**Freshman**

- Begin the transition by **shifting your role** as a **parent** to that of a **supporter**.
- Encourage your student to **make good grades** and **meet with professors** at least once a semester.
- Talk with your student about **getting involved** through a student activity, organization, part-time job or volunteering.
- Encourage student to begin their **4 year Career Development plan**.
- Remind student of what **Career Services** offers, such as career coaching, resume & cover letter critiques, mock interviews and Career Fairs.
- Help your student get a **jump start** on experiential learning through internships/externships in their first year at SFA.

**Sophomore**

- Talk with student about **career exploration** or their major/minor and encourage their **research in different areas of interest**.
- **Listen** to what your student is talking about concerning THEIR career and major choice.
- Do **YOUR** research. Find out more information about what they can do with their major after graduation.
- Help your student **build a professional network** by contacting people that you may know related to the student’s field of interest.
- Strongly encourage student to **utilize Career Services** for career coaching, resume critiques, mock interviews and career fairs.
- Remind student about looking into internship/externship opportunities as well as part-time jobs related to their field.

**Junior**

- Urge your student to foster **meaningful and supportive relationships** with **faculty**.
- Encourage your student to get involved in **activities** that will **enhance their academic experience** and make your student **more marketable** (e.g., leadership role in an organization, service learning projects).
- Persuade student to **utilize Career Services** for all their **career planning needs**.
- Highly recommend **attending Career Fairs** and other career-related events in order to establish a professional brand, narrow down prospective employers and **increase their network and job opportunities**.
- Remind student about looking into internship opportunities as well as part-time jobs related to their field.
- Talk to your student about **graduate or professional school plans**.

**Senior**

- Talk to your student about **attending Career Fairs** and other career related events in order to **identify and target employment opportunities** and **refine their job search skills**.
- Strongly recommend that your student utilizes Career Services for job searching skills, resume critiques and mock interviews.
- Remind your student to nurture relationships with faculty and key administrators on campus.
- Encourage/assist student in **purchasing professional attire**.
- If on **graduate school track**, remind student to take appropriate entrance exams, request letters of recommendation, apply for scholarships and complete applications before deadline.
- **Listen, be patient, and be supportive!**