

References

Employers ask for a list of references from candidates at some point in the application process either at the beginning or later. It is a good idea to start thinking about references, as this can be a stressful task for many students.

The best references come from individuals who have had the opportunity to objectively observe your skills and abilities, such as professors, advisors, and past or current supervisors. Coworkers, peers, and family members are not recommended for use as references.

Ask for permission **before** listing someone as a reference. In addition make sure to send that individual a copy of your resume.

At a large university, like UNC, it can be difficult for students to get to know the many professors and professionals very well. It's so important to cultivate these relationships early, and to continue to network during your time here.

See Related Files for a sample reference sheet.

Source URL: <https://careers.unc.edu/students/resumes-and-letters/references>