

# SALEM STATE UNIVERSITY

CAREER SERVICES

**INTERDISCIPLINARY STUDIES**

# MAJOR CAREER GUIDE

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##### ACADEMIC INFORMATION

Follow this link to the Salem State University Interdisciplinary Studies home page. Here you will find program information, degree options, course listings, concentration descriptions, events information and much more: <https://www.salemstate.edu/academics/college-arts-and-sciences/interdisciplinary-studies>

For Additional information about concentrations, check out the following links:

* *American Studies:* [https://catalog.salemstate.edu/preview\_program.php?catoid=38&poid=4457](https://catalog.salemstate.edu/preview_program.php?catoid=38&amp;poid=4457)
* *Interdisciplinary Studies: Self Designed:* [https://catalog.salemstate.edu/preview\_program.php?catoid=38&poid=4465](https://catalog.salemstate.edu/preview_program.php?catoid=38&amp;poid=4465)
* *Peace and Conflict Studies:* [https://catalog.salemstate.edu/preview\_program.php?catoid=38&poid=4531](https://catalog.salemstate.edu/preview_program.php?catoid=38&amp;poid=4531)

There are twelve minors in the Interdisciplinary Studies major to further enhance the writing, research, and analysis skills that are a foundation of the major. More information is available at:

* *African-American Studies:* [https://catalog.salemstate.edu/preview\_program.php?catoid=38&poid=4347](https://catalog.salemstate.edu/preview_program.php?catoid=38&amp;poid=4347)
* *American Studies:* [https://catalog.salemstate.edu/preview\_program.php?catoid=38&poid=4348](https://catalog.salemstate.edu/preview_program.php?catoid=38&amp;poid=4348)
* *Asian Studies:* [https://catalog.salemstate.edu/preview\_program.php?catoid=38&poid=4362](https://catalog.salemstate.edu/preview_program.php?catoid=38&amp;poid=4362)
* *Eastern European & Russian Studies:* [https://catalog.salemstate.edu/preview\_program.php?catoid=38&poid=4408](https://catalog.salemstate.edu/preview_program.php?catoid=38&amp;poid=4408)
* *Latin American & Latino Studies:* [https://catalog.salemstate.edu/preview\_program.php?catoid=38&poid=4456](https://catalog.salemstate.edu/preview_program.php?catoid=38&amp;poid=4456)
* *Peace Studies:* [https://catalog.salemstate.edu/preview\_program.php?catoid=38&poid=4481](https://catalog.salemstate.edu/preview_program.php?catoid=38&amp;poid=4481)
* *Legal Studies:* [https://catalog.salemstate.edu/preview\_program.php?catoid=38&poid=4490](https://catalog.salemstate.edu/preview_program.php?catoid=38&amp;poid=4490)
* *Religious Studies:* [https://catalog.salemstate.edu/preview\_program.php?catoid=38&poid=4499](https://catalog.salemstate.edu/preview_program.php?catoid=38&amp;poid=4499)
* *Urban Studies:* [https://catalog.salemstate.edu/preview\_program.php?catoid=38&poid=4522](https://catalog.salemstate.edu/preview_program.php?catoid=38&amp;poid=4522)
* *Women’s & Gender Studies:* [https://catalog.salemstate.edu/preview\_program.php?catoid=38&poid=4523](https://catalog.salemstate.edu/preview_program.php?catoid=38&amp;poid=4523)

##### WHAT CAN I DO WITH MY MAJOR?

Are you an Interdisciplinary Studies major or considering the Interdisciplinary Studies major? Click on the [“What](https://elearning.salemstate.edu/courses/939337/pages/what-can-you-do-with-your-major)   [Can I Do With My Majo r?”](https://elearning.salemstate.edu/courses/939337/pages/what-can-you-do-with-your-major) link to find more resources in Interdisciplinary Studies on the Salem State University Career Services web site. By doing so, you can learn more about how to connect your major and concentration to your future career:

* *American Studies*
* *Interdisciplinary Studies: Self Designed*
* *Peace and Conflict/ Global International Studies*

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##### PROFESSIONAL ASSOCIATIONS

As in any profession, staying connected to professionals in your field is vital. Below are links to professional associations for professionals in the various concentrations within the major. Stay up to date with industry trends, connect with fellow professionals and utilize resources for job searching:

*All Concentrations:*

[International Young Professionals Programs](https://iocareers.state.gov/Main/Content/Page/young-professionals-programs)

*Interdisciplinary Studies: Self Designed*

Association for Interdisciplinary Studies

*American Studies:*

[The American Studies Association](https://www.theasa.net/)

*Peace & Conflict Studies:*

[International Association for Peace & Conflict Studies](http://www.iapcs.hcri.ac.uk/)

##### INFORMATIONAL INTERVIEWING

Informational interviewing is a method of gathering information about career options, industries and employers. It is an opportunity to learn about a particular job from someone already in the field. It is *not* a job interview, but it can help you learn about job opportunities and build your network for when the job search comes. This is an ideal chance to help you gain a more thorough understanding of a particular industry or job. It’s also a great way to determine “is this what I want to do?” and to learn about different paths others have taken to get where they are.

