EAST STROUDSBURG UNIVERSITY

Career Development Center

Parents/Family FAQs

Who should use the ESU Career Development Center?

ALL students - from their first year through their senior year and beyond - can benefit from our resources.

How do students get started?

Visit the ESU Career Development Center on the top floor of the University Center, or call (570) 422-3219 to make an appointment with a career advisor. Explore our website: <u>www.esu.edu/careerdevelopment</u>

How Can ESU's Career Development assist my student in gaining employment?

ESU's Career Development provides multiple services to assist students who seek employment, be it internships prior to graduation or full-time positions after graduation. Through one-on-one career advising sessions or by group activities, job search strategies can be implemented. These strategies include resume writing and interviewing techniques, among others. In addition, hundreds of employers post internships and jobs on the Warrior Careers site each semester – please register at <u>warriorcareers.esu.edu</u>. You can encourage your student to visit the ESU Career Development Center for assistance in career preparation.

My student has no idea what career path he or she will pursue. How can I help?

Encouraging your student to meet with an ESU Career Development Advisor will help to align their academics and career choices. ESU's Career Development Center works with all students at varying stages in their career development process. For those who are unsure of their career goals, ESU's Career Development Center offers one-on-one career advising. Your student will meet with one of our advisors to discuss and answer questions relevant to making a career choice.

We also offer a number of assessment tools, which can help a student identify career choices that are compatible with his/her interests, skills, and values. Through ESU's Career Development Center website, we provide career-related resources which will allow your student to research various career options in order to make a well-informed career decision.

How can ESU help my student choose a major?

ESU's Department of Academic Enrichment and the Career Development Center will work with your student to help him/her choose an academic major that is compatible with his/her individual interests and skills. This may include helping a student choose a major specific to career goals that are already quite clear. Or it may include assisting your student in choosing a major based on individual interests and identifying career options as a second step. Working together with your student, ESU's Academic Enrichment and Learning and the Career Development Center we can assist with career planning and placement resources.

When should my student start using ESU's Career Development Center?

ESU's Career Development Center is open and available for students as early as the summer prior to their first day on campus, and continuing through his/her post-graduate years. For students seeking help in choosing their major or identifying careers compatible with a major they have already chosen, accessing the ESU Career Development Center during the first year would be beneficial. For students seeking internship experiences related to their preferred career field, an initial appointment to discuss these opportunities would best take place early during the second or third years. It is not advisable for any student to wait until the final year to visit the ESU Career Development Center. In order to make maximum use of our resources, we welcome students to visit our office as early as possible during their college career.

Who are the ESU Career Advisors?

All career advisors in the ESU Career Development Center have experience in career advising, communication, student affairs in higher education, human resources, or a related area and they have experience in either the public and/or private sectors. They assist with all aspects of a student's career development process, including career exploration, how to decide on a major area of study, and how to pursue a career in a given field, offering expertise in several career assessment inventories including **FOCUS 2**.

What current information is offered by ESU's Career Development Center?

Our career advisors offer current information and coaching related to the job market including the importance of gaining applicable experience, how to craft strong resumes and cover letters, developing strong interviewing skills, and managing job offers and salary negotiations. Additionally, they assist with navigating the graduate school admission process.

What can my student do to gain practical experience?

There are several ways that students can gain experience related to their academic and career interests. They include participation in student organizations and activities on campus, volunteer opportunities, community service, academic research, paid and unpaid internships, and cooperative education opportunities. ESU's Career Development Center can specifically assist students in identifying internship positions through Warrior Careers and career advising sessions.

How do salaries of ESU graduates compare with those of other universities or colleges?

ESU graduates generally receive starting salaries that are consistent with the national average for graduates in their field. Students can become more marketable, and therefore command higher starting salaries, if they gain practical experience in their field prior to graduation. Practical experience can include internships, volunteer work, research, leadership in student organizations, and extracurricular employment related to the student's field.

What can my student do with a major in Philosophy, Communications, English or Psychology, etc.?

Your student can pursue various options as long as he or she plans for it. There are a wide variety of majors that do not seem to have a direct link to the working world. Students should major in an area that they enjoy and that provides them with adequate success. As a parent, encourage your student to prepare for the work world by exploring a variety of career areas, gaining related knowledge and skills and acquiring related work experience. ESU's Career Development Center can help your student in these areas.

My student came to ESU wanting to pursue a specific major. What if he or she doesn't like it?

Some students come to the university expecting to complete a major in a particular area, yet they change their major at least once while they are here. Remember that they are being exposed to many options and choices during their education. We encourage students to make choices based on research, information, and knowledge about themselves and the areas in which they have an interest. The ESU Career Development Center works with students to help them explore different options. The Center offers assessments, career consultation, and online resources that can help students define their career direction.

ESU Career Development Center

Top Floor of the University Center Office Hours: Monday – Friday, 8 a.m. - 4:30 p.m.; Tuesday Evening Hours: 8:00 a.m. - 6:30p.m. Drop-In Hours: Wednesday and Thursday, 1 – 3 p.m. (No appointment is needed.) 570-422-3219

> Email: <u>careerdevelopment@esu.edu</u> Website: <u>www.esu.edu/careerdevelopment</u>