

Tyshae Greene  
BUF 4900  
Dr. Adomaitis  
April 26, 2023

## Professional Development Critique 1

On April 19<sup>th</sup>, 2023 at 2 PM, I joined a virtual zoom call for the Career Navigation help presented by the Alumni Activation initiative. On this call, I gained knowledge from CUNY alumni and individuals who work in the HR sector to assist and navigate my career. I gained transferable skills and career readiness knowledge that I can use from my regular job to my career. I also learned about resume building, including what should be on a resume, and what recruiters are searching for. In addition, I learned how to best utilize LinkedIn to set myself up for opportunities.

By attending this seminar, I learned that you can employ soft skills like teamwork, communication, problem solving, etc. from your day job to a career job. These soft skills are beneficial and can help you qualify for positions and help you advance in your profession. This seminar also discussed resume building and what information should be included in your resume. For example, with emphasis on your skills, give some examples of task you have done and the results. In addition, I learned to find the links between one's skills and what the job requires when applying for jobs. Lastly, I learned how to best utilize LinkedIn and the advantages of networking. On linked in you can follow and connect with businesses and people in your career aspirations and like, share and comment on post. This allows you to keep up with the business, trends and can possibly open an opportunity for you. If your LinkedIn profile is organized properly and concisely for any roles that may be open, recruiters will find it easy to decide if you are a good fit. I learned it is beneficial to write a clear goal and the position you want in the about section. Most importantly, highlight to employers what you can do for them and what they can do for you.

I feel more prepared and self-assured to apply for jobs and work within my career aspirations by attending this seminar. Knowing what hiring managers are seeking when they review resumes, I will focus on my skills and how they apply to the position I am going for. Soft skills, such as effective communication and problem solving, can be useful in any position, which can increase my qualifications and help me flourish in any role I hold. By setting up my LinkedIn profile concisely and presenting all that I have accomplished this professional development seminar has given me insight into how to achieve my career goals and make myself open to more opportunities. Lastly, by participating in these professional development seminars, I can establish my expertise in my sector of work and increase my professional credibility.

What I would share with other students about this experience is that it provided me with direction and purpose in my career aspirations. This seminar provided me with resources, advice, and strategies that I may need to advance in my work. This seminar improved my knowledge of what recruiters are looking for now a day's and how to position myself for opportunities. There

is always something to learn, and it is great to learn because it increases your credibility and opens up many opportunities for you. This is why students should attend professional development seminars as it permits you to acquire the expertise and abilities to succeed in your career.