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go.osu.edu/AlumniCareerManagement
Career Management

- Programs/Resources
  - Web resources, career management system, webinars, programs, career fairs, individual career advising (in-person and remotely).

- Career Changes:
  - Launching
  - Transition
  - Underemployment
  - Unemployment
  - Encore Career

- A Lifelong Process:
  - Assessment
  - Exploration/Research
  - Personal Branding
  - Networking/Job Search
  - Professional Development
Parents: Guiding Your Daughter or Son in Career Choice

Today’s Agenda

• Research shows children seek career advice from parents first.
• How should you advise?
• The career planning process
• ONET – online career research
• Ohio State resources
• Resources at other colleges and universities
Be an informed advisor

- Encourage exploration.
- Communicate openly.
- Research career resources.
- Model and encourage decision making/goal setting.
- Encourage student activities, volunteerism, related summer work.
- Draft a career plan.
- Provide support.
Career Planning - A process

- Assessment - values, interests, skills
- Exploration – resources, people, events
- Decision Making – choose a major and design a plan
- Preparation - resume and research (Career Services Office)
- Networking – faculty, alumni, family
- Job Search – internship or post grad employment
O*NET

- The O*NET program is the nation's primary source of occupational information.

- The database is continually updated by surveying a broad range of workers from each occupation.

- The database also provides the basis for Career Exploration Tools, a set of valuable assessment instruments for workers and students looking to find or change careers.

- [http://www.onetonline.org/](http://www.onetonline.org/)
Resources at Ohio State

- Career Connection
  [http://careerconnection.osu.edu/](http://careerconnection.osu.edu/)

- University Exploration
  [http://exploration.osu.edu/](http://exploration.osu.edu/)

- Buckeye Careers website career resources (OnPace, JobReady Ohio, parent/student guides)
  - Internships and post grad jobs (job boards and resume database).
  - [www.careers.osu.edu](http://www.careers.osu.edu)

Vian Saggio
Asst. Internship Director
Buckeye Careers
COMMITTED TO STUDENTS' DISCOVERY OF THEIR PASSIONS, DEVELOPMENT OF THEIR SKILLS, AND ATTAINMENT OF CAREER-RELATED EXPERIENCES.

STUDENTS
Explore your strengths and career options. Prepare for your future. Succeed with a job/internship search.
LEARN MORE →

EMPLOYERS
Recruit a Buckeye through Buckeye Careers Network or by attending a campus event. Connect with a college career services office.
LEARN MORE →

ALUMNI
Access career transition services and the Buckeye Job Board. Get involved as an alum with your college's career services office.
LEARN MORE →

FACULTY/STAFF
Assist students with their career development needs. Connect with your college's career services office.
LEARN MORE →

PARENTS
Learn how to be involved in your student's career education. View strategies and tips to encourage student career success.
LEARN MORE →
Welcome Students!

The JobReady for Ohio Industry Internships & Co-ops program aims to connect currently enrolled 2-year and 4-year degree students from The Ohio State University, Columbus State Community College, and North Central State College with employers in industries such as energy, automotive, information technology, and financial services.

important information to help you get started:

- Learn more about the JobReady program
- Requirements to participate as a student
- Timeline of the program
- Training Module Information

Documents
- JobReady Program Agreement [41 KB PDF]
- Program Agreement Form
- JobReady Student Participation Requirements [151 KB PDF]
- Information for prospective applicants

STUDENTS

- Buckeye Careers Network
- Buckeye Internships
- Buckeye OnPace
- JobReady
  - About the Program
  - Student Participation Requirements
  - Timeline
  - Training Module Information

CAREER OFFICE SEARCH

Use the following search engine to identify the career services office or professional that most closely addresses your career management needs. (Note: all graduate and professional programs begin with "Grad.")

Program: --SELECT--
Modules

Finding Your FOCUS
- Learning about Yourself
- Relating Interests to Majors and Careers
- Decision-Making Factors
- Decision-Making Techniques
- Integrating Social Responsibility with Career

Developing Skills through Experiences
- Your Experiences Count!
- Experiences That Build Technical Skills
- Experiences That Build Transferable Skills
- Assessing and Communicating Your Technical and Transferable Skills

Managing Stress
- Introduction to Stress Management
- Coping with Stress in the Moment
- Strategies to Reduce Your Overall Stress Level

Writing Your Resume and Interviewing

Polishing Your Job Etiquette Skills

Searching for Jobs and Internships
Parents & Family

For most students, parents and family members are cited as the primary source of influence on their career development. We encourage you to stay involved and please refer to the resources at this site.

For more general information, visit the Parent and Family Relations site at http://parent.osu.edu/ to learn more about this office and topics relevant to parents and family members.

http://careers.osu.edu/parents/four-year-college-plan/
College Career Links

Ohio

Cleveland State University:
- http://www.csuohio.edu/offices/career/students/
  http://www.csuohio.edu/offices/career/tips/

Kent State University:
- http://www.kent.edu/career/families.cfm
  http://www.kent.edu/career/jobs/index.cfm

Miami University:
- http://www.units.miamioh.edu/careers/
  http://www.units.muohio.edu/careers/parents/opportunities.shtml

Ohio University:
- http://www.ohio.edu/careerandleadership/
  http://www.ohioalumni.org/career-help

University of Akron:
- http://www.uakron.edu/career/current-students/connect-your-major-and-career/
  http://www.uakron.edu/career/job-search-resources/

University of Cincinnati:
- http://www.uc.edu/career/students/career_exploration.html

University of Dayton:
- http://www.udayton.edu/careerservices/
College Career Links

**Big Ten**

Indiana University:
- [http://www.indiana.edu/~career/](http://www.indiana.edu/~career/)
- [http://www.iub.edu/student/career.shtml](http://www.iub.edu/student/career.shtml)

Michigan State University:
- [http://careernetwork.msu.edu/jobs-internships/finding-a-job/index.html](http://careernetwork.msu.edu/jobs-internships/finding-a-job/index.html)
- [http://careernetwork.msu.edu/exploring-options/index.html](http://careernetwork.msu.edu/exploring-options/index.html)

Penn State University:
- [http://studentaffairs.psu.edu/career/parents](http://studentaffairs.psu.edu/career/parents)
- [http://studentaffairs.psu.edu/career/students/exploring.shtml](http://studentaffairs.psu.edu/career/students/exploring.shtml)

Purdue University:
- CCO Center for Career Opportunities [https://www.cco.purdue.edu/](https://www.cco.purdue.edu/)

University of Michigan:
- [http://careercenter.umich.edu/](http://careercenter.umich.edu/)
- [http://www.hr.umich.edu/career/](http://www.hr.umich.edu/career/)
Questions or Comments?

Email questions to careers@ohiostatealumni.org

go.osu.edu/AlumniCareerManagement