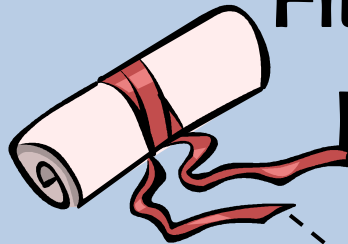




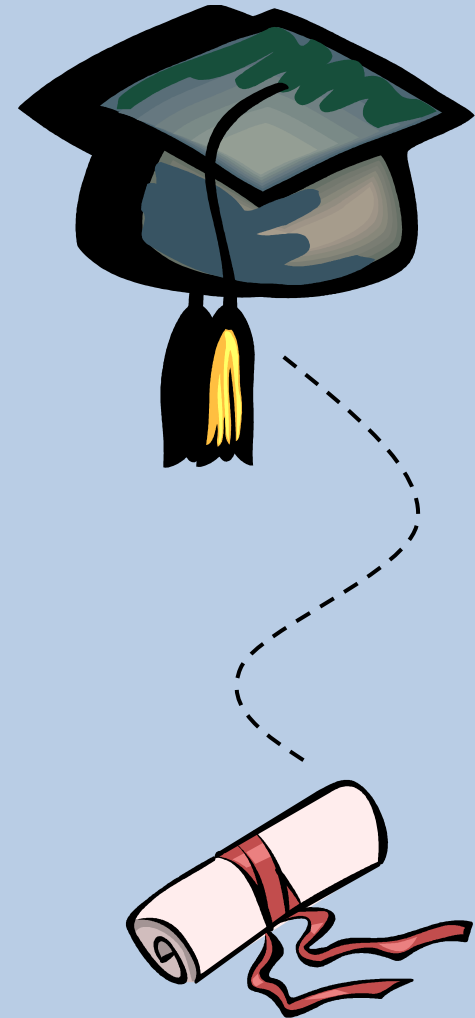
**So You're Graduating,
Now What?**



**Fitchburg State College
Expanding Horizons
Program**

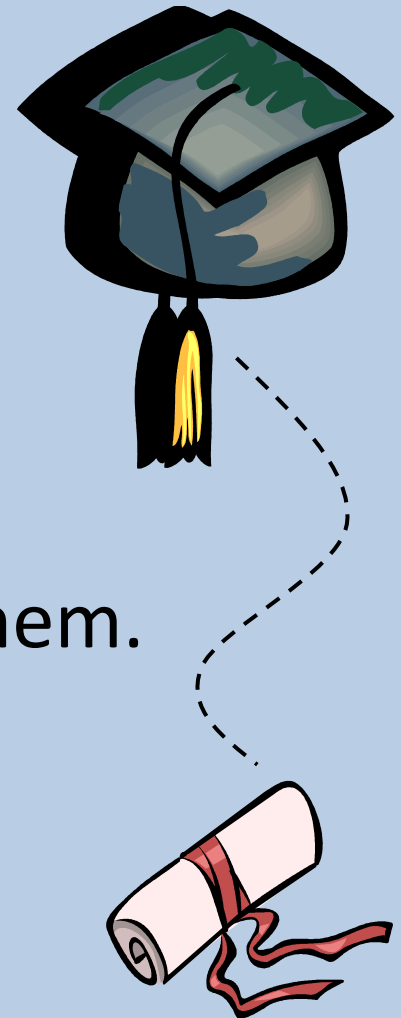
Making a Decision

- Now that you have completed an undergraduate program of study, you must decide the next step...
 - Going to work OR
 - Continuing your education



Going to Work

- Complete a Career Inventory
 - available in the EHP office
- Decide what type of job you are seeking
- Develop a resume & cover letter
 - see Kristen, in EHP for help getting started.
- Identify references and request to use them.
- Research employers
- Practice interview skills



Career Exploration Resources

[DOL.gov](https://www.dol.gov)

U.S. Department of Labor website

[Occupational Outlook Handbook](#)

Occupational descriptions and projections published by the US Department of Labor Bureau of Labor Statistics.

