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The Parent and Family Guide to Career Services is designed to assist parents, families, and other supporters of UGA Students by:

- Educating parents and families of UGA students about the Career Center and how we can help your student during their time at UGA and beyond
- Addressing the most common career-related concerns of parents and families of UGA students
- Providing specific tips and strategies to help parents and families of UGA students partner with the Career Center to support their student’s career development
- Sharing ways parents and families can be involved with the UGA Community
Who We Are:
A source of career guidance and support for UGA students and alumni.

How We Support Students:

- Resume Critiques
- Cover Letter Critiques
- Personal Statement Critiques
- Portfolio Critiques
- LinkedIn Critiques
- Career Assessments
- Major Exploration
- Career Exploration
- Mentoring
- Networking
- Gaining Experience
- Professional Dress
- Professional Etiquette
- Professional Communication
- Using Handshake
- Employer Research
- Graduate/Professional School Exploration
- Graduate/Professional School Research
- Job & Internship Searching
- Career Fair Prep
- Interview Prep
- Social Media Tips
- Salary Negotiation
- Evaluating Job Offers
- Evaluating Graduate/Professional School Offers

How We Support Parents and Families:

We serve parents and families by providing information and resources to help them partner with the UGA Career Center in order to successfully and effectively aid in their student’s career development.
UGA Career Center's Mission Statement:

The Career Center staff facilitates, motivates, and empowers students to explore options and pursue careers. The center provides a comprehensive range of services, programs, and materials focusing on career exploration & decision-making, skill development, experiential learning, and career employment. The Career Center is committed to assisting employing organizations and establishing university partnerships for the benefit of University of Georgia students.

In line with this mission, the Career Center team provides many valuable services for students of the University, including:

**Individual Career Counseling** – Career consultants are available to meet individually with students at any point during their time at UGA. To find out the name and contact information for your student's designated career consultant, visit our directory.

**Drop-In Hours** – Staff are available for 15 minute chats with students from 11 a.m. until 2p.m., Monday–Friday during fall and spring semesters. No appointment necessary.

**Arch Ready Professionalism Certificate** – This program includes a series of workshops designed to help students prepare for professional life after graduation. The topics range from choosing a major to diversity and inclusion in the workplace to salary negotiation.

**UGA Mentor Program** – This program connects students with experienced UGA alumni mentors that are just right for their commitment. Getting started is easy. Students simply create a profile on our digital platform, attend a quick orientation, then instantly begin searching for a mentor using a variety of search criteria including: identity, industry, major, location, and more.

**Intern for a Day Program** – This program is a volunteer “job shadowing” opportunity for students to spend one day observing and often working with professionals in a specific career field. This experience is not for credit or pay, but greatly benefits both interns and sponsors. It allows a student to clarify career goals, while allowing the sponsor (or prospective employer) to evaluate a student’s interests, skills, and abilities.

**Handshake** – Handshake is our career services platform for students and alumni. On Handshake, students have access to employment and career resources, including job/internship postings, Career Center events, and career fairs. Additionally, students can schedule their Career Center appointments through Handshake.

To access a full list of services, visit [career.uga.edu](http://career.uga.edu).
COMMON CAREER QUESTIONS

When should my student visit the Career Center?
The earlier, the better! We offer services to students as early as their first year.

Where is the Career Center?
The Career Center is located on the 2nd floor of Clark Howell Hall.

What services does the Career Center offer students?
The Career Center offers a wide variety of services to students, described briefly on pages 4 and 5. To access a full list, visit career.uga.edu.

How does my student meet with someone at the Career Center?
Appointments may be scheduled through your student’s Handshake account or by calling the Career Center front desk at (706) 542-3375.

Who is my student's Career Consultant?
We pair students with a career consultant based on their major or course of study to provide relevant, industry-specific knowledge and strategies to help students define and reach their professional goals. Additionally, there is an exploratory consultant team, specifically designated to help students explore majors. To identify your student's career consultant, view our staff directory.
My student is having a hard time choosing a major. What should they do?
The Career Center has a wide variety of resources for undecided students. Encourage your student to try the following:
- Explore and work through some of our Choosing a Major Resources
- Attend an Explore Lab: Choosing a Major Workshop
- Meet with one of the Career Consultants designated for Exploring students

How does the Career Center support diverse student populations?
The Career Center is committed to serving all students at UGA. We offer career-related resources and events focused on topics including, but not limited to, race, ethnicity, sexual orientation, gender identity, first-generation college students, ability, class, and other identity-based experiences.

