

The UB Parents Guide to Career Planning

When should my student visit the Career Center?

Anytime! We are here to assist student throughout their four years at college. Doing prep work throughout college makes the transition to life after graduation a much smoother experience.

What does the Career Center offer?

We work with students on a variety of things relating to the job search - Resume prep, practice interviewing, how to job search, internships, cover letters, dressing successfully, negotiating and networking. Instruction is given in workshops, classrooms, and individual appointments. We also have many online resources throughout our website (as you can discover!) and a virtual career center for students to explore on their myUB portal.

We also assist those students who might not be sure of what major they want to pursue, or those who are not quite sure what to do with the major they have chosen. Work on these questions is typically done in a one on one environment.

Finally, we offer job listings, career events, resume referrals and networking opportunities to all students.

What can you do to help?

Help us develop internships, part-time, full-time and summer job opportunities. Provide us with contact information for decision-makers where you work. Encourage your student to visit the UB Career Center early to take advantage of all we have to offer. We want to be an integral part of their life while they are at the University of Bridgeport!

Post a position with us!

If you have an opening or internship opportunity, please post with us! Our students are interested in internships, part-time and full-time opportunities, and our services are open to alumni as well. We are interested in assisting you meet your recruiting needs.

Keep in touch!

Follow us on [Facebook](#) and [Twitter](#) to stay current with our events and offerings, and join our group on [Linked In!](#) You can also contact our office at 203-576-4466 or email us at careercenter@bridgeport.edu

Suggested Reading

[The Parent's Crash Course in Career Planning: Helping Your College Student Succeed](#)

by Marcia B. Harris & Sharon L. Jones

[Hand-Me-Down Dreams: How Families Influence Our Career Paths and How We Can Reclaim Them](#)

by Mary H. Jacobsen