



## 4 Quick stress management techniques for students

Most students experience significant amounts of stress, and this stress can take a significant toll on health, happiness, and grades. Stress can affect health-related behaviors like sleep patterns, diet, and exercise as well, taking a larger toll. Many students feel a sense of needing to relieve stress, but with all of the

activities and responsibilities that fill a student's schedule, it's sometimes difficult to find the time to try new stress relievers to help dissipate that stress. These options are relatively easy, quick, and relevant to a student's life and types of stress.

### Get Enough Sleep

Don't neglect your sleep schedule. Aim to get at least 8 hours a night and take power naps when you need them.

### Exercise Regularly

Starting now and keeping a regular exercise practice

throughout your lifetime can help you live longer and enjoy your life more.

### Get Organized

One way to reduce the amount of stress that you experience is to keep a minimalist, soothing study area that's free of distractions and clutter. Also keep track of your tasks and assignments.

### Eat a Healthy Diet

You may not realize it, but your diet can either boost your brainpower or sap you of mental energy.

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## GIT thought provoking corner



*When we long for life without difficulties, remind us that oaks grow strong in contrary winds and diamonds are made under pressure.*

*- Peter Marshall*



## The vast majority of the world's currency is digital

It's no secret that digital currency plays a huge role in the modern economy, but most people are unaware of the extent to which it dominates. A mere 8% of global currency consists of physical money. The rest is stored electronically.

The way we interact with money is just beginning to change, however. With the rise of bitcoin and blockchain, experts believe that our entire approach to commercial transactions will evolve sooner rather than later.



## Apply for the Global IT Scholarship Program

Global Information Technology is proud to provide the GIT Scholarship Program. Every month, this scholarship will be awarded to highly driven individuals wanting to begin or advance their IT career. Exclusively, the scholarship will provide a grant of \$2,500.00 towards any certification course or remote live training at GIT.

GIT created this opportunity to give back to the community and spread our desire to help those in need. We believe that learning is essential and we will continue to help and develop individuals to help them succeed in their personal development goals.

Apply here:

<https://www.global-itech.com/the-global-it-scholarship/>

## Career Guide

### Quick & to the point – Career Advice

**Question:** “What advice to you have for getting my resume ready to be posted online and beginning my job? It seems there is sooooo much to it. Thank you!”

- Joshua K. Milton

**Answer:** Great question, Joshua. The best place to start when preparing to write a resume is to read the job postings that interest you. As you apply for different jobs, you should study each job description for keywords that show what the employer is looking for in an ideal candidate. Include those keywords in your resume where relevant. Also, pay attention to anything listed in the sections labeled “Requirements” or “Qualifications.” If you have the skills that employers are looking for, you can add these same terms to your resume in the experience or skills sections. Best of luck!

*Andrei*



## VETERANS, GET READY TO POWER YOUR TECH FUTURE AT GLOBAL IT

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## 2 Tech jobs you've probably never heard about – and might like

Do you feel like just another body in the IT herd? Is information security losing its excitement? Do network management, infrastructure architecture and risk assessment seem so yesterday? Perhaps you crave a change – something out of the IT ordinary. Well, here are two job that will open your eyes some.

### Desktop Virtualization Expert

Companies want desktop virtualization experts – IT professionals with a deep understanding of “back-end infrastructure operations elements including servers, storage, and the network,”

reports Cecere. According to Jaffe, “this is certainly one to keep an eye on, as virtualization has become very hot in the data center.” However, he wonders if it will materialize as a standalone position. “People are still trying to figure out what to do with desktop virtualization – is it something that will take hold? Also I’m not sure there will be a title of ‘desktop virtualization expert.’ It will probably fall under the desktop virtualization team.”

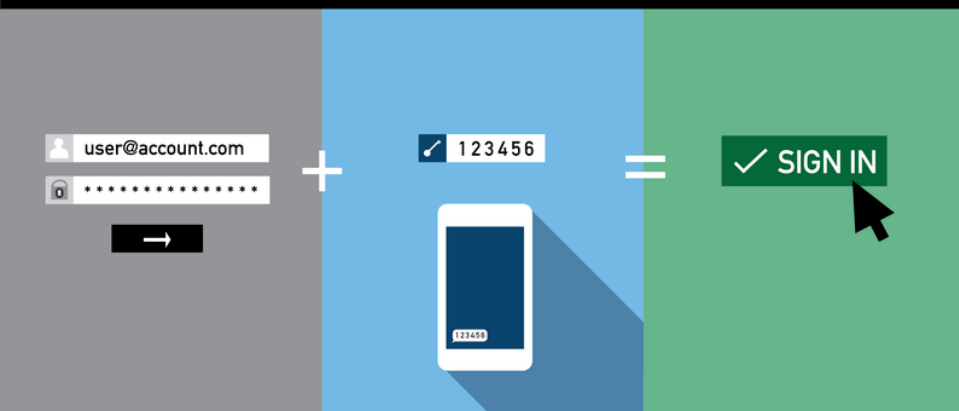
### Storage Director

As enterprises struggle with storage, its often arcane underpinnings beg for an experienced manager – a storage program director. “(You’ve got) the incredible volume of data growth and nobody wanting to delete anything – except for legal who just wants to delete everything,” remarks Jaffe. Next, add in “the cost of storage and backing it up, the cost of replicating it for disaster recovery, not to mention the different tiers of storage, as well as virtual storage – managing indiscriminate pools of storage.”





