

CAREER COMPASS

Navigating Youth to Career Success

May 2026

Your Future Begins Here | sutteronestop.com



SCAN ME



Want to get involved? Scan this QR code to connect with our Youth Team and learn about exciting opportunities!

INTERNSHIPS: GAINING VALUABLE EXPERIENCE

FINDING INTERNSHIPS

- **Check Job Boards:** Browse postings daily to find the newest opportunities.
- **School Resources:** Visit your school career center for local listings.
- **Personal Network:** Ask family and teachers if they know of openings.
- **Direct Outreach:** Contact local companies directly about possible positions.
- **Target Interests:** Match roles to your long-term career and education goals.

MAXIMIZE SUCCESS

1. **Be a Sponge:** Listen carefully during meetings and take detailed notes.
2. **Seek Feedback:** Ask your supervisor regularly for advice on how to improve.
3. **Show Initiative:** Always request new tasks as soon as work is finished.
4. **Stay Positive:** Bring a professional attitude to the work every day.
5. **Meet Deadlines:** Ensure all assigned projects are turned in on time.



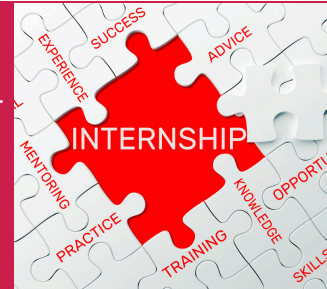
THE "INTERN-READY" CHECKLIST



- ✓ **Update Portfolio:** Have resume and certificates ready.
- ✓ **Mock Interview:** Practice intro with a mentor or counselor.
- ✓ **Set Goals:** List three skills to learn and master soon.
- ✓ **Track Wins:** Log projects for your resume.

NETWORKING TIPS

- Meet professionals at local businesses.
- Discuss different jobs with staff.
- Connect with adult career mentors.
- Practice your short elevator speech.
- Ask questions about different careers.
- Request contact info for follow-up.



We appreciate all of the Teachers!
Teacher Appreciation Week: May 4-8th, 2026
 Teachers inspire students to dream big and reach their potential. They provide the knowledge and support that shape our community's future. Thank you to our local teachers for your dedication!

2025-2026

The Sutter County One Stop is a proud partner of America's Job Center of California network.

A Big Thanks To Our Work Experience Partners!

All Power Services
 Brakes, Tires & More
 C&M Automotive
 East Linda Garden LP
 Esteban's Tacos, Burgers & Brews
 Franklin Pharmacy
 Gaiser's Pets
 Grocery Outlet

IHOP
 JCPenney
 Live Oak Unified School District
 Papa Murphy's Take N' Bake
 Photogenic 1 Studio
 Pizza Factory
 Steele House Coffee
 Straw Hat Pizza

Sutter Co. Supt. of Schools
 Tin Roof Bakery
 Togo's/Baskin Robbins
 Tractor Supply Co.
 Walgreens (855 Colusa)
 West Coast Sourdough
 Wing Zone
 Yuba City High School

**Employers that partner with us to provide valuable work experience opportunities for our youth.*



Equal Opportunity Employer/Program.
 Auxiliary aides & services are available upon request to individuals with disabilities.