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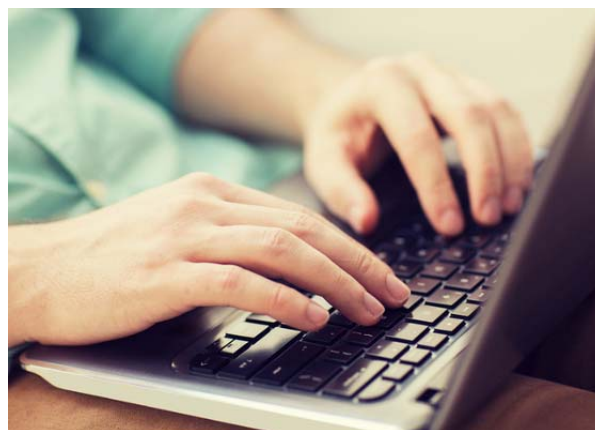
Dear BHMT member, Sometimes, later becomes never...so take advantage of the opportunities to advance your career now! Read on.

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Welcome to Our New Website!

We are very excited to announce the launch of our newly designed website: www.bhmt.org. The new site is more engaging, has more information and resources, and is more intuitive to navigate—connecting you with the programs and services you want faster and easier than ever before. It also provides a new technology platform which allows us to continue to build out new and exciting things for you as we move forward. It's important to us that you have access to leading educational, training, and career development resources, and we look forward to receiving any feedback you may have.



Our participants are always our first priority, and we plan for it to stay that way!

New! Intro to Online Learning Program

The Ben Hudnall Memorial Trust is proud to announce that the [Intro to Online Learning Program](#) is now available. This new online program is a key component to digital literacy and improving online learning outcomes and retention. Participants will learn basics about how to be successful in an online learning

[Subscribe](#) to our email list

Program Features:

- **FREE** for BHMT eligible participants.
- Self-paced online program available 24/7.
- Learn the differences between online learning versus traditional learning.
- Students will gain confidence in utilizing technology.

There are just two simple steps to REGISTER NOW!

1. Go to the online portal: [BHMT Learning Exchange](#).
2. Type in your NUID and password.
3. **Please note:** For first time users, your initial password is "password". Once you log in, you will be prompted to change your password.

KP School of Allied Health Sciences' Registration Opens May 16!

Through [Kaiser Permanente Health Sciences \(KPSAHS\)](#), you can take advantage of the popular online non-credit courses offered, and in just six weeks, you can earn a certificate of completion as you conveniently learn at your own pace.

- [Intro to Medical Terminology](#)

Registration period opens May 16 for courses starting July 7.

May Webinars**KNOW YOUR STIPEND – PART 2****Tuesday, May 17****12 p.m. PT***(30 mins.)***REGISTER**

To follow up with April's Webinar: "Know Your Stipend – Part 1", Part 2 is all about how to maintain your stipend, how to avoid a hold on your account, and what to prepare for when completing your midyear check-in! This session is for those who are currently in the Stipend Program or have attended/listened to "Know Your Stipend - Part 1". *Presented by Tina Nguyen-Cruz, NCAL Region.*

BEHAVIORAL INTERVIEWING BRUSH UP**Thursday, May 19****9:30 a.m. PT***(1 hr.)***REGISTER**

Are you ready for that next interview? Interviewing can be one of the most stressful parts of a job search. How you present yourself is the number one factor in determining who gets the job. This helpful workshop provides a review of useful tips, strategies, and most commonly asked questions to help you prepare with more confidence. Join in on this informative webinar as you learn secrets to successful interviewing in order to get that job you are targeting at KP! *Presented by Mary Wiggins and Michele McCarthy, MAS Region.*

Making Multigenerational Communications Work with CTU!



Today's workplace is a tableau of generations that includes employees representing a wide range of age groups. When you consider the wide age gap between these generations (from 25 to 54), you can imagine the communication issues that may arise.

While it can be challenging to address all the nuances of effective communication, [there are some steps you can take](#) to improve communication in your multigenerational workplace.

Reminder: Don't miss out on summer registration with [Colorado Technical University \(CTU\)](#). Explore a [variety of prerequisite courses](#). CTU offers an award-winning virtual campus where you can access coursework anytime anywhere. College prerequisite classes are conveniently web-based and take only 5½ weeks to complete. It's not too late to enroll!

Registration ends May 13 for session B starting May 15 – June 21

For more information call: 855.283.1590 or email: bhmt@coloradotech.edu.

3 Tips for Career Development

Network Professionally! Your career requires you to network, and in today's marketplace, you must be more active than ever, but networking requires planning—an approach that is strategic and measurable, that you can learn from each time you introduce yourself to a new crowd or reacquaint yourself with an old one.

Here are 3 examples:

- **Make significant connections by creating a LinkedIn profile.** If you do not know where to start, stay tuned for the "Intro to LinkedIn" webinar coming up in the summer!
- **Consider a personal web page to showcase all your accomplishments, work experiences, and more!** Not sure where to go? Wix.com has great examples and is a **FREE** resource.
- **When creating a cover letter, always say things that your resume can't**—make it personal but focus on your professional highlights and accomplishments.



