The staff at the Career Resource Center are dedicated to helping identify and match students' interests, values, and skills with career options. Whether it is selecting a major and figuring out what to do with that major, setting career goals, searching for a graduate school, an internship, or that first job following graduation, we are prepared to use our extensive resources to help with the transition from college to career.

FIRST YEAR:
• Encourage your son or daughter to meet with a career counselor/advisor during his or her first year to explore possible majors and careers.
• Serve as a resource. Discuss possible majors/careers and what they could do with them. Refer them to family, friends and co-workers that are working in fields of interests.
• Familiarize yourself with campus facilities and resources (e.g. library, health center, math lab, writing and tutoring center).
• Encourage your daughter or son to participate in the CRC’s First Year Internship Program, Saturdays of Service, and/or Alternate Spring Break.
• Tell your student to start looking for internships and/or research opportunities. The CRC can help with this search.

SOPHOMORE YEAR:
• Become familiar with our Wednesday Workshop series and encourage your daughter or son to attend presentations that address her or his career related issues.
• Encourage them to attend career-related events both on campus and off. The CRC provides transportation to several off campus events.
• Advise them to start looking for hands-on experience through internships, fieldwork, volunteer opportunities and/or study abroad.
• Recommend setting up a profile on LinkedIn and join the CRC LinkedIn group.
• Continue to suggest contacts within your own network that are in your child’s field of study and/or interest.
• Encourage your child to ask a CRC career advisor to identify contacts (alumni, employers, etc.) and to develop networking strategies to connect with these individuals.
• If you daughter or son doesn’t have a resume by now, encourage them to work with the CRC staff to develop a first draft.
JUNIOR YEAR:
• Continue to have your child update their resume and cover letter.
• Strongly encourage them to attend career fairs both on campus and off.
• Discuss life after college (graduate school, future jobs, financial expectations, field experience).
• Help them research graduate school options using www.petersons.com.
• Recommend that they take a practice GRE, MCAT, LSAT, or GMAT, or other required entrance exams.
• Instruct them to practice their interviewing skills including a practice interview at the CRC.
• Continue to urge them to secure professional experiences (internships, employment, and community service).

SENIOR YEAR:
• Make sure they have a quality resume, cover letter and portfolio (if appropriate) that demonstrates their professional skills and experiences.
• Positively reinforce your child’s job search by focusing on their interests and strengths.
• Share job postings or resources with your child, but be careful to not take over the job search process.
• Encourage your child to perfect their interviewing skills with practice interviews.
• Encourage networking with New Paltz alumni and other professionals in their field of interest before they graduate. This includes job shadowing and informational interviewing.
• Have your child meet with the CRC staff to develop an effective job search and social media strategy.

Location: Humanities Classroom Building, Room 105
Phone: 845-257-3265; Email: careers@newpaltz.edu
Appointment hours: Monday-Friday, 8:30am-5:00pm
Drop-in Hours: Tuesday-Thursday, 1:30-4:30pm and Friday, 10:00am-12:00pm