##### JOB SHADOWING

Another way to gain access and information to your industry of choice is by job shadowing. Job shadowing is an opportunity to follow a professional in your field for an agreed upon amount of time. Typically, job shadow experiences will last anywhere from one day to one week. Much like an informational interview, this is your opportunity to see firsthand a “day in the life” of a professional.

##### VOLUNTEERING

Volunteering is another great way to learn about what to expect when working in your industry. Similar to a job shadow, you will be able to see a “day in the life” of a professional while also contributing some of your own skills or services. Volunteering can give you a chance to gain new expertise and help you narrow down your specific interests in the field. Follow the links below to help you identify current volunteer opportunities: [https://www.salemstate.edu/community/25143.php;](https://www.salemstate.edu/community/25143.php) <http://volunteer.nsuw.org/>

##### ADDITIONAL RESOURCES

The Value of Interdisciplinary Studies from a Student’s Perspective

* <http://isd.hss.kennesaw.edu/alumni-friends/>

How to Stay Connected to the Interdisciplinary Studies Community at Salem State

* [https://www.facebook.com/Interdisciplinary-Studies-Department-at-Salem-State-University](https://www.facebook.com/Interdisciplinary-Studies-Department-at-Salem-State-University-994917683968166/)

Opportunities Abroad at Mannheim School of Humanities in Germany

* <http://www.uni-mannheim.de/io/english/incoming_exchange_students/index.html>

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##### IDEAS FOR YOUR INTERDISCIPLINARY STUDIES RESUME:

1. Add in some “Relevant Courses” to help people from outside of your major understand the individual focus of your studies and the kind of classes you took while at Salem State.
2. Consider listing some of your research, academic projects, or independent study courses so you can showcase your specific interests or expertise.
3. Don’t forget to include volunteer activities or civic engagement, particularly those that are related to culture, natural resources, social justice, and local, national, or global partnerships.
4. Study abroad experiences are a great way to illustrate multicultural competence, appreciation for diversity, and cultural experience.
5. Consider including any leadership roles you have held, as these are a great way to demonstrate many of the skills important to an Interdisciplinary Studies major including: strong communication, cultural analysis, problem solving, exploring connections, and interpreting things from multiple perspectives. These leadership roles do not need to be in a professional setting. In fact, it can be even more valuable, at times, for a student to take on a leadership role within a student organization.
6. Don’t forget, your resume should include the full degree name including concentration and minor if applicable. For a student with no concentration or minor, this would mean:
* Bachelor of Liberal Studies in Interdisciplinary Studies
1. Use key action words and phrases associated with the learning outcomes of your program including Core Principles.
* Synthesis
* Linking the Local and the Global
* Social Justice, Diversity & Inclusion
* Integrate
* Transform
* Think Creatively
* Solve Complex Problems
* Integrate ideas
* Ask Critical Questions

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##### SAMPLE RESUME

**MARIA ESPECIALIZADA**

37 Loring Avenue, Salem, MA 01970 **|** m\_especializada@salemstate.edu **|** 111-222-3333

**EDUCATION**

**Salem State University**, Salem, MA

*Bachelor of Liberal Studies in Interdisciplinary Studies* May 20XX

Concentration: *American Studies* Minor: *Political Science*

Related Coursework:

Research Methods in Interdisciplinary Studies Introduction to American Politics

U.S. History and Constitutional Government I American Identities

Introduction to Public Policy Immigration and U.S. Politics

A Global “America”, “America” and “Americans” in and of the World

**University of Mannheim**, Mannheim, Baden-Württemberg, Germany September 20XX- January 20XX

*Study Abroad*

**ACADEMIC PROJECTS & RESEARCH**

*Immigration Policy & Acculturation* (Independent Study)

*The Implications of Gender on Constitutional Interpretation* (Independent Study)

*Fourth Grade Literacy Tutor* (Service Learning)

