

TIPS FOR PARENTS



Encourage your son or daughter to...

Start exploring his/her career interests and options during freshman, sophomore and junior years. Don't wait until senior year!

Obtain internships, part-time jobs, and other career-related practical experience while in college.

Meet with a career, internship, and/or graduate school advisor at the UCSD Career Services Center.

Utilize resources at the Career Services Center. The Center's reference areas include more than 350 career and employer books; more than 2,000 professional/graduate school catalogs, brochures and directories; and a large collection of videos featuring career professionals and graduate school representatives.

Get his/her resume and/or graduate school application essay critiqued by an expert advisor at the Career Services Center.

Bookmark <http://career.ucsd.edu> to access Port Triton job listings, the Internship SuperSite and our quarterly calendar of events.

Attend one of ~70 free career events per quarter, including workshops, fairs and alumni panels.



Find out how to prepare for and apply to professional/graduate school.

Talk to professionals who can offer job search advice and career information. The Career Services Center offers numerous networking opportunities, from the annual "Life 101" event to the Career Access Network and weekend networking seminars.

Explore professional associations for networking opportunities, industry insight, and professional development.

Prepare for interviews and practice his/her interviewing skills. Attend our interviewing workshops to learn strategies for success.



Learn how to approach employers and practice proper business etiquette. Strong interpersonal and communication skills are critical in today's workplace!

career development checklist

Some UCSD students may know exactly what they want to do when they graduate, while others need time to explore their options and uncover their interests. The Career Services Center offers comprehensive services and programs to help students check off each item below. While the list below is organized by academic years, remember that each individual goes through the phases of career development at a different pace.

freshman year self-discovery & exploration

- Discover interests and strengths** through coursework, student activities, and part-time jobs.
- Meet with a career advisor.**
- Use our self-assessment tools** and research career options.
- Go to Port Triton** at <http://career.ucsd.edu> to look for part-time jobs and internships.
- Attend workshops** and panel presentations at the Career Services Center related to career interests.



sophomore year exploration & decision-making

- Continue exploring career options.** Get familiar with our libraries and online resources. Attend career panels and workshops.
- Build additional career-related work experience** and develop skills through part-time/summer jobs and internships.
- Check out our **Internship SuperSite** at <http://career.ucsd.edu>.
- Meet with a career, internship and/or grad school advisor** to discuss goals, preparation and/or application processes.



junior year decision-making & preparation

- Narrow down the choices** and make tentative career and/or graduate school decisions. Continue to obtain career-related experience and/or plan for graduate or professional school.
- Attend workshops & networking programs** at the Career Services Center. Get resumes and/or application essays critiqued by an advisor.
- Gather info** needed to firm up career goals. Set up informational interviews with professionals in your field.



senior year implementing career goals

- Start pursuing a full-time job** after UCSD. Discuss job search strategies with a career advisor. Continue using the Career Services Center job listings, fairs, and other resources.
- Follow through with applications** to professional or graduate schools.
- Land a job and/or get accepted** into a graduate or professional school program!

