

A Parent's Guide to Career and Professional Success at UNH

Wednesday, December 4, 2019

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Whether they're looking for an on-campus job, resume help or a summer internship, taking responsibility for their career choices can be daunting for our students. Luckily, the office of Career and Professional Success (CaPS) is there to help them! The first thing you need to know is that a full range of resources is available for your students on

the CaPS website, starting with the career home page. If you click that link and scroll down you will see the upcoming dates for career fairs and events, along with the [Career Drop In Hours](#), which happen Mondays through Wednesdays from 1-3 p.m. starting the first week of class in January. No appointment is needed; your student can drop in and bring copies of their resume and any questions they may have.

The best way for you to help your student through this process is to encourage them to connect early and often with CaPS. Most students are inspired and motivated on their own and may just need a reminder from you to get started early and not miss application deadlines for internships and other opportunities. Now that you know that CaPS emails out reminders about upcoming career fairs, you can ask your student what career fairs are coming up and tell them to look in their email if you are met with a blank stare. Talk to them regularly about the process, offer them help reviewing their [resume](#), and help them set goals and targets.

For students who need more dedicated direction through the process, consider recommending they sign up for the [Career Boot Camp](#) class. This 7-week boot camp-style course equips students with the tools and resources needed to land a job or internship. Students will learn how to effectively communicate their values, interests, strengths and the transferable skills they have gained throughout their academic and cocurricular experience. Students will also explore career paths, learn to conduct a productive job/internship search, hone interview techniques, craft resumes and cover letters, and expand their professional network through alumni connections.

Below are some of the many CaPS events taking place during the spring 2020 semester. Details for all will be found when your students log in to [Handshake](#):

Tuesday, Jan. 28:

Part-time and Work Study Job Fair, Strafford Room, MUB

Tuesday, Feb. 4:

Natural Resources Panel and Career Fair, Piscataqua Rooms, HoCo

Wednesday, Feb. 5:

No-Stress Networking Night, Huddleston Ballroom

Tuesday, Feb. 11:

Resume Review Day, Granite State and Strafford Rooms, MUB

Thursday, Feb. 13:

Hospitality Management Career Fair, Granite State Room, MUB

Tuesday, Feb. 25:

Spring 2020 Career and Internship Fair, Whittemore Center Arena

Saturday, Feb. 29:

UNH Sport Industry Conference and Career Fair, Wildcat Stadium Victory Club and New Hampshire Hall

Tuesday, Mar. 3:

UNH Nursing Career Day, Granite State Room, MUB

Saturday, Mar. 7:

MAC SMAC/Marketing Career Expo, Paul College

Sunday, Mar. 8:

Sales Case Competition and Career Fair, Paul College

Monday, Mar. 9:

Start-Up and High-Growth Career Fair, Strafford Room, MUB

Tuesday, Mar. 24:

- Animals and Agriculture Career Symposium, Huddleston Hall

- CEPS Transition to Industry Panel, Kingsbury Hall

Wednesday, Mar. 25:

Manchester Internship and Career Fair, UNHM Multi-Purpose Room

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