The best advice that college grads never hear

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It's graduation season, which means one thing: lots of unsolicited advice for grads.

So, what can we make of this flood of insight? Well, some of it's good. Some of it's bad. Some of it's downright ugly.

And then there's the stuff that's quite spot-on, but seldom heard.

Business Insider spoke with a number of career experts to get their insight.

Here are the great pieces of advice that recent college grads rarely hear:



This insight will blow your mind. Dan Kitwood/Getty Images

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'It's okay to feel totally lost'



Jonas Weckschmied/Flickr

It's okay to feel like college got you nowhere, says Nicholas Wyman, CEO of the Institute for Workplace Skills and Innovation and author of "Job U: How to Find Wealth and Success by Developing the Skills Companies Actually Need."

If graduation's got you feeling unprepared and adrift, channel that uncertainty into something productive.

"Go out, experience life, see the world," Wyman says. "Have a year off. That's what my father, a professor, told me to do.

Wyman says taking a version of a 'gap year' is a great way to explore opportunities outside a traditional classroom, gain self-knowledge, and, critically, get some practical, real-world experience.

'Learn to tell your story'



Strelka Institute for Media, Architecture and Design/Flickr

You may feel like your story has only just begun and there isn't much to say, but everyone has a story to tell. Talking about yourself is an art form, and if you hone your storytelling and communication skills early on in your career, those will pay off in the long run.

"When preparing for any type of interview, build solid narratives from your past that demonstrate your experience and skill set," Brian Rogers, founder of the Interview Skills Bootcamp and author of "The 3x3 Interview Prep Method" tells Business Insider.

"Human beings are programmed to listen for stories and we love it when they're told well," he says. "Instead of rewording what you've already written on your résumé, come up with some great stories from that experience to highlight yourself in exactly the way you want."

'Take your online reputation seriously'



college.library/Flickr

The internet is great, but it can also get you into trouble. Posting something questionable online can unravel your whole reputation in an instant. So avoid the urge to post stupid stuff on social media.

"Employers do check your online presence — regardless of what people say," Wyman says. "Every day, people are building — or, in many cases, damaging — their online reputations and their chance of landing their dream job."

'Don't always take career advice from your parents'



Ramin Talaie / Stringer / Getty Images

Your parents are probably wonderful people who have your best interests in mind. In many cases, they've also got some great advice and insight to share.

That being said, you can't take their word as gospel.

"Things have changed since your parents were in your shoes," says Nick Murphy, founder and CEO of job search engine Mid-America Careers. "With rare exception, even the most well-meaning parents give absolutely horrific career advice. 'Start at the bottom and work your way up.' 'Why would you change jobs already, it's only been five years?' Sound familiar?"

'When it comes to your career, don't always make it all about you'



Of course, your career is about you. It's about your passions, goals, and hard work.

But, if you want to get anywhere professionally, you're better off not framing everything in an ego-centric manner. Instead, learn to talk about what you can bring to the table.

"Don't be 'that' guy or girl that walks in to an interview talking about all of the things that you want to experience and learn without tying it back to how it benefits the company and the business," Murphy says.

"Real people are paying you real money to do a job. Take that responsibility seriously and learn to position what you want out of each task or job in a way that creates a win-win for you and the business," he says.

Plus, you should invest some time in getting to know the organization where you might want to work. It'll help you get the job.

"When a candidate shows up for an interview and knows the bare minimum about the company, it becomes very obvious that they are just looking for a paycheck," Rogers says. "Conversely, someone who shows up and is excited and knows about the company's culture is someone the tribe will take very seriously."