

Morelia Pena

Internship

BUF 4900

Professional Development Critique

Dr. Alyssa Adomaitis

New York City College of Technology

PROFESSIONAL DEVELOPMENT CRITIQUES

The seminar was titled “CUNY Tech Prep Info Session & Pitching Yourself”. It was held at New York City College of Technology. The meeting was conducted by Selene Shen a coach in the professional development center. It intended to teach students how to effectively pitch themselves in a few sentences when asked the question “Tell me about yourself” by potential recruiters. Like the previous seminar, this was a virtual workshop that took place on Zoom, where students were able to join from any location. It was a valuable opportunity to enhance one’s pitching skills and impress potential recruiters.

one of the most significant things I learned was how to effectively pitch myself in just a few sentences. This was so important because when a recruiter asked me the question "Tell me about yourself," I would know what to say exactly. It is necessary to make a strong and memorable impression concisely. I did not have any idea how to respond to that question and thanks to the professional development center, I can showcase my strengths, skills, and experiences, to stand out among other candidates. This was a very helpful workshop because I was more confident about what to say.

Another thing I learned, and I would share with my colleagues about this professional development seminar is the importance of networking. I noticed that professional development advisors are there for us and we need to take advantage of it. They can teach us a lot about how to have a successful career. I learned some great tips and strategies for building meaningful connections with others in our industry. I would like to encourage my colleagues to utilize scholarly resources to help them expand their professional networks and potentially find new career opportunities. These advisors are very supportive and are always willing to help.

This professional development seminar has been a great addition to my learning as a BUF major at New York City College of Technology, CUNY. It has enhanced my skills in effectively pitching myself, which is essential in business. As a Business and Fashion student, it is important to be able to communicate my ideas, showcase my strengths, and make a memorable impression on potential clients or employers. During the seminar, we had an activity where we practiced pitching ourselves to each other and received constructive criticism from the host. Therefore, this seminar has given me practical strategies and insights that I can apply directly to my coursework and future career plans.

One important lesson I have learned during my college experience is the significance of having a mentor or some form of guidance in my career. Meeting my professor, Dr. Adomaitis has been a true blessing. She has provided me with invaluable guidance, and support throughout my academic and professional journey. For example, when I took the SBS 3201 Gender, Dress & Society course, I did not believe that I could write a book and she was confident that I would be able to do it. Thanks to her mentorship, I have been able to gain confidence in my abilities and pursue opportunities that I might not have otherwise considered. She is one of the best mentors one could have because she challenges her students to grow by encouraging them to step out of their comfort zones and take on new challenges. She is always willing to provide feedback and support, even outside of class hours. I am not writing this to impress her, but to express the tremendous personal and professional growth that I have achieved under her guidance. Her mentorship has inspired me to pursue my goals with confidence and determination. I am grateful for the impact she has had on my life during my time at NYCCT.