How can my student find a job or internship?
There are multiple job and internship boards that the UGA Career Center recommends for students to use during their search. Check out https://career.uga.edu/top_job_search_resources to see a full list.

Students also have support in finding a job or internship. Handshake, appointments, career fairs, and events will all provide guidance for students as they decide what type of job or internship to pursue and then what steps to take to get there.

My student is unable to obtain an internship this semester/summer because they have to work. What are some other ways they can gain relevant experience?
First, holding a job while in classes is a highly valued experience. There are many ways for your student to gain experience that will build their resume and gain the interest of employers and graduate schools. For example, students are encouraged to join campus organizations, volunteer in the community, and seek out research projects. See page 24 for more ideas.

Additionally, within the UGA Career Guide, students have access to information on how to translate their experiences to be effectively displayed on a resume.
What is Handshake?
Handshake is our career services platform for students and alumni. On Handshake, students have access to employment and career resources, including job/internship postings, career events, and fairs. Additionally, students can schedule their Career Center appointments through Handshake.

What companies and employers recruit at UGA?
Thousands of companies recruit UGA students through job postings, professional development events, and career fairs. Check out the UGA Career Outcomes initiative to view UGA's Top 25 Employers and visit page 10 of this guide to learn more!

Where can my student access resources for professional dress?
The Career Center hosts Dawgs Suit Up, which is an event where students can shop for professional attire at deeply discounted rates. The Dawgs Suit Up Scholarship program is a part of this event. Students receiving this scholarship are awarded a $200 voucher which will allow them to purchase professional business attire for an upcoming career fair or interview.

Additionally, SGA’s Professional Clothing Closet provides free professional clothing. Each UGA student has access to one free professional outfit per academic year. For more information, visit sga.uga.edu.

For additional examples and inspiration, find the Career Center on Pinterest for both business casual and business professional samples.
What is the UGA Mentor Program?
The **UGA Mentor Program** is the University's first comprehensive mentorship initiative. Through our digital platform, students are able to form mentoring relationships with alumni, regardless of geographic location, who can help make their futures a little clearer.

What are the Career Center's resources related to diversity and inclusion?  
The Career Center offers a variety of programs and services related to diversity and inclusion, including the Diversity & Inclusion Career Conference, the Arch Ready Diversity & Inclusion Track, and our population-specific resources. To access a full list these programs and services, visit this link.

How can I guide my student as they make career decisions? 
To help guide your student, check out this **4-year career development plan**. This plan provides suggestions for your student's time at UGA. While the timing and priority of each task is dependent on your student's specific career goals, this guide may be very beneficial when discussing your student's future.

Additionally, check out page 16 for activities that you can use to help your student make career decisions.
CAREER OUTCOMES FOR UGA STUDENTS

Career Outcomes Overview
The Career Outcomes Initiative provides insight into the employment and continuing education status of UGA graduates within an average of 6 months of their graduation date. Additionally, the data reports detailed employment, salary, and graduate school information. Click [here](#) to learn more!

Class of 2020 Career Outcomes Highlights:

**UGA’S CAREER OUTCOMES RATE IS**

91%

**ACCEPTED EMPLOYMENT WITHIN THE STATE OF GEORGIA**

71%

**Top 25 Employers for the class of 2020**

Amazon
AmeriCorps
AT&T
Bank of America
Capgemini
CDC
Chick-fil-A
CVS
Deloitte
EY
Fiserv
General Motors
Georgia-Pacific
KPMG
NCR Corporation
OneTrust
Oracle
PwC
Protiviti
State Farm
The Home Depot
U.S. Army
University of Georgia
UPS
The Walt Disney Company

**TOP 10 OUT-OF-STATE DESTINATIONS FOR THE CLASS OF 2020**

- Austin, TX
- Boston, MA
- Charlotte, NC
- Chicago, IL
- Dallas, TX
- Denver, CO
- Nashville, TN
- New York, NY
- Orlando, FL
- Washington, DC

**TOP 10 IN-STATE DESTINATIONS FOR THE CLASS OF 2020**

- Alpharetta
- Athens
- Atlanta
- Augusta
- Duluth
- Lawrenceville
- Marietta
- Norcross
- Roswell
- Suwanee
CAREER OUTCOMES FOR UGA STUDENTS

What Can I do With a Major In...? Pages
Serve as a way to visualize Career Outcomes data

The UGA Career Center's "What Can I Do with a Major In ... ?" Pages address questions such as "How does my major prepare me for future opportunities?" and "Where have UGA graduates with a particular major found employment?" Each Career Center "What Can I Do with a Major in..." page includes a description of the major with top resources found at UGA and possible job titles, employers, and graduate/professional schools.

