

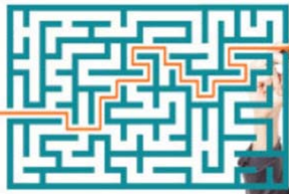


BEN HUDNALL MEMORIAL TRUST

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Career Coaching



3 Tips for Career Development

If you're a Kaiser Permanente employee, you've probably been hearing about Career Development for a long time. In fact, you may have heard or seen the words so many times that you no longer even know what they mean, but it is important to understand how these words connect to you.

Here are 3 ways to **think about why Career Development might be important** in your life:

- **Career Development is about pursuing your heart's desire.**

possible exception of raising kids). Given all that time, your job ought to be a source of satisfaction and meaning. If it isn't, you're likely to experience your life as unsatisfying. On the other hand, doing something you love and value will help you feel better about yourself, your life, and the world around you.

- **Career Development is about developing the skills to achieve the financial success you deserve.**

It is about knowing what you want to do, setting associated income goals, and then developing the skills and experience you need to get there. Through Career Development activities, you can explore the income possibilities of jobs that appeal to you and initiate a plan that can ultimately lead you to getting that next job.

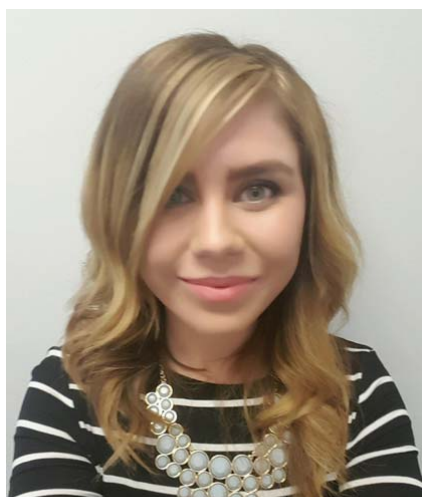
- **Career Development is about making sure that future developments don't leave you behind.**

As KP introduces new technology and organizational innovations, you may require new skills and knowledge in order to continue doing work that's meaningful to you. Sometimes, innovation and new technology render old skills and jobs obsolete. By getting involved in career development activities, you have a greater chance of spotting and preparing for those changes so that you can move into a better role in the event that change has your current job in its sights.

Career development has many other aspects. Think of it as the set of activities that helps you get the most out of the present while keeping you oriented to what's coming in the future. It's like self-care for your professional life. Through your [BHMT Career Counselor](#) and the services offered by the [Ben Hudnall Memorial Trust](#), you can define, pursue, and achieve your professional goals and dreams. *Presented by Dave Rosenberg, BHMT Career Counselor*



Degrees & Certifications



'It Worked for Me': Julie Cardwell

SCAL Service Representative Shows Why It's So Important To Finish What You Start

Current Position: Senior Service Representative, Kearny Mesa Rehab Center, San Diego

Her Goal: To complete her Bachelor's in Business Leadership

How BHMT Helped: BHMT helped through the use of Coastline Community College and CTU

While working as a Service Representative, Julie Cardwell had the desire to go back to school and work towards her college degree. Realizing that the healthcare industry is constantly evolving, she began to think about her future at KP and where she wanted to be in her career. In 2014, Julie signed up [to complete her prerequisite](#)

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(CTU) and was also able to attend [Coastline Community College](#) concurrently without taking time off work. After completing over 70 units in one year, all paid for by BHMT, and receiving a 4.0 in all of her classes, Julie then transferred to Humboldt State University.

"People always think that there's a catch," she says, "You do not have to front the money to participate in the programs. It's better to go through an employer-sponsored program because it can give you that much more incentive to complete it. It's a win-win."

Julie is now paying only \$1,800 out-of-pocket for her entire BA program. "It's amazing to me that BHMT has allowed me to get my bachelor's at the cost of one state class," she says, "I am so thankful."

With her persistence to achieve, Julie will complete her bachelor's in 3 years. With absolutely no plans on slowing down anytime soon, she is already planning her next steps to continue to be a benefit within the organization.

"Kaiser Permanente is a great place to have options."

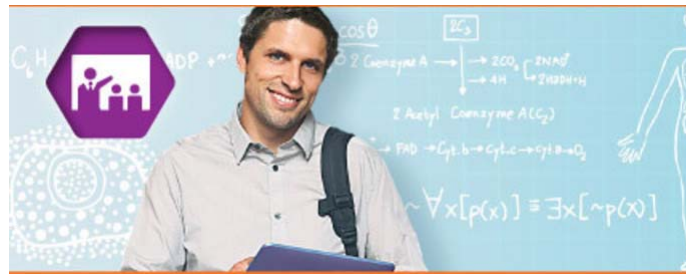
Congratulations, Julie!

Register Now for Coastline Community College

Are you considering a management career within the healthcare industry? Contact your [BHMT Career Counselor](#) today to find out [how completing your associate's degree online with Coastline](#) will help you achieve your career goals. **Apply, register, and start** classes today!



Registration is now open for classes starting April 3, 2017.



Ben U Academic



Earn College Credit Faster with CTU's Fast Track

While the Ben Hudnall Memorial Trust offers the opportunity to take up to **14 prerequisite college courses** for college credit, there is another way to accumulate even more credit... faster!



CTU's Fast Track allows qualified students to bypass selected courses by demonstrating their knowledge through Proficiency Assessments and earn credit for those courses. Students can potentially save up to 30% and reduce the amount of time required to earn a degree.

Next 2017 Start Date: April 3, 2017.

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



SCHOOL of ALLIED HEALTH SCIENCES

KP School of Allied Health Sciences' Registration is Now Open!

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 Biology](#)
- [Intro to Anatomy & Physiology](#)

Registration closes **March 27** for courses starting April 3, 2017.



Ben U Skills



Power Up with New Horizons!

New Horizons Computer Learning Centers offers **FREE** [basic computer applications training](#). Whether you are new to computers or an advanced user, with New Horizons' training platform, you'll gain real-world skills and create a solid foundation to help build the computer knowledge needed today.



The **top 3 Microsoft Office training courses** BHMT participants have completed include **Excel, Word, and Access**. This training can lead to you obtaining a [Microsoft Office Specialist \(MOS\)](#) certification. An in-depth

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understanding of Microsoft Office is essential for career advancement. [Explore our list of training courses](#) and select those that will help you deepen your knowledge.

Not sure where to start? Take advantage of the **FREE** [Microsoft Office Assessment tool](#) to help you choose the right course or start by learning the fundamentals of basic computer application training with Windows 7 or Windows 8.1.

Online Language Training with AmEnglish

BHMT participants are given a 1-year online subscription with AmEnglish. With the English Proficiency Program, you can access all 17 self-selected programs in **Speaking, Listening, Writing, and Vocabulary**.



These online, interactive programs will help you improve your listening comprehension, vocabulary, and speech in English. Look for the TOEFL® Vocabulary Practice sections in each volume (more than 250 words per volume). This program is also available in audio in **English, Spanish, Cantonese, Mandarin, Tagalog, and Vietnamese**. Stream online or download the program to learn on the go!



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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 MAS region Career Counselors:

MARY WIGGINS: Mary.C.Wiggins@kp.org, (301) 816-7403

ROBIN KELLY: Robin.B.Kelly@kp.org, (301) 816-7403

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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