### RELATED EXPERIENCE

#### Community Action Network of Salem, Salem, MA September 20XX–May 20XX

*Staff Associate*

* In support of diversity and inclusion, promote fundraising events to advocate for proactive policies for multilingual families
* Synthesize ideas to contributed to articles for office newsletters and pamphlets on topics such as low-income families, education in the community, and nutrition on a budget
* Support homeless or disenfranchised youth in the HOME Youth & Resource Center by organizing donations and providing education about the dangers of violence and gang activity
* Educate potential volunteers and donors about how to encourage resiliency in youth

**CIVIC ENGAGEMENT**

MASSPIRG, Boston, MA June 20XX- January 20XX

*Volunteer*

* Utilized my organizational and communication skills to coordinate and participate in phone-a-thons to support renewable energy sources in the state
* Created and distributed over 200 informational leaflets daily to advertise the importance of responsible energy consumption and respect for the environment

HAWC, Salem, MA September 20XX-May 20XX

*Volunteer Advocate*

* Responded to emergency situations with urgency, contacting the proper authorities as needed
* Provided legal advocacy to survivors of domestic violence to obtain restraining orders
* Translated legal documents and provided administrative support

**LEADERSHIP EXPERIENCE**

Student Government Association: Treasurer (20XX-20XX), Vice President (20XX-20XX)

Residence Hall Association: Executive Director (20XX-20XX), Member of Omega Zeta Epsilon, the Salem State University Chapter of the National Residence Hall Honorary (20XX)

**SKILLS**

Computer: Microsoft Word, Excel, PowerPoint, Google docs---Language: Spanish, French

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##### SAMPLE COVER LETTER

**MARIA ESPECIALIZADA**

37 Loring Avenue, Salem, MA 01970 **|** m\_especializada@salemstate.edu **|** 111-222-3333

June 3, 20XX Kevin O’Shea

Massachusetts Department of Energy Resources 100 Cambridge Street, Suite 1020,

Boston, MA, 02114 Dear Mr. O’Shea:

I am contacting you to express interest in the Green Communities Media Liaison position that was recently referred to me by Professor John LaVerde, who has mentored me and encouraged my passion for creating a more sustainable society. As my resume indicates, I recently held several positions where I exercised the same values and skills that are outlined in your position. I have completed my Bachelor’s Degree in Interdisciplinary Studies with a concentration in American Studies from Salem State University, which included coursework in American Identities, A Global “America”, “America” and “Americans” in and of the World, as well as Research Methods in Interdisciplinary Studies. I believe that my skills and experiences make me a qualified candidate for the Green Communities Media Liaison position.

Your posting specified a need for someone with experience creating and distributing informational content. While working as a Staff Associate at the Community Action Network of Salem, I was able to contribute to informational resources and newsletters for community members. I was able to do the same in my role as a Volunteer through MASSPIRG, where I worked to spread the word about the importance of renewable energy sources and consumption. I was expected to be knowledgeable about the laws and policies associated with this topic and current initiatives in the state, including the Green Communities initiative. I identified strongly with this initiative as I began to notice the inefficiencies in my hometown’s energy use during semester breaks. In each of my roles, I was also able to demonstrate critical thinking and writing skills that will assist me with examining community grant applications in the department, as well as review press releases to ensure that they are in support of the image the department maintains.

As a resource for the commonwealth, the department is responsible for serving its citizens in a variety of ways. Through the Green Communities Media Liaison position, I would be uniquely able to support local communities using the leadership and advocacy skills I have honed across each of my positions to align local goals with those of the commonwealth in support of a sustainable yet cost-effective energy future. I appreciate your time and look forward to talking with you further about the position of Green Communities Media Liaison. Thank you for your consideration.

Sincerely,

Maria Especializada

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##### SAMPLE COMPANIES

AMERICAN RED CROSS

BOYS & GIRLS CLUB OF GREATER SALEM CAMBRIDGE RESEARCH INSTITUTE COMMUNITY ACTION NETWORK OF SALEM

MASSACHUSETTS COLLABORATIVE LAW COUNCIL MASSACHUSETTS LEAGUE OF COMMUNITY HEALTH CENTERS NATIONAL ENVIRONMENTAL LAW CENTER

NATIONAL INSTITUTE OF HEALTH

NORTH SHORE CHAMBER OF COMMERCE NORTH SHORE MEDICAL CENTER PEABODY ESSEX MUSEUM

SALEM HARBOR COMMUNITY DEVELOPMENT CORPORATION

SALEM MARITIME NATIONAL HISTORIC SITE SALEM THEATER COMPANY

VETERAN’S HEALTH ADMINISTRATION

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