**Career Planning Timeline**

**Is your child uncertain of what career they want to pursue?** – No worries! The Student Career Development office can help you with that.

*This “timeline” will allow you, the parent, to know where your child should be during each year of college in terms of deciding on a career path.*

**Parents with first-year students:**

During your child’s first year of college, they typically will be exploring their own skills, interests, and abilities. They will explore these three areas through: successes/failures in courses, involvement on campus, discussions with faculty and peers, and by trying new things.

You may be wondering, “What can I do for my child during their first year of college in terms of helping them reach their desired career path?” Here are some tips and hints for what you can do to help your child out during their first year:

1. Support your child when they present a new interest or area of study to you
2. Point out to your child the talents you know they have, but sometimes overlook
3. Create a discussion with your child about school and what courses they are enjoying
4. Do NOT fret if your child wants to major in something such as English, history, art, etc. These choices are just as good as the other major’s that they may be picking from
5. Always be supportive of your child’s involvement in campus activities, but be sure to also stress it is also important to balance school work with these involvements
6. Advise your child to seek assistance at their university’s career center. This is a great resource for those students who do not know what career path they want to take!

**Parents with second-year students:**

During this phase, your child may begin to explore major and career options more seriously.

Here are some tips and hints for what you can do to help your child during their second year:

1. Try to stay away from pushing the choices of majors onto your child – rather, you want to urge them to seek help from the career center office because they have the tools in order to help them choose or narrow down their options
2. Advise your child to speak with their faculty or advisors for their advice and opinions of what path to choose
3. Direct your child to family-friends, colleagues, etc. that have experience in the field that they are looking to pursue a career in.

**Parents with third-year students:**

At this phase of college, it is very important that your child beings to experiment with career choices. They can do so by engaging in the following: internships, co-operative education programs, summer jobs, campus jobs, and volunteer experience within their local community or the community that their university is located in. This year of college is a critical time for your support and understanding.

Here are some tips and hints for what you can do to help your child during their third year:

1. Encourage your child to use their resources located on campus. For example, they can help your child create an up-to-date resume or assist them in opportunities to test career choices.
2. Explain to your child that experience is the main key and that it is important that they put themselves out there.
3. Do NOT conduct the search for your child’s internship or summer job experience. It is a great way for your child to practice for when they are applying for their career.

**Parents with fourth-year students:**

Senior year is when your child should begin organizing and conducting their job search or graduate school search. You are probably becoming anxious for your child, or should we say “young adult” to make a career decision.

Here are some tips and hints for what you can do to help with your child during their fourth year:

1. Suggest to your child that they should really go to the career center often during this time frame. This is crucial because, they will need assistance in job-search resources, resume writing, cover letter writing, mock interviewing, etc.
2. Do NOT nag at your child about not having a job yet.
3. Offer to assist your child by sending information that you may have found out about your child’s targeted career field. Pay close attention to your child’s attitude about this because if they think you are getting carried away you may need to back off some.
4. Do NOT call potential employers/intervene. Let your child do the work!
5. Be prepared to support your child for the up’s and down’s of this process.