

Survival Guide: The First Five Years

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- I. **What nobody tells you about life after undergrad! (Forbes, July 2, 2015)**
 - a. **Job Hunting is a Necessary but a Terrible Evil**
 - b. **You May Not Find the Job You're Looking For**
 - c. **There are Frugal Days Ahead**
 - d. **Your Drinking Habits Will Have to Change**
 - e. **You'll Grow Out of Living With Roommates....But Your Bank Account Won't.**
 - f. **Your Closet May Have to Go Through Some Upgrades**
 - g. **People will Start to Ask About Your Job All The Time**
 - h. **Your Bedtime Will Change**
 - i. **Hanging With Friends Will Take Some Effort**
 - j. **You Will Be Completely Lost For a While**

- II. **Pitfalls during the first five years:**
 - a. **Burn-out**
 - b. **Stress**
 - c. **Depression**
 - d. **Lack of Direction/Goals**
 - e. **Email/Social Media**

- III. Interviews with five professionals in our field with years of experience. They tell their experiences early in their careers.**
 - a. M. Dee Stewart joined the faculty of Indiana University as professor of trombone and euphonium after an 18 year tenure in the Philadelphia Orchestra.**
 - b. Dr. Gail Robertson is Assistant Professor of tuba and euphonium at the University of Central Arkansas. She has performed as a soloist around the world including performances at Carnegie Hall.**
 - c. Master Gunnery Sergeant Susan Rider joined “The President’s Own” United States Marine Band in July of 1997. She holds degrees from the University of Northern Iowa and Indiana University where she earned a doctorate in 2000 in brass pedagogy.**
 - d. Brian Crook is a producer, composer, arranger and multi-instrumentalist for Broadway, TV and films. He was nominated for a Tony Award for his orchestration of Motown the Musical. He has played in the pit orchestra for Book of Mormon on Broadway since it opened in 2011.**
 - e. Ted Arthur is a New York-based music director/pianist who has worked in shows such as Dear Evan Hansen, Wicked and is currently working in Miss Saigon.**
- IV. The Mentor Relationship**
 - a. Characteristics of an Effective Mentor**
 - b. Selecting a Mentor**
 - c. National Support Programs**
- V. Final Thoughts**