

Brandon Coreas
New York City College of Technology
BUF-4900 OL74
Professor Adomaitis
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Professional Development Critique #1

The seminar I attended was hosted virtually online on April 5th, 2023 from six to seven o'clock eastern standard time. The event was curated by the company *EVOLVE* and the topic of discussion was “How to find a career that fits”. The host of this seminar was Emily Fuller and she opened up the discussion of “how to find a job that fits” by first asking us to “find our why”. This essentially meant that we had to identify our core values. These could be values that we apply not only to our personal lives but also to our potential careers.

In this seminar I have learned that “values are what gives you purpose and are much more than ethics and morals” (Fuller, 2023). It was very helpful of the speaker to inform all of us about how one should find out what one values in a career and find out how to match one's personal values with their career values. I also learned about three distinct types of values, these include intrinsic values, extrinsic values, and lifestyle values. Intrinsic values can come in the form of goodwill and giving back to society or to those around your close circle. This type of value is driven from within and has a deeper sense of personal fulfillment. Extrinsic values are values that are important to individuals in terms of social status or achievement relative to other people's viewpoints. Lifestyle values include the importance of family and friends as they pertain to the specific individual.

This professional development seminar has helped me in my personal career path by helping me determine my purpose. It keeps me on track by grounding me and helping me determine my ultimate values in life and giving me the space to guide me in distinguishing those values and how they can assist me in guiding me toward my future career. Some values that I found are most important to me are authenticity, loyalty, balance, determination, and respect. I feel as if all of these values are essential for me if I want to achieve my goals and stay true to my purpose. This seminar has taught me that my values can be used as guidelines for finding my job. Without these values aligning with my career goals it can certainly stunt my motivation as a whole. This alone displays how important it is for one to try to find a career that aligns with their values as it can play hand in hand with an individual fulfilling their purpose within their careers.

I would highly recommend this seminar to other students because it gives a clear and easy-to-understand message about how critical it is to find one's purpose through the use of identifying one's values. It can be very very stressful and unmotivating for students trying to figure out what they are going to do with their paths post-college. I feel as if this seminar gives excellent groundwork in terms of discussing how someone can find the right career path. This topic is something that on the surface can sound extremely difficult and intimidating to understand but in this instance this seminar gave a very simple yet effective method on how one can go about breaking down the steps to finding a job that is right for them. This seminar not only tackles an important topic about how to find employment post-college but does so whilst also giving useful information that can help with an individual's mental health simultaneously. Topics such as finding your purpose and identifying your core values are essential in my opinion in aiding an individual's mental health.

References

Fuller, Emily. "How to Find a Career that Fits" (presentation, *EVOLVE*: Teach for America, April 5, 2023).