

# *Careers 401 – For Parents of Graduating Seniors*

The senior year is when organizing and conducting a job search or graduate school search begins in earnest. It is also a time when students are heavily involved in more advanced courses and often have more responsible roles in campus and/or volunteer activities. Balancing these important pursuits and setting priorities is a constant challenge for seniors.

You are probably anxious for this young adult to make a decision – and yet, he or she may be moving toward closure more slowly than you would wish.

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

- Suggest that he or she use the campus career center throughout the senior year. These offices provide assistance in preparation for the job search. Offerings may include:
  - Workshops and individual help with resume and cover letter writing, interviewing, and other job search skills
  - Individual and group career advising
  - Job-search resources
  - On-campus interviewing opportunities
  - Alumni career consultant or mentor programs
- Don't nag your child about not having a job yet. This will often have the reverse effect. Use positive reinforcement
- Offer to assist by sending information you may have found about your child's target career field and/or job listings that may be of interest. Listen for indications from your child that you are getting carries away – and back off
- Don't call potential employers to intervene for your child. Contact with potential employers is the candidate's responsibility
- Be prepared to support your child through the ups and downs of the job and graduate school search. It can be a bumpy road – not every desired job or graduate school acceptance will come through. Your student will need reassurance that for every door that closes, another opens