

New York City College of Technology

BUF 4900

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Professional Development #1: Career Planning Workshop 101

1. What, where, when and how was this professional development seminar about? 5-6 sentences.

The Professional Development Center of New York City College of Technology conducted a virtual seminar over Zoom on "Career Planning Workshop 101" with career advisor Christopher Millington as the speaker on March 7, 2023. The seminar was attended by the Special Projects Officer Andrea Baker and Manager Tanika Bashir. The session focused on guiding students on how to plan their careers effectively, make informed decisions, and excel in their chosen industry after graduation. Discussions revolved around the best career directions to take, how to make wise career choices, and how to succeed in one's chosen profession.

2. What did you learn by attending this seminar in detail? 5-6 sentences.

During the seminar, attendees learned about how to align their career with their lifestyle and effectively manage their time. They also gained insight into how to plan and achieve their goals, starting from their freshman year. The session covered a range of important topics, including salary expectations, industry insights, and key competencies for career readiness, such as critical thinking, teamwork, collaboration, and leadership. Additionally, participants were introduced to the Handshake app, which is a valuable resource for CityTech students and alumni looking for job opportunities, one of the good things about this app is that the school filters all the jobs and is one of the most secured not like other apps in where one can be scammed or so. The speakers emphasized the importance of maintaining contact and utilizing the benefits of the app even after graduation.

3. How did this professional development seminar enhance your career moving forward? (5-6 sentences).

The seminar was incredibly helpful in improving one's understanding of effective communication and seeking advice when needed. However, one believes that seeking advice is crucial in every aspect of life to avoid feeling lost and to gain valuable experience. This seminar has provided clarity on many issues that previously was confusing, such as the usefulness of the Handshake app, which not only provides job opportunities but also hosts job fairs and events to expand knowledge. They went over the app, how one can schedule an advisement session with them, how to sign up for events also how to look for jobs, the filters one needs to add so will be easier to look for a job. Additionally, they offer guidance on mapping out one's career path, which is essential for visualizing one's goals. It's important to have career guidance from the beginning of college to ensure a successful career.

4. What would you tell other students about this seminar and why should they attend? (5-6 Sentences).

According to the speaker, seeking guidance after starting a career is crucial, and they would encourage other students to not hesitate in asking for help. It is normal to feel lost and not comprehend everything when trying something new, and seeking guidance can be extremely helpful, especially after graduating when facing the challenges of the real world. Those seminars help one with understanding the job industry, to understand what company's visions, missions, goals and what they offer. The speaker shares their personal experience of learning about the various benefits available to them, including free access to the New York Times Newspaper for future research papers. Before attending the seminar, many students were unaware of these resources that the college is having.