

Colorado State University

Parent and Family Programs

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970.491.5312 or <http://www.parentsandfamily.colostate.edu/>

Your Student is Home for the Summer: Balance is the Key

Coming home for the summer can be a major adjustment for you and your student. After nine months (or more) of having them out of the house, getting used to them living under your roof again can become yet another transition. While some students are perfectly happy with sleeping in until the afternoon and not leaving the basement on weekdays, many students choose to spend their summer actively pursuing job interests or continuing their schooling. Regardless of your student's drive this summer, we'd like to offer a few tips for you to help your student have a productive summer to better prepare for the next academic year. Here are some ideas to consider:

REST

- Finals have just ended...after an intense period of high stress, your student may seem a bit frazzled when he or she returns home.
- Give your student an opportunity to catch up on some well-deserved sleep.
- A home-cooked meal and some TLC are much appreciated.

CONVERSATION

- Let your student take the lead in designing his or her summer break and, take an active role in helping to brainstorm options and opportunities. Encourage and guide your student to think creatively.
- Challenge your student to think about how this summer's plans can help his or her college career and beyond.

SUMMER JOBS

- For many students, generating income over the summer is not optional.
 - o Working more summer hours may mean your student doesn't have to work as much or at all during the academic year.
- Summer work can provide an opportunity to build their résumé with "heavier, real" experience; which may not be possible during the school year.
- Encourage your student to consider an experience that relates to his or her career/major field.
 - o This could be an added benefit to their résumé – an opportunity to test out their major or field of work.
- Check out the Fort Collins Student Job Listing on RAMweb: <https://ramweb.colostate.edu/>
- Check out the Career Center jobs posting at www.career.colostate.edu

INTERNSHIPS

- Some pay; most don't.
 - o How does this trade off for experiences your student can use in the future?

- Internships provide another outlet to test students' interest/work field, while also gaining networking contacts.
- Access the online database of Colorado State University alumni who have volunteered to be career mentors for CSU students through CareerRAM: <http://www.career.colostate.edu/careerRAM/>

SUMMER CLASSES

- Encourage your student to use this opportunity to get ahead, or take something that's not offered at CSU.
- Summer Classes provide a chance to make up for a course your student may have struggled with the past year.
- Enrolling in a summer class also offers the occasion to take something "fun" or outside of your student's major to explore potential minors or other interest areas..

JOB SHADOWING/INFORMATIONAL INTERVIEWS

- Students can gain information about their chosen field and can make some important contacts too!

Workshops/conferences may be a choice if your student can't commit to any long-term internships or summer job.

- Check out the Career Center for opportunities and tips: www.career.colostate.edu

TRAVEL/STUDY ABROAD

- Students can broaden their horizons outside of the CSU sphere.
- The summer can provide an opportunity to study abroad that may not be possible/offered in the academic year because of programs, major requirements, etc.
 - o Many programs offer summer study/volunteer abroad experiences!
- Check out those opportunities here: <http://studyabroad.colostate.edu/>

JOB-RELATED/SCHOOL-RELATED ACTIVITIES

Students can learn skills like Excel, Publisher, Photoshop, and other software that may be applicable to their major or work field.

- Encourage your student to update and revise his or her résumé, cover letters, etc.
- Participating in mock interviewing can provide a jump start for job searching.
- After registration, students can purchase their textbooks for the fall – and maybe get a head-start on reading!
- Reading some of the popular, best-sellers is another way to keep an active mind. Reading good writing is helpful to becoming a good writer.

RELAX, HAVE FUN!

- Summer can provide a chance for students to reconnect with friends and family.
- It's important for all students to take a physical and mental break to prepare for the next semester, but we also encourage students to be productive by using their time wisely – balance is the key! Your love and encouragement during the summer is critical to your student's success.

Please support our efforts for Parent & Family Programs and the RAMFAM Association at <https://advancing.colostate.edu/parents>