

## Frequently Asked Questions

Olitsky Family Foundation Career Readiness Program  
Carnegie Mellon University

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### Who is eligible to participate in this program?

The Olitsky Family Foundation Career Readiness Program at Carnegie Mellon University is tailored to support any student with an emotional and/or cognitive difference. Both undergraduate and graduate students are encouraged to participate in these support services. Students with autism, ADHD, and other neurodiverse identities have been known to benefit from Olitsky programming and resources in the past.

### Do I need to have a diagnosis to participate in this program?

No, our program is available to any student that could use additional support in their career and professional development.

### How do I sign up for the program?

You can sign up for Olitsky 1-on-1 coaching and events [via Handshake](#), or by emailing Amy Tavares at [atavares@andrew.cmu.edu](mailto:atavares@andrew.cmu.edu).

### What events can students attend through this program?

- **1-on-1 Coaching:** Available Now! Schedule [via Handshake](#) or by emailing [atavares@andrew.cmu.edu](mailto:atavares@andrew.cmu.edu).
  - Develop individualized professional development goals. These could include self-advocacy in the workplace, disclosure and accommodations, executive function strategies for the workplace, and professional communication skills (e.g., interviews, communicating with supervisors and peers, etc.).
- **Career Readiness Workshops** (coming Fall 2023):
  - Career Readiness Workshops throughout the fall and spring semesters to enhance your professional knowledge and skills. Through these workshops, you will have the opportunity to learn about the job search process, network with employers, and improve other career readiness skills (i.e., self-advocacy in the workplace, career pathway exploration, nurturing mental during a job search, interview skills, and more).
- **Student-Employer Connect Events** (coming Fall 2023):
  - Connect and network with local employers in a structured and risk-free environment.
  - Please email [atavares@andrew.cmu.edu](mailto:atavares@andrew.cmu.edu) to be added to the invitation list.

### Do I need to participate in every event?

No, feel free to participate in as many events as you would like, or just take part in one or two events.

### Where do 1-on-1 appointments and workshops/events take place?

- **1-on-1 coaching appointments** take place at the Career and Professional Development Center (CPDC), West Wing 2<sup>nd</sup> floor or virtually via Zoom.
- **Workshops and connect events** take place at varying location throughout campus. Each workshop and event will list their specific locations in their event details.

### What will I gain by participating in the program?

Your involvement with the Olitsky Family Foundation Career Readiness Program will allow you the opportunity to develop an individualized career plan, improve your job/internship search process, write a resume, enhance your professional communication skills, network with employers, and engage with numerous support systems/departments across campus.

### Is there any program fee associated with the Olitsky Family Foundation Career Readiness Program at CMU?

No, there are no additional fees for CMU students.

### How can I learn more about the program before signing up?

Email Amy Tavares at [atavares@andrew.cmu.edu](mailto:atavares@andrew.cmu.edu) for more information or to schedule an appointment.

### Will this program support me in areas other than career readiness?

Although the skills you develop through the Olitsky Family Foundation Career Readiness Program may translate to or improve other areas of your development, the main goal of this program is to support students with career readiness. However, CMU offers additional accommodations through the [Office of Disability Services](#) and consultation services through [Counseling and Psychological Services](#).