

Life After FSU



Career Services and Employer Relations

FSU alumni are ALWAYS WELCOME to use our services!

The Career Counselors are here to help!

In today's rapidly changing economy, finding a job can be challenging for college graduates. However, a positive mindset and determination to reach your career goals can make the process feel less daunting. The key to finding career success is making the initial effort and following through - be persistent, positive and use multiple strategies.

Some of the major parts of the job search include:

1. **Knowing your skills:** It's vital you are familiar with what you are good at so you can showcase your strengths to employers.
2. **Researching companies:** This will prepare you for networking opportunities and interviews.
3. **Perfecting your marketing materials:** This includes polishing up your resume, rehearsing your elevator pitch and understanding how to write cover letters.

The FSU Career Services and Employer Relations Office is open year-round for students and alumni.

Meet one-on-one, in person or virtually, with a career counselor who can guide you through the process from start to finish. Among other services, the office can help you (1) assess your needs and skills (2) define networking possibilities and opportunities (3) research industries, professions and companies (4) perfect and target your resume towards a specific audience (5) write a successful cover letter and reference page, and (6) explore career leads.

To make an appointment, log-in to your Starfish account. Otherwise you may call 508-626-4625. For more information, visit: <https://www.framingham.edu/the-fsu-difference/career-services/>

Graduate School or Not? That is the Question.

Many graduating seniors have considered graduate school as a possibility — especially in today's competitive job market. But the decision is not an easy one. For those who already know what they want to do after FSU or for certain professions where an advanced degree is required, graduate school may be the right choice right now.

But graduate school is not for everyone. It can interrupt your work schedule, consume a great

deal of your time, and be very expensive. Accumulating more student loans after your undergraduate education may be a bad idea. It is possible to obtain a scholarship or a teaching assistantship to help pay for your education, but funds are highly competitive.

If you are not 100% focused on a specific career or your career path is not yet completely defined, your next step should be a job search and not another degree program at this time.

Come see a counselor at the Career Services and Employer Relations Office to help clear up some of this confusion. The office can help with both the decision-making process as well as with the application and other required materials. Please come visit us and we will be happy to help you.

Here are some questions to think about when considering graduate school:

1. Do you know what course of study you want to pursue in graduate school? If so, what do you hope to achieve with an advanced degree?
2. Could you acquire an entry-level position in your field and have your employer pay for all or part of your graduate work?
3. Are you afraid to tackle the employment market? Do you simply not know what else to do after college?
4. How do you feel about studying? Are you ready to continue your studies in a more intense and specialized manner for eight or more hours a day?
5. How will you pay for the cost of graduate school and what will be the return on your investment? Keep in mind that graduate school in the short term is not an income-producing venture, and financial aid for graduate students is limited.

Moving Back in with Mom and Dad

For many, college has been the best time of your life: you made life-long friends, opened your mind to big ideas, and grew as an individual. It is understandable that the thought of moving back in with your parents creates mixed emotions.

But moving back home might be a great option - temporarily, of course. Maybe you can't find a job right after graduation, or maybe you want some time off after four years of rigorous study. Living at home may give you time to reflect on what you want to do and save money. **Keep in mind that you may have only a small grace period before you must start paying back your student loans.**

If you do want to live on your own, there are ways to make this work. Find a roommate to help with the rent; have dinner with your parents a few times a week; learn to live frugally; find an apartment that fits comfortably within your budget. The last thing you want to do is overextend yourself and not save money. The more you save, the better.

Living on your own for the first time will expose you to the real world of bills, work, and responsibility. This can be a little overwhelming for recent graduates, but it can also be exciting and liberating. **The decision to move out will be different for everyone.** You should ultimately make this decision when you are ready and confident to take the next step in your life as a college graduate.



Create Your Online Brand: Make Connections!

Get connected: LinkedIn--Facebook, Twitter and Instagram may be great ways to stay in touch with friends and socialize online, but now that you are a college graduate, **LinkedIn** is the place to be seen. More than the "Facebook" of the business world, **LinkedIn** is the largest professional networking site on the web and has an excellent job board!

Share your education and experience and become connected with other professionals. In the competitive job market, it is not what you know, but who you know. Social media sites allow you to network and make valuable connections that help you learn about career paths and ultimately find a job.

Create a personal website: This allows potential employers (or clients) to view your work and professional experience. If you have a portfolio of written, visual or audio work, you can upload material onto your site. The goal here is to successfully market yourself and make your online presence known. Create and sell your own brand with you as the product and the employer as the consumer.

Social Media Clean Up!

Google yourself lately? The Internet is great for your social life, but if you're not careful, it can harm your professional life. Your social presence is likely full of pictures, comments, Tweets, Snapchats and other web based material, both fleeting and permanent. There is nothing wrong with connecting online, but some memories – you know which ones – may be inappropriate for employers to see. **A potential employer will likely research you online.**

If you do not have the money to hire an expensive web developer or graphic designer to create a website for you, there are affordable resources that can help.

Google Sites: A free resource where you can choose from a variety of premade templates. They have an easy 1-2-3-step process for establishing a site.

Weebly.com: Don't be put off by the name. Weebly is great because it allows you to create a free website and a free blog, another popular networking tool.

Wix.com: Your personal website and domain are just a few clicks away with this easy and free site. There are hundreds of templates, easy drag and drop, and it is mobile friendly.

