you can take, but ultimately the burden rests on your shoulders. You are stuck in a hole and you feel like you can't get out. You can sit there and whine about your life or you can do something about it starting now. This is the first step. What are you prepared to do?



**Carney
Sandoe**
& ASSOCIATES



Find a school job you love.

CS&A is the leading educator placement firm matching teachers, administrators, program directors, and coaches with jobs at K-12 private schools worldwide.

- ✓ Free job placement service
- ✓ Work 1-on-1 with a career counselor
- ✓ No teaching certification required
- ✓ Find a community you'll thrive in!

Filling jobs in all subjects and roles, including:

- Sciences, mathematics, and STEM
- Humanities, language arts, and history
- World languages
- Director of Diversity, Equity, & Inclusion
- Admissions and financial aid
- Coaches
- Student life

Join us for **FORUM/Diversity**

**January 31 & February 1, 2020
Philadelphia**

Two days of DEI professional development
plus a national school hiring fair.

For more info and to apply to use CS&A to
help you find a school job you love, visit

WWW.CARNEYSANDOE.COM

or email kim.garner@carneysandoe.com



OVER 180 YEARS



OF HBCU EXCELLENCE



HBCUCONNECT.COM

Say What?

What They Are Saying on
HBCUConnect.com



Leave Only Your Footprints

When we, the St. Croix Hiking Association, go hiking off-island, what is posted at the entrance of most trails is a sign that says, "When you leave this trail, take only pictures and memories and leave only your footprints." To the community, when you are hiking or picnicking at the park and on the beaches, you are able to carry all that heavy stuff, but when you are leaving you cannot find the strength to take your garbage back with you. Instead some choose to leave the trash barrels over flowing with the attitude that it's Public Works responsibility. "Two wrongs don't make a right." –**Ivan Butcher II** <http://hbcuconnect.com/content/350885/leave-only-your-footprints>

Head 2 Toe, Mind & soul Fitness: Deep Water Fitness

Moving that body in the deep end. Are you a water baby? Take your free weights, and your surf boards and create some moves that will help you burn a few calories. The water is easy on our joints and helps our lungs stay strong. –**Elly Moss** <http://hbcuconnect.com/content/350805/head-2-toe-mind-soul-fitness-deep-water-fitness>



How Can Mindful Meditation Improve Your Parenting Style?

There is no question that Mindfulness will improve you as a parent. It certainly helped me. I started practicing Mindfulness when my husband and I adopted our middle son, who was born with alcohol, PCP and cocaine in his system. He came into our home when he was three and had been abused in foster care. Our son had a severe issue called, Reactive Attachment Disorder (RAD). It's when a child before the age of five has received negligent care and have not formed a healthy emotional attachment with their primary caregiver.

–**Janet Jackson** <http://hbcuconnect.com/content/350779/how-can-mindful-meditation-improve-your-parenting-style>

Paul Anthony Of The Legendary Group Full Force, Tanya Diona Remake The Classic Hit *Fire & Desire*

Recording *Fire & Desire* was such a special journey. It's one of those songs you DO NOT mess with unless you honor it properly and proudly. Rick once said Full Force was his favorite Band and Teena and I shared a warm friendship. This is extra special because my artist & friend Tanya Diona is from Buffalo, has performed with members of Rick James's Stone City Band, and really honors Teena on the song. My Dad always taught Lou, Bee and I: "Don't sing the song, become the song..." Just Like That.

–**LaMarr Blackmon** <http://hbcuconnect.com/content/350778/paul-anthony-of-the-legendary-gro-full-force-tanya-diona-release-a-remake-of-the-classic-hit-fire-desire>

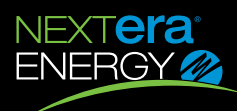


Find more interesting content to read at www.hbcuconnect.com



**ERAS ARE DEFINED
BY THE PEOPLE
WHO POWER THEM.
THOSE WITH THE
RESOURCEFULNESS,
THE INGENUITY AND
THE GRIT TO GET
THE JOB DONE.**

If you share the ingenuity that helped put a man on the moon and the resourcefulness and grit to be a part of America's energy company – we invite you to empower your future: jobs.NextEraEnergy.com



A photograph of three people in an Amazon booth. A man in a dark blue polo shirt and a woman in a pink shirt are leaning over a table, looking at a laptop. A man in a dark blue polo shirt and glasses is standing next to them, looking at the laptop. In the background, a large blue banner with the text "diversity at amazon" and the Amazon logo is visible. Other people are also visible in the background.

diversity at amazon

Career opportunities await:
www.hbcuconnect.com/amazonconsumer

amazon