Example: Biology Majors graduating in 2019

Employed Full-Time 42%
Employed Part-Time 4%
Internships 3%
Attending Grad School 44%

CLASS OF 2019 CAREER OUTCOMES FOR BIOLOGY *Includes Self-Employed

Employers
- Athens Heart Center
- Augusta Smile Care
- Buy Wise Drugs
- One Breath
- Clarke County School District
- Homestead Hospice
- ICNA Relief USA
- Hearing and Balance Clinic

Position Titles
- Medical Assistant
- Dental Assistant
- Pharmacy Technician
- Research Specialist
- Scribe Medical Assistant
- Surgical Assistant
- Certified Nurse Assistant
- Biology Teacher

Graduate Schools
- Augusta University
- Emory University
- Georgia State University
- Johns Hopkins University
- Tulane University
- Georgia Institute of Technology
- University of Maryland

Click here for more info on Biology Majors.

How to use this data to make career decisions
Career Outcomes data is not meant to be limiting or considered an exhaustive list of career possibilities. Rather, by seeing common career pathways, professional organizations, resources, employers, and strategies that maximize career opportunities, students can expand their knowledge, find inspiration, and positively influence their own career development.
**ADDRESSING CAREER CONCERNS: MYTHS**

It is important to be aware of the top career-related myths and how you can address them within yourself and through conversations with your student. Each of these myths does have an element of truth, which is why they commonly impact career decisions or increase anxiety about choosing poorly. Use the reality statement to remind yourself and your student what’s most commonly true of the career development process.

<table>
<thead>
<tr>
<th>Myth</th>
<th>Reality</th>
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<tbody>
<tr>
<td>1. The college major limits / dictates career options.</td>
<td>The majority of majors have a wide variety of opportunities and do not lead to one specific career! According to recent research, only 27% of college graduates are working in a job that even relates to their major.¹</td>
</tr>
<tr>
<td>2. Certain major disciplines are “better” than others; therefore, some majors should not be chosen.</td>
<td>Every major has different pros and cons! It is better to pursue a major that you find interesting and aligns with your values rather than one that is &quot;in demand&quot; - careers in demand change about every 4–5 years!² When choosing a major, the most important factors to consider are interests and ability to do well in classes.</td>
</tr>
<tr>
<td>3. Academic performance predicts professional success.</td>
<td>There is almost no correlation between education and job performance.³ Even if your academic performance wasn't as strong as you may have preferred it to be, you still will gain valuable experiences and transferable skills that employers desire in applicants! Also remember, your GPA is only one line of your resume.</td>
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<tr>
<td>4. Earning potential is dependent on the college major choice.</td>
<td>Certain fields yield higher incomes, but your major does not need to align with the industry. The real world doesn’t care about your degree topic as much as your work ethic, attitude, and experiences.</td>
</tr>
<tr>
<td>Myth</td>
<td>Reality</td>
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<tr>
<td><strong>5</strong> If you want to pursue something professionally, you have to be studying it in an academic setting.</td>
<td>Most careers do not follow from a specific major! Each major can lead to a variety of different career pathways. Your aptitude and abilities are more likely to influence your future career pathway than your major. Additionally, employers often train new employees on specific job requirements but are less likely to hire those needing support on soft skills development. All majors support soft skill development!</td>
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<td><strong>6</strong> My major limits me to a small set of career options.</td>
<td>Choosing a major and choosing a career are not the same thing! Students from any one major could be employed in many different jobs; likewise, people who are employed in any one job could have different majors. Employers are more interested in experiences and skills developed during time in college.</td>
</tr>
<tr>
<td><strong>7</strong> The purpose of college is to get a good job.</td>
<td>This is (somewhat) true. Your time in college serves many purposes with career development being only one aspect! College is also a time to learn about yourself—you interests, values, skills, and personal goals.</td>
</tr>
<tr>
<td><strong>8</strong> I'm behind or out of time to explore my options.</td>
<td>It is never too late to explore a new career. The average person changes their career 5 to 7 times during their working life, and typically the topic of their major doesn't limit career options!</td>
</tr>
</tbody>
</table>

