

Connect with Alumni to Explore a Career

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 at career.cornell.edu... *Students... Exploring Options... FRESH Program*

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 and Deadlines

January 20	Round 1 Externship listings available online
January 29	Required Information Session; 5:00–6:00 pm, 101 Phillips Hall
January 29 - February 9	Round 1 Application Period
February 9	Round 1 Application Deadline; 12:00 noon (EST)
February 11	Open Round Required Information Session; 5:00–6:00 pm, 101 Phillips Hall
February 12-23	Open Round Application Period
February 23	Open Round Application Deadline; 5:00 pm (EST)
March 4	Completion Deadline for Required Online Orientation; 12:00 am (midnight EST)
March 13	Sponsor Contact Period Deadline (students should have initially contacted sponsors)
March 28 - April 3 or May 20-29	Externship Visit Period