

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

## Considerations for Participation

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

**Availability.** Takes place 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 info session or walk-in
- Program application
- Online Orientation
- Evaluation of externship experience

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## Important Dates and Deadlines

January 29	Round 1 Externship listings available online
February 1 – 26	Fresh walk-in hours; 2:00 – 3:00 pm, Monday, Tuesday, Thursday*
February 3 or 8	<b>Required</b> Information Session; 4:30 pm, Tatkon Center
February 3 – 18	Round 1 Application Period
February 18	Round 1 Application Deadline; 12:00 noon
February 22 – March 1	Round 2 Application Period
March 1	Round 2 Application Deadline; 12:00 midnight
March 7	Completion Deadline for <b>Required</b> Online Orientation; 12:00 midnight
March 13	Sponsor Contact Period Deadline (students should have initially contacted sponsors)
March 26 – April 4 or May 25 – 31	Externship Visit Period

\*Mandatory for students unable to attend an info session