STOMPING OUT AUTOMATIC NEGATIVE THOUGHTS

Director’s Corner

Rachel Loock, Director of Undergraduate Programming, Office of Career Services

This month’s edition of Director’s Corner is excerpted from the most recent issue of MBA Career Terp Talk where Dr. Kudisch, Managing Director of the OCS, addressed the importance of eliminating Automatic Negative Thoughts (ANTS) in stressful situations, especially as they relate to the internship and job search process. This story illustrates specific ways that you can “stomp out” ANTs.

The following interaction that I had with an undergraduate student demonstrates what I’m talking about. For confidentiality, I will call this student “Ima Starr.”

When Ima visited my office, she was annoyed and embarrassed that she had not yet received a job offer. According to Ima, “The employer never got back to me. I thought I did well in the interview, but I guess I was a terrible candidate since I didn’t get a second interview. I don’t think I’m worthy of a position with this consulting firm.”

During our discussion, Ima acknowledged that her emotions and fears were causing her to question herself and were adding to her stress and anxiety levels. I helped her to recognize the ANT – her belief that she was a terrible candidate, unworthy of the job. In life, such over-generalizations are rarely true and they are typically self-defeating. In this case the employer actually didn’t hire anyone for that position because of poor market conditions (a fact unknown to Ima until that moment!).

We also discussed how Ima’s ANT was influencing her behavior and attitude. I then asked her to challenge her ANT by rephrasing her negative thought with a positive, affirming one. She offered the following: “I’m a great candidate with plenty of talents and it’s the company who lost out by not hiring me.” By the end of our conversation Ima felt relieved and more confident about re-engaging in the job search process.

Whenever you catch yourself making a negative claim about yourself, don’t succumb to irrational thinking. Begin by acknowledging that you are experiencing an ANT. Keep a diary of your ANTs so that you get in the habit of recognizing these negative and unproductive thoughts. Then think positively. In your diary replace these negative beliefs with positive ones.

According to Chinese Zen Master Huang Po, “The foolish reject what they see, not what they think; the wise reject what they think, not what they see.” Negative or incorrect thinking can get in the way of your life and your career pursuits. So what are you waiting for? You can reach amazing heights if you pay attention to your emotions, stay positive, get mentally tough, and keep things in perspective.
OCS and Club Career Programming Events

February 26, 2013
Black Business Association (BBA) Networking Event
Come to the first BBA networking event and meet employees from BB&T, Ernst & Young, and more!
6:30–8:30 pm, VMH 3rd Floor Atrium

February 28, 2013
Careers in HR & Management
Learn about different careers in Human Resources and Management. Panelists include representatives from: Harris Corporation, Deloitte, E&Y, ALDI, Kohl’s, and Booz Allen.
6:00 – 7:30, VMH 2505

March 4, 2013
Career Fair Booklet Cover Contest Launch
We are now accepting submissions from Smith School students for the 2013 Career Fair Booklet Cover Design Contest! The winning design will grace the cover of the Fall Career Fair Booklet on September 20, 2013. The winner will be awarded a Kindle Fire HD!

Design Requirements:
• Front and Back Design
• 300 dpi at the printed size of 11 x 17
• Use of UMD Colors
• Use of OCS Logo - Can be found here: http://www.rhsmith.umd.edu/career/

Please submit designs to jnsimpson@rhsmith.umd.edu by April 1, 2013. Winners will be announced the week of April 8th, 2013.

March 5, 2013
Social Media and the Job Search
This session will go over the Dos and Don'ts of social media to boost your presence during the job search process!
6:00 – 7:00, VMH 2511

March 6, 2013
Rising Business Leaders – PwC Chat
Come talk to Chris Simmons, Washington Metro Market Managing Partner at PwC, and other PwC professionals. For more information, contact RBL_president.umd@gmail.com.
6:00 – 8:00, VMH Frank Auditorium

March 13, 2013
SUSA Alumni Reception
Network and learn from alumni and other undergraduate students.
6:30 – 8:30, VMH 2333
## UNDERGRADUATE RECRUITING EVENTS

### FEBRUARY 25TH-MARCH 1ST

#### Employer of the Day

<table>
<thead>
<tr>
<th>Date</th>
<th>Employer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday, February 26th</td>
<td>Aldi Incorporated (AM)</td>
</tr>
<tr>
<td></td>
<td>Unilever (PM)</td>
</tr>
<tr>
<td>Thursday, February 28th</td>
<td>Movement Technologies (AM)</td>
</tr>
<tr>
<td></td>
<td>Aldi Incorporated (PM)</td>
</tr>
</tbody>
</table>

#### Information Sessions

<table>
<thead>
<tr>
<th>Date</th>
<th>Employer</th>
<th>Location/Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, February 25th</td>
<td>FactSet Research Systems Inc.</td>
<td>VMH 1520, 6:00-7:00</td>
</tr>
<tr>
<td>Tuesday, February 26th</td>
<td>Unilever</td>
<td>VMH 1520, 5:30-6:45</td>
</tr>
<tr>
<td>Wednesday, February 27th</td>
<td>Cvent Inc.</td>
<td>VMH 2517, 6:00-7:00</td>
</tr>
</tbody>
</table>

For more information, resume deadlines, and event locations, please visit HireSmith at [www.hiresmith.net](http://www.hiresmith.net). Please note dates are subject to change. Please contact us at (301) 405-2301 for additional information.

The Office of Career Services is now on Facebook! Come visit us at [www.facebook.com/SmithOCSUndergraduate](http://www.facebook.com/SmithOCSUndergraduate) to get news and updates about events.