Check out this [article](#) to learn more!
**Outliers** by Malcolm Gladwell

**Description:** Malcolm Gladwell takes us on an intellectual journey through the world of "outliers"—the best and the brightest, the most famous and the most successful. He asks the question: what makes high-achievers different? His answer is that we pay too much attention to what successful people are like, and too little attention to where they are from: that is, their culture, their family, their generation, and the idiosyncratic experiences of their upbringing. Along the way he explains the secrets of software billionaires, what it takes to be a great soccer player, why Asians are good at math, and what made the Beatles the greatest rock band.

**You Majored in What** by Katharine Brooks

**Description:** This indispensable guide shows you a creative, fun, and intelligent way to figure out what you want to do and how to get it—no matter what you studied in college. You will learn to map your experiences for insights into your strengths and passions, design possible lives, and create goals destined to take you wherever you want to go. Using techniques and ideas that have guided thousands of college students to successful careers, Dr. Brooks will teach you to outsmart and outperform your competition with more Wisdom Builders and an easily applied career development process. No matter what career you aspire to, You Majored in What? offers a practical, creative, and successful approach to finding your path to career fulfillment.

**Grown and Flown** by Lisa Heffernan

**Description:** Grown and Flown is a one-stop resource for parenting teenagers, leading up to—and through—high school and those first years of independence. It covers everything from the monumental (how to let your kids go) to the mundane (how to shop for a dorm room). Organized by topic—such as academics, anxiety and mental health, college life—it features a combination of stories, advice from professionals, and practical sidebars. Consider this your parenting lifeline: an easy-to-use manual that offers support and perspective. Grown and Flown is required reading for anyone looking to raise an adult with whom you have an enduring, profound connection.
As you continue to bust the most common career-related myths, it is also important to consider how you can engage your student in conversations about their career development and choices. Below, you'll find some Career Center approved "questions to ask" as well as a few "comments to avoid." We know it can be hard to support your student as they make career decisions, so we hope these examples help you feel equipped to encourage your student and partner with the Career Center in supporting their career decision-making.

<table>
<thead>
<tr>
<th>Comments to avoid</th>
<th>Questions to ask</th>
</tr>
</thead>
<tbody>
<tr>
<td>You will have to go to graduate school if you continue with the that major.</td>
<td>Have you looked at the What Can I Do With a Major in...? Page for that major to explore your career options?</td>
</tr>
<tr>
<td>I'm worried you will not find financial stability with that major or career choice.</td>
<td>What do you enjoy about that major/career? Have you talked with your Career Consultant about your plan?</td>
</tr>
<tr>
<td>You can do anything you want. I know you will figure out what to study.</td>
<td>Have you visited the UGA Career Center for help choosing your major?</td>
</tr>
<tr>
<td>Your major is not one I know much about. I don't know how to help you choose a career.</td>
<td>Have you joined the UGA Mentor Program to have additional support exploring careers?</td>
</tr>
</tbody>
</table>
Utilize these activities to help your student make career decisions! The instructions for each are listed below, and activity examples can be found on subsequent pages.

**Activity 1: Reflective Letter**
- Write a letter to your student that addresses the following questions:
  - What are the earliest memories you have of your student expressing their interests? This could include toys they played with, activities they enjoyed, things they asked about, etc.
  - What consistencies have you seen in your student's personality over time? Did your student enjoy time alone, make friends easily, talk a lot, enjoy observing their environment, remember details, ask deep questions, etc.?
  - What obstacles have you seen your student overcome?
- Check out page 17 for an example **Reflective Letter**.

**Activity 2: Career Beliefs Check-Up**
- Use this worksheet to discuss the most common, unrealistic career beliefs with your student. Go through each unrealistic belief one-by-one to discuss it, determine a new belief to replace it, and record evidence of why the new belief is true.
- To help you get started, you can find an example **Career Beliefs Check-Up** on page 19.

