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BUF 4900: Internship

*Campus Comeback: Turn Summer Lessons into Fall Focus*

- 1. What was your professional development workshop about? Who presented it and what are their respective credentials? Where did it take place and how long was the workshop?***

The professional development workshop titled “*Campus Comeback: Turn Summer Lessons into Fall Focus*,” presented by Teach For America, focused on how individuals can work towards their career goals by reflecting on experiences, identifying areas for improvement, connecting with others, and planning for the future. It was hosted by Sarah Jones, the Director of Events at Teach For America’s Recruitment Enablement and Marketing Innovation team. Before joining Teach For America, Jones served as the Health Career Pathways coordinator and Resident Leadership Academy facilitator at a school in San Diego, California, where she also taught high school life and physical sciences. The workshop took place online from 3:00 pm to 3:45 pm.

- 2. What did you learn from this workshop. How does this assist in your professional growth? How will you use the information learned?***

One key takeaway from this workshop was understanding what transferable skills are—traits or abilities that can be applied to any role, job, or scenario. Additionally, participants learned

valuable tips on improving their resumes. Jones emphasized the importance of illustrating work experiences and skills rather than simply stating them. This approach will help their resumes stand out and contribute to their professional growth. These insights will be applied to enhance their resumes.

***3. What was your biggest take-away from the workshop? How would you explain it to a peer or colleague? How will you use this in your professional career?***

The most significant lesson from the workshop was learning how to use time wisely to work towards career goals. This would be explained to a peer or colleague by offering tips on effective time management and goal-setting. For example, advising them to update their resumes or professional profiles with new work experiences and skills gained from jobs or internships, and stressing the importance of staying in touch with colleagues and networking to support their career aspirations. In their professional careers, they will keep their resumes current and maintain connections within their industries.

***4. How does the workshop add to the body of knowledge obtained at New York City College of Technology overall? In your Business of Technology of Fashion degree? Your graduation and career?***

This workshop complements the knowledge participants have gained at the New York City College of Technology, as it is directly applicable to their careers and daily lives. The insights from this workshop will also benefit them in the Internship course they are currently taking, which focuses on building and strengthening professional documents like resumes. This workshop has been instrumental in helping them complete their Business and Technology of

Fashion bachelor's degree. The information learned will assist them post-graduation as they work towards advancing in the fashion industry.

 **Campus Comeback: Turn Summer Lessons Into Fall Focus**

<b>Pause and Reflect</b>
<p>What was one key skill you learned or challenge you overcame this summer?</p> <ul style="list-style-type: none"> <li>•</li> </ul> <p>What was your favorite moment/memory/experience this summer – and <b>why</b>?</p> <ul style="list-style-type: none"> <li>•</li> </ul>
<b>Connecting Summer to Career</b>
<p><b>Transferable Skills – the 5 buckets:</b></p> <p><b>Human Relations – attending to the social, physical, or mental needs of people</b></p> <ul style="list-style-type: none"> <li>• Skill(s) I have:</li> <li>• A story in which I demonstrated this skill:</li> </ul>
<p><b>Design &amp; Planning – imagining the future, developing a process for creating it</b></p> <ul style="list-style-type: none"> <li>• Skill(s) I have:</li> <li>• A story in which I demonstrated this skill:</li> </ul>
<p><b>Research &amp; Planning – searching for specific knowledge</b></p> <ul style="list-style-type: none"> <li>• Skill(s) I have:</li> <li>• A story in which I demonstrated this skill:</li> </ul>
<p><b>Communication – exchanging and expressing knowledge and ideas</b></p> <ul style="list-style-type: none"> <li>• Skill(s) I have:</li> <li>• A story in which I demonstrated this skill:</li> </ul>
<p><b>Organization &amp; Management – guiding a group in completing tasks and attaining goals</b></p> <ul style="list-style-type: none"> <li>• Skill(s) I have:</li> <li>• A story in which I demonstrated this skill:</li> </ul>
<p><b>Technical Skills – take note of any technical skills you learned or improved:</b></p> <ul style="list-style-type: none"> <li>•</li> <li>•</li> </ul>
<p><b>Wrapping it up:</b> How can these skills help you achieve your long-term goals?</p>
<b>Digging a little deeper</b>
<p><b>What did you learn about future roles or industries?</b></p>
<p><b>What tasks or projects did you find most engaging or fulfilling?</b></p>

<p><b>Think about the obstacles you faced this summer. How did you overcome them? What did you learn from those experiences?</b></p>	
<p><b>If you worked, interned, or volunteered, think about the company culture and work environment. Did it suit your personality or work style?</b></p>	
<p><b>What did you learn about your passion(s) or purpose?</b></p>	
<p><b>Notes and Additional Resources</b></p>	
	<ul style="list-style-type: none"> <li>• Earn your <a href="#">Equity-Oriented Leadership Badge</a></li> <li>• Stream <a href="#">Career Compass: Finding Your Path to Purpose</a></li> </ul>
<p><b>Quick Wins</b></p>	
<ol style="list-style-type: none"> <li><b>1. Update your resume and LinkedIn profile</b> <ol style="list-style-type: none"> <li>a. Jobs or internships I need to add:</li> <li>b. Other skills, classes, <u>certifications</u> I need to add:</li> </ol> </li> <li><b>2. Do some LinkedIn outreach</b> <ol style="list-style-type: none"> <li>a. Folx I want to stay connected with:</li> </ol> </li> <li><b>3. Sort out your must-haves for Fall</b> <ol style="list-style-type: none"> <li>a. What you need to get (or get sorted) to be ready for Fall (supplies, housing, etc):</li> <li>b. Anything you need to take care of financially (FAFSA, scholarships, setting a budget, changing your job schedule, etc):</li> </ol> </li> <li><b>4. Start planning your time</b> <ol style="list-style-type: none"> <li>a. Is my schedule squared away?</li> <li>b. What I want to make sure I consider, time management-wise:</li> </ol> </li> <li><b>5. Campus contacts</b> <ol style="list-style-type: none"> <li>a. Professors/others on campus I want to build a relationship with:</li> </ol> </li> </ol>	

b. Favs from Spring I want to stay connected to:	
<b>Notes and Additional Resources</b>	
	<ul style="list-style-type: none"> <li>• Stream the <a href="#">Resume Remodel Workshop</a></li> <li>• Download our <a href="#">LinkedIn Profile Guide</a></li> <li>• Stream <a href="#">5 Easy Ways to Take Control of Your Time</a></li> </ul>
<b>Self care at summer's end</b>	
<p>What felt "just right" for you over summer? Ex: new ways to relax? Routines that worked? New members of your support system?</p> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul> <p>How can you apply some of the above lessons to the coming school year?</p> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>	
<b>Notes and Additional Resources</b>	
	<ul style="list-style-type: none"> <li>• Stream <a href="#">Fill Your Cup: Self Care for Careers of Service</a></li> <li>• Join us in 2 weeks for the final event in our Summer Learning Series, <a href="#">Unlock Your Potential: How to Kickstart Your Career of Impact</a></li> <li>• Explore more <a href="#">career-boosting content</a></li> </ul>