Success After College: It’s Not Too Early To Work On Your Future

Whether your destination after State is employment, graduate or professional school, your senior year is a critical time. Developing and executing a strategy to meet your goals is crucial, 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 career 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. Career 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 career strategy.

✓ **Knowledge of the World of Work.** There are many more jobs out there than the small percentage that get advertised. 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 eventually will 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 search 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](http://CareerNetwork.msu.edu) for more information.

What is MySpartanCareer? 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 account at [CareerNetwork.msu.edu](http://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://CareerNetwork.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 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.collegelifeEL.msu.edu.

- When deciding where to live next year, MSU’s Housing Listing Service can help students explore their options. This free service features multiple property listings and includes advanced search filters, a roommate finder, message boards, and educational resources. Visit ofcampushousing.msu.edu to start your search.

- 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 WeAllLiveHere.org to learn more and meet the interns.

- 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 servicelearning.msu.edu to learn more.

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

Support Our Spartans

Each year, graduating seniors have the opportunity to leave behind a lasting legacy of their time spent at Michigan State University. Since 1873, MSU’s graduating senior class has raised money through the University’s Annual Giving Fund in support of special campus projects or a designated area of need. This longstanding tradition unites seniors to give back in support of MSU’s mission: Advancing Knowledge and Transforming Lives.

It is now easier than ever to give back by making a gift in support of your specific college or any program of your choice. Your gift will help provide aid to current and future students, beautify the campus and ensure that your class is forever recognized. Visit the University Development website at www.givingto.msu.edu/gift/

Once a Spartan... Always a Spartan

Regardless of your plans 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 alumni.msu.edu.

Hey You... Get Involved!

Congratulations, you have successfully made it to your senior year of college. 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 persons? Then plan to attend Fall Welcome Spartan Spectacular from 4-10pm at Munn Field on Tuesday, August 26 to be a part of Sparticipation ’14. For more information visit fallwelcome.msu.edu.

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 ugrsrch@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/studentp/.
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.