

UPnext Piloting Your Journey

Breakout Sessions | Wednesday, October 28 | 10:00-11:45 a.m.

- Attend two 45-minute workshops led by faculty, staff, alumni, and employers.
- You might try a new activity, hear from alumni, explore a career or industry, build a skill, or have a conversation that gets you thinking about what's next.
- Choose the sessions that sound interesting to you!

BREAKOUT SESSIONS

➤ **Understanding the Self to Understand Others: Dialogue Skills for Life, Buckley Center 104**

Anne Santiago, PhD, MA, Associate Professor

How do your identity, experiences, beliefs, and culture shape the way you see and move through the world? In this hands-on workshop, you'll explore what shapes your perspective and how greater self-awareness can strengthen your relationships in both personal and work settings. Through interactive activities and conversation, you'll practice skills for navigating differences, engaging in meaningful dialogue, and connecting with others in an ever-changing world.

➤ **Majors and More: Being Curious IS Exploring Your Future, Franz Hall 106**

Shaz Vijlee, PhD, MBA, Associate Professor, UP Alum

Choosing a future path can feel overwhelming, especially when you're told to "find your passion." Instead of searching for one perfect calling, explore your interests, skills, knowledge, and values while leading with curiosity, discovery, and openness to change. Through personal stories and a hands-on activity, you'll identify what drives you and develop a practical framework for imagining multiple meaningful futures and careers.

➤ **To Grad or Not to Grad: A STEM Guide to Deciding, Choosing a Path, and Applying to Graduate School, Franz Hall 108**

Kristin Sweeney, PhD, Associate Professor, Glenna Clifton, PhD, Associate Professor, Jordy Wolfand, PhD, MS, Associate Professor

Considering graduate school in biology, geology, civil engineering, or environmental engineering? This session will walk you through key steps in the application process, including choosing programs, identifying and contacting potential faculty advisers, and preparing application materials such as personal statements and a CV. You'll leave with practical tools for reaching out to potential advisers and creating a CV for graduate school applications.

➤ **From Field Experience to First Teaching Job: Build Your Network, Tell Your Story, and Launch Your Career, Franz Hall 120**

John Watzke, PhD, Dean of the School of Education, Dean of the Graduate School, Professor

Your career as an educator starts long before your first job search. Hear from recent graduates, experienced educators, and faculty about how coursework, field experiences, relationships, and student teaching can open doors and shape your career story. Through conversation and hands-on activities, you'll build connections, reflect on your experiences, and identify the next step for launching your career.

➤ **Translating Skills into Your Humanities Success Story, Franz Hall 125**

Lilly Grey Rudge, La Salle Catholic College Preparatory, Communications and Content Manager, UP Alum

What can you do with the skills you are building as a humanities student? Reflect on the knowledge, interests, and skills you've developed through your coursework and experiences, and explore how they connect to a range of careers. Through hands-on activities, you'll identify careers that align with your interests, identify skills you want to develop, and imagine your future by creating a "Humanities Success Story."

➤ **Attention to Detail - The Most Important Job Skill, Shiley Hall 206**

Ashton Summers, Capacity Commercial Group, Vice President, UP Alum

Attention to detail is critical to your career advancement. It's a skill you can develop and strengthen. You will learn how to pause and review your work, catch errors before submitting it, and how detail-oriented work connects to the bigger picture of your job performance.

➤ **Leading on Campus to Leading in the Workplace, Franz Hall 214**

Kaylee DeLoye, MBA, KEEN Footwear, Demand Planning Manager, UP Alum

Leadership doesn't begin when you receive your first management title. It begins with the experiences you have in college. In this interactive workshop, you'll recognize the leadership skills you're already developing through campus involvement, student organizations, employment, academics, athletics, and other experiences, and explore how you can carry those skills into the workplace.

➤ **Personal Branding 101: From LinkedIn to Sprinkles, Franz Hall 223**

Ashley Hass, PhD, MBA, Assistant Professor

What's your personal brand, and does it actually reflect who you are? Explore the fundamentals of personal branding and why it matters for internships, jobs, and life after graduation. Drawing on her experience as a marketing professor and branding consultant, the presenter will help you explore your voice, values, expertise, and story and why an authentic, consistent presence (online and off) is essential in navigating today's job market. And yes, "brand" can be an icky word but it is important to consider what sprinkles you have in the cupcake of life!

➤ **Practical Steps for Success (Personally & Professionally) in Your Early 20's, Dundon-Berchtold Hall 131**

Morgan Armstrong, MBA, VP of People, Bigleaf Networks, Adjunct Instructor, UP Alum

Your 20s are a decade rich with decisions and change: you've finished college and are now making choices about professional work, money, relationships, health, and figuring out what matters to you. Get practical advice for navigating life after graduation, from interviewing and starting your first job to the importance of building a network, managing money, caring for your health, and making thoughtful decisions based on your values. You'll also explore how careers grow over time and why you don't have to have it all figured out before you graduate.

