

FAMILY GUIDE



Support Your Student's Decisions on Majors and Career Planning

Let your student make the decisions with your support. Your student's decision making process around majors and careers should be encouraged and supported by family members, but the final decision should be left to the student. If making a decision is a struggle, help your student research majors and careers with the assistance of the Career Center and through the departments of interest.

Encourage your student to register with the Career Center. Register at <https://du-csm.symplicity.com/students/> or have him/her call 303-871-2150 to make an appointment to visit with a Career Counselor. Also, see the handouts section of the web site at <http://www.du.edu/career/handouts.html> and the *Career Planning Calendar* with steps on how your student might utilize the Career Center from first year through senior year. Additionally, the *Majors* handouts describe details of most majors at DU.

Career assessments can help. The Career Center offers three career assessments (\$25 each) which includes a one hour interpretation of each assessment. The Myers-Briggs Type Indicator and the Strong Interest Inventory will help students explore their personality characteristics and strengths as well as tie their interests to career fields and majors. CareerLeader measures students interests, abilities and motivations related to business careers. It includes detailed descriptions of more than 20 major business career paths, ways to evaluate corporate culture, and next steps including interviewing tips.

In addition to career assessments, students should be encouraged to explore values and skills that impact decisions about careers and majors. The Career Center offers self assessment tools in these areas as well.

Teach your student to be pro-active in the process. Career decision making is a life long process and the more pro-active your student is in gathering information about majors and careers the better he/she will be able to make informed decisions. Students can use the Career Center's website and library to research career fields at <http://www.du.edu/career/careerlinks.html>

Explain the value of informational interviews. After basic research on the web and in libraries your student should conduct interviews with people in careers of interest. The Career Center has a valuable handout on how to conduct an informational interview - visit <http://www.du.edu/career/handouts.html> and click on *Informational Interviewing*.

Promote job shadowing and internships. After researching majors and careers as well as conducting informational interviews, your student should be ready to explore job shadowing and internship options. The Career Center has resources to assist with finding people and organizations at <http://www.du.edu/career/careerlinks.html>. For internship opportunities, go to DU Careers Online (<https://du-csm.symplicity.com/students/>) and follow the instructions. Finally, consider your family

and business contacts as well. The Career Center can also help in developing a professional resume and cover letter.

Extracurricular activities add to a student's credentials. Students should be encouraged to participate in outside activities, clubs, campus groups, organizations, etc. that are of interest. These activities add to the college experience, help build social and leadership skills and are favorably looked upon by employers.

After self assessment, career research, extracurricular activities and work experience, then what? The Career Center also has many online resources for students to find jobs. We provide:

- three career and internship fairs a year
- on-campus recruiting
- employer access to student resumes
- jobs, internship and employer databases
- assistance with writing effective resumes and cover letters
- practice interviewing
- graduate school advising

Details can be found at www.du.edu/career or by calling the Career Center at 303-871-2150.