Parents in Partnership
Career Planning = Life Planning

Presented by: Amelia Hurt, Director, Career Services
Goals

- Who we are, What we do
- What is available for your student
- Your Concerns
- Career Development Process
- Support and Expectations
Career Services...

Is here to help your student plan and prepare for a meaningful and productive life during and after college.
The office of Career Services supports students and alumni in all disciplines to blend their individual talents, interests, and academic achievements with the career readiness skills that will lead to success beyond their first job. In combination with traditional career development elements, Career Services integrates personal education tools so that graduates are empowered with the practical knowledge needed to implement well-conceived career plans and transition from college to 'real-world'.
“Humans are the only animals who do not know what they are supposed to do. Fish and birds know their career path.”

-Denise Bissonnette
At age 18, you were...?

- At what point were you in your career decision making process?
- Where did you go for help?
- Did you get help?
- Was there help?
Influences on your student

- Personal: skills, interests, values, talents
- Family, societal and cultural expectations
- Economic Pressures
- Generational

**influence** v.
1. to affect the nature, development, or condition of;
What Parents can expect...

- Varied interests leading to indecision about majors and careers
- Anxiety and stress about making the ‘right’ decision
- Need for individualized attention
- Pressure to excel
- Multiple careers
- Strongly influenced by YOU
What are your concerns?

- Undecided/Impractical Major
- Competitive Major
- Motivation/Focus
- Job Market
- Social Media
- Work Ethic
- Part-time Job
- Internships
- Full-time Employment
- Graduate School
- Professionalism
Fact or Fiction #1

A degree in biology, chemistry, or another science is your student’s only preparation for medical school.
According to the Association of American Medical Colleges on 51% of students enrolled in medical school in 2012 majored in biological sciences. The other degree programs were comprised of humanities, math, statistics, social sciences or specialized health sciences.

US NEWS WORLD REPORT, 2013
Fact or Fiction #2

Specific training and experience in one’s chosen field are the most important variables in finding a job after graduation.
NACE Job Outlook 2015: Top qualities or skills

- Leadership
- Team Work
- Written Communication Skills
- Problem Solving
- Work Ethic
Fact or Fiction #3

Internships are not the best use of a student's summer, they are often given menial tasks and would be better off with a real job and saving money for after graduation.
Internships are a great way to gain real world experiences, mentors and often lead to job offers.
What do Employers Want?

- Communication skills
- Honesty/integrity
- Teamwork skills
- Strong work ethic
- Motivation/initiative
- Analytical skills
- Technology skills
- Leadership skills
- Manners
- Creativity
- Good grades (3.0 +)
What do Employers look for in a NEW HIRE?

**Attractive Candidate**: Smart, effective problem solver who can manage themselves and lead others

Academic achievement + Co-curricular Involvement = Examples of Success
Why is career planning important?

Career planning helps students see the value of:

- **Coursework** & other academic experiences
- **Co-curricular activities** (student organizations, clubs, etc.)
- **Internships** (academic internships and other supervised, career-related experiences, volunteering)
- **Employment** while in College
Career Services assists students with:

- Selection/Change of major
- Career exploration process
- Development of a realistic career plan
- How to effectively package and market experiences and college degree(s)
- Professionalism in the workplace
Career Services Resources & Services

- Individual Career Advising
- Job Search Strategies
- Resume & Cover Letter Development
- Networking/Mentoring
- Career Readiness Events
- Online Job/Internship Posting System
- Interviewing Techniques
- Career Fairs/Events
- Graduate School Planning
- Assessments (MBTI)
Explore Majors & Careers
Prepare for Job & Internships
Opportunities

- Career Readiness Workshops, Etiquette Dinners, Special Degree Specific Programming
- On-Campus Internships: Student Professional Program ‘StuPro’
- Post 1200+ new jobs/internships annually with OCUWorks
- Host 2 General Career Fairs, 2 Human Services & Health Careers Fairs, AY 15-16
- Attend OKC Chamber of Commerce Greater Grads Career Fair
Student Successes!

Full-Time Opportunities
- State of Oklahoma
- Loves Travel Stop Corporate Office
- Federal Aviation Administration
- The Boeing Company
- Oklahoma Regional Food Bank

Internships
- Greater OKC Chamber of Commerce
- American Fidelity Assurance
- Northwestern Mutual
- The United Way
- Devon
From Matriculation to Graduation
Freshman = Choices
Sophomore = Decisions
Junior = Focus
Senior = Realization
Graduate School = Enhancement
Alumni = Advancement
Career Development Process

Success is not something that just happens!

- Reflect and Discover
- Explore
- Take Action
- Gain Experience / Build Skills
Visit the office of Career Services at OCU to introduce yourself and let your advisor get to know you!

Take a vocational assessment: Myers Briggs Personality Type Indicator

Register with OCUWorks, the on-line job and internship job posting system

Meet with a faculty member to review academic concerns such as curriculum requirements & course selections

Participate in campus activities and clubs to develop leadership, organizational and interpersonal skills

Develop a Resume

Gather intelligence at Career Fairs and networking events
Sophomore Year- The Year of MORE

- Inquire about internship opportunities or part-time job listings to explore career prospects and gain valuable experiences
- Update resume
- Conduct an Informational Interview and Shadow professionals
- Seek out a Mentor
- Schedule an individual appointment with Career Services to develop your Action Plan
- Create a LinkedIn profile
“When I told my father I was going to be an actor, he said, ‘Fine, but study welding just in case’.”

- Robin Williams
How you can help

- Talk about your work, employer, industry
- Brainstorm with your students about sources for career development and networking (Networking - Circle of Friends)
- Encourage them to visit the Career Center and attend Career Readiness Events
- Be sensitive and respect their pace
- Be Informed - know workplace trends and what is happening at OCU
Listen to your student’s ideas, hopes and fears, and **remain open-minded**.

Support their **exploration of interests, majors and career paths, even if it isn’t what you imagined**

**Encourage your student to begin career planning early**, and visit Career Services to investigate available programs and services

Help your **student develop decision-making skills**. Look at available options, weigh the benefits and disadvantages, make tentative decisions, and try it out!

Emphasize the importance of **internships, job shadowing, volunteering, informational interviewing, and part-time and summer employer experiences**

Discuss the value of **networking** with people in careers of interest.

Encourage your student to **stay connected** with faculty (make an office visit, ask questions), utilize available campus resources, and become involved in extracurricular activities.
Simple Take-Away: 1st Year

Have you visited the Career Center?

Thinking about joining that student organization we saw at orientation?

How are you doing in your classes?
Stay Informed

Facebook: www.facebook.com/OCUCareers
Twitter: @OCUCareers
Website: www.okcu.edu/careers
Parents and Families Sections: http://www.okcu.edu/students/career-services/parents/index
Quarterly Parent and Family E-Newsletter: through Student Affairs
QUESTIONS & COMMENTS?

THANK YOU!

Career Services
Meinders School of Business,
Suite #200
405-208-5171