EMPOWERING YOUR STUDENT'S CAREER SUCCESS

Parents play an important role in the career development process. Family members can provide encouragement and advice to students as they explore and consider career options. The Office of Career Services values the encouragement of parents to help students navigate the career development process.

Help your student focus on his or her strengths while suggesting helpful actions. Empower your student to consider individual career goals and how those will be achieved:

Questions you can ask:

- Think of a time when you are most energized. What are you doing?
- If you knew you couldn’t fail, what would you do?
- What will happen if you do nothing?
- If you were to take one step toward achieving your dream, what would you do?
- What have you already started to put in place to get where you want to be?
- What could you do in the next 24 hours relative to your goals?

In addition to encouragement, you can provide valuable resources to help your student build relationships with working professionals. Such introductions provide the opportunity for your student to communicate new-found skills and knowledge.

While initial introductions and advice can be helpful, it is important that your student take the lead in his or her job search and interview process. Direct contact from anyone other than the applicant will likely derail and hinder your student’s job or internship search success. Students wish to be supported and encouraged while showing themselves to be independent and capable adults.

HOW DOES THE OFFICE OF CAREER SERVICES HELP STUDENTS?

The Office of Career Services encourages all students to consider career development as an ongoing process that accompanies academic pursuits. In addition to numerous resources offered online and through our office, the Office of Career Services hosts a wide variety of workshops and events throughout the year to help students develop skills and make contacts. Students can also meet one-on-one with a career advisor for personalized coaching and assistance.
Here are some helpful ways that you can support your student in his or her career development.

**Freshman year**
- Encourage your student to make academics a priority by attending class regularly and by devoting ample time to studying outside of class time.
- Encourage your student to go to professors’ office hours to enhance subject matter understanding and to begin to develop professional relationships.
- Ask your student about on-campus activities that are of interest. Examples are: activities through residence halls, intramural sports, academic clubs, student government, and campus recreation.
- Encourage your student to meet with an academic advisor, as well as a career advisor, to discuss interests.
- Talk with your student about summer options such as: employment, an internship, or volunteer work.

**Sophomore year**
- Ask your student if they have decided on a major and encourage him or her to meet with an academic advisor to discuss options and declare a major if they have not already done so.
- Encourage your student to visit career services again to discuss career opportunities related to their major.
- Support your student as he or she chooses a major and career path that aligns with his or her values, interests, passion, and skills. Encourage your student to choose the path that is the best fit for them.
- If your student is considering studying abroad, suggest that he or she meet with a representative from the Office of Overseas Study as well as an academic advisor.
- Talk over winter break about looking ahead to summer internship opportunities and encourage your student to seek assistance from career services to prepare for an internship search.
- Continue to encourage campus and community involvement that expands your student’s experiences.

**Junior Year**
- If your student plans to study abroad, it may occur during the junior year. Overseas study can be an excellent way to expand one’s resume.
- Encourage your student to attend career fairs and workshops on campus. At this point, your student should have a well-developed resume and cover letter.
- Discuss graduate school options early. Many applications for graduate school occur in the summer between the junior and senior year. Help your student prepare for the GRE or other graduate admissions tests.
- Encourage your student to find summer employment related to his or her field of study to gain additional practical experience.

**Senior Year**
- Be supportive and ask your student how school and future plans are going.
- Listen to fears and concerns that your student may be expressing about the next step after graduation.
- Encourage your student to attend multiple career fairs on campus and visit the career office regularly.
- Consider investing in professional attire, such as an interview suit, for your student.
- Encourage your student to network with professionals in their career field and to seek the advice of career services staff on networking techniques.
- Suggest to your student that he or she practice some mock interviews with a career advisor to enhance interview skills and increase confidence.
- Remind your student about the “soft skills” needed on the job such as communication, problem solving, teamwork, and proper business etiquette.
- Encourage your student to share his or her career goals with friends, family, and contacts who may be able to assist with advice or job leads.