Gotta Get an Internship?

One of the most important things you can do to enhance your potential for success after graduation is finding ways to make meaningful connections between your classes and real world experience. Employers and graduate schools prefer students who complete internships as undergraduates. For every major or field of study, there are opportunities to obtain career-relevant real world experience to help prepare you for life after college.

Every student in any major can find career-relevant work experience while in school.

- **Part-time jobs.** Working on or off campus is a great way to gain workplace skills while earning a paycheck. Look for work that helps you develop your teamwork, communication and professional skills.
- **Internships** are supervised, practical experiences related to your field of study. They may be paid or unpaid, depending on the employer. Check with an academic advisor in your major to see if it’s possible to obtain academic credit.
- **Finding internships.** Internship opportunities are posted in the [MySpartanCareer.com](http://www.myspartancareer.com) job website just for MSU students. In addition to national, state and local listings, did you know you can get an internship in a department right here on campus?
- **CareerNetwork.msu.edu** has information to help you find student jobs and internships. This is also where you log in to your [MySpartanCareer](http://www.myspartancareer.com) account.
- **Volunteer work and service-learning** are great ways to contribute to the community and build your skill base. Check out [ServiceLearning.msu.edu](http://www.servicelearning.msu.edu).
- If you like research, try to set up an undergraduate research experience with an MSU professor, department or off campus employer. Check out [venture.msu.edu](http://www.venture.msu.edu) for on campus opportunities.
- Being an officer or active **member of a student organization** provides lots of opportunities for developing career related skills that translate to success when you graduate.

Finding experience is as easy as 1-2-3.

1. Making use of [MySpartanCareer](http://www.myspartancareer.com) and taking advantage of career fairs and other convenient resources like on-campus interviewing.
2. Talking to career advisors, faculty, academic advisors, family and friends. Use your connections!
3. Identifying employers of interest, searching their websites and contacting them directly.

What is [MySpartanCareer](http://www.myspartancareer.com)? It’s your resource to part time jobs, internships, career events and much, much more. Only for MSU students and alumni, this website allows you to access job and internship postings, career fair information and career-related workshops. Log in to your [MySpartanCareer](http://www.myspartancareer.com) account at [CareerNetwork.msu.edu](http://www.careernetwork.msu.edu) to create your profile, post your resume, apply for part time jobs and internships, research employers, apply for summer jobs, manage your on-campus interviews, and access other career-related announcements and resources.

For more information about careers, internships and links to the latest career resources, visit the MSU Career Services Network website at [CareerNetwork.msu.edu](http://www.careernetwork.msu.edu).
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 from 4-10pm on Tuesday, August 26 to be a part of Participation ‘14.

For more information visit fallwelcome.msu.edu.

Living Off-Campus This Year?

Living off-campus this year? Welcome to the City of East Lansing! East Lansing is a wonderful community with a diverse mix of families, students and young professionals residing in close-knit, cozy neighborhoods.

Michigan State University and the City of East Lansing have worked together to enhance student community relations. As Spartans, we ask you to invest in the East Lansing community and treat it with the same respect and caring as you do your own hometown.

There will be many people supporting you while you live in the community. A few of your resources include:

- MSU’s College Life: East Lansing website, collegelifeEL.msu.edu, designed to help students learn about being involved in the community, as well as living off-campus. The site includes information about arts, entertainment, housing resources, transportation options and more.
- MSU’s Housing Listing Service is a free service available to the MSU community that features multiple property listings and includes advanced search filters, a roommate finder, message boards, and educational resources. Visit offcampushousing.msu.edu to start your search.
- The City of East Lansing’s dynamic website, www.cityofeastlansing.com features information about city services, events and activities. Visit the section especially designed for students to learn about shopping and dining, arts and entertainment, as well as city ordinances and community resources.
- The Community Relations Coalition is a group that was created to enhance relationships and improve communication in the university-community. The group is made up of students, local residents, City and University representatives and others. The group employs MSU student interns living in the neighborhoods near campus and serve as resources to students and residents. Visit www.WeAllLiveHere.org to learn more and meet the interns.

