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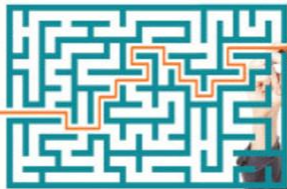


BEN HUDNALL

MEMORIAL TRUST

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Career Coaching



'It Worked for Me': Stephanie Gotts

SCAL Case Coordinator Shows How It's Always Good To Be Prepared

Current Position: Case Coordinator, KP Regional Office, Southern California

Her Goal: To transition into management

How BHMT Helped: BHMT helped through the use of Career Counseling Services

Stephanie Gotts usually felt confident when it came to interviews, but she decided that she needed to brush up on her skills a little bit. [SCAL Career Counselor](#) Lucy Gutierrez was a resource Stephanie would use when it came to school, but she was ecstatic to find that Lucy could also help her with interview prep. Stephanie and Lucy spent 30-minutes together going over tips and tricks that could help Stephanie feel more comfortable when interviewing.

Deciding to take what she had learned from Lucy and put it into practice, Stephanie interviewed for a Sr. Case Manager position. "I wanted to go in there with a plan," she says.

Through Stephanie's hard work, experience, and preparation, she was offered the Sr. Case Manager position. Not ready to stop there, Stephanie wants to master her new role and then move on to a management position.

Congratulations, Stephanie!

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CAREER COACHING

3 Tips for Career Development



3 Tips for Career Development

What does it take to succeed? Career development should be an area of interest for everyone. By developing a plan, you can seize the available opportunities around you and advance your career.

When it comes to your career, planning is sometimes an activity done once and then left behind, but it should be done on a regular basis.

Here are 3 ways to **plan** more effectively for your career management:

- Make Career Planning a Regular Event
- Set Career Goals
- Explore New Education/Training Opportunities

Find a day once a year and develop a roadmap of what career success looks like for you. Also, never pass up the chance to learn and grow. Part of career planning is finding new training and education opportunities that can help enhance your career, so take the time to think about what type of education will help you achieve the goals you have set for yourself. BHMT has many programs that can help you find career-enhancing opportunities as well as provide the support for you to be successful. Speak with your [BHMT Career Counselor](#) today to find out more information!



Degrees & Certifications



Registration for Coastline Community College Closes August 18!

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



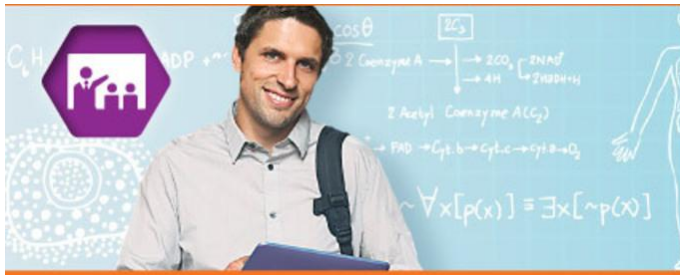
Register today for classes starting August 28.



You Can Get 100% of Your College Tuition Funded

Did you know that as an eligible-BHMT participant, you can have 100% of your college tuition funded at [Colorado Technical University \(CTU\)](#)? Through the BHMT Commitment Grant and the [Tuition Assistance Program](#), you can now pursue your degree without the burden of student loan debt.

The next session begins October 3rd! If you're ready to take the next step, reach out to your [BHMT Career Counselor](#) to get started. After you've consulted with both your BHMT Career Counselor and assigned [Academic Success Coach](#), call CTU directly at 1-855-283-1590 to complete your enrollment.



Ben U Academic



SCHOOL of ALLIED HEALTH SCIENCES

KP School of Allied Health Sciences' Registration Opens August 21!

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.

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

Registration period opens August 21 for courses starting October 2.

Get Ready for Fall with CSUSM Online Health Science Courses

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Does your education plan for 2017 require a prerequisite health science course for a Nursing or Allied Health program? If so, [take an online lab course in the convenience of your own home with California State University, San Marcos \(CSUSM\)](#) including Anatomy & Physiology, Microbiology, Biology, Chemistry, Organic Chemistry, and Critical Thinking.



Fall 2017 Session: August 28 – December 9

Want to register early? Please contact: Elizabeth Rosales: erosales@csusm.edu, CSUSM Admin. Svcs.



Ben Talks: Interview with New Horizons Rep, Aaron Brown—Part 2

New Horizons representative Aaron Brown shares what to expect in a computer class and whether you should choose an online or in-person class. [Hear about the most popular classes utilized by BHMT participants](#) and how to get started.



If you would like to share your story on how BHMT has helped you, please email bhmt@kp.org to get 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 SCAL region Career Counselors:

Panorama City, Lancaster, and Kern County

CECILIA LOPEZ: Cecilia.M.Lopez@kp.org, (626) 315-0494

LAMC, West LA, Woodland Hills

MICHELE DEROSA: Michele.X.Derosa@kp.org, (818) 476-6193

Baldwin Park, South Bay, SCAL Regional

JONIE TSUJI: Jonie.T.Tsuji@kp.org, (626) 701-0867

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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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