**Activity 3: Job Search Values Checklist**
- Print out 2 copies of the **Career Values Checklist**, one for you and one for your student. Take 10 minutes to complete the worksheet individually based on your own values preferences.
- After completing the worksheet, discuss the following questions together:
  - What are your 3 most important career values? Why?
  - What is your least important career value? Why?
  - What similarities and/or differences do you notice between our values preferences?
  - How can I support you as you seek to incorporate these values into your career decision-making?
- See page 21 for an example **Job Search Values Checklist**.
Dear Joanna,

When you were younger, I always remember you gravitating towards certain toys. You loved playing with Barbies, Polly Pockets, and other types of dolls. Additionally, you had a collection of stuffed animals that you cherished and would accompany us on every family vacation. You claimed that you didn’t want any of them to feel left out, and I didn’t mind the extra luggage, because it was a sweet thought!

Regardless of what you were playing with, you enjoyed being with others. You had a very easy-going personality and made friends easily, despite being shy. You especially loved playing with your older sisters, and would frequently follow them around the house. At the same time, you enjoyed your alone time. When alone, you were your most creative. You loved painting, drawing, and making cute little animals out of clay.

Growing up, it was clear to see that you were a compassionate child. You really enjoyed helping others and were very attentive to people’s emotions. I still see this in you as a young adult! Additionally, I noticed that you really valued fairness and honesty. I always assumed that you would be in some kind of helping profession as an adult. Specifically, I thought you would end up as some kind of therapist or pediatric doctor.

When you first entered college, I recognized that you struggled greatly with picking out a major. Although I didn’t want to pressure you, I wanted you to find something that would allow for you to be financially stable as an adult. I am so proud of you for reaching out to so many different individuals on campus for help, and finding not only one, but two majors that you are passionate about. You are so involved on campus and I know that any of the graduate programs you applied to would be lucky to have you! I am very excited to see where your future takes you.

Love,
Mom
Career Beliefs Check-Up

Unrealistic Career Belief: Choosing my major is choosing what I’ll do forever.

New Belief: ________________________________________________________________

Evidence: ________________________________________________________________

Unrealistic Career Belief: I need to know my career before choosing my major.

New Belief: ________________________________________________________________

Evidence: ________________________________________________________________

Unrealistic Career Belief: My major is who I am.

New Belief: ________________________________________________________________

Evidence: ________________________________________________________________
Career Beliefs Check-Up

**Unrealistic Career Belief:** Choosing my major is choosing what I’ll do forever.

**New Belief:**
My major is a way for me to gain essential skills for my future career. I will be able to apply these skills in various ways in my future profession.

**Evidence:**
My mentor from the UGA Mentor Program started her career in business, but now has transitioned to working for a local nonprofit. She says that her skills from working in business prepared her well for her transition.

**Unrealistic Career Belief:** I need to know my career before choosing my major.

**New Belief:**
It is ok for me not to know what I’d like to do for my career. I can choose my major by looking for the classes I’d like to take.

**Evidence:**
As I look at job descriptions, I am noticing that many postings require a "bachelor's degree" to apply, but do not specify a topic.

**Unrealistic Career Belief:** My major and/or career is who I am.

**New Belief:**
My major is just one piece of who I am. My experiences, relationships, interests, skills, and values also matter and help to form my identity.

**Evidence:**
I rarely know the college majors of professionals I meet. Overtime, the major becomes less and less of what defines someone or what others ask about. I also noticed that my college major will only take up one line on my resume.
## Job Search Values Checklist

<table>
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<tr>
<th>Values</th>
<th>Very Important</th>
<th>Somewhat Important</th>
<th>Neutral</th>
<th>Somewhat Unimportant</th>
<th>Not Important</th>
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<td>Having variety and change at work.</td>
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<td>Helping others.</td>
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<td>Feeling respected at work.</td>
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<td>Taking risks.</td>
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<td>Having your work recognized.</td>
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<td>Traveling for work.</td>
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<td>Collecting a big paycheck.</td>
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<td>Setting your own hours.</td>
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<td>Having time off work.</td>
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<td>Having autonomy at work.</td>
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<td>Spending time with family and friends.</td>
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<td>Living in a big city.</td>
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<td>Walking to work.</td>
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<td>Living abroad.</td>
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<td>Saving money.</td>
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<td>Becoming a homeowner.</td>
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<td>Not bringing work home.</td>
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<td>Living near family.</td>
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<td>Working with creative people.</td>
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<td>Working with organized people.</td>
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<td>Enjoying colleagues outside of work.</td>
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<td>Promotions are available.</td>
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<td>Philanthropic company values.</td>
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<td>Continued education and professional development is offered.</td>
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<td>A diverse and inclusive environment.</td>
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<td>Not working at a desk.</td>
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<td>Enjoying the work itself.</td>
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<td>Having a good supervisor.</td>
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<td>Finishing projects independently.</td>
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<td>Collaborating with a teams.</td>
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<td>Your work challenges you and uses your full potential.</td>
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<td>You choose what to wear to work.</td>
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</tbody>
</table>
### Job Search Values Checklist

