

# The Parent Connection

Parents, family, and friends are a major source of information to students on career options; however, there are millions of careers out there for your student to select.

The Career Development Center (CDC) is the starting point for all students decided or undecided about their major at SIUE. The CDC is a centralized career center offering services to students beginning with the freshmen year. We strongly suggest that students begin working with a Career Counselor the first term they are on campus. Career development is a process and the earlier a student begins exploring careers the better prepared he/she will be to enter the work force.

*The CDC has several programs and activities available to our students to prepare them.*

- **Career Counseling** appointments with a Career Counselor will assist the student in determining the course of action best suited for them in their career development or major selection process.
- Assistance from professional staff members on **resume writing, cover letters, graduate school and/or other application materials** and **thank you notes**; conducting a successful **job search**; and developing successful interviewing skills via **mock interviews**.
- Students may participate in several work experience programs through the CDC including the **Cooperative Education (Co-op) and Internship Program**. In the last 5 years, SIUE students have earned **over \$14 million** through these programs.
- The **Career Planning and Development course (AD 117)**, a 2 credit-hour undergraduate class on career development and self-exploration, is taught each term.
- Students are connected to job opportunities for Co-op, Internships, and full-time career positions in several different ways through the CDC including: **career fairs** each academic year; job postings on the “**Cougar Jobline**,” which are updated daily and available 24/7 to students; **resume referrals**; **On-Campus Interviews** during the Fall and Spring terms; and **information tables/sessions** from employers.

All registered SIUE students have a CDC account created for them at the beginning of their first term. Students must keep their account updated if they want to use the services of the CDC.

## ***How Can You Assist In This Process?***

- Allow your student to make his/her own decisions about their major selection and career path. Be supportive of these decisions.
- Talk to your student often about their career path. What are they doing to prepare? Who have they made contact with about their career path? Have they been to the CDC for assistance? Have they talked to faculty?
- Support your student in taking advantage of various education opportunities including volunteer opportunities, Study Abroad, Co-op, Internships and productive summer employment and/or classes.
- Support and encourage your student to participate in student activities at SIUE including such things as Student Government, Student Organizations, Volunteer Projects, and the Student Leadership Development Program (SLDP), Clubs and other on-campus and/or off-campus activities.
- Help your student remain focused on the end result of their college life.

## **CAREER DEVELOPMENT CENTER**

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