Connecting Majors and Careers: A Workshop for International Students

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Presentation Goals

• Understand strategies and resources at Cornell you can use to explore the connection between majors and careers

• Learn how to use LinkedIn to identify connections between majors and career options

• Understand how your choice of major relates to your US work authorization after graduation
Cornell Resources: How Do You Decide Your Major?

- Undergraduate advising office
- Academic advisor
- Office of Internal Transfer
Where Can You Go For Career Help?

- Workshops and Events
  - CCS Event Calendar
  - CCNet

- Websites
  - Cornell Career Services
  - College career office

- Career Offices
Career Offices: Undergraduates

- **Arts & Sciences**: 55 Goldwin Smith
- **Agriculture and Life Sciences**: 140 Roberts
- **Architecture, Art & Planning**: 103 Barnes
- **Engineering**: 201 Carpenter
- **Hotel**: 180 Statler
- **Human Ecology**: 172 MVR
- **ILR**: 201 Ives
- **University-wide**: 103 Barnes
What Can You Do With Your Major?

O*Net

Occupational database from the U.S. Department of Labor
What Can You Do With Your Major?

LinkedIn:

• Google profiles
• Alumni search
What Can You Do With Your Major?

Professional societies:

- Google keywords (e.g. “professional society history”)
- WEDDLE’S Association Directory
Exercise

- Using O*Net or LinkedIn, find 5 potential jobs or careers for a major
- Discuss with a partner:
  - Were you surprised by the job/careers for this major?
  - What job interested you most and why?
What Can You Do With Your Major?

Job shadowing:

- Extern Program
- FRESH program
What Can You Do With Your Major?

Informational interviews

The process of conducting conversations with people for information and advice
Informational Interview

- Conducted to gather information and advice
- **YOU** ask the questions
- **YOU** guide conversation
- Focus is on information; not a specific job

Job Interview

- Conducted to evaluate suitability for a job opening
- **Employer** asks the questions
- **Employer** guides conversation
- Focus is on a specific job opening and determining fit
Informational Interview Process

1. Find someone to speak with

2. Send them an email (or phone call) requesting an informational interview

3. Develop a list of questions for the interview

4. Conduct interview, send thank-you note
Dear Mr. Rinat:

I am a sophomore Cornell University in the College of Arts and Sciences, and I am majoring in anthropology. I saw in your LinkedIn profile that you were also an anthropology major at Cornell and are now working as a social media analyst at Saks Fifth Avenue. Since I am interested in a career involving social media and my anthropology knowledge, I would love to hear more about your current job and how your studies at Cornell prepared you for this career path.

Would it be possible to set up a time for a 20-minute informational interview? If so, I’m available next week, Monday-Friday, between 10 am and 6:30 pm.

Thank you for considering my request.

Regards,

Xinyan Zhou
607-255-1234
Questions You Might Ask

• How did your undergraduate degree in history help you in your current position?

• What other jobs or careers did you consider?

• What skills or knowledge have been most valuable from your history classes?

• What was the best piece of advice you received when you were considering a major or a career path?
Work Authorization for International Students

- F-1 student visa status: “practical training”

- F-1 Curricular Practical Training (CPT) for BEFORE you graduate: http://www.isso.cornell.edu/immigration/f1/curricular.php

- F-1 Optional Practical Training (OPT) for AFTER you graduate: http://www.isso.cornell.edu/immigration/f1/opta.php

- J-1 student visa status: “academic training”
Work Authorization for International Students

- F-1 Optional Practical Training (OPT) for AFTER you graduate
- 12 months for every major
- An extra 17 months for “STEM” fields –total of 29 months

http://www.isso.cornell.edu/immigration/f1/opta.php
Long Term Work Authorization

- Long term staying in the US—F-1 OPT to H1B to green card
- H1B—skilled worker visa
- Green Card—US Permanent Residence
- Usually need an employer who will “sponsor” you
Long Term Work Authorization: H1B Skilled Worker

- AT LEAST a bachelor’s degree
- Has to use a skill specific to a major field—(NOT for an entry level administrative assistant, but could be for an editing job, or marketing, and definitely for technical)
- Higher the degree level and more experience the better
- Does NOT require a “test of the US labor market”
- Expensive for small companies
- Timing issues / limited numbers of these visas

http://www.uscis.gov/eir/visa-guide/h-1b-specialty-occupation/h-1b-visa
US Permanent Residence

- Expensive for small companies
- Can take a long time, so need an H1B first
- Usually requires a “test of the US labor market”
- Higher the degree level and more experience the better

http://www.uscis.gov/greencard
Finding Employers That May Sponsor Visas

- H1B databases
  Myvisajobs.com
  H1Bvisajobs
  FindTheBest
- CCS: International Student Website
- CCNet postings
What Are Your Questions?