➤ **Graduate School & Career Pathways in Clinical & Counseling Psychology, Dundon-Berchtold Hall 130**

Andrew Downs, PhD, MA, Professor

Interested in clinical or counseling psychology? Explore graduate school options, career pathways, work settings, and the many ways you can make an impact in these fields. Learn what different careers look like and discover steps you can take now to prepare for graduate programs and future opportunities.

➤ **The Art of Networking, Dundon-Berchtold Hall 232**

Sheila Mason, Director, Pilots Professional Preparation Program (P4), and Kristy Comstock, MBA, Director of Strategy and Infrastructure, AAA Oregon/Idaho, UP Alum

Learn the fundamentals of effective networking and put them into practice. Through interactive exercises with other students, you'll practice introducing yourself, sharing your interests and needs, asking questions with curiosity, bringing others into a conversation, and gracefully exiting. Build practical skills and confidence for starting conversations and developing meaningful connections—and discover that networking can be a natural part of connecting with others.

➤ **Making A Pivot - Careers Beyond Your Major, Franz Hall 212**

Ryan Darmody, MS, Pacific Alliance for Catholic Education (PACE), Assistant Dean, UP Alum

You chose your major because you're passionate about the subject (hopefully!). But what if your career interests take you somewhere unexpected? The Pacific Alliance for Catholic Education team works with undergraduates who didn't major in education but have pivoted into careers as educators. Explore what motivates your career interests and learn practical steps for considering a range of post-grad possibilities as you build a fulfilling future.

➤ **Nursing Alumni & New Grad Panel, Buckley Center Auditorium**

Holly Simpson, EdD, MSN, Assistant Professor, UP Alum

Curious what life looks like after graduation? Join recent graduates and alumni for a candid conversation about senior year, licensure, the job search, and the many different paths a nursing career can take. Hear real experiences, get practical advice, and learn what to expect as you move from nursing student to new graduate. You will leave with: A clearer picture of senior year and what comes after graduation, Practical tips for licensure and the job search, Greater confidence in navigating your own nursing journey and how the Career Education Center can support you.

➤ **Exploring Health Professions with UP Alumni, Brian Doyle Auditorium in Dundon-Berchtold Hall**

Andrew Lafrenz, PhD, MPH, MS, Associate Dean for Pre-Health Professions, Associate Professor, UP Alum

What does a career in healthcare look like after UP? Hear from alumni working across a range of health professions as they share their journey from UP through professional school and into their career. Learn about different pathways into health professions, how experiences at UP can support your goals, and have time to ask alumni your questions. Our alumni panel includes physicians, an occupational therapist and more.

➤ **Start with the End in Mind: Applying the Teacher's Toolkit to Your Career, Dundon-Berchtold Hall 231**

Guinevere Getchell, MAT, Joyful Noise Child Development Center, Lead Preschool Teacher, UP Alum

Education students spend years learning how to design meaningful learning experiences for their future students—but what if they applied those same skills to planning their own professional lives? This interactive workshop invites future educators to take familiar practices from teaching, including backward planning, identifying interests and needs, breaking big goals into manageable steps, and reflecting on learning, and apply them to their own career development.

➤ **Navigating Team Conflict: Practical Tools for Productive Conversations, Dundon-Berchtold Hall 134**

Julie Stillwell, MBA, Experian Automotive, Chief of Staff, UP Alum

Conflict is a natural part of working on a team, but what makes it escalate, and how can you navigate it constructively? Explore the stages of team development, common reasons conflict occurs, and how differences in perspectives and expectations can create tension. You'll identify behaviors that can escalate conflict and practice a five-step process for resolving disagreements. Leave with practical tools and an action plan for navigating team conflict more effectively.

➤ **What's in Your Personal Code of Ethics?, Shiley Hall 123**

Ben Tribelhorn, PhD, MBA, Associate Professor, UP Alum

What would you do if you faced an ethical dilemma at work? In this workshop you will hear some wild and real cases of corporate misbehavior, then you'll have time to think about your own code of ethics and how you might respond to difficult situations in the workplace. Expect to write some notes, discuss your ideas in small groups, and consider how your values can guide your decisions.

➤ **Restless Hearts in the Image of God: A Spirituality of Engineering, Franz Hall 210**

Rev. Tyler Kreipke, CSC, PhD, Mdiv, Assistant Professor

How might your work as an engineer connect with a deeper sense of purpose and vocation? This session explores connections between engineering and spirituality, considering how a Christian understanding of the human person as made in the image and likeness of God can shape the way we think about work, happiness, and fulfillment. Reflect on how engineering can connect with your understanding of who you are and what makes work meaningful.

➤ **An Alumni Conversation on Work, Purpose, and Possibility, Franz Hall 205**

Jessica M. Harrison, PhD, MSW, MA, Assistant Professor

What does a career actually look like after UP? Social work alumni will share how their careers unfolded including the detours, surprises, and lessons along the way. Hear what the transition from school to work was really like, what they didn't expect, what worked for them, and advice for what they would do differently. Come with your questions, engage in the conversation, and leave with new perspectives and a concrete next step for your own journey.