With all of these networking tools, always keep your image positive.

Eliminate photos and language or anything else you would not want your grandparents (or an employer) to see!

Make sure that your privacy settings are turned to "friends only"; but beware, this is no longer enough to ensure your privacy. The safest way to protect your privacy is to go through your timeline, post by post, and delete all questionable photos and content. Be sure to "untag" yourself from photos that do not represent you well. If you wouldn't want your grandmother to see it, you don't want an employer to see it, either. This holds true for all other social media platforms such as Instagram and Twitter.



Finding Ways to Maintain Career Wellness

During your college years, it's likely you've developed lots of strategies for coping with stress. Whether it be adjusting to living away from home, an overwhelming course load, making new friends, or choosing a major/career path. Now that your work has finally paid off and you've received that well-earned degree, you may face new and different sets of challenges.

As you reflect and ease into this transition, you are likely to be making all kinds of tough decisions relating to both your personal and professional life. Be sure to adjust your coping strategies. Consider the following ideas for managing each challenge:

1. Maybe your first job isn't your dream job - You're not alone! Take charge and make the necessary changes to explore other options and find a better fit.

2. You feel you need to better match your values and your work - Learn more about what you value by asking yourself questions and completing assessments.

3. Are you unsatisfied with your pay? - Do some research on professions you are qualified for and would enjoy that also earn a salary that would make you feel comfortable. This involves asking yourself what is most important to you and could involve a bit of compromise.

4. You love your job, but you are working 80+ hours and feel burnt-out already -

First and foremost, a discussion with your supervisor is advisable. If this turns out to be fruitless, you may want to consider finding a similar position with a different company that would require a more reasonable time commitment.

5. The challenges you are facing are varied and too many to mention - Make a list of each challenge and prioritize them strategically. Are there challenges that can be worked through more quickly? Are they time-sensitive? What are you struggling the most with? As always, reach out for help if you need it!

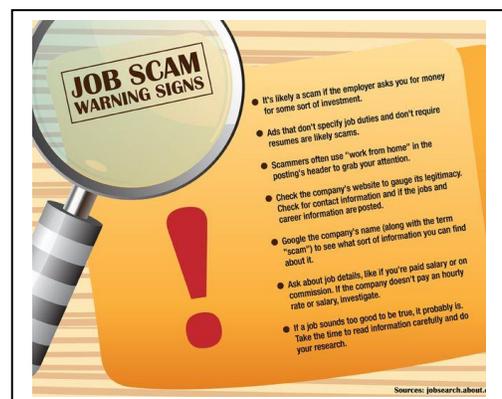
Incorporating Physical Wellness to Manage Stress During the Job-Search:

1. Stay active: Engage in approximately 150 minutes of moderate physical activity a week.

2. Consider your diet: Eat nutrient dense foods and stay hydrated. MyPlate is an excellent resource for familiarizing yourself with dietary guidelines.

3. Practice healthy sleep habits: The recommended amount of sleep is 7-9 hours. It's also important to have a sleep schedule so your body knows when to wake up in the morning and shut down at night.

It may not be obvious at first but taking care of your physical well-being is directly connected to caring for your mental well-being. There is much evidence of the mind-body connection, but let's just say that staying active, eating nutritious foods, and getting enough sleep will all work to help you feel your best. And feeling your best can help you conquer any challenge you are facing with greater ease.



Helpful Resources for Finding and Researching Jobs

Handshake:

<https://framingham.joinhandshake.com/>

If you don't already have an account, sign up for this valuable resource. It can help you find a full-time job and track FSU career events. **Handshake** is available to students/alumni for their lifetime, even long after graduating from FSU. Employers who post jobs on **Handshake** do so because they specifically want to connect with Framingham State students and alumni.

Indeed.com: Allows you to search a large pool of job openings both locally and nationwide. You can narrow your search by salary, company, job type, location and employer/recruiter. **(Delete extra space here)**

Simplyhired.com: Is similar to Indeed.com in that it pulls from multiple career listing resources. A key difference is the ability to turn on your *LinkedIn* account to locate networking resources simultaneously.

Vault.com: A site containing company rankings and profiles, job and internship listings, industry and profession information and general career and graduate school advice. You can get free access to The Vault on our website.

O*Net: Shows career titles, job descriptions, education requirements, potential salaries and related occupations.

MassHire CIS: Combines occupations, labor market, and education information to help you explore potential careers.

CareerSpots: A site with short informative videos about numerous career related topics. You can get free access to CareerSpots on our website.

Specific Association Affiliations:

Becoming a member of a related association in your desired industry allows you access to specific job boards and many networking opportunities. While many have a fee, the cost for recent graduates may be lower than the general population.

*Stay current with our services & career events through social media!
Follow us on Instagram & Twitter @fsucser
& Friend us on Facebook & Link to us on LinkedIn at Framingham State University Career Services and Employer Relations*

Career Services and Employer Relations invites all students and alumni to visit us at any point during your time at the University and beyond.

Our goal is to help you in all aspects of your career search, from the time you enter the University, to your graduation, and through your career transitions.

FSU Career Services and Employer Relations

McCarthy Center 412

Mon, Fri - 9:00 am – 5:00 pm

Tues, Weds, Thurs

9:00 am – 7:00 pm (during the academic year)

Open all year

P: 508.626.4625 F: 508.626.4039

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