



Success @ State

Success Beyond State: By This Time Next Year You'll Be Working In Your Own Profession

Whether your destination after State is employment, graduate or professional school, your senior year is a critical time for developing and executing a strategy to get you there, especially in these challenging economic times. The good news is we have a great network of Career Services professionals to help you develop a customized search strategy that's right for you. An effective search strategy is built upon three key components.

- ✓ **Self Assessment & Priority Identification.** Your interests, values, and skills form the core of what you offer. These remain stable even when you switch jobs, but they get refined as you gain experience. Assessment tools like the Myers-Briggs Type Indicator help you articulate what you want and where there's a likely fit. You also need to think about your priority for the next 2-3 years. It may be finding a dream job, experimenting with a different career, or just earning money for graduate school. If priorities change, so should your strategy.
- ✓ **Knowledge of the World of Work.** There are many more jobs out there than the small percentage that get posted. Uncovering those that match your aspirations requires some digging. It starts with basic research, using resources which describe the tasks, work environments, and skills used in a given job. Advanced resources such as field-specific journals and websites (e.g., The Wall Street Journal if you're interested in investment banking; Chemistry.org if you're interested in scientific research) help you discover the major employers that hire for the jobs you want. To know if you're on the right track, you will eventually need to talk with people who work in the field. This is called informational interviewing, and it's the best way to get the insights you'll need to become a strong candidate.
- ✓ **Understanding Search Processes.** Searching for a job isn't like taking a class. For starters, there's no syllabus...unless you create it yourself. Although the resume seems like a writing assignment, it's really a personal ad. The interview, which looks like an exam, is more like a date: it determines whether there are enough interests in common to take the relationship a step further. The process works only if you take charge, which may force you to adopt new ways of thinking. In addition, your internal processes — how you make decisions (methodically or spontaneously), how you learn (by studying, observing, or experiencing) — affect the execution of your strategy.

Your search strategy starts when you know what you want to do and who may hire you to do it. It's a game plan for writing a targeted resume, going through the application process, interviewing, and negotiating an offer. Career Services offers a variety of workshops, individual advising, career fairs, on-campus interviewing, and networking opportunities that can play a vital part in developing and executing your strategy. Visit us at careernetwork.msu.edu for more information.

What is myspartancareer.com? It's your resource guide to careers, internships and much, much more. This easy to navigate site allows you to access job and internship postings, career fair information and career-related workshops. Myspartancareer.com also helps you create a profile (for yourself and employers), allows you to post your resume, research employers, manage your on-campus interviews and view career-related resources.

For more information about careers, internships and links to the latest career resources, visit Career Services at careernetwork.msu.edu.

Don't miss

Fall Welcome Spartan Spectacular!

Tuesday, September 1, 2009

Munn Field

For more information visit

fallwelcome.msu.edu

Planning To Graduate? Don't Forget To...

Submit your Application for Graduation. You must submit this form by the first week of the semester that you plan to complete your degree requirements. Information about the Application for Graduation is available on the Commencement website commencement.msu.edu or by contacting the Registrar's Office.

If you plan to participate in commencement, it is also a good idea to make dinner and hotel reservations well in advance. The Commencement website is a good resource for information about dates, times, and locations of ceremonies and also provides a link for visitor and travel information. Earning a degree from MSU is a special honor — we hope that you will join us at commencement so that we may celebrate your accomplishment.

Don't Miss This Opportunity to Showcase Your Talents

The University Undergraduate Research and Arts Forum (UURAF) provides a wonderful opportunity for undergraduate students to showcase their original research, scholarship, and creative works in a venue that is professional, academic, and fun. The Forum is held every spring and is open to all MSU students who are engaged in original work.

Students participate in a conference-like setting, showcasing their work through oral, poster, or performance demonstration sessions. Faculty members serve as judges, and students are eligible to win monetary prizes for their work. UURAF 2010 will be held on Friday, April 16 in the MSU Union. For more information, please visit www.urca.msu.edu/uuraf.html.