## TWO-FACTOR AUTHENTICATION



### The significance of two-factor authentication

Passwords are the brittle wall that keep unwanted visitors out of your accounts. When it comes to account protection, two-factor authentication is one of the most effective defenses available.

Two-factor authentication (or 2FA, for short) strengthens login security by requiring a second piece of information — a second factor beyond your password. The second piece of information is usually a temporary code delivered by a device in your possession, such

as your phone. It may also be something on your body, such as a fingerprint.

You might hear it referred to by a variety of names (e.g., multi-factor authentication, 2-step verification), but we're going to stick with 2FA.

### Why you should use 2FA

When large-scale password breaches happen — and they happen a lot — credentials are often sold and swapped in online marketplaces and hacking forums. Some attackers break into accounts for entertainment, and some, for a payday. It's typically not personal. In rare circumstances,

attackers have a specific group or person in their crosshairs.

Email accounts generally give attackers the most value. Why? You use your email to recover other web accounts.

Here are a few different ways your account is most likely to get hijacked.

- Attackers will guess short or predictable passwords.
- After a large-scale password breach, some attackers will use automated scripts to try logging in to multiple websites with the same hacked credentials, just in case you reuse passwords on multiple accounts.
- Attackers will craft fake *phishing* pages to trick you into divulging your credentials. How? They'll usually send an email that seems to come from a trusted source (e.g., Twitter), directing you to an ordinary-looking login page for a real site you trust, but the site is a bogus one under their control. This is why it's important to look closely at the sender field,



as well as the URL for the login page. You can learn more about phishing here.

- *Spear phishing* is targeted phishing. Typically, the attacker will do their homework, gathering publicly available information (e.g., social media, public records) to create a good pretext for the phishing email. They may impersonate a friend or colleague direct you to a forged login page. This is how the Washington Post's website got hijacked in 2013.

These are common attacks that affect all email services. Enable 2FA everywhere you can, but especially on your email.



## Changing careers midstream

Interested in a new career?

People seek to change careers for many different reasons. Your career goals or values may have changed; you may have discovered new interests that you would like to incorporate into your job, you may wish to make more money, or have more flexible hours, just to name a few.

Before you decide, it is important to take the time to evaluate your present situation, to explore career options, to decide if your career needs making over, and to choose a

career that will be more satisfying for you.

### Why People Change Careers?

There are many different reasons why people want to change careers. Of course, it's a personal decision with many factors involved.

Joblist's Midlife Career Crisis survey reports on the top five reasons people change careers:

- Better Pay: 47%
- Too Stressful: 39%
- Better Work-Life Balance: 37%
- Wanted a New Challenge: 25%
- No Longer Passionate About Field: 23%



### **The Benefits of a Career Change**

The Joblist survey reports that most people were happier after they made the change:

- Happier: 77%
- More satisfied: 75%
- More fulfilled: 69%
- Less stressed: 65%

In addition, the people who change careers were making more money. Survey respondents who changed careers for better pay earned an additional \$10,800 annually compared with their previous positions.

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### **2 really cool jobs that don't exist today, but will soon**

You've probably read or heard ominous stories about robots swallowing up lots of our future jobs. According to a 2019 report by the Brookings Institution titled "Automation and Artificial Intelligence: How Machines Affect People and Places," 25% of American jobs are at a high risk of

automation—with food preparation, office administration, and transportation jobs taking the brunt of the blow. But there's an upside: Plenty of those displaced workers can be shifted fairly easily into similar occupations.

Many automation jobs in engineering and computer science are being created to oversee the process. And the work landscape will continue to evolve, bringing us positions in the next two decades that we can barely imagine now.

To stay competitive, you'll want to focus your energy on the high-touch, strategic aspect of your job; robots can do a lot, but they can't (yet) brainstorm, motivate, or inspire people. (Except when they can—oops.) Imagine working side-by-side

with robots doing creative, thoughtful work—the kind only humans can do.

While it's impossible to say exactly what tomorrow will hold, these two examples of

future jobs that could very likely exist in the future show how current trends could play out over the next couple of decades. Who knows, you could end up landing one of these jobs at some point—if you start working toward it today.

### **Human-technology integration specialist**

These people would teach others how to leverage and use the vast array of technologies to improve the quality of the lives. This person could take a holistic approach that examines all the different work and consumer technologies a person uses and streamline devices and platforms to get the most out of them.

### **Chief productivity officer**

Driving efficiencies will be vital at individual, departmental, and organizational levels, and the officer-level position will be important at companies of all sizes. People in officer-level positions must be comfortable working with data and offering recommendations on how to improve productivity.