[Dictionary of Occupational Titles](#)

A description of over 12,000 jobs within the US labor market.

[QWest Dex](#)

A great resource for locating company information for informational interviewing.

[Education's Cool](#)

US Department of the Interior internships and jobs

Basic Job Search Steps

Educate

Organize

Network

Identify

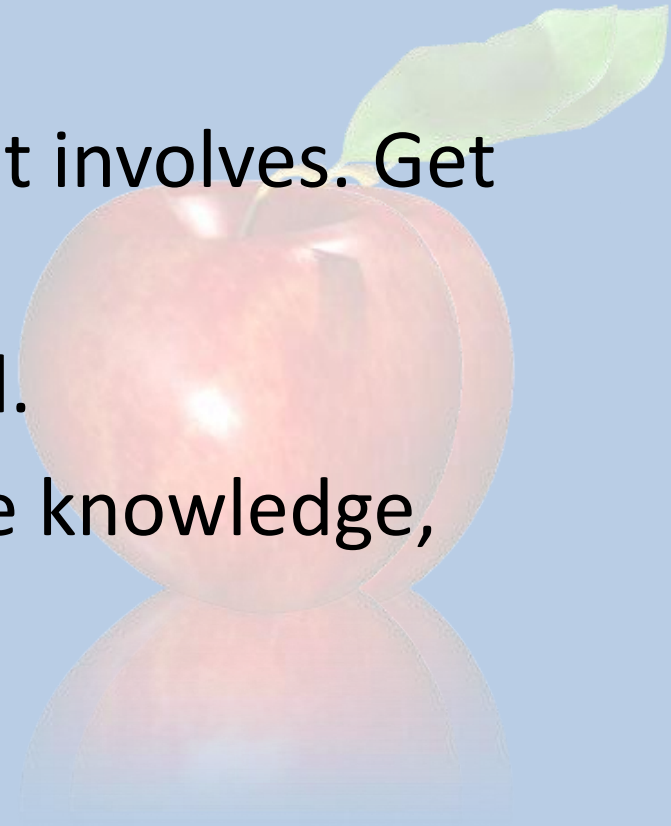
Review

Determination



EDUCATE

- Learn about the organization to which you will be applying.
- Know about the job and what it involves. Get excited about it!
- Speak the language of the field.
- Demonstrate that you have the knowledge, skills & abilities for the job.



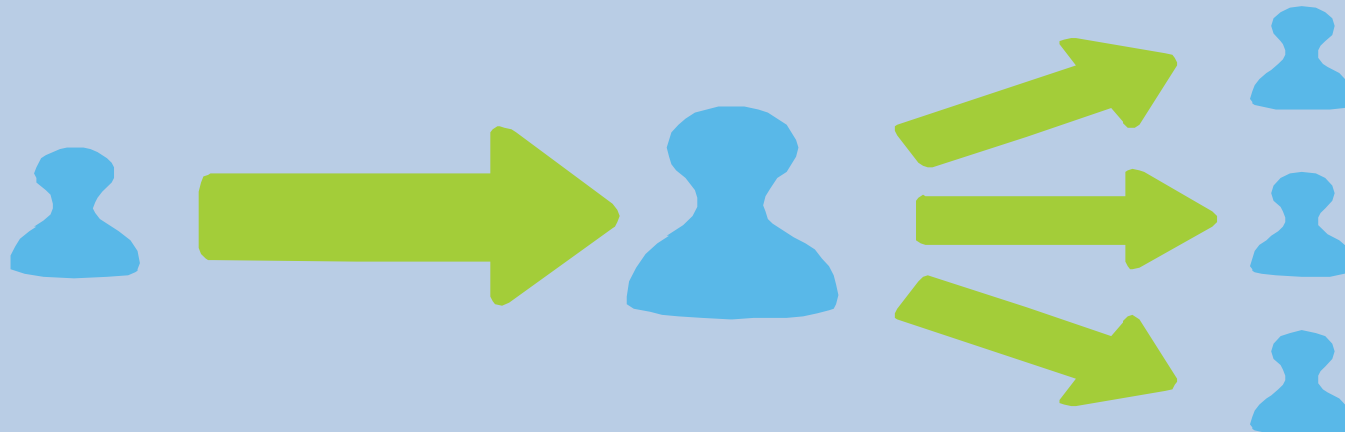
ORGANIZE



- Record contacts, applications, follow-ups, & responses.
- Be prepared at all times for contacts from companies.
- Know what you want to say to employers about yourself & your skills.

