FRESH Program 2015 Information Session

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The Staff

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This session is REQUIRED!!

Be sure to listen and note on a separate sheet of paper all of the key phrases and the code words stated in the audio recording. You will need this information to complete the quiz in your Checklist!
What is FRESH?

• A career exploration program; not for work experience

• Allows you to talk to real people doing the kind of work you are interested in learning about.

• Ask questions you can’t ask in a job or internship interview

• Occurs primarily over March Spring break, but some are offered after exams in May.
What’s the Difference Between Internships and Externships?

**Internships:** 1-4 months, contribute skills/tasks to the goals of the organization in exchange for work experience.

**Externships:** A phone/Skype conversation, lunch or 1 day-week worksite visit to observe day-to-day routines at the organization. Students observe and ask questions.
Career-Development Model

Understand Yourself * Explore Options * Take Action

FRESH Program
What You Can Learn From This Program

- Determine if this field is right for you which impacts your choice of major and classes

- May learn about careers you may not know exist now, but would fit your skills and interests.

- Resources to use to research organizations of interest.
What You Can Learn From This Program

• Begin to understand how to interact with professionals in the world of work.

• Identify action steps to take following the experience.
What Happens During an Externship?

• Speak with the sponsor and sometimes his/her colleagues about job responsibilities and various levels/positions.

• Shadowing: observe work environment, attend meetings, tour, potential short project.

• Information Interviews/Meeting: gain information, advice, networking connections
Sample Information Interview

Description

This is an information interview only. Sponsor offers interview through Skype or face to face dialogue.

The sponsor is responsible for the clinical and research activities related to surgery and the surgical use of lasers and laparoscopic equipment in surgery.

Through this conversation the extern can learn about the sponsor’s clinical surgery and the pre-operative and post-operative experiences with patients. The sponsor also performs business and legal consulting as well as sponsored research, which he would be happy to discuss with students. There is a possibility that more discussions with research scientists and other colleagues might be arranged.
The extern will have the opportunity to meet with professionals on the staff to discuss the many facets of Museum operations, from membership and development to education. The student will shadow the staff in the Registrar's office and learn first hand about caring for art objects - including Museum policies, archival practices and exhibition installation procedures. During the two to three days, the extern will be able to join in and help the Registration staff with daily projects such as cataloguing objects, inventory and computer work.

The Cornell Library system has several of Mingei International Museum’s publications - reviewing some of these would give the extern a sense of the Museum’s collection and mission.
What Are the Sponsor’s Expectations?

Top 5 student qualities according to recent survey:

1. Curious-ready to learn about all aspects of the field/company.

2. Prepared-Relevant questions, willing to speak with others or complete any work assigned.

3. Willing to participate in whatever offered.
What Are the Sponsor’s Expectations?

1. Good listener-Attentive, interested, and engaged in the conversation.

2. Appreciative-Validate their time and effort to help you.
FRESH Program Overview & Requirements

- Freshmen and 1st semester sophomores are eligible for Round 1; 2nd semester sophomores, juniors and seniors can also apply for Open Round.

- We expect 95% of you to be matched with a listing.

- Peruse the “Externship Listings” on the Extern Web page.

- Externships occur during Spring break: March 28-April 3 or May 20-29
FRESH Program Overview & Requirements

• The online Checklist guides you through each step of the process and will answer many of your questions.

• All important dates and program deadlines are listed on the extern webpage and in your checklist.

• Must meet any sponsor requirements in listings.

• You must arrange and pay for travel.
FRESH Program Overview & Requirements

• When you apply for a specific externship, you are committing to complete that externship.

• If matched, you are fully responsible for contacting your sponsor.

• Complete the required online evaluation form after completing the externship.
What are the “Rounds?”

Round 1

- Sponsors who are registered by January 13th
- Highest variety of career fields and geographic locations
- 200+ sponsors globally

Open Round

- Sponsors registered by January 27th AND Sponsors not completely matched in Round 1
A Few Tips...

• Assess carefully what you would like to get out of an externship and choose listings accordingly.

• Consider your other obligations and availability during Spring Break. Are there any conflicts with the sponsor’s externship dates? Can you be flexible?

• Speak with your family to avoid surprise trips/travel costs.
A Few Tips...

- Review Extern listings carefully: can search by state, major, keyword. Keep an open mind!

- Don’t expect to find the perfect listing.

- This program is not a way to apply for a job or internship with the Extern Company or Department.
How To Get The Most From Your Listings Search

• The key is to open yourself up to the variety of possibilities and broaden your thinking.

• Don’t let location restrict you!

• Try searching by college, a major that is close to your area of study, or a career category that might include your interest.
How To Get The Most From Your Listings Search

Try searching by:

• Geographic locations where you might be able to do a flight stop over, stay with a relative, or the family of a Cornell friend.

• Broad key words like “environment,” “law,” “design,” “sports,” “surgery,” etc. with the wild-card symbol (*) after them. This will bring up all listings with that word in them.

• Link together two key words like, “consulting and environment,” “performing and expressive arts,” or “law and bankruptcy.”
How To Get The Most From Your Listings Search

Let's practice....

What are you interested in doing? What career field would you like to explore?
What If I Don’t Get An Externship?

This is one resource out of many....

You can develop your own externship!

Meet with a Career Advisor in your College Career Office or make an appointment in Barnes Hall.

A Staff Directory is available at:

www.career.cornell.edu
Resources & Help

www.career.cornell.edu  \(\rightarrow\) Students  \(\rightarrow\) Exploring Options
  \(\rightarrow\) FRESH Program

• Email questions to: externprograms@cornell.edu

• Can stop by for quick questions, but may not be able to see staff right at that moment.

• Make an appointment in 103 Barnes Hall: (607) 255-5296