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1. What classes do you recommend for students interested in your field? What skills are important to develop? (writing, fiscal analysis, public speaking, etc.)

I'd recommend taking classes in a wide range of disciplines, rather than in the journalism department. History, political science and economics are particularly useful and can give you a good base of knowledge and perspective on issues you will cover. The ability to write clearly and concisely is extremely valuable in just about any field, but particularly in journalism.

2. What keeps you motivated in your job day-to-day?

I learn something (often many things) every day in my job.

3. Do you work in a constantly changing field and how does that affect your job?

Yes, journalism is changing significantly. It doesn't affect my job on a day-to-day basis, but leads me to often think about how we reach readers, what people look for in news sources and what changes are coming in the future.

4. What was your career and educational path to your current position?

I majored in history in college but worked for the university's daily newspaper. I worked for newspapers during summer breaks (The Hartford Courant and The Washington Post), and then worked for newspapers after graduating. I started working at The Mirror in 2010 after four years at The Courant.

5. What risks did you take?

Moving from an established newspaper (The Courant) to a relatively new online publication (The Mirror) was something of a risk but one I'm glad I took.

6. What terms and acronyms do people need to know?

In journalism the best thing to know is to avoid acronyms and jargon as much as possible.

7. What sources of info do you check regularly?

I read The New York Times and The Courant at home in the mornings and several other newspapers and news sites online. I also get a lot of information through articles I find through Twitter.

8. What's your best advice to students? What to do and what not to worry about?

Pick a field you care about. If you're interested in journalism, nothing beats experience, so try to do as much reporting and writing as you can. Read as much as you can. Listen.