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, 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)—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.

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 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.
SPARTANS WILL.

Visit fallwelcome.msu.edu for information on all Fall Welcome Activities
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’s website 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 cityofeastlansing.com/studentresidents to check it out.
- 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 to start your search.
- MSU’s Community Liaison Services as a bridge between MSU and the surrounding community. The Community Liaison works with Spartans, municipal leadership, landlords and residents to ensure positive and productive relationships. To connect with the Community Liaison, call (517) 432-7527 or email hingwesu@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 servicelearning.msu.edu to learn more.

How To...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 900+ organizations. Would you rather meet with some of the organizations’ membership in person? Then plan to attend Fall Welcome Spartan Spectacular from 5-10 p.m. at location Cherry Lane Field (the field located on the corner of Shaw Lane & Harrison Rd.) on Tuesday, August 28 to be a part of Sparticipation ‘18. Rain location will be the Breslin Student Events Center & Munn Ice Arena. For Spartan Spectacular event updates please check the fallwelcome.msu.edu website.

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.

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 more than $9 million 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 givingto.msu.edu/gift/.

Campus Bus Service

The Capital Area Transportation Authority (CATA) provides bus service to all of the greater Lansing area and to MSU. Campus service operates 24/7 during fall and spring semesters with service beginning Monday, August 27, 2018. Free on-campus bus service will be provided to all MSU students, faculty and staff. The fare-free rides apply to Routes 30-39 only. A cash fare or bus pass will be required to ride the Owl. MSU students pay $6.10 a ride when they show their valid MSU ID on these services. Students wanting to purchase a bus pass instead of paying for each ride not included in the freefare campus service have several bus pass options. Passes may be purchased online at cata.org or at the MSU ID Office located in the International Center. For specific information regarding CATA’s routes and bus pass information, please call (517) 432-2282, visit CATA’s website at cata.org or email us at info@cataorg.

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

We wish you the best over your coming year at State. Welcome Home!
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 return to class, concentrate 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.

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 ugrsrsch@msu.edu.

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.

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 of 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 bespartangreen.msu.edu to see how you can Be Spartan Green!
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 (including 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 for more information.

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.

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Quick Contacts

CAMPUS OPERATOR
(517) 355-1855

COUNSELING
Counseling and Psychiatric Services (CAPS)
(517) 355-8270
caps.msu.edu

CULTURAL ISSUES
Office of Cultural and Academic Transitions (OCAT)
(517) 353-7745
ocat.msu.edu
Mosaic: The Multicultural Unity Center
(517) 432-7153
mosaic.msu.edu

EAST LANSING HOUSING CODES
Code Enforcement & Neighborhood Conservation
(517) 319-6870
cityofeastlansing.com

FALL WELCOME
Department of Student Life
(517) 355-8286
fallwelcome.msu.edu

FINANCIAL AID
Office of Financial Aid
(517) 353-5940
finaid.msu.edu

FRATERNITIES/SORORITIES
Department of Student Life Greek Life - Fraternity & Sorority Life
(517) 355-8286
greeklife.msu.edu

GENERAL QUESTIONS/INFO
Department of Student Life
(517) 355-8286
studentlife.msu.edu

HEALTH
MSU Student Health & Wellness Services
(517) 884-6546
olin.msu.edu

LIBRARY
MSU Libraries
(517) 353-8700
lib.msu.edu

OMBUDSPERSON
Office of the Ombudsperson
(517) 353-8830
ombud.msu.edu

ON-CAMPUS HOUSING OPTIONS
Residence Education & Housing Services
(517) 884-5483
Toll Free (877) 954-8366
liveon.msu.edu

PARKING
MSU Police
(517) 355-8440
police.msu.edu

RECREATION
Recreational Sports and Fitness Services
IM Circle
(517) 355-4710
IM East
(517) 353-3136
IM West
(517) 355-5250
recsports.msu.edu

RENTAL HOUSING
MSU College of Law Rental Housing Clinic
(517) 336-8058
law.msu.educlinics/rentalhousing.html

LEGAL QUESTIONS
ASMSU Legal Services
(517) 353-5716
asmsu.msu.edu/services/legal-services/

SAFETY
MSU Police (non-emergency)
(517) 355-2221
police.msu.edu

SPORTING EVENTS
Athletic Ticket Office
(517) 355-1610
msuspartans.com

STUDENT EMPLOYMENT
Career Services Network
(517) 355-9510
careernetwork.msu.edu

STUDENT ORGANIZATIONS
Department of Student Life
(517) 355-8286
studentlife.msu.edu

SUMMER COURSES OFF-CAMPUS
MSU Summer Study
(517) 355-3300
reg.msu.edu/ROInfo/summerstudy.aspx

WHARTON CENTER EVENTS
Wharton Center Box Office
(517) 432-2000
whartoncenter.com/events-tickets

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.

WELCOME HOME SPARTAN
Come down to the 2018 MSU HOUSING FAIR
OCT. 3
11 AM - 4 PM
MSU Union Ballroom
Explore on- and off- campus housing options Learn about your tenant legal rights Enter Drawings to win prizes

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