

How You Can Help Your Student

Make the Most of their College Experience and Graduate Ready to Start their Career

Your student is about to take the first few steps on their career journey. As a loving parent or family member, you may be wondering how best to support your student during their transition from student to professional.

When your student asks for career advice, here are a few ideas:

- **ACCESS RESOURCES AT NAU CAREER DEVELOPMENT** to explore how strengths, interests, values, and skills link to career goals. Send your student to see us or visit our website at nau.edu/career. Ask them about the messages that they will receive from us and start a career conversation.
- **CREATE A RESUME FOCUSED ON EXPERIENCES AND STRENGTHS** – find sample resumes and cover letters at nau.edu/career. In today's job market, it is never too early to develop a first resume. Remember that resume trends can shift over time (for example, an Objective Statement is no longer considered best practice), and Career Development is here to help with up-to-date guidance. Recommended that your student attend walk-in hours at Career Development or make a resume and/or cover letter appointment.
- **GET OUT AND INVOLVED** on and off campus, in clubs, jobs, volunteer activities, and internships. This can lead to connections with people, organizations, and ideas that will help your student choose where they want to direct their focus. The transferable skills developed through both work experience (part-time jobs, internships) and extracurriculars are highly valued by employers and graduate schools. Statistically, students with part-time jobs are more likely to perform well academically.
- **KNOW WHAT IS HAPPENING IN THE WORLD**. Encourage your student to follow world, national, and local events and reflect on the impact on their major and career goals. This knowledge will make them stronger contributors in classroom conversations and can impress future employers.
- **BUILD LIFE SKILLS**. Talk to your student about real-world concerns, such as finances and long-term life planning. Let them know that you see them as a young adult for whom these things are important, relevant, and manageable. Remind them that they are capable and valuable members of society.
- **MAKE CONNECTIONS**. Encourage your student to ask questions and discuss career options with professors, university staff, family friends, NAU alumni, and other professionals who might have information about fields of interest. Suggest that they conduct informational interviews to increase their understanding about what working in certain fields is really like, and encourage them to join LinkedIn, the world's largest professional networking site.
- **TAKE RISKS** to build experience and create learning opportunities. Let your student know that risk-taking is a skill that you encourage, and failure is always temporary. Encourage them to step out of their comfort zone.



Make sure that your student knows that you will support their decisions about choice of major, career, and life direction. In addition, you can help Career Development as we work to connect your student with resources and experiential opportunities that make them top picks for employers and graduate schools. If your organization is hiring, please consider listing the opportunity with us, or attending one of our career expos as an employer. You can also connect with us on LinkedIn through NAU Career and follow us on social media (#naucareer) to learn more about our approach, resources, and events.