



# Success @ State

## Graduation is closer than you think: Prepare now for what comes next

Whether your destination after State is employment or graduate school, your entire college experience is a critical time for developing and executing a strategy to get you there. The good news is we have a great network of Career Services professionals to help you identify and develop toward your Purpose – “what you’re trying to do or become.”

An effective career strategy is built upon three key parts:

- ✓ **Self Assessment & Priority Identification.** Your interests, values, and skills form the core of your purpose and 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 are a great starting point to 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 offering the type of work 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, whether for a part time job, summer internship or full time job, starts when you know what you want to do (your purpose!) 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. Learn more at [CareerNetwork.msu.edu](http://CareerNetwork.msu.edu).

What is **Handshake**? It’s your resource for part time jobs, internships, career events, full time jobs and much more. Only for MSU students and recent 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](http://CareerNetwork.msu.edu) to create your profile, post your resume, apply for full time jobs and internships, research employers, 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](http://CareerNetwork.msu.edu).

Don’t miss

### Fall Welcome Spartan Spectacular!

Tuesday, August 29, 2017  
4-10pm, Cherry Lane Field  
For more information visit  
[fallwelcome.msu.edu](http://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](http://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, 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.



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## 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](http://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 [collegelifeEL.msu.edu](http://collegelifeEL.msu.edu).
- When deciding where to live, 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 [offcampushousing.msu.edu](http://offcampushousing.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](http://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](http://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 remembered. Visit the University Development website at [www.givingto.msu.edu/gift/](http://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 online at [alumni.msu.edu](http://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](http://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** from 4-10pm at Cherry Lane Field on Tuesday, August 29 to be a part of **Sparticipation '17**. For more information visit [fallwelcome.msu.edu](http://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](http://www.bespartangreen.msu.edu) to see how you can Be Spartan Green!

## 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/](http://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 time at Michigan State University. Indeed, with this information, you can look forward to a successful, challenging, and exciting year ahead.

## 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](http://studentlife.msu.edu).

**EDUCATION ABROAD:** With over 275 programs on every continent – from Asia to Antarctica – education 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 (included winter and spring breaks) and offer a diverse selection of courses – making it possible for any major to participate! Internships and service-learning models will allow you to get hands-on experience that will contribute to the local culture and provide reflection on your professional development. You’ll have the experience of a lifetime while acquiring independence, self-confidence and global awareness. Visit [educationabroad.msu.edu](http://educationabroad.msu.edu) for more information.

## 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](mailto: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.

## 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](http://urca.msu.edu/uuraf) or email [ugrsrch@msu.edu](mailto:ugrsrch@msu.edu).

## Welcome Home Spartan.

Come on down to the

**MSU Off-Campus HOUSING FAIR**

Oct. 11 | 11 am – 4 pm | MSU Union Ballroom

Explore living options for next fall  
Learn about your tenant legal rights  
Enter Drawings to win prizes

Department of  
**Student Life**  
Michigan State University

For more information, visit [studentlife.msu.edu](http://studentlife.msu.edu)

Department of Student Life  
 Michigan State University  
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 East Lansing, Michigan 48824  
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**REMEMBER: Wednesday, August 29, 2017 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 and Psychiatric Services (CAPS)	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 & Wellness Services	884-6546
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](http://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.

