

The most helpful kind of help and support you can provide as a parent, regarding your student's Career Development Journey, is to listen to their ideas, be open to them as they explore with you, lead your student to resources and information, and do your best not to judge or provide the answers for them. This is very hard to do as we are accustomed to helping solve problems.

Below you will find a list of ideas for support:

▶ **ENCOURAGE YOUR STUDENT TO VISIT CAREER SERVICES AT OTTAWA UNIVERSITY**

These visits should start early and happen often as a part of their college experience. Help them understand that career exploration and support may come from any of the following professionals at OU: Career Services, Adawee advisor, faculty advisor, instructors, or other professional mentors. The more your student talks and networks with others related to career exploration, the more prepared and comfortable he/she will be with career planning in the end.

▶ **ENCOURAGE YOUR STUDENT TO UNDERSTAND WHAT THEIR CAREER RESOURCES ARE AT OTTAWA UNIVERSITY**

Encourage them to explore the MyOttawa portal and find out as much as they possibly can within OU resources and systems.

▶ **ENCOURAGE YOUR STUDENT TO LEARN MORE ABOUT OUR ONLINE JOURNEY PRODUCT AS SOON AS POSSIBLE**

This product guides them through the entire career exploration journey with a "one-stop" approach—from personal exploration and assessment through to the job search.

▶ **ADVISE YOUR STUDENT TO WRITE A RESUME NOW**

It is never too early to become comfortable with this exercise. Suggest your student get sample resumes from Career Services or the MyOttawa portal system. You can review their draft resumes; the final product should be critiqued by Career Services.

▶ **ASK YOUR STUDENT QUESTIONS LIKE, "DO YOU HAVE ANY IDEA WHAT YOU MIGHT DO WHEN YOU GRADUATE?"**

Encourage them to think more about how they hope to apply the degree they are studying. If they don't know, encourage them to explore options or seek assistance and conversation from Career Services or other academic mentors they may have. Sometimes a conversation can lead to great outcomes and definitely new ideas for exploration.

▶ **ALLOW YOUR STUDENT TO MAKE THIS DECISION.**

It's okay to make suggestions about majors and career fields, but let your student be the ultimate judge of what is best.

▶ **EMPHASIZE THE IMPORTANCE OF INTERNSHIPS.**

Having relevant experience in the job market is critical. A strong recommendation from an internship supervisor can often tip the scale of an important interview in that applicant's favor when it is time to find a job as a graduate.

▶ **ENCOURAGE EXTRACURRICULAR INVOLVEMENT.**

Part of experiencing college life is to be involved and active outside the classroom. Interpersonal and leadership skills—qualities valued by employers—are often developed in extracurricular activities. Encourage your student to seek more information about opportunities to get involved on campus through student affairs and residence life staff.

▶ **ENCOURAGE YOUR STUDENT TO STAY UP-TO-DATE WITH CURRENT EVENTS**

It will help your student be more in tune with what is going on in the world and the workplace today.

▶ **TALK WITH YOUR STUDENT ABOUT THE WORKPLACE**

Tell them more about what you do and help them understand the challenges and the benefits of your profession, as well as others. Encourage them to explore a variety of professions they make want to consider along the way.

▶ **HELP THEM UNDERSTAND THE POWER OF NETWORKING**

Introduce your student to professionals in fields they may be considering. Encourage your student to shadow someone in the workplace to increase awareness of their interesting career fields.

▶ **HELP OU CAREER SERVICES.**

If your company or organization hires interns, take a step to introduce yourself to the Career Services office today. You never know what great things we may be able to do together.

Finally, we say THANK YOU! We are happy your student has chosen Ottawa University. We will do our best to support your student through this Journey, at this point in life, as they prepare for a future Life of Significance.