Part of being a member of the community involves lots of opportunities and responsibilities. East Lansing and MSU ask all Spartans:
- To become involved in the community and invest in the resources, services and opportunities available.
- To contribute to their community and give back through service! Learn about the opportunities at servicelearning.msu.edu or www.cityofeastlansing.com/volunteer.
- To remember that many families live a “first shift” lifestyle—up early, work/school during the day, and retire early. College students tend to have a “second shift” lifestyle where everything starts (and ends) later. Being aware of these differences can help avoid noise problems.
- To vote - check out YouVote.msu.edu to register.
- To get to know their neighbors so you’ll feel more at home when living off-campus. Knowing each other will help you resolve any problems or differences that might arise.
- Party responsibly. Be aware of the potential impact on your neighbors and your neighborhood. Being responsible will help you avoid citations for noise, litter, parking, and public nuisance from the East Lansing Police Department.
- Use responsibility when drinking alcoholic beverages. Remember that MIP’s may go on your record permanently so it’s not worth the risk if you are under 21.

As you begin to explore your involvement in the City of East Lansing, we encourage you to take a few minutes to learn more about the community you now call home. Here are a few fun facts:

- East Lansing is a community of more than 48,000 people, including 12,000 MSU students.
- East Lansing is a family town, with 3,900 students in K-12 schools.
- East Lansing is famous for its many festivals, including the Art Festival, Summer Solstice Jazz Festival and Great Lakes Folk Festival. Event information can be found at cityofeastlansing.com under the Community Events department.

- East Lansing is a community of neighborhoods. Each neighborhood is different and prides itself on unique characteristics. Find out which neighborhood you live in!

For additional information and resources on East Lansing and living off-campus, visit collegelifeEL.msu.edu. Contact Community Liaison Suchitra Webster at csli@msu.edu for assistance or with any specific questions you have.

Welcome to the East Lansing community!

MSU Sustainability — Be Spartan Green

At Michigan State University, green is more than a color. It’s an attitude of personal responsibility and hard work that is shared by students, faculty, and staff who, through both small steps and big collective actions, show how daily intentional actions can make a big impact—and a better world.

Today, MSU is one of the world’s top research universities and one of the nation’s top sustainable campuses. And every day—through teaching, research, outreach, and campus innovation—Spartans are working to improve the quality of life at MSU and in communities around the globe.

Our actions are powered by more than a century-and-a-half commitment to empowering ordinary people to do extraordinary things. Working together we can move mountains— or preserve them for future generations.

There are plenty of opportunities for students to get involved in sustainability at MSU; visit www.bespartangreen.msu.edu to see how you can Be Spartan Green!
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. There are many ways for you to enhance your employability, develop marketable skills, and prepare for a career by learning outside of the classroom. Be sure to take advantage of these opportunities!

STUDENT ORGANIZATIONS: Try joining one of the hundreds of student organizations 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 at studentlife.msu.edu.

STUDY ABROAD: With over 300 programs on every continent – from Asia to Antarctica – study abroad can give your degree an international edge. MSU offers a broad range of learning experiences far beyond the borders of East Lansing in more than 60 different countries. Programs are available every semester (including winter and spring breaks) and offer a diverse selection of courses – making it possible for any major to participate! Internships and community engagement models will allow you to get hands-on experience that will contribute to the local culture and provide reflection on your professional development. MSU also makes study abroad financially accessible with financial aid opportunities as well as offering numerous study abroad scholarships and grants to help ease financial concerns. Most of all, you’ll have the experience of a lifetime while acquiring independence, self-confidence and global awareness. Visit the web at studyabroad.msu.edu for more information.

Don’t Miss This Opportunity to Showcase Your Talents

The annual University Undergraduate Research and Arts Forum (UURAF) provides Michigan State undergraduate students with an opportunity to showcase their scholarship and creative activity. Held each spring in the historic MSU Union, UURAF brings together an intellectual community of highly motivated students to share their work with faculty, peers, and external audiences. UURAF provides a unique educational opportunity for aspiring researchers. MSU undergraduates gain experience in presenting their research, answer questions about their work from audience members and guests, and receive constructive feedback from judges.

