

Nargiza Rahmatilloeva

BUF 4900

11/22/2022

Professional Development #2:

Workshop: Get Involved at City Tech and Beyond

1. Who is giving the seminar? What are their respective titles? Why are they an expert at this seminar? What is their background?

On October 21, 2022, at 1:00 PM, CUNY- The New York City College of Technology conducted an online Professional Development lecture titled "Get Involved at City Tech and Beyond." Nelly Lliguichushca, So Lan Liang, and Amalia Michel, writing fellows at city tech, taught the seminar. This seminar focused on several resources for becoming active in city tech and beyond as well as different types of involvement such as Student Government & Organizations, Academic Research, Community Engagement, Student Employment, Study Abroad, Recreational & Intramural Sports and what students expect to be involved in those involvement.

2. What did you learn from this seminar? What was the take -away that you will remember?

This seminar lasted for an hour. The seminar informs ones about the advantages of being engaged on campus and beyond. Based on the seminar the benefits include learning more about oneself, becoming more collaborative, having the opportunity to build one's skill set, being able to give back to the community, having networking opportunities, learning how to engage with a diverse group of people, gaining leadership skills, and increasing one's marketability.

Those who attend this program will also learn "how to get active on campus and beyond." This program gives ones the tools they need to get active on campus and beyond. During the seminar, participants were encouraged to visit the student Life & Development office, student clubs, student government association, and campus activities, to visit City Tech's undergraduate research program and use handshake, to use the PDC's online employment board. Register for PDC virtual events, attend employer information sessions, and apply for internships and opportunities.

Those writing fellows also discussed the CUNY Service Corps, which is a 24-week service commitment that pays \$15 per hour. And put in 10 hours per week. One would Gain important job experience, maybe gain internship credit, receive professional development counseling, expand your professional network, and assist other New Yorkers.

3. What advice would you give yourself? What corrective actions should you take? What advice would you give a student taking an internship or preparing for their respective career after this seminar?

Students were given the opportunity to discover how this lecture and the knowledge will help them in their professions. To be active in a variety of programs both during and after their time at City Tech. It is critical for a student to comprehend time management and a lack of trust while accessing sources. These crucial aspects contribute significantly to professionalism during a work path. This lecture is highly recommended to other students since it helps students learn how to get engaged in various activities.