Senior Students and Family August, 2009

MICHIGAN STATE UNIVERSITY

Department of Student Life
101 Student Services
East Lansing Michigan
48824
studentlife.msu.edu

Community Liaison connects students to East Lansing!

Welcome back to East Lansing! Please take note of the following resources available to help you become more involved in your community:

- The City of East Lansing website is newly redesigned and is a great resource to bookmark! It features a section specifically for Student-Residents and another about Student Life in East Lansing. This site offers helpful information regarding trash pick-up days, downtown shopping and dining, important ordinances and more. Visit us at www.cityofeastlansing.com/StudentResidents to check it out.
- MSU's College Life: East Lansing website is designed to introduce students to life in East Lansing in an effort to make students successful both on and off campus. The site includes information regarding housing, events and entertainment, downtown shopping and dining, as well as important ordinance and law information. The Community Liaison manages this website as part of an effort to support student involvement and promote a shared respect for the East Lansing community. Learn more at www.offcampusliving.msu.edu.
- If you live off-campus, we would especially encourage you to watch "Rental World:

MSU," a witty, professional film that follows the lives of five students who have recently moved off campus together. Check out the trailer on YouTube™ by searching "MSU rental world" or watch the film at www.offcampusliving.msu.edu.

- MSU's Center for Service Learning and Civic Engagement offers students with a wonderful connection to many opportunities for contribution to the greater Lansing community. Last year, approximately 700 students served in East Lansing. The University is extremely proud of their contributions to the community they live in. Visit www.servicelearning.msu.edu to learn more.
- The Community Relations Coalition is a group made up of students, permanent residents, City and University officials, police, and community vendors, and has been created to address concerns in the community and to enhance relationships. The group employs MSU students as interns in the neighborhoods close to campus who serve as resources to the students in the neighborhood. Visit www.wealllivehere.org to learn more and meet the interns.

We wish you the best over your coming year at State. Welcome Home!

It Is Never Too Early To Support Your School

Each year, since 1873, the graduating senior class has shown dedication and support by donating money back to the University as a senior class gift upon graduation. The money raised helps beautify campus, aid future students, or fund projects like the Sparty Restoration Project.

In the past, seniors could choose to donate to their college or a particular program from which they graduated. The money went toward a variety of programs and projects, including student scholarships, study abroad programs, lectureships or new technology for MSU classrooms. Students who cannot make an immediate donation can participate in the Spartan Pledge Plan, in which they pledge a sum of money now and pay up to a year later.

Once a Spartan... Always a Spartan

Regardless of your plans for life after graduation, whether you go to Zimbabwe or New Zealand, East Lansing or Chicago, you will always be a Spartan. A great way to stay connected to Michigan State University is through the MSU Alumni Association and MSU alumni clubs throughout Michigan, the United States, and worldwide. Membership in the Alumni Association helps you network worldwide with MSU alumni and entitles you to discounts at

hotels, dining facilities, car rental companies, moving services and others. Alumni Career Services are offered too. More information about benefits of memberships on-line at www.msualum.com/

Hey You... Get Involved!

Alright, you've been here for a couple of years. Have you joined a Registered Student Organization yet? Have you become a part of ASMSU (your undergraduate student government)? Have you joined a chapter in MSU's Greek community? If you have answered "no" to these questions, the only remaining question is WHY NOT? Involvement in student groups can provide you with great opportunities to meet new friends, assume leadership positions, and apply what you are learning in classes to real-life issues.

If you are interested in getting involved, but not sure how to go about it, check out the list of Registered Student Organizations that is available on the Department of Student Life's website at studentlife.msu.edu. The list has contact information for most of the over 660 organizations. Would you rather meet with some of the organizations' membership in-person? Then plan to attend **Fall Welcome Spartan Spectacular** at Munn Field on Tuesday, September 1 to be a part of **Sparticipation '09**. (For more information visit fallwelcome.msu.edu.)