Networking is both an art and a science, but in the end, it should be fun, exciting, and a rewarding approach to career advancement. Once you have become a pro at networking, you can begin to share your experiences, tips, and tricks with others, and always remember, your regional [BHMT Career Counselor](#) is always there to help! *Presented by Martha Edwards and Tina Nguyen-Cruz BHMT Career Counselors, NCAL.*

AmEnglish – FREE Tutoring!

Don't put off what you can do today. You can **improve your communication skills in just 30 minutes**. Come check out our **FREE** tutoring sessions with [AmEnglish](#). Act now as spots are filling up fast! (Call-in and VOIP features available).



Thursday, May 12

12 p.m. PT/ 5 p.m. PT
(30 mins.)

[REGISTER](#)**Thursday, May 26**

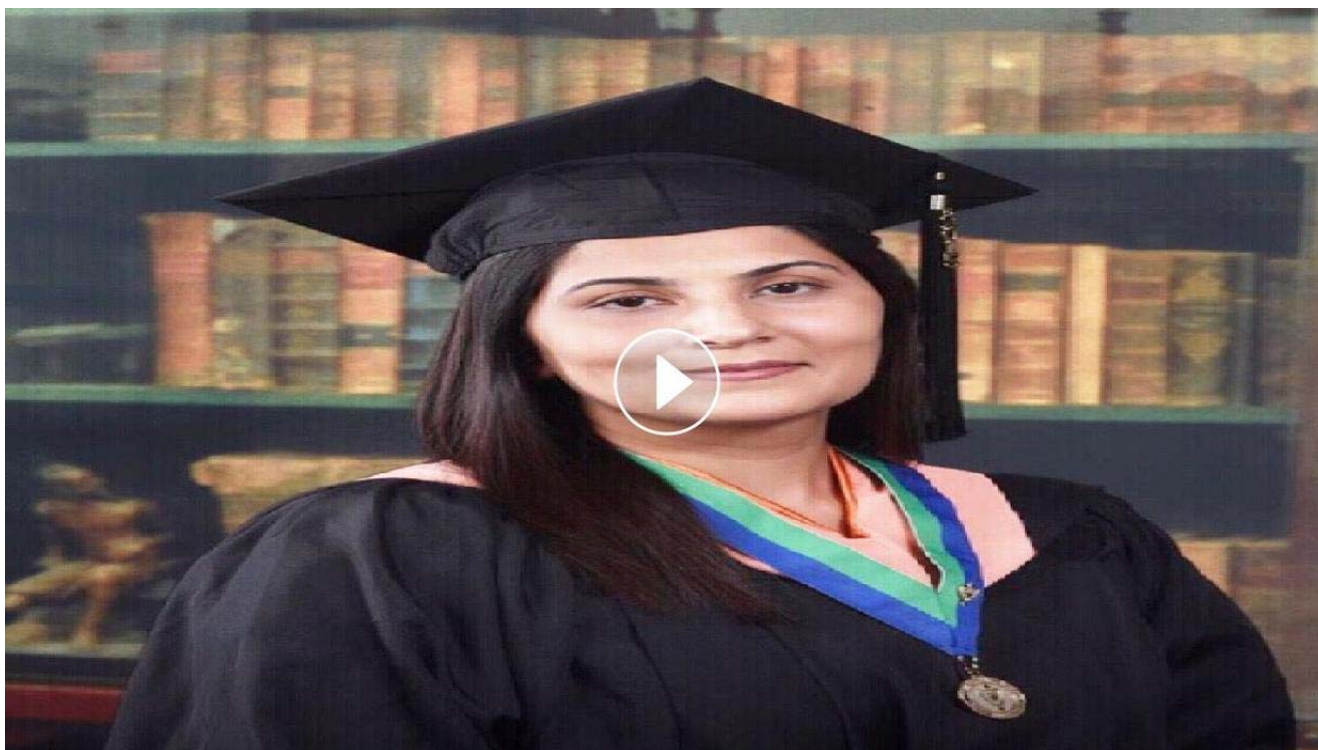
12 p.m. PT/ 5 p.m. PT
(30 mins.)

[REGISTER](#)

Ben Talks: Moving Up at KP

BHMT Participant Sadia Imran moved up in her career by using BHMT services. Find out how she went from an RN to an ADM (Assistant Department Manager) within Kaiser Permanente.

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If you would like to share your story on how BHMT has helped you, please [email us](#) to be featured on our podcast. Also, feel free to leave a comment on our YouTube page. We'd love to hear from you!



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Need Career Direction? Contact Your BHMT Career Counselor

Are you aware of your free and confidential career counseling benefit? Your regional career counselors are available to help you with career goal setting, education planning, and job search assistance. No matter where you are at KP, it's useful to explore your professional development.

Contact Your NCAL region Career Counselors:

MARTHA EDWARDS: Martha.A.Edwards@kp.org, (510) 987-2168

TINA NGUYEN-CRUZ: Tina.Nguyen-Cruz@kp.org, (510) 987-1312

Established in January 2007, the Ben Hudnall Memorial Education and Training Trust provides career counseling services and resources to education and training programs across Kaiser Permanente Regions.

Office of the Ben Hudnall Memorial Trust

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