NETWORK

- Contact those you spoke to during Informational Interviews.
- Tell others about your job search
- Distribute your resume.



How To Network...

By now you have set a realistic career goal that matches your experience and skills.

Now is the time to make contacts with those in your field of choice to find leads to organizations that are hiring.

You already have a network of people who are familiar to you. And those people know many other people.

Your sources for networking are endless!

IDENTIFY & REVIEW

- **Identify**

Identify resources with job openings in your field.

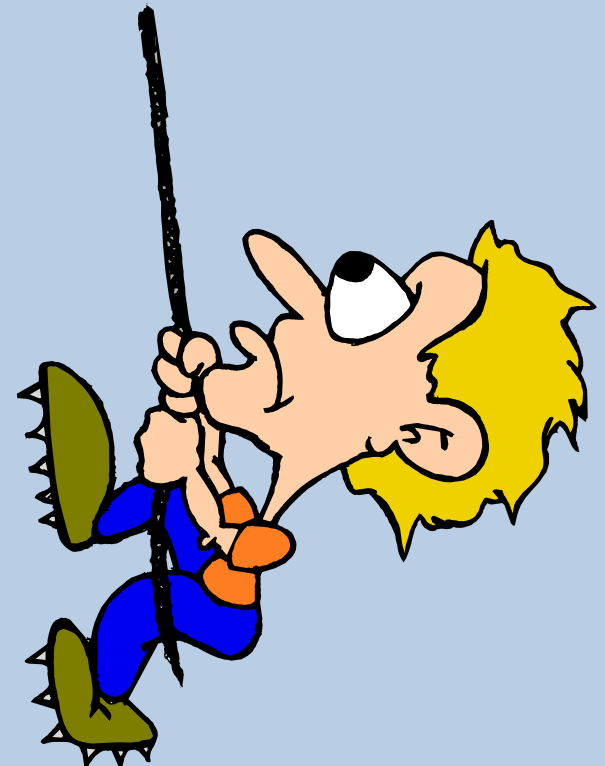


- **Review**

Update resume to show how your current skills relate to a particular job.

DETERMINATION

- Remain positive. It's normal to be rejected.
- Use those "No's" as a learning experience to lead you to a "Yes."



Employment Resources

- Collegecentral.com

College Central is the website for all job postings received by the Career Center. Registration and use of this website is **FREE** to FSC students and alumni.

- Education America

1,000s of teaching and education job opportunities from public and private schools from across the U.S. Free to search, browse and register!

- Teachingjobs.com

A world-wide directory of teaching jobs from around the world. Upload your resume, search and browse jobs for free.

- JobWeb.com

Particularly helpful to recent graduates- (NACE).

- AmericasJobBank.com

Links to State employment offices across the country.

- CareerBuilder.com

Current classified ads from newspapers across the US.