Academic Integrity

The General Student Regulations are a collection of statements about what is and is not acceptable behavior on the part of MSU students. Section 1.00 outlines expectations related to academic integrity:

The principles of truth and honesty are fundamental to the educational process and the academic integrity of the University; therefore, no student shall:

- Claim or submit the academic work of another as one's own.
- Procure, provide, accept, or use any materials containing questions or answers to any examination or assignment without proper authorization.
- Complete or attempt to complete any assignment or examination for another individual without proper authorization.
- Allow any examination or assignment to be completed for oneself, in part or in total, by another without proper authorization.
- Alter, tamper with, appropriate, destroy, or otherwise interfere with the research, resources, or other academic work of another person.
- Fabricate or falsify data or results (p. 77, *Spartan Life*).

Students are encouraged to discuss questions about academic integrity with their faculty and/or instructors. It is expected that, students know and follow the regulations governing academic integrity at MSU.

MSU and Alcohol - The Good News

Not so long ago, MSU was one of a few select schools chosen for the dubious honor of Top 20 Party Schools in the US. While a handful of students, and even some alumni were “honored” for having been singled out for this odd distinction, most felt it was an inaccurate reflection of what MSU is really all about. It certainly did not reflect the academic excellence demanded of and embraced by the student body here, nor did it reflect the authentic vibrancy and friendliness of this campus.

Does drinking take place on this campus? Certainly. Is it out-of-control? Absolutely not. Does everyone drink here? Believe it or not, no. In fact, according to numerous cross-sectional surveys of MSU students conducted over the past 6 years, we have consistently found that over 20% of the student body have either never drank, or drink very infrequently. Of the students who do drink, most consume 4 or less drinks per drinking occasion. Additionally, most students report pacing themselves, avoiding drinking games, eating before or during drinking, staying with the same group of friends, etc. in order to reduce their risk of harm if and when they do decide to drink. And even though there is a drinking-related pseudonym for virtually every day of the week, (i.e., Thirsty Thursday), most students limit their alcohol intake to once a week or less. In fact, on a typical Thursday night, 74% of MSU students (approximately 32,000 students) are doing something other than drinking. On a

typical Friday night, 60% of the students are finding other ways to relax and kick back other than using alcohol. The number rises slightly to 63% on Saturday evenings.

Through these surveys, we also discovered that students are pretty serious about taking care of one another too. We know that most students would call 911 to get help for a friend who had passed out regardless of potential consequences. We also know that students typically travel in friendship groups and make sure their friends get home safely by arranging a designated driver. While there is certainly high risk drinking that takes place on college campuses across the nation, on this campus, the overwhelming majority of students (over 94%) disapprove of drinking to the point of passing out. What’s more, most disagree with “getting wasted.”

Finally, this is an academically focused and engaged student body. Belying the previous “party school label” is the fact that most of our students (82%) selected MSU based on the university’s academic reputation and 77% study 4 or more nights per week once they get here. Additionally, most students (83%) indicate that academic success is their first priority.

So now, years after the “party school designation” and all the associated myths that label carried with it, we are discovering the real truths about our student body – and apparently so are others outside this community. We are pleased to report that MSU is no longer on the list of Top 20 Party Schools in the US. MSU always has been a vibrant community full of engaged, smart,

academically focused, energetic young people and now the rest of the world knows this too.

Learning Outside The Classroom

Being a student is not just about taking classes and fulfilling degree requirements. It’s about becoming involved in your whole undergraduate experience. Join a student organization. There are hundreds on campus. It’s a great way to meet people, develop special interests and gain leadership skills. A complete list of student organizations on campus is available from the Department of Student Life website at studentlife.msu.edu.

Give your degree an international edge! Study Abroad adds an international dimension to your education – a critical asset that sets you apart from the competition. Second language skills can open many doors. Another country may be the ideal place for you to gain hands-on experience pertinent to your major. Most of all, you’ll have the experience of a lifetime while acquiring independence, self-confidence and global awareness. Study Abroad at MSU offers you opportunities all over the world, on all seven continents, with more than 250 programs to choose from. Programs run from summer, to a semester, to an entire academic year – even during winter and spring breaks! Visit studyabroad.msu.edu for more information.

