# Career Journey Conversations

## A Guide for Parents & Families

**Stanford parents are committed to their students' success.** We support this commitment with our career development framework. Use this model to assess where your student is in their career journey and start your conversations there. Need help with assessing where your student is and questions to ask? See the reverse side for more information and conversation starters.

**Use the framework descriptions, helpful conversation starters, and a sampling of CareerEd resources to support your student during each developmental phase.**

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### Discover Phase
#### Conversation Starters

- What classes are you enjoying most? What is enjoyable about them?
- What are some career fields you've been thinking about lately? You want to explore?
- What's important to you in a career?
- Have you joined extracurricular activities? What are you enjoying about them?
- What interests you about that role/ career? Are there other roles/careers that you could explore in line with your interest areas?

### Apply Phase
#### Conversation Starters

- How might you show your interests and skills in a resume? What resume resources does CareerEd have to support you?
- What networking resources have you been researching? How can I help you?
- What do you want to learn from engaging in this internship/group/ activity?
- Are there any career fairs coming up that interest you? What feels challenging about interacting with employers?

### Experience Phase
#### Conversation Starters

- As you think about your next step, what would be helpful?
- What did you learn about yourself from participating in that internship/ project/group/ activity?
- What experiences or projects did you enjoy most in the internship, job, class, or student group and why?
- What did you find most rewarding/ challenging in your internship, activity, group, or class?
- What talents or skills have you discovered after participating in that activity/experience?

### Actions to Suggest to Support Your Student

- Schedule a career coaching appointment to discuss your interests
- Complete the Meaningful Work Kit and other self-assessments
- Conduct an informational interview with an alum using Stanford Alumni Mentoring (SAM) or LinkedIn
- Research different industries and job roles on the CareerEd website in the "Career Resources" section
- Consult faculty and academic advisors
- Explore opportunities with areas such as Stanford Arts, Haas Center for Public Service, and research opportunities through academic departments

### Actions to Suggest to Support Your Student

- Create resume, cover letters, and online profiles and review them with a career coach
- Attend a career fair or an employer/ alumni networking event
- Attend a CareerEd LinkedIn, resume, CV, or interview workshop
- Participate in an Integrative Learning Portfolio Lab (ILPL) course to enhance your professional digital presence
- Explore job and internship opportunities on Handshake
- Apply for the Rising Bird Fellowship to fund unpaid opportunities
- Read the weekly CareerEd Connect email newsletter

### Actions to Suggest to Support Your Student

- Embark on internships, research projects, volunteering, contributing to your community, or jobs
- Meet with a career coach to reflect on your experiences
- Access resources and/or meet with a coach to learn how to negotiate offers
- Take the CareerEd post-internship reflection class, UAR13
- Identify potential mentors in your experiences and with resources like SAM, the Stanford Alumni Association's Alumni Directory, and LinkedIn
- Consult faculty and Academic Advising for graduate school preparation