

# *Careers 301 – For Parents of “Mid-Career” Students*

During the sophomore year and throughout the junior year, it is important for students to experiment with possible career options. They can do this in a variety of ways: internships, cooperative education programs, summer jobs, campus jobs, and responsible volunteer experiences both on campus and in the local community. This is a critical time for your support and understanding.

## **What You Can Do to Help**

- Encourage your child to use the resources available at the campus career center. Experts there can assist your child in preparing a good resume and finding opportunities to test career choices. Most career centers are in direct contact with employers
- Tell your child that you understand the importance of gaining exposure to and experience in his or her field of career interest. Broadening experience through involvement outside of the classroom is a valuable use of time
- Internships or summer experiences may be non-paying. Also, a good opportunity may be in a distant location. Discuss your financial expectations with your child before a commitment is made
- Don't conduct the internship or summer job search for your child. It's a great help to provide networking contacts or names of people who may be helpful; however, making the contact and speaking for your child deprives him or her of an important learning experience – and may make a poor impression on the future employer