As a parent of a college student, you may find it challenging to assist your student throughout their educational and career pursuits. Follow the steps above so students can navigate this process at their own pace.

Some of these steps include:
1. Assessing skills, interests, and abilities
2. Exploring possible majors and career options
3. Experimenting with possible career options
4. Launching a job or graduate school search

### First Year Students

Support your student’s involvement in campus activities, while also urging responsibility in the classroom through time management skills.
- Affirm what you know to be areas of skill and ability that your student has consistently demonstrated.
- Support your child’s exploration of study and interests.
- Talk with your student about the courses and activities he or she is enjoying and how well they are doing.
- Urge your child to seek assistance through the Career Center. There are many assessment instruments and career consultants available to assist students with identifying their skills, abilities, and interests.
- Don’t panic if your student is excited about majoring in something that you are unfamiliar with such as the Liberal Arts, these can be excellent academic choices which prepare students for various career paths.

### Second Year Students

Social integration and exploration are important aspects of your student’s transition into the college lifestyle and continued persistence (Tinto, 1993).
- Assist your student in identifying the skills that they are gaining from their classes. For example, highlighting critical skills such as communication, team work, and problem-solving skills.
- Exploration is an important aspect of the educational and career-search process. This can be done through multiple avenues, such as internships, co-ops, community service learning courses, summer jobs, on-campus jobs, and volunteer opportunities.
- Direct students to our Majors Career Center on the Career Center home page to help them with their decision-making process.
- Don’t worry if your student hasn’t decided on a major yet. Some student’s indecision is based on their fears of making a “final” choice or making the wrong decision.

### Third Year Students

According to a survey by the National Association of Colleges and Employers, the top five characteristics employers desire in job candidates are communication skills, honesty, integrity, teamwork, interpersonal skills, and motivation/initiative.
- Encourage your student to utilize the Career Center. We can help your student with creating a resume, interviewing skills, and finding employment opportunities.
- Discuss your perspective on career success and job qualities with your student. Listen and learn from your student’s perspective to determine what success means for them.
- Consider graduate school opportunities and whether they may be beneficial for your student’s academic and career growth.
- Explore all financial options with your student so that they can make decisions on paid vs. unpaid internships as well as internships out of the area.
- Support your student’s independence by allowing your student to learn through the job search process and develop their own style.
- Offer assistance, resources, or networking opportunities to your student.
- Be prepared to support your child through the ups and downs of the job and graduate school search.
- Contact with potential employers is the candidate’s responsibility. Don’t call potential employers to intervene for your student.
- Utilize positive reinforcement and realize that it can take 3-6 months before landing a job. Pressure often has a negative effect on a student’s job search.

### Graduating Students

Students feel personally significant and capable of succeeding in their career pursuits by learning how to work through challenges independently.
- Review resume and have it critiqued at the Career Center. Post resume on the SJSU Career Center Web site.
- Offer assistance, resources, or networking opportunities to your student.
- Help your student set a goal of getting an internship by the end of their sophomore year.
- Suggest learning a foreign language or new computer skills. These skills will assist your student in the global economy no matter what career they pursue.
- Encourage your student to conduct informational interviews which can educate them about the “real world” of careers through discussions with professionals in areas of their interest.
- Start building resume and career portfolio by listing skills and accomplishments gained from school, work and other experiences.
- Practice interviewing skills by using Career Center resources such as Perfect Interview, a software program that walks students through the interview process and is available online through the Career Center.

### How Can I Support My Student

- Support your student’s involvement in campus activities, while also urging responsibility in the classroom through time management skills.
- Affirm what you know to be areas of skill and ability that your student has consistently demonstrated.
- Support your child’s exploration of study and interests.
- Talk with your student about the courses and activities he or she is enjoying and how well they are doing.
- Urge your child to seek assistance through the Career Center. There are many assessment instruments and career consultants available to assist students with identifying their skills, abilities, and interests.
- Don’t panic if your student is excited about majoring in something that you are unfamiliar with such as the Liberal Arts, these can be excellent academic choices which prepare students for various career paths.

### Action Steps for My Student

- Get familiar with the campus community. First year experience classes are great ways for students to learn more about themselves and future career opportunities.
- Explore community service learning, clubs/organizations, and volunteer opportunities.
- Become a Career Center member. Register online for 24/7 access to SpartaJOBS, which has over 2,000 jobs including work-study, on campus, part-time, and internship opportunities specifically for SJSU students.
- Encourage your student to complete the Majors/Career Tutorial, which will help them select or change a major.
- View the Internship Journey Video Series on the Career Center Web site to learn more about what internships are and how to get them.
- Help your student set a goal of getting an internship by the end of their sophomore year.
- Suggest learning a foreign language or new computer skills. These skills will assist your student in the global economy no matter what career they pursue.
- Encourage your student to conduct informational interviews which can educate them about the “real world” of careers through discussions with professionals in areas of their interest.
- Start building resume and career portfolio by listing skills and accomplishments gained from school, work and other experiences.
- Practice interviewing skills by using Career Center resources such as Perfect Interview, a software program that walks students through the interview process and is available online through the Career Center.
- Confirm that your career profile and resume are current.
- Attend employer events throughout the year such as employer information sessions and career fairs.
- Meet with a career consultant for feedback on your portfolio, resume, and interview skills.
- Finally! Report your job offers to the Career Center, via our online salary survey.