Helping your student in their first year

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Welcome from CAPD
Deborah Liverman, Executive Director
MISSION: We empower students, postdocs and recent alumni to explore their life and career goals by helping them to develop core competencies and build professional networks.

View [CAPD Introduction Video](#)

**Career Services**
Explore and prepare for careers, internships, employment, and graduate/professional school. Connects them to employers, industry, and grad/prof programs.

**Prehealth Advising**
Explore and prepare for application to medical and health profession schools.

**Distinguished Fellowships**
Prepare effective applications for nationally or internationally competitive awards.

**Professional Development**
Develop skills and competencies to prepare for personal and professional success while at MIT and beyond.
Supporting Students’ Career Interests

- View our Career Interest page, https://capd.mit.edu/channels/career-interests/ for more information on how we support students, graduates, and postdocs.
Think about how identity affects the career process and supporting students, postdocs, and graduates.
Overview of First Year Programming

Erik Pavesic, Assistant Director
First Year Career Support at a Glance

Orientation Programming
Both through partnerships with other programs (through FPOPs) and through direct programming, CAPD provides an introduction to first years about career resources.

First Year Newsletter
We send a bi-weekly newsletter to all first years with information on upcoming events, career resources, and internships/opportunities to support their career development.

MIT Future Programs
Offered alongside programming for the Fall Career Fair and Career Exploration Week, the Me In The (MIT) Future series covers professional primers, workshops, and student panels.

Launch Into Spring
From the Independent Activities Period (IAP) in January through early Spring, the Launch into Spring programs provide additional support to first years headed into their first summer experience.
Additional Career Support from CAPD

One-on-One Advising
Offered by career advising staff and peer career advisors (PCAs), we can meet with your student on topics from career/major exploration, internship searches, resumes, to career planning and beyond.

Workshops & Events
Throughout the year, CAPD offers in-person and virtual events to all students and postdocs, and we have employers who offer events including office hours, site visits, and resume reviews.

Career Exploration & Fairs
Career exploration is a main focus in the fall, with a week-long Career Exploration Week and the Fall Career Fair, with many supports available to first year undergraduates offered throughout.

IAP & Micro-internships
The Independent Activities Period (IAP) also has alumni and employer-sponsored micro-internships that provide students a project-based opportunity to develop their skill set and build experience.
First Year & CAPD Career Programs over the year

- Bi-weekly First Year Career Newsletter
- FPOPs & Orient.
- MIT Future Programming
- Launch Into Spring Series
- One-on-One Career Advising
- CAPD Workshops and Employer Events
- Career Exploration Events & Fairs
- IAP & Micro Internships

First-year exclusive
Supporting all students
Welcome to the Family/Supporters page!

Exploration, preparation, and a team that understands how it all works.

MIT Career Advising and Professional Development (CAPD) empowers students to think big picture about their career interests and goals, then supports them through every part of the journey, from research, resumes, and career fairs, to interviews, job offers, and salaries. Watch the CAPD Orientation to learn how our office can help your student explore careers and prepare for internships, jobs, and graduate school. Learn more about our programs and services and meet CAPD staff.

Parents and supporters are integral navigators

Parents and supporters have a special role in navigating students to resources during their time at MIT that will help as they discover their career interests and gain experience to verify that those are career paths they wish to pursue in the future. Review this video series to hear additional ways that parents and supporters can assist students in career exploration.

Supporting your student during the first year at MIT

At MIT, supporters, families, and parents can help first year students explore and prepare for their future careers by

MIT co-curricular and experiential learning provides vast opportunities to explore and discover career paths. We

Supporting your student beyond the first year

As a parent or supporter of a graduate student at MIT, your role continues to be important. An advanced degree often

Continuing to support your graduate student’s career pursuits
Our Team
Thank you!
Please add your questions to the chat