**NONTRADITIONAL CAREER NEWS**

Hennepin Technical College & North Hennepin Community College

*Giving support and guidance to women and men who are breaking the gender mold by pursuing a career where the occupation’s workforce is predominately of one gender*

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**HOW TO UNDERSTAND AND LEVERAGE FEMALE AND MALE COMMUNICATION STYLES**

Understanding gender communication styles is important for everyone, but critical for those working in an underrepresented field. Read the two short articles below and become aware of the various styles and ways to leverage yours and others communication styles.

<https://www.experience.com/advice/professional-development/gender-communication-differences-and-strategies/>

<https://www.bizjournals.com/bizjournals/how-to/human-resources/2015/10/5-ways-to-bridge-the-gender-communications-gap.html>

**PROFESSIONAL RESOURCES FOR YOUR NONTRADITIONAL CAREER**

Look to professional associations to support your career choice. Though you may feel like one of few in your classroom, you will find there are larger numbers of you on the job. Often these professional associations offer mentoring programs. Finding a mentor will help you to persist and secure your success in a career. Check out the Associations below to find out how to get involved/become a member. Need help finding a professional association? Contact Maria Vittone, Nontraditional Career Support Consultant at [mvittone@nhcc.edu](mailto:mvittone@nhcc.edu)

**FOR ALL**

CareerWise

Alliance for Partnerships in Equity

Dept of Labor Occupational Outlook Handbook

**FOR WOMEN**

American Association of University Women

Association for Women in Science

Hard Hatted Women

Institute for Women in Trade, Technology, and Science

International Association of Women Police

National Center for Women & Information Technology

National Women’s Business Counsel

US Department of Labor Women’s Bureau

Women’s Guide to a Sustainable (Green) Career

Women in Film

Women in Food Industry Management

Women in Manufacturing

Women’s Audio Mission

Women’s Automotive Association International and Automotive Women Alliance Foundation

Women in HVACR

National Association Professional Women in Construction

**FOR MEN**

American Assembly for Men in Nursing

American Association for Respiratory Care

Men Teach

American Dental Assistants Association

National Association of Social Workers

American Association of Medical Assistants

National Association of Legal Assistants

National Association of Education of Young Children

**HOW TO MANAGE YOUR INNER CRITIC**

When you find yourself as ‘one’ or few of your gender on the job, you may question your career choice. This can spark insecurities about your decision to step outside of familiar gender roles. Watch this video to get tips on how to manage these insecurities. Remember to keep a positive attitude and don’t get in your own way. You know you are good at your job and you deserve to be ‘in the room’.

You can do it!

<https://leanin.org/education/how-to-manage-your-inner-critic/>