There are lots of ways for you to enhance your employability, develop marketable skills, and prepare for a career. It’s not too late to take advantage of these opportunities!

Fitness Fantasies

As college seniors, you’re entering another transitional point in your lives. Looking forward to a time when you’ll be out of college and about to start a new chapter in your life on your own is only natural. At the same time, it is also natural to feel some longing, some nostalgia when you reflect back on your college experiences and the way things were when you first came to college. Maybe there’s a feeling of nostalgia or longing for that first group of friends that you hung out with or for how you looked and felt when you first got here. Maybe you long for the time when it seemed much easier to stay in shape then because the pick-up games of basketball or soccer just happened. The whole task of trying to fit activity into your schedule now might seem more difficult and inconvenient. “I’m just too busy!” is the mantra repeated by students to explain why they don’t exercise. Many students come into Olin Health Education feeling this way and asking for help and fortunately, we are here for just that reason. So before you throw in the towel, why not seek out the professional assistance available to you while you’re still eligible? Olin’s LIFE:Rx program can provide you with a comprehensive health and fitness assessment and counsel you with regards to setting and reaching realistic fitness goals. Likewise, Nutrition Services at Olin can also assist you in achieving a positive relationship with food, eating and how you feel about your body. Call (517) 353-0718 for an appointment or more information.

A Sustainable U.

As an MSU student, you will be presented with lots of learning opportunities in and out of the classroom. The MSU Office of Campus Sustainability is attempting to raise the consciousness of the campus community to consider the impact of our choices. Did you know the University uses more than 150 million sheets of copy paper? Consequently, the choice between buying virgin paper and 100% post-consumer recycled paper is a significant one. Sustainability is a much larger ideal than simply paper - the water we use, the coffee we drink, even the furniture that we buy - all of these decisions have a larger impact. Sustainability also is about more than just material goods. It is the attention we pay to the ways that we treat those different than us, modes of transportation that we choose, and connecting to communities beyond the boundaries of the East Lansing campus through the Service Learning Center or many of the University’s Registered Student Organizations (RSOs). The Office of Campus Sustainability can help point you in the right direction or assist you in finding answers to your questions. Learn how to join us in creating a healthier world by checking out our website www.ecofoot.msu.edu.

Quick Phone Contacts

(all numbers in area code 517 unless specified)

Questions?	Program/Office/Service	Phone
Campus Operator		355-1855
Counseling		355-8270
E. Lansing Housing Codes		319-6870
Employment		355-9520
Fall Welcome		355-8286
Financial Aid		353-5940
Fraternities/Sororities		355-8286
General Questions/Info		355-8286
Health		355-4510
Library		353-8700
Cultural Issues		353-7745
		432-7153
Ombudsman		353-8830
On-Campus Housing Options		355-7457
Parking		355-2221
Rental Housing -		336-8088
Legal Questions		353-3716
Safety		355-2221
Sporting Events		355-1610
Student Organizations		355-8286
Summer Courses		
Off Campus		1-800-496-4678
Wharton Center Events		432-2000

Did You Know...

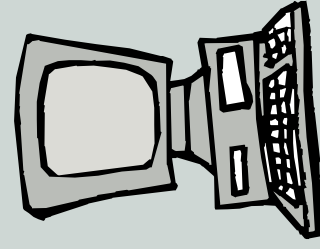
All MSU undergrads are required to submit an Immunization Self-Report form.

Failure to complete this requirement will affect a student's ability to register and enroll.

- Go to immunize.msu.edu
- Contact uphys@msu.edu or call (517) 353-9101 with questions.

If you have already completed this form and have recently gotten a hepatitis B, chickenpox, meningococcal or tetanus/diphtheria vaccination, please visit the site to **update** your record.

Thank you for attending to this important health matter!



Department of Student Life
 Michigan State University
 101 Student Services Building
 East Lansing, Michigan 48824
studentlife.msu.edu

REMEMBER: Wednesday September 2, 2009 attend Monday Classes.

MSU is an affirmative-action, equal-opportunity employer.