<table>
<thead>
<tr>
<th>Values</th>
<th>Very Important</th>
<th>Somewhat Important</th>
<th>Neutral</th>
<th>Somewhat Unimportant</th>
<th>Not Important</th>
</tr>
</thead>
<tbody>
<tr>
<td>Having variety and change at work.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Helping others.</td>
<td></td>
<td>X</td>
<td></td>
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<tr>
<td>Feeling respected at work.</td>
<td>X</td>
<td></td>
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<tr>
<td>Taking risks.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Having your work recognized.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Traveling for work.</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Collecting a big paycheck.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Setting your own hours.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Having time off work.</td>
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<td></td>
<td></td>
<td>X</td>
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<tr>
<td>Having autonomy at work.</td>
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<td></td>
<td></td>
<td></td>
<td>X</td>
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<tr>
<td>Spending time with family and friends.</td>
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<td>X</td>
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<tr>
<td>Living in a big city.</td>
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<tr>
<td>Walking to work.</td>
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<td></td>
<td></td>
<td>X</td>
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<tr>
<td>Living abroad.</td>
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<td></td>
<td>X</td>
</tr>
<tr>
<td>Saving money.</td>
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<td>X</td>
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<tr>
<td>Becoming a homeowner.</td>
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<td>X</td>
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<tr>
<td>Not bringing work home.</td>
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<td></td>
<td>X</td>
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<tr>
<td>Living near family.</td>
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<td>X</td>
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<tr>
<td>Working with creative people.</td>
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<td>X</td>
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<tr>
<td>Working with organized people.</td>
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<tr>
<td>Enjoying colleagues outside of work.</td>
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<td>X</td>
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<tr>
<td>Promotions are available.</td>
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<tr>
<td>Philanthropic company values.</td>
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<td>Continued education and professional</td>
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<tr>
<td>development is offered.</td>
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<tr>
<td>A diverse and inclusive environment.</td>
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<td>X</td>
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<tr>
<td>Not working at a desk.</td>
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<td></td>
<td>X</td>
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<tr>
<td>Enjoying the work itself.</td>
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<td>X</td>
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<tr>
<td>Having a good supervisor.</td>
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<tr>
<td>Finishing projects independently.</td>
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<td>X</td>
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<tr>
<td>Collaborating with a teams.</td>
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<td>X</td>
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<tr>
<td>Your work challenges you and uses your</td>
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<td>X</td>
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<tr>
<td>full potential.</td>
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<tr>
<td>You choose what to wear to work.</td>
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</tbody>
</table>

My top 3 career values are "having a good supervisor", "a diverse and inclusive environment", and "your work challenges and uses your full potential". My least important career value is "living in a big city".
How to Find a Healthy Level of Involvement

As a parent or family member, it is important to be involved in your student's career development. However, it is often difficult to know how to do this, and it is common for parents and families to slip into under-involvement or over-involvement for a variety of reasons. Finding a healthy level of involvement looks different for each parent-student relationship or family-student dynamic. With these tips, we hope you can learn what will work best for your relationship and discover how you can empower your student to explore who they are in order to make academic and career decisions that are aligned with their identity. Below, you'll find questions you can discuss with your student to help you pursue a healthy level of involvement:

- How would you like me to be involved in your major and career choices? I want to figure out how I can support you as you make these important decisions.

- Would it be helpful for me to share my career story with you? I also experienced uncertainty and questioned my path.

- I trust you to make this decision about your major and/or career. Let’s think about all of the times you’ve successfully made decisions in the past. When can you recall doing a good job of this?

- Would you like to talk about your major and/or career choice with me? I am glad to listen and help you think through your options.

