

# Time Is Of The Essence

by Office Of Career Services

In the last edition of The VOICE we discussed career planning for the freshman and sophomore years. In this final installment of a 2-part series, we will address the junior and senior years.

Waiting until the last minute to begin planning your career will likely have dire consequences. Going to and performing well in your classes alone will not guarantee you employment upon graduation or ensure that you have the skills needed to be successful in your desired career.

Furthermore, with the job market still weakened by a recovering economy, time is of the essence. In this 2-part series, the Office of Career Services will help you create a career plan that will ensure your preparation, as well as build and develop those skills needed in reaching your overall career goals.

## The Junior Year: Gaining Career Experience

- Start considering options for

after graduation: Career and/or graduate/professional school

- Research career options and decide which ones are most appealing
- Conduct informational interviews with professionals in your chosen career field
- Continue building practical experience through employment, volunteer work, internships and co-ops
- Seek leadership positions in campus organizations to develop and strengthen organizational, public speaking, writing and other relevant skills
- Identify and research companies of interest. Seek out those attending career fairs and information sessions and establish contact with representatives
- Visit the Office of Career services for job listings, employer and graduate school information and company literature
- Participate in mock interviews and polish your interviewing

skills

- Seek internships and co-ops that will assist you in gaining valuable work experience
- Begin networking- make contacts and keep a journal of employment possibilities and contacts
- If considering graduate study, identify possible schools and request admissions information. Prepare for and take admissions exams
- Update and develop an effective resume and have it critiqued by the Office of Career Services
- Read the newspaper and watch the news often. Keep up with current events
- Attend ALL activities sponsored by the Office of Career Services

## The Senior Year: Career/ Continued Education Seeking, Job Search/Transition to Work & Continued Education Activities

- Update and develop an effective resume and have it critiqued

by the Office of Career Services

- Become actively involved in on-campus recruitment sessions: interviews, information sessions and resume referral services
- Attend all activities sponsored by the Office of Career Services
- Visit the Office of Career Services for job listings, employer and graduate school information and company literature
- Identify companies who do not interview on campus, research them and network to establish contacts
- Plan and design your own individual job search strategy - the Office of Career Services is your first line resource
- Participate in mock interviews and polish your interviewing skills
- Take all of the graduate admissions exams needed for admission to graduate/professional school
- Network...Network...

Network!!

- Join professional associations and become actively involved
- Continue developing related work, leadership and other skills necessary for your personal career objectives

**The Office of Career Services would like to remind you of our upcoming career-related events:**

Feb. 25 — CIIA Career Expo in Charlotte (Registration required; Office of Career Services, SBE Suite 230)

March 25 — Spring 2010 Career & Cooperative Education Fair; 1-4:00pm in Capel Arena. PROFESSIONAL DRESS REQUIRED.

For more information, contact the Office of Career Services at 672-1098.

# Aspiring For Research

by Brensha Williams

As a college student, conducting undergraduate summer research can be as important as getting good grades. For students considering graduate study, participating in an undergraduate summer research program gives you the added edge necessary to successfully apply to and complete graduate school. Graduate admission committees and prospective employers may put more emphasis on research experience than on grades or GRE scores. Many colleges and universities across the country offer an array of summer research programs to match your abilities and interests. Moreover, students usually receive a generous stipend and undergraduate course credit.

Danielle Fortune, a junior biology major and FSU-RISE scholar, knows first-hand the importance of conducting undergraduate summer research. Danielle participated in a summer research program last summer to become more competitive for graduate school. "Participating in summer research at the University of Nebraska-Lincoln gave me hands-on experience in a research laboratory. It was important for me to do summer research to make me more competitive when I apply for graduate school and give me the understanding of what it's like doing research twenty-four seven."

According to Inside Higher Ed, an online source for higher education news, fields in the areas of science, technology, engineering, and mathematics are statistically the least diverse. In both academics and the workplace, these fields have fewer women, African-Americans, Native Americans, and Latinos. Diversity in the STEM (Science, Technology, Engineering, and Mathematics) fields is crucial.

FSU programs such as FSU-RISE, FSU-HCOP, Optimum, FICAMS, NC-LSAMP, and the McNair program encourage diversity in the STEM majors by engaging students in professional development and research opportunities. Professor and FSU-RISE director, Dr. James Raynor, highly suggests students consider undergraduate summer research. "Students should apply for summer research programs because they expand your knowledge of science, students gain research experience, and become more competitive for nationally recognized graduate schools."

Many undergraduate summer programs range from eight to twelve weeks between May and August. Stipends range between \$2,000 and \$5,000, depending on the program and length. Additionally, many schools cover the costs of housing, transportation, food, and other expenses. Furthermore, students can meet other students with similar interests and conduct study at other places besides their home institution. The experience

itself is invaluable.

If you're interested in summer research now is the time to start looking for opportunities. The best way to get started is by performing a search on the internet or by asking faculty members about research opportunities. According to WebGuru, an online tool used to assist undergraduates in finding research opportunities, students shouldn't wait to be approached about undergraduate summer research. Students should reach out and find these opportunities where they exist. Additionally, many professors at FSU have opportunities for students to conduct research throughout the academic school year. It made a huge difference for Fortune and she says it can do the same for others. "Everyone should participate in an internship pertaining to their field of interest. It gives you the opportunity to determine if this is what you really love to do."



Danielle Fortune

photo by Monique Vaughn