

The first professional development seminar that was attended was Career Q&A. This seminar was virtual and took place on Thursday, March 23, from 1 to 2pm. This professional development was held by the Professional Development Center of the New York City College of Technology, City University of New York (CUNY). The Career Q&A seminar highlighted a checklist we should have or should start preparing when starting to plan out our careers. This seminar also allowed the audience to chime in and ask questions regarding career mapping and where we can seek help should we need it for preparation.

After attending this seminar, one can say they learned about what is needed for your career planning. For those of us who have less experience, we learned it is important to highlight our work or projects on our resume or cover letters that align with the job we are applying for. It is very important to use the tools and knowledge provided to us throughout school to showcase not just what we learned but how we can or did apply what we learned. We also briefly learned about the elevator pitch. Which was highlighted as a 30 second introduction of oneself. This seminar informed us of key points we should have ready to start our career path.

Attending the Career Q&A, professional development seminar has enhanced my career moving forward. It has allowed me to collect or understand the necessary tools needed to begin my career path. It has allowed me to understand it's okay to not have as much experience in a field I have yet to venture into. This has given me the opportunity to take what I learned throughout my years at the New York City College of Technology and apply it to the career field. Overall, this has aided in enhancing my career moving forward by allowing me to understand to use my resources and what is needed to progress in a career field.

I'd advise my peers or other students to start attending seminars such as this Career Q&A because of the vast of resources that are being provided. Knowledge is a superpower, and seminars such as this one can aid in answering any questions you may have. The Career Q&A can also assist you in planning out your career. You can use the resources you were given, such as the knowledge you learned in class and apply that to where you want to go. These seminars are here to guide us and this one has offered advice on soft and hard skills, networking, and professional behaviors.