- What boundaries can we establish to be able to regularly check-in about your major and career choices (i.e. who is allowed to bring up the topic and how often would be appropriate)?
HOW TO FIND A HEALTHY LEVEL OF INVOLVEMENT

Common Examples of Over-Involvement
- Coming to your student’s Career Center appointment with them.
- Calling the Career Center to make an appointment for your student (with or without their awareness).
- Projecting your career fears and biases onto your student.
- Making definitive statements about specific majors or careers.

Common Examples of Under-Involvement
- Avoiding questions about majors or careers that may make you or your student uncomfortable.
- Telling your student to figure out decisions about their career development on their own.
- Changing the subject when your student expresses emotions like anxiety, fear, discouragement, excitement, or curiosity about disciplines or careers that you don’t know much about. This suggestion may feel strange, but it is ok to admit knowing very little and learn from your student.

Common Examples of Healthy Involvement
- Reminding your student who they are and how this identity could connect to majors or careers.
- Suggesting your student explore the questions they have about majors and career further using Career Center resources or by scheduling an appointment with their Career Consultant.
- Sharing your career story and how you made your career-related choices with your student.
- Validating how your student feels about making choices about their major or career. In the Career Center, we notice this choice is an overwhelming or scary decision. Students often worry they will choose wrong or regret their choice.
- Encouraging your student to trust what they know (or are learning) about themselves and to make career choices that align with this knowledge.
- Allowing your student to grow and evolve as they progress in college. This growth is very common. You can support and normalize the loss of old interests and pursuit of new ones.
Additional Ways You Can Help Your Student

- Encourage your student to visit the Career Center to utilize our services:
  - Appointments and Drop-In Hours
  - Arch Ready Professionalism Certificate
  - Career Fairs and Events

- Provide resources and networking opportunities if you have them:
  - Have your student review career development topics in the UGA Career Guide
  - Have your student check out the UGA Mentor Program

- Challenge your student to become "occupationally literate:"
  - Engage in conversation about their career interests and goals
  - Encourage them to explore Career Center online resources and our career assessments
  - Urge your student to make a detailed resume using the Career Center resume templates

- Emphasize the importance of campus/community involvement and internships:
  - Have your student check out the UGA Involvement Network
  - Encourage your student to search for internships, on-campus jobs, or other experience in Handshake

- Encourage your student to stay up to date with current information in their field:
  - Consider purchasing your student a subscription to the New York Times, Wall Street Journal, or another relevant publication in their field
  - Remind them to review the Career Center's What Can I Do With a Major in...? Pages

Adapted from Thomas J. Denham. Courtesy of the National Association of Colleges and Employers.
Check out these opportunities to stay involved and connected with the UGA community!

**HireUGA**

Interested in hiring UGA talent in your company or organization? We would love to help you do so! Here are 3 steps you can take to get started:

1. Post jobs and internships to our UGA-specific job and internship board, Handshake.
2. Participate in relevant career fairs and recruiting events. UGA hosts over 15 career fairs and recruiting events annually.
3. Reach out to a member of our UGA Career Center Employer Relations team to discuss your organization’s hiring needs and create a custom recruiting strategy.

**Alumni Chapters**

Alumni Chapters bring UGA alumni together in local communities around the world. Whether graduating, changing careers or just cheering on the Dawgs, we’re here to help you connect with your Bulldog family. Stay Connected:

1. Don’t miss out on happenings around your area. Follow social accounts and update your information to ensure you stay connected no matter where you go.
2. Huddle Up: Connect with Bulldogs across the country (and world!) through 90+ alumni chapters. Visit alumni.uga.edu/chapters to find your chapter!
Parents Leadership Council

The Parents Leadership Council (PLC) is a group of highly engaged parents who are eager to be involved on campus and make a direct impact on undergraduate student life by way of philanthropic contributions. Members have opportunities to hear directly from senior UGA administrators and renowned faculty, tour campus facilities, and socialize with fellow parents and their students.

- If you’re interested in joining PLC, submit a membership application today!

UGA Mentor Program

The UGA Mentor Program, the University's first comprehensive mentorship initiative, is a digital platform which allows students to form mentoring relationships with alumni, regardless of geographic location, who can help make their future a little clearer. To begin:

1. Complete your profile.
2. Students will be able to view your profile and reach out to request a mentorship.
3. If you receive a request, we hope you'll accept it. However, you do have the option to decline a student if you simply don't think it's a good fit.

Visit the UGA Mentor Program and the FAQ for more information.