UURAF 2015 will be held on Friday, April 10th in the MSU Union.

For more information, go to urca.msu.edu/uuraf or email ugrsrech@msu.edu.

Wellness Matters for Personal & Academic Success

To all of our returning MSU students, we want to say “welcome back to another exciting year!” By now you are probably aware that successful transition to college isn’t just about academics. And as a returning student, you may have experienced firsthand or know of classmates who had health problems or challenges that made it difficult for them to attend class, concentrate or complete assignments on time and whose grades suffered as a result. Indeed, it is the loss of a student’s health (physical or emotional) or sense of safety (physical or emotional) that can most significantly impact a student’s ability to be truly successful academically.

Every two years we conduct a campus wide survey called the National Collegiate Health Assessment (NCHA) survey. This survey asks questions about the health and wellness behaviors, perceptions and concerns of MSU students that have impacted their health and/or academics. Through this information gathering we are able to provide you information, resources and tools to ensure your personal and academic success while at MSU.

For example, something as simple as a cold or flu can cause one to miss class or not complete homework. Indeed, NCHA results show: 54% of MSU students reported having had a cold or flu in the last academic year; and, 16% stated that it had a negative impact on their academics. A simple preventative measure for you in the upcoming year is to wash your hands, and cover your mouth when you cough. Other health concerns are more complicated, but the impact can be as, if not more, negative: 71% of students stated they were affected by stress (to the point of feeling overwhelmed at least once during the year); 28% reported that their academic performance was negatively impacted by stress. Did you know that you can help yourself decrease stress and help manage it better through simple strategies such as using a planner, not falling behind on assignments and scheduling regular activities such as exercise, talking issues over with family and friends, getting enough sleep, etc?

The results from NCHA 2014 will once again be highlighted in a brochure, I’m a Spartan – True Life: Wellness Matters for Personal and Academic Success. It will be available during Fall 2014 online at www.olin.msu.edu (just click on TRU-LIFE). Other topics covered include the following: tobacco use, nutrition, physical activity, injury prevention, pregnancy prevention, sexually transmitted infection prevention, sexual assault and relationship violence prevention, depression and anxiety, suicide prevention, alcohol and drugs. Each topic has what MSU students say and do (perception vs. reality), why it matters and what you can do to help yourself or others. Be sure to check it out!!

Our primary job and that of our colleagues here at MSU, is to help you be academically and personally successful at MSU. We believe we can help you maximize your ability to do your academic best by providing you the information and resources you need to help you avoid and/or minimize the impact of health problems or poor lifestyle choices. We wish you a safe and healthy journey through your years at Michigan State University. Indeed, with this information, you can look forward to a challenging, exciting and successful year ahead.

Students with Children

MSU recognizes that students with families juggle their responsibilities as students and parents. The Family Resource Center (FRC) provides resources and referral services and supports student parents with child care grants, Emergency Back-up Child Care, Sick Child Care services, Care.com, family activities and much more. Visit our website at www.frc.msu.edu.

Student Parents on a Mission (SPOM) is a Registered Student Organization (RSO) and a peer network of students with children that provides encouragement and support to student-parents. SPOM provides an opportunity to network with other student-parents and discover the many resources available at Michigan State University and in the surrounding communities. Visit our website at www.msu.edu/user/studenttp/.
Report your immunization history

Prompted by new recommendations from the Centers for Disease Control and Prevention, in 1999 MSU revised its Immunization Policy. All new undergraduate students are asked to review their immunization status and consider getting the recommended vaccines so their immunization status is up-to-date.

The University requires all new undergraduate students to complete the Immunization Self-Report form at immunize.msu.edu. Failure to complete this requirement will affect your ability to register and enroll. This information is helpful to the University in the delivery of routine healthcare and in the unlikely event of a disease outbreak.

Visit fallwelcome.msu.edu for information on all Fall Welcome Activities.