

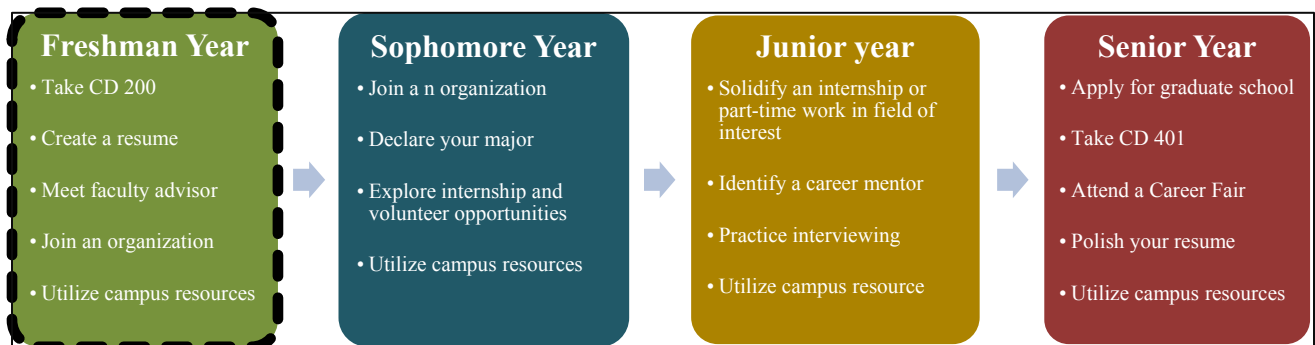
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## Dear Parents,

Congratulations! Your son or daughter is now an Aquinas Saint. This doesn't mean your Saint will always be "saintly". Your child will make mistakes as he or she transitions to adult life. Aquinas College aims to enable students to have a well-rounded experience and to be ready for the world when they graduate. At Career and Counseling Services, our goal is to enhance our students academically, personally, and professionally; however, we know that there can be challenges along the way.

Throughout their college journey at Aquinas, students will be exposed to new ideas and a diverse culture. This will be both exciting and exhilarating. As they become involved with clubs and activities, new or under-utilized interests and strengths may come to the surface. Professors and staff will become some of their primary mentors and motivators during this stage. However, even with substantial support from parents, faculty, and staff, students may be more stressed than ever as they feel pressured to excel in class, work part-time, and make other important life decisions. Your Saint may have no idea what to major in, let alone pursue as a career. Career and Counseling Services is here to help.

Here are some checkpoints to gauge your student's career preparation progress for each year:



During your son or daughter's freshman year, our goal is to really help assess his or her personal skills, interests and abilities. Freshman students are strongly encouraged to take CD 200 at this time (a requirement for graduation). This Career and Self Exploration course helps students to find out about themselves and how their personality styles coordinate with various occupations. They will also be developing a resume and learning about the job search. Please encourage your son or daughter's exploration of new interests and activities. The more clubs, volunteer work and other opportunities they participate in, the more they will hone in on what profession might be the best fit. Finally, talk with them about the courses they are enjoying and remind them of the strengths you see in them as they grow.

With parental and departmental support, we anticipate that your Saint will have a successful experience during his or her time at Aquinas! We look forward to working with your Saint!

Sincerely,

**Career & Counseling Services**

