

A Day in the Life of...

Would you have liked the opportunity to shadow someone for the day when you were exploring career options as a student? You now have the opportunity to offer such an experience to a current JMU freshman. Over spring break, March 7-11, 2011, Career & Academic Planning at JMU is offering an Externship Program to undeclared students.

EXTERNSHIP PROGRAM

Career & Academic Planning at JMU assists students with making informed decisions about their majors and careers, helps students seeking career related experience and assists students with their post graduation plans.

Many programs are available to assist students with choosing a major and with career decisions; however, this new program provides information and a hand on approach. The Externship Program will allow students to get a "day in the life" experience by shadowing someone in a career field of their interest.

We hope you will participate and sponsor a student. As parents you understand the confusion and frustration college students face while trying to narrow down their career options. You are pursuing interesting professions that students want to learn more about. Your work experiences are diverse and students can learn a lot from your knowledge and insights.

While shadowing you or your colleagues, students will gain an inside perspective and learn what it takes to be successful in the career field. Students have the opportunity to observe everyday activities and possibly conduct informational interviews with individuals in your organization.

We always encourage students to get out there and "get their feet wet" to determine if a career field is right for them, and the externship program allows students to do just that!

Some facts about the externship program:

- Students are responsible for all costs (transportation, meals, etc.)
- Students are not paid during the externship experience
- Students will attend an information session and apply to participate



- We will match students and sponsors based on career interest and geographic location
- The externship program is a win-win situation! Students learn more about a career field of interest, and sponsors have the opportunity to offer a great service to a JMU student.

If you are interested in participating as an externship sponsor, or have any questions, please contact Laura Hickerson at hickerly@jmu.edu or (540) 568-2801. We hope you participate!

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Click here to get involved.

5 Tips for Parents of Freshmen College Students

By Marcia B. Harris and Sharon L. Jones

- 1. Choosing a career/ choosing a major**
Ultimately, your son or daughter should make the choice. Of course, you may want to mention factors to consider, such as job market demand, salary ranges, long-range opportunities, skills required, etc.
- 2. Choosing to double major/choosing a major and minor**
Most employers do not place a premium on a double major. It usually requires an extra one or two semesters to obtain a second major and does not particularly enhance a student's marketability.
- 3. Grade point average**
Encourage your son or daughter to make academics a high priority beginning with his or her freshman year. Nevertheless, it is important to remember that it may take him or her a while to adjust to the rigorous academic demands of college.
- 4. Obtaining marketable skills**
Most employers today put more emphasis on graduates' skills than on their academic majors. Encourage your son or daughter to develop strengths in at least two or three of the following areas: Computer, Quantitative, Communication, Marketing/selling, Scientific, Foreign language and Leadership skills.
- 5. Leadership activities**
Many employers rate leadership activities even more highly than GPA. It is more valuable for a student to be involved in a few meaningful leadership roles on campus than to be in a "laundry list" of many campus clubs.

To learn more, visit www.jobweb.com/parents.