



PARENT SUPPORT

4-YEAR CAREER ACTION PLAN

1

FRESHMAN EXPLORE OPTIONS

DISCOVER

Browse the programs, resources and services that CCD has to offer.
Visit ccd.rice.edu.

Encourage your student to **make an appointment** with a counselor to learn about our programs, resources and services.

SUPPORT

Support your student in exploring new areas of study and interests.

Career and personality assessments such as the Strong Interest Inventory and the Myers-Briggs Type Indicator can help with this process.

ENCOURAGE

Encourage your student to begin developing a **work-related or skills-based resume**.

The Guides & Presentations section of our website provides resources and examples for getting started.

SHARE

Provide perspective by **sharing your own career journey**.

Join the OWL Career Mentor Network on LinkedIn to share advice about networking, interviewing, transitioning into the first job and more!

2

SOPHOMORE RESEARCH & EXECUTE

BE PATIENT

Your student may experience indecision regarding major or career choice.

CONNECT

Direct your student to family, friends or colleagues in fields and industries of interest.

OFFER FEEDBACK

Provide insight to your student on what you have observed to be their strengths and interests.

SUGGEST

Recommend that your student enroll in UNIV 212: Career and Life Options, and meet with a career counselor.

3

JUNIOR BUILD SKILLS

ENCOURAGE

Remind your student that it is never too soon or too late to seek an internship or summer job.

SEEK PERSPECTIVE

Have colleagues or hiring professionals review your student's resume and cover letter.

BUILD WARDROBE

Help your student dress for success.

SHARE CONTACTS

Provide names of professionals who may be a useful resource. Let your student conduct the job search — not you!

4

SENIOR APPLY SKILLS & EXPERIENCE

UTILIZE RESOURCES

Encourage your student to attend career and internship expos, informational workshops, networking sessions, and meet with a career counselor to refine professional communication skills and job search strategies.

EMPATHIZE & SUPPORT

Continue to provide support and positivity through the job search process — remember what it was like when you were applying and interviewing for jobs. Be sure not to project your own stress and anxiety on your student during this journey.

ABOUT THE CENTER FOR CAREER DEVELOPMENT

The Center for Career Development (CCD) offers programs, services and resources to guide your student in pursuing his or her career goals. We equip them with the skills and confidence needed to discover their interests and navigate their career journey from college to graduation, and throughout their life.

CONNECT WITH US



STAY UPDATED
[@RiceCCD](https://twitter.com/RiceCCD)



MENTOR CURRENT STUDENTS
Join the OWL Career Mentor Network



READ & WATCH
OccupiedWithLife.blogs.rice.edu
YouTube Channel: [TheCCDRice](https://www.youtube.com/channel/UC...)



WEBSITE & EVENTS CALENDAR
ccd.rice.edu • ccd.rice.edu/calendar



RICE

Center for Career Development