

# Cornell FRESH Program

Cornell Career Services

Meet with Alumni for Career Exploration During Spring Break

## What is an Externship?

An externship is a short-term job-shadowing experience or information interview that provides an opportunity to learn more about a career field. Cornell's program allows freshmen to visit Cornell alumni during Spring Break.

Through various activities determined by the sponsor—such as discussing specific jobs and careers with the host's colleagues, observing the sponsor's daily activities, attending meetings or tours—you will learn how to articulate a deeper knowledge of the field you are exploring, how to network more effectively, and to research organizations and prepare appropriate questions for contacts and employers. The FRESH Program is NOT a job search service for students interested in working for an Extern organization.

Externships are available in various career fields and geographic locations across the U.S. Listing descriptions will go live in late January at [career.cornell.edu](http://career.cornell.edu) (Students...Exploring Options...FRESH Program).

## Important Considerations for Applicants

**Eligibility.** The program is open to matriculated Cornell freshmen from all colleges.

**Expenses.** Students are responsible for paying their own expenses and for making all arrangements, including housing and transportation. Students do not receive academic credit from Cornell or pay from the sponsor.

## General Tips for Freshmen

- Add your academic and career interests to your CCNet profile (enter through the "button" at [career.cornell.edu](http://career.cornell.edu)).
- Plan to attend Spring networking workshops (see CCS Calendar "button" online for details).
- Seek a resume critique from a career office.

## Questions?

Come to one of the information meetings in January, and see FRESH Program website.

## Online Application Procedures

The application instructions and externship descriptions will be available online, beginning January 21, at [career.cornell.edu](http://career.cornell.edu)...Students...Exploring Options...FRESH Program. Initiate a registration, and follow your application procedure checklist to ensure timely completion of all requirements.

## Important Dates & Deadlines

<b>January 21–February 10</b>	<b>Round 1:</b> Externship listings and applications available online.
<b>January 28</b>	Get Started! Freshman Career Services Fair, First Floor Lounge, RPCC, 4:30–6:00 pm.
<b>January 29 or</b>	<b>Required Information Session</b> , Hollister Hall, Rm. B-14, 6:00–7:30 pm.
<b>January 30</b>	<b>Required Information Session</b> , Location TBD, 5:00–6:30 pm.
<b>February 3</b>	<b>Resume Writing Workshop</b> , BAL 3330, Tatkon Center, 6:30–7:15 pm.
<b>February 10</b>	<b>APPLICATION DEADLINE–Round 1, 7:00 am.</b>
<b>February 12</b>	<b>Open Round Info Session</b> , required for new applicants. 165 McGraw Hall, 5:00–6:30 pm
<b>February 21</b>	<b>Open Round</b> , 203 Barnes Hall. See website for details.
<b>February 24</b>	<b>APPLICATION DEADLINE–Open Round, 7:00 am.</b>
<b>March 3 or</b>	<b>MANDATORY Orientation</b> , Appel 303ABC, 6:00–7:30 pm.
<b>March 5</b>	<b>MANDATORY Orientation</b> , Hollister Hall, Rm. B-14, 6:00–7:30 pm.
<b>March 5-14</b>	<b>Contact Period.</b> Students contact sponsors to discuss dates and logistics of externships.
<b>March 29-April 6</b>	Externship visits take place.