- Monster.com

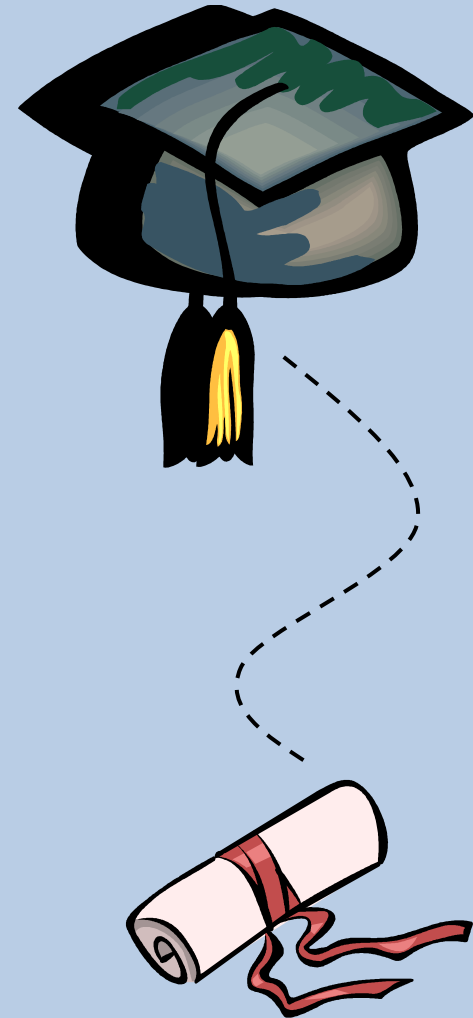
One of the best known sites of its kind.



OR

Continuing Your Education

- Decide a career path
- Does this career require an advanced degree?
- What college or university offers what I need?
- What are the institution and program of study entrance requirements?



11 Steps to Choosing a Grad School

Step 1

- Visit your college's career and placement office and read graduate school guidebooks.

Step 2

- Think about the kind of program you want: Do you prefer education that is more theoretical or practical? How large an emphasis on research do you desire? Do you want a flexible or structured curriculum?

Step 3

- Talk to faculty in your field of interest and ask them to recommend strong programs. If you have close relationships with your professors, they might be able to better suggest programs that are good fits for you.

Step 4

- Consider whom you want to work with. The professors you work with in graduate school make a big difference, so research their backgrounds and publications.

Step 5

- Research the school's reputation. Look for information about what alumni are now doing - job placement statistics, fields of entry. Is there a high bias toward a certain field or specialty?

Step 6

- Think about where you want to work after graduation. Some schools might be recognized more, or have better alumni networks, in certain areas than in others.

11 Steps to Choosing a Grad School

Step 7

- Decide what you can afford. Get information about internships, teaching assistantships, loans and grants.

Step 8

- Consider the school's location and size. Do you prefer a big city or a small town? Think about recreational opportunities. If you have a spouse, consider his or her needs.

Step 9

- Pick some programs that really interest you and request informational and application materials from their admissions offices and the appropriate academic departments.

Step 10

- Apply to a range of schools. Pick a few long shots, a few solid choices and a few safeties. It is reasonable to apply to 6 to 12 schools.

Step 11

- Visit the campuses and talk to students after applying. Assess the facilities.

Graduate School Resources

- [Peterson's Guide to Graduate and Professional Programs](#)

This listing provides information and statistics on graduate programs and degrees at over 1500 institutions.

- [Graduate School Guide](#)

This comprehensive guide lists graduate schools by state, study fields, admissions, personnel, financing, and funding programs.

- [Educational Testing Service](#)

Test dates and locations and on-line registration for tests given by Educational Testing Service include GRE and LSAT. Links to sites on careers, job listings, financial aid and college web pages.

- [AAMC Home Page](#)

This site provides information about the MCAT and medical school admission.

- [The College Board](#)

Database of 3,200 colleges, graduate, and professional schools, financial aid, and admissions information.

- [Princeton Review](#)

Information on medical, business and law school, required tests, and schedules.

- [Student Services](#)

Information on scholarships, loans, etc.

- [Graduate Record Examination \(GRE\) \(NEW\)](#)

Contains registration and program services information. Free test preparation material for all registrants.

- [Graduate School Essays \(NEW\)](#)

Today, the process of admissions for graduate programs is highly competitive. In addition to the quantitative data and other materials that you will be asked to submit to a school's admissions committee, a piece of writing -- variously called a "statement of purpose," "personal essay," or "statement of background and goals" -- will probably be required as well.

