



## LOUISIANA STATE UNIVERSITY

Dear Family Member:

### Student Life

#### Career Services

Louisiana State University  
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Baton Rouge, LA 70803

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Parents and families often have wonderfully high hopes for their students. They enter college as adolescents, and we expect that them to emerge in four to five years as capable adults with bright futures and careers, well on their way to leading rich, rewarding lives. There is much at stake! What happens in these critical years, and how can you help? Frequently asked questions include:

Should I be worried if my student...

- Hasn't selected a major?
- Chooses a major that does not seem practical?
- Keeps changing majors?
- Seems overwhelmed or confused?
- Gets lower grades in the first year than in high school?

**This is normal.** Adjusting to college takes learning some new skills. You can help by encouraging your student to learn more about him/herself by getting involved in campus activities, taking career assessments through Career Services, and exploring majors and fields of work. If your student is interested in fields in which you have personal contacts, it is great to open a door for your student to speak with that person to learn about the field.

**Be patient.** The important thing is to listen. Your student will be more likely to find a satisfying career if you are a ready listener than if you suggest, guide or lead your student into a career you think would be a good fit. Decision making, when done well, can lead to excellent results. Decision making is also a skill for life, so help your child by letting him/her choose; have confidence that he/she will choose well.

**Parents are the best career counselors, right? Not really!** The words you say are so important to you child, even when he/she does not seem to be listening. While certain careers may be very appealing to you for a variety of reasons, they may not be right for your student. College is a time of growth and change. During these years, your student will change his/her interests, discover his/her values, and realize his/her strengths. Be aware of the resources and services we offer to help with the process and encourage your student to check us out.

**Let them go.** Your child has looked to you for support, protection and wisdom. If you have done a good job, he or she has begun the process of becoming the adult you will be proud of. Much of this transition will seem awkward and at times even painful. Avoid the temptation to rescue, take on your student's responsibilities, or give your student answers. He/she will find his/her own way, and the journey will be a powerful experience. On graduation day, you will be hugging your adult child, a person ready to take on the world.

**Contact us.** If you have concerns about your student's progress toward his/her career decisions or career goals, we are available to consult with you to discuss the role you can play in helping your student. While we cannot share information your son or daughter has discussed with us in a confidential session, we are happy to provide you with tips on how you can best help and to point you toward resources you can share with your student. We are available for consultation by phone at 225-578-1548 or via e-mail at [career@lsu.edu](mailto:career@lsu.edu). We look forward to hearing from you!

Sincerely,

Joan C. Gallagher, M.Ed., LPC  
Associate Director, Student Services