A Parent’s Guide to Career Advice

The most valuable thing parents can do to help students with their career planning is to acknowledge that job search strategies that worked in the past are no longer effective in today's technology-driven job market. Here are a few specific ways to help:

**Encourage your student to visit the Center for Internships and Career Development**
Career Counselors are here to support students throughout their college career, offering 1:1 counseling appointments and career-related events and workshops.

**Start career conversations early**
Ask your student about the type of job they want to pursue after graduation. A career decision should be a process and not a one-time, last-minute decision.

**Challenge your student to become "occupationally literate"**
If your student is unsure about their career direction, you can mention personal qualities you see as strengths. Self-assessment inventories and employment research can help identify careers that match their interests, personality and skills.

**Advise your student to write their resume early**
Writing a resume can help a student identify what kind of experience or skills they may want to acquire during their college experience.

**Recommend co-curricular involvement**
Part of experiencing college life is to be involved outside the classroom. Interpersonal and leadership skills, which are qualities valued by employers, can be gained through clubs or volunteer activities.

**Emphasize the value of gaining pre-professional experience**
Having a high GPA is not enough. Internships and co-ops enable students to sample career options and provide the real world experience employers require.

**Share the importance of face-to-face and online networking**
Encourage your student to request informational interviews or job shadowing opportunities to increase awareness of possible career fields and to join LinkedIn to grow their professional network.

The Center for Internships and Career Development is located on the 2nd floor of the Wood Support Services Building. We are open all year, 8:00 am – 5:00 pm Monday through Friday. For more information, or to schedule a career counseling appointment, please call (860) 465-4559 or email careers@easternct.edu.