

HI-TIDE

A Parent and Supporter's Guide to SUNY Oswego



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A MESSAGE FROM CAREER SERVICES

Welcome to the Laker Family! The **Career Services team** is SO excited to meet and work with your students. Our team of Career Coaches and student interns are here to help your student learn about careers that are the best fit for their unique characteristics, gain exposure and experience that will help them narrow down their options, and strengthen the skills they'll need to find and successfully compete for opportunities during and after college. In your students' first year at Oswego, maybe they will take one of our self-assessments, meet with an intern for resume-building, use our "What Can I Do with a Major In..." online tool, meet with one of our Career Coaches, or take advantage of any of the endless ways we're here to support your student. We really hope your student comes to see us! Our wide array of programs, services, and events are here to provide your student with as many career options as possible! We're in 145 Marano Campus Center, and they can book appointments with us on our Handshake platform. They can also message us on Instagram [@ozcareerservices](#) or shoot us an email at careerservices@oswego.edu.





CAREER SERVICES: A GAME-CHANGER FOR YOUR LAKER

YAHYA IBRAHIMA NDIAYE, CLASS OF 2022

Career Services gives your student the opportunity to seek guidance on the big question: What's Next? Career Services is here to help your student learn how to build and utilize a professional network and maximize their undergraduate career. Whether that is finding internships in their desired field, or even a co-op or a fellowship! Our office has amazing connections to the wide array of fields your student can pursue after graduation. They are the experts in helping your students find their passions and turn them into an amazing life. The programs, services and resources that Career Services has in place can help your student gain clarity and direction for their future—always free and available for life!

This past winter I attended the multi-award-winning “Imagine 2021” program that they launched, a very innovative experience. This program was a five-week educational and networking program where current students were given the chance to engage in sessions with successful alums and professionals. The session I attended was named “Interning Out of the Box.” Here I learned how to find my own internship opportunities that I found interesting, and how to take advantage of the resources the colleges offer to make me successful. This model allows students to be creative with their internships while also getting critical academic credit. Since the introduction of this program, I have met with my Career Coach multiple times about the opportunities that are available to me as a student every day.

WHAT ARE THE TOOLS AND WHAT ARE THEIR ROLES?

At Career Services, one of the most important resources is the Career Coaches. The Career Coaches are the individuals who help students shape their future by helping them better orient themselves to identifying what an AMAZING life looks like, and how a variety of career paths might be a great fit. They assist students with self-assessment, **major/career exploration, resumes, cover letters**, interview preparation, networking, applying for **internships or full-time jobs**, evaluating offers and negotiating salaries, and so much more. Each student can connect to a career coach according to their interests: Business; Education, Public, and Human Services; Communications, Media, and the Arts; STEM/Healthcare; and Undeclared or Exploratory. Students can meet with any and every coach if they want, regardless of their major! This is great for students who are looking to explore different majors and

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career options. Students can also meet with our peer interns known as “Navigators” to help them write their resume, cover letter, and even graduate school essays. They also help students navigate online tools such as **CareerShift**, **Handshake**, and **LinkedIn** to search for internships and cultivate a positive online presence and personal brand. It’s never too early to get started!

Students can start reaching out to Career Services even before their first semester begins. A good place to start is setting up a meeting with a **Career Coach**. Setting up a meeting is very easy. Your student just needs to register their **Handshake** account and book a meeting through that platform. Your student can come to the meeting ready to share their ideas for their future, questions, and concerns, and ready to take notes. Many transfer students may already have a resume, which they could bring to the appointment so that the Career Coach has an understanding of their background.

IT WORKS!

SUNY Oswego takes pride in the bar we set for our students **after graduation**. We are ecstatic to always share how successful our students become. In the class of 2019, 94% of students are employed and/or continuing their education. 78% of this group chose to work full-time after graduation. Of these students, 89% of them are working full-time in the field of their choice. Each year, Career Services gives our students and alumni continuous support and connects them to literally thousands of employers. Not only do these numbers show off our students’ placement rates after graduation, so does our website! Here, your student can see alumni in their future field and the experiences they have had. Don’t forget to check out “**What Can I Do with a Major In...**” to see all of the opportunities available out there that align with your student’s major!

We cannot wait to see all of the amazing things your student accomplishes in their field of interest. Career Services will continue to support them as alum and support YOU to ensure your student has the opportunity to explore their passions and continue their success during college and after graduation.



CONTACT LIST

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Career Services
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Please note: SUNY Oswego’s official form of communication is college email. Please encourage your student to check their email daily for important messages from their academic advisor, campus offices, and more.