

Yinghe Zhao

## BUF 4900-Professional Development Critique #1

1. Who? What? Where? When? Why? and How? Who presented this workshop? Where was it held? What was this workshop about? Why and delve into details and How was the workshop presented?

The speaker of this workshop is Jonathan Storch, but the Host of this workshop is Shannon Vaughan. It was held online via Wexbex on July 17, 2023, from 2 p.m. to 3:02 p.m. It is an interesting professional workshop because it is about emotional intelligence. If this workshop will be held again in the future, one would recommend it because, first, it is a workshop that can help one learn both their own emotions and their colleagues' emotions in the workplace. This workshop employs PowerPoint as a visual assistance for presentations to show participants some examples and help them understand and control their emotions in different kinds of situations.

2. What were the major insights that you gained for professional development? How will this assist you in your future career?

The insights that one gained from this workshop were learning how to manage one's emotions and sometimes empathize. Self emotional management is important in one's future career, and working with emotions makes a show of irresponsibility. In the workplace, learning to manage one's emotions can effectively increase one's work efficiency and also help one face challenges with a positive attitude. Empathy may make one's future working environment more harmonious. For example, when a colleague is unhappy or angry because of something, what one should do is understand the colleague's feelings and provide appropriate comfort.

3. How has City Tech and BUF courses prepared you for your career?

One is an intern at a fashion company now, and this job always requires one to get in touch with fabrics and clothes. So the *BUF 2246 textile* course lets one have a basic understanding of the types of fabrics and how to care for them. And one often applies those learned knowledge to her career now. One also needs to maintain showroom standards regularly, so she learned some of the showroom display ideas from the *BUF 2203 Visual Merchandising* course and will be able to use them in her job. One of the most important skills that school and BUF courses prepare one for her career is communication. Both school and courses always exercise our ability to communicate with others; communication is very important in the fashion industry (and also in other fields), and people need to talk to colleagues and clients often to get things done.

4. What would be the two top "topics" that you would share with your colleagues in this internship class?

The first top "topic" that one would like to share with her colleagues is the importance of having a career planning map. It is because the career planning map can not only make one think of his or her past life and work experiences but also make him or her think deeply about their future. When a person has one or more goals, he or she will strive to attain them. The second "topic" that one would like to share with her colleagues is to have some volunteer experiences. After finishing the resume and career planning map in this class, one thinks that listing one's volunteer experiences in their resume could be one of their strengths. It is because it can not only help people who need help but also show the interviewer that one's personality from the side, whether one is a helpful person or not. One would like to share this topic because some of the

interviewers or entrepreneurs like to do good deeds in their daily lives, and if they saw one's list of volunteer experiences in their resume, they may pay more attention to one, and some of the interviewers may think that is a plus.