- [Preparing for Graduate School \(NEW\)](#)

This link helps you with various information about Research & Planning, Graduate School Programs, Admissions, Essays & Personal Statements, Letters of Recommendation, Scholarships and Financial Aid

Applying for Financial Aid

- See your EHP counselor for help!
- Research and apply early since many scholarships and grants require that you write essays and obtain recommendation letters.
- Visit www.gradportal.com for information on graduate school funding options.

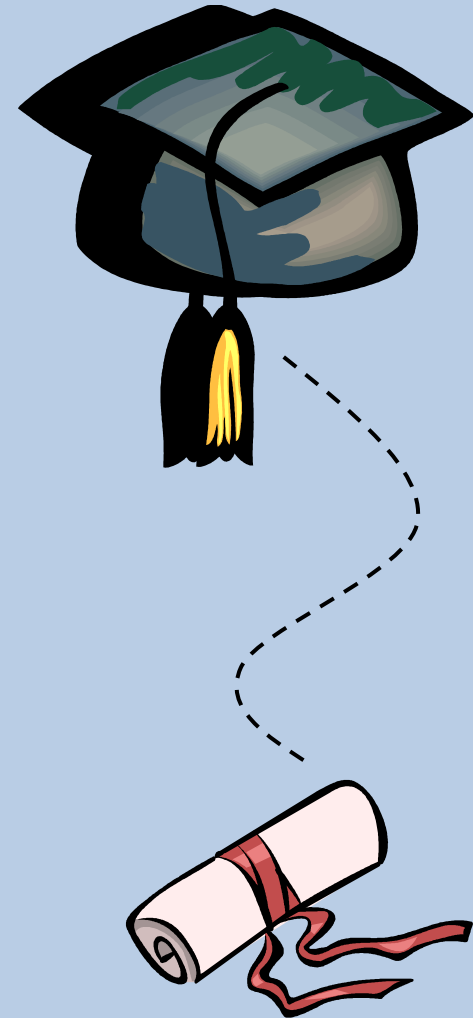


Figure Out How Much Money You'll Need

- First, figure out the expenses associated with getting a degree. Don't just focus on tuition costs. Tally in extra commuting expenses, the price of healthcare, text books, supplies, and other additional costs.



- Once you've figured out your costs, calculate how much debt you can reasonably afford. Use the loan calculator on www.FinAid.com to calculate debt.



Negotiate a Better Financial Aid Package

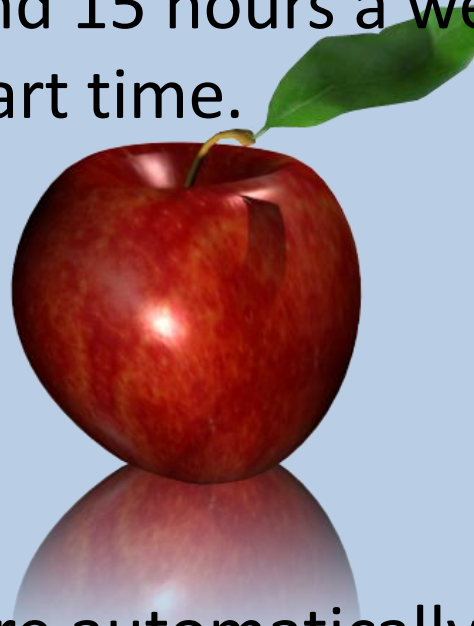
Once you've figured out how much aid you'll need, start talking with schools.

A school's financial aid offer is not set in stone.

Financial aid for graduate students is based more on merit than financial need. Show schools that you will be an asset to their program and don't be afraid to ask for more money.

Paid Assistantships

Unlike grants and fellowships, assistantships require students to work around 15 hours a week assisting in research or teaching part time.



In some schools, you are automatically considered for an assistantship with your financial aid package. Some programs require students to be more proactive.

Whichever path you choose...

We have resources that fit everyone's needs!

- Career Counseling
 - Career Inventory
 - Resumes/ cover letters & the job search
- Graduate School Advising
 - Financial Aid
 - Choosing the right school for you



Speak to your advisor in EHP to help develop
a plan that works for you!