

# Cornell FRESH Program

Cornell Career Services

[career.cornell.edu...Students...Exploring Options...FRESH Program](http://career.cornell.edu...Students...Exploring Options...FRESH Program)

## What is FRESH?

A career exploration program for Cornell freshmen that connects them with alumni sponsors for either a brief workplace visit or information interview to learn more about a career field of interest.

Through various activities determined by the sponsor 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 or internship placement service for students interested in interning or working for an organization.

Externships are available in various career fields and geographic locations across the U.S.

**Details and Registration:** Check out the FRESH website listed above.

## Important Considerations for Participation

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

**Availability.** The FRESH Program takes place only during the March spring break or in late May following exams. Sponsors specify the date(s) and length of externships. Students **must** have a *flexible schedule* during the externship period they apply for in order to accommodate the sponsor's schedule.

**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.

**Requirements.** Attendance at one FRESH Information session, the application, online Orientation, the externship as discussed with the sponsor, and a brief evaluation of the experience.

## Important Dates & Deadlines

January 20	Round 1: Externship listings and applications available online.
January 29	Required Information Session, Room TBD, 5:00–6:00 pm.
February 9	Deadline–Round 1, 12:00 pm. (noon, EST)
February 12	Open Round: Externship listings and applications available online.
February 11	Required Open Round Information Session, Room TBD, 5:00–6:00 pm.
February 23	Deadline–Open Round, 5:00pm. (EST)
March 28–April 3 or May 20–29	Externship visits take place.