



Success @ State

Junior
Students
and Family
August, 2016

Gotta Get an Internship?

One of the most important things you can do to enhance your potential for success after graduation is to find 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 professionalism 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 **Handshake** 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 **Handshake** account.
- Volunteer work and service-learning are great ways to contribute to the community and build your skill base. Check out **ServiceLearning.msu.edu**.
- If you like research, try to set up an undergraduate research experience with a MSU professor, department or off-campus employer. Check out **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 **Handshake** 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 – you already have more than you think!
3. Identifying employers of interest, searching their websites and contacting them directly.

What is **Handshake**? 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 **Handshake** account at **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 online at **CareerNetwork.msu.edu**.

Don't miss

Fall Welcome Spartan Spectacular!

Tuesday, August 30, 2016
4-10pm, Cherry Lane Field
For more information visit
fallwelcome.msu.edu

Welcome Back — Even If You Never Left!

While you may be among the many students who took summer courses, or had internships or jobs in East Lansing this past summer, welcome back! As a junior, your time as a Michigan State undergrad is quickly winding down. Will you be ready for graduation?

This edition of *Success @ State* will help you and your family members with some of the common challenges that occur during your junior year. If you are one of the few who have not yet gotten involved with a Registered Student Organization, ASMSU, an on-campus job, or an internship, it is not too late. The articles that follow will help you connect to these opportunities and more.



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 825+ organizations. Would you rather meet with some of the organizations' membership in-person? Then plan to attend **Fall Welcome Spartan Spectacular** at Cherry Lane Field from 4-10pm on Tuesday, August 30 to be a part of **Sparticipation '16**.

For more information visit fallwelcome.msu.edu.

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 and the connections between the university and city. 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, www.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 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. Visit www.cityofeastlansing.com to check it out!
- 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 who live in the neighborhoods close to 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.
- contribute to their community and give back through service. Learn about the opportunities at www.servicelearning.msu.edu or www.cityofeastlansing.com/volunteer.
- 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.
- vote - check out www.YouVote.msu.edu to register.
- get to know your neighbors so you'll feel more at home when living off-campus. Plus, knowing each other will help you resolve any problems or differences that may arise.
- party responsibly and 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.
- be responsible 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.
- 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 www.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 www.collegelifeEL.msu.edu. Contact Community Liaison, Suchitra Webster, at hingwesu@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: Are you thinking about studying abroad? Now's your chance to come and browse virtually all of MSU's programs at the 2016 Study Abroad Fair on Thursday, October 6th from noon to 6pm at the Breslin Center.

Sponsored by the Office of Study Abroad, the fair offers you the opportunity to explore your options among the more than 275 study abroad programs offered at MSU and begin planning ahead for your own experience abroad. It will feature programs representing a variety of academic fields and locations. You can talk with program leaders, representatives from partner institutions, former participants, and academic advisers. The fair provides a "one-stop shopping" experience for everything you need to know about choosing a study abroad program.

Staff from the Office of Study Abroad will be on-hand to answer questions and help you understand what you need to know before studying abroad. Representatives from other support units will also be available to help with questions about travel logistics, funding

opportunities, health issues and more. Academic advisers can offer assistance about individual degree requirements.

Watch your email for updates or check the web at studyabroad.msu.edu/safair for more details.

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.

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

Wellness Matters for Personal & Academic Success

To all 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 2 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: 44% of MSU students reported having had a cold or flu in the last academic year; and, several stated that had a negative impact on their academics. A simple preventative measure for you in the upcoming year? Wash your hands, and cover your mouth when you cough. Other health concerns are more complicated, and their impact even stronger: 70% of MSU students stated they were affected by stress (to the point of feeling overwhelmed at least once during the year); 27% 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 2016 are highlighted in a brochure; *I'm a Spartan-True Life: Wellness Matters for Personal and Academic Success*. It is available online at olin.msu.edu/truelife/. Other topics covered include: Tobacco use, Nutrition, Physical Activity, Injury Prevention, Pregnancy Prevention, Sexually

Transmitted Infection Prevention, Sexual Assault and Relationship Violence Prevention, Depression & Anxiety, Suicide Prevention, Alcohol & 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, the student, to be academically and personally successful at MSU. We believe we can help you maximize your ability to do your academic best by providing the information and resources you need to help 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 successful, challenging, and exciting year ahead.

ContactMSU

University directory and information services (ContactMSU) staff are available to help you navigate campus, find the information you need, learn about events, or connect you with departments, individual staff or students with published numbers. Their service is available 24 hours a day, 365 days a year. You may reach them at contactmsu@msu.edu, (517) 355-1855 or by dialing 0 from campus phones. The directory that the ContactMSU staff utilize is also populated by the contact information stored within the University's staff and student databases.

REMEMBER: Wednesday, August 31, 2016 attend Monday Classes.

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

Quick Phone Contacts

(all numbers in area code 517 unless specified)

Questions?	Program/Office/Service	Phone
Campus Operator		355-1855
Counseling	Counseling Center	355-8270
Cultural Issues	Office of Cultural and Academic Transitions	353-7745
	Multicultural Center	432-7153
E. Lansing Housing Codes	Code Enforcement & Neighborhood Conservation	319-6870
Fall Welcome	Department of Student Life	355-8286
Financial Aid	Office of Financial Aid	353-5940
Fraternities/Sororities	Department of Student Life	355-8286
General Questions/Info	Department of Student Life	355-8286
Health	MSU Student Health Services	355-4510
Library	MSU Libraries	353-8700
Ombudsperson	Office of the Ombudsperson	353-8830
On-Campus Housing Options	Residence Education and Housing Services	884-5483
	Toll Free	877-954-8366
Parking	MSU Police	355-8440
Recreation	Recreational Sports and Fitness Services	
	IM Circle	355-4710
	IM East	353-3136
	IM West	355-5250
Rental Housing -	MSU College of Law Rental Housing Clinic	336-8088
Legal Questions	ASMSU Legal Services	353-3716
Safety	MSU Police (non-emergency)	355-2221
Sporting Events	Athletic Ticket Office	355-1610
Student Employment	Career Services	355-9510
Student Organizations	Department of Student Life	355-8286
Summer Courses		
Off-Campus	MSU Summer Study	355-3300
Wharton Center Events	Wharton Center Box Office	432-2000

Report your immunization history

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.

