



# INDIANA UNIVERSITY OF PENNSYLVANIA

## Parent Newsletter, Spring 2019

As parents, we want the best for our children. The best experiences, the best people in their lives, and of course, the best jobs to sustain them in life. Certainly, I want this for my three sons (all current college students, two at IUP). The best jobs and career success require goals, planning, and action. We can tell our children how to find their career and life success, and perhaps they'll listen to some of our suggestions and even act on a few of them. To find their success, however, we know they need to act on more than just a few wise words from us, their parents. That's why we have others in our lives to encourage and guide them as well. Some of those others include various faculty and staff members at IUP who provide support and resources to our students. On that note, and more specifically, let's talk about the importance of planning a career and how IUP supports students in this regard.

Career planning is a part of life...or, well, it should be. The truth is, that many college students (and people in general) don't plan their careers, they simply choose a major, maybe change that major a couple of times, pursue a degree, then hope to land their dream job, whatever that looks like. Much of this involves very little exploration, research, and strategy. Thus, students aren't as engaged as they can be in and out of the classroom. Research shows us that students who identify a career path are more engaged in college, they stay in college, they persist to graduation, and they find meaningful employment.

My husband and I, both IUP alumni, have given and continue to give our sons the standard advice of "Be a good person. Be kind. Give a solid handshake. Smile. Stand tall. Look people in the eye. Work hard." This is all good, but it's not enough. As the director of IUP's Career and Professional Development Center (CPDC), I want you to know that my team and I are here to assist your student — our students — with their career planning and professional development. In that regard, we offer a plethora of productive services and programs, including:

- Career coaching and resources on most any career-related topic (e.g., major exploration; career path identification; job search; interviewing; resume/cover letter writing; LinkedIn; salary negotiation)
- Job and internship fairs where they can meet employers offering internships and jobs
- Resume, cover letter, and professional document resources and reviews

- Interview tips and mock interviews, which are simulated job interviews with a CPDC team member that provide a beneficial critique following the interview, so students perform well for their real job interviews
- Etiquette dinners, so they feel comfortable in professional dining situations
- Professional networking events, where they can practice networking and engage with IUP alumni, employers, and other professionals
- Workshops on various career-related/professional topics
- An annual business attire fashion show, where they can learn about appropriate professional attire
- Suit-Up, a collaboration with JCPenney that provides significant discounts on professional clothing and accessories with professionals present to assist them in pairing/matching clothing to make sensible selections to start or complement their professional wardrobe

The CPDC also has drop-in hours Tuesdays and Wednesday from 4:00-7:00 PM, so students can stop by with quick career questions or have their resumes reviewed. We're a student-centered, fun department, and we work hard to develop professional pathways for our students, because we care about their success at IUP and in life. Please partner with us by encouraging your student to visit us and to participate in our programs and activities! We stand ready to help them identify their career path and to be as professionally prepared as possible! Oh, and if you're on social media, please follow us:

- Facebook: IUP Career and Professional Development Center
- Instagram and Twitter: @IUP\_CPDC

You'll see that we consistently hashtag what we believe: #itsallaboutourstudents #iupstartscareers #iupchangeslives #iupproud! Best wishes for a productive, successful year for your student and you!

Kindly,

Tammy Manko, EdD  
 Director, IUP Career and Professional Development Center  
 Proud IUP Alumna and Parent

[IUP Career Game Plan](#)

[IUP CPDC Website](#)

## Campus Highlights

### University College

## Campus News/Events

Spring Break 2019 is the week of March 8-12. No classes will be held that week. Please refer to the IUP Academic Calendar for the complete academic schedule for spring 2019.



A new college at IUP is helping students clear a higher bar. Called the University College, it offers all students a one-stop shop for a variety of academic resources, and starting in the fall, new students may enroll in IUP and the college as exploratory majors. Learn more about this innovative campus resource in the latest edition of [IUP Magazine](#).

### Winter Warm-Up



2019-2020 Financial Aid Notification: The 2019-2020 FAFSA (Free Application for Federal Student Aid) should be filed as soon as possible and no later than May 1 to ensure maximum consideration for both Pennsylvania State Grant funding (PA residents only) and institutional funding.

If students are experiencing issues with paying off past due balances, please encourage them to contact the Office of Financial Aid. The office will gladly review financial aid award packages to ensure that students are receiving maximum consideration for federal, state and institutional aid funds.

### Campus Resources

IUP offers extensive resources to assist students in meeting their academic, emotional, physical, and social needs. Below are a few offices that may be helpful to you and your student. Please [see a more detailed and comprehensive list of campus resources](#).

- [Career and Professional Development Center](#)
- [Counseling Center](#)
- [Department of Disability Access and Advising](#)
- [Health Service](#)
- [Military and Veterans Resource Center](#)
- [Office of Housing, Residential Living and Dining](#)
- [Title IV](#)
- [Tutoring Center](#)
- [Writing Center](#)

For additional assistance navigating IUP campus resources, please reach out directly to Megan McCue,



IUP Student Advocate, at 724-357-4070 or [mmccue@iup.edu](mailto:mmccue@iup.edu).



On February 1, students learned about the many organizations on campus as part of IUP's annual Winter Warm-Up event at the KCAC. Free food, performances, and giveaways made for a fun event along with the opportunity to get involved.

## Alumni News



Last semester, IUP presented six Young Alumni Achievement Awards. This awards program recognizes career achievement by alumni of the last 15 years, and, during the course of their return to campus, puts them in touch with current students, so they can share their experiences. The program is facilitated by the Office of Alumni and Friends.

- Justin Brown M'13, founder and CEO of DAP (Diversity Awareness Program); founder and president of Onward and Upward
- Brandon Hody '12, M'15, safety and occupational health professional, Concurrent Technologies Corporation
- Maria McColleston '07, associate political scientist, RAND Corporation
- Chad Nease M'10, senior data scientist, Caterpillar Inc.
- Natalie Palamides '12, award-winning actor
- Eric Palmer '06 M'07, executive director, Greater Altoona Career and Technology Center

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