➤ **Improv as Professional Development: Networking, Dundon-Berchtold Hall 230**

Joshua Bode, MBA, Assistant Director for Student Conduct and Community Standards, UP Alum

What can improv teach you about networking and the workplace? In this active workshop, you'll explore practical improv principles you can use in networking, professional development, and teamwork. You'll practice being present, responding to others, and creating positive interactions while reflecting on how these skills can help you build stronger connections at work. There will be some "performing" in one-on-one pairs but no performing in front of the whole group!

➤ **Building your STEM Resume (while getting a paycheck or academic credit!), Dundon-Berchtold Hall 136**

Paige Hall, PhD, Associate Professor

Want to build your STEM resume while getting paid or earning academic credit? Learn about on-campus opportunities that can help you develop the skills and experience employers seek in STEM careers. In this workshop you will hear about these opportunities from a student perspective, how to apply, and how to reflect on your experience so you can translate what you've learned into a strong resume.

➤ **Psychology Alumni Panel, Dundon-Berchtold Hall 135**

Deana Julka, PhD, MA, Associate Professor

What can you do with a psychology degree? Hear directly from psychology alumni about the paths they've taken since graduating from UP, the experiences that helped prepare them, and how they figured out what was a good fit. Get ideas for your own next steps, ask questions, and connect with alumni who were once in your position.

➤ **Shiley School Alumni Panel: Leadership and Discernment, Shiley Hall 319**

Tammy VanDeGrift, PhD, MS, Associate Dean, Professor

What does it really look like to build a career in engineering or computer science? Shiley School of Engineering alumni will share their stories of learning, preparing for their careers, navigating uncertainty, making decisions, and embracing career changes. Hear directly from alumni who have been where you are, discover career paths you may not have considered, and explore how your own experiences and skills can translate to engineering or computing.

➤ **The Sociological Advantage: Exploring Career Pathways in Sociology and Criminology, Franz Hall 206**

Martin Monto, PhD, Professor, and Lauren Alfrey, PhD, MA, Associate Professor

What can you do with a sociology or criminology degree? Explore how the skills you develop in these majors can prepare you for a changing world and job market. Hear from UP alumni about their career paths, the ways they use sociology and criminology in their work, and the fields where graduates commonly find opportunities. Our distinguished alumni will share how their "sociological imaginations" are an advantage in their career and the ways in which they have made an impact after graduation. Bring your curiosity and be prepared to ask questions.

➤ **UP Prelaw Session, Dundon-Berchtold Hall 133**

William Curtis, PhD, Professor

Considering law school? UP's Pre-Law Advisor, Professor Bill Curtis (JD), will cover what you need to know from preparing as an undergraduate and building a competitive law school application to applying, navigating the law school experience, and exploring legal careers. Learn about UP's pre-law resources and the steps you can take now to prepare for your next move.

➤ **From Search to Submit: National Fellowships and How to Apply, Buckley Center 108**

Megan Lester, PhD, Undergraduate Scholarly Engagement, Program Manager, UP Alum

Think fellowships are only for a select few? Explore the wide range of national fellowships available to undergraduate students and learn how to find opportunities that align with your interests, strengths, and goals. You'll get practical strategies for developing a compelling personal narrative, communicating your impact and leadership experiences, and presenting your experiences with confidence and authenticity. Learn where to find opportunities and funding, understand what selection committees look for, and build a realistic application strategy.

➤ **Translating your International Experience into your Future Career, Buckley Center 110**

Jen Hamlow, MA, Director of Study Abroad

What did you gain from studying or interning abroad? How can you show employers or graduate schools what sets you apart? Learn how to identify and articulate the skills you developed through international experiences and translate them into stronger resumes, cover letters, and application essays. You'll practice telling your story, explore future opportunities to go abroad, and discover how investing in a semester abroad can contribute to your future.

➤ **English Major Myths and Realities, Franz Hall 217**

10:00 - 10:45 am: Please note this workshop is only offered once.

Jen McDanel, PhD, MA, Instructor

What have you heard about being an English major, and how much of it is actually true? Explore common myths about the value of an English degree, including assumptions about career paths, return on investment, and the purpose of a liberal arts education. Together, you'll examine evidence that challenges these narratives and develop more confident ways to think about and talk about the value of your English degree and the many possibilities for your future.

➤ **Play the Long Game: Social Science Insights on Labor Markets, Negotiation, and Building Wealth, Franz Hall 128**

Nick McRee, PhD, Professor

Getting your first "real" job is exciting—but how do you know if it's actually a good job? And once you get an offer, are you really supposed to just say yes? This fast-paced session will cover the topics many people wish they understood before entering the workforce. We'll talk about what the job market actually looks like, how labor-market conditions can affect your bargaining power, and what employers are - and aren't - telling you when they make an offer. You'll learn what you may be able to negotiate (hint: it's more than salary), how to think about benefits and competing job offers, and why things like a 401(k), 403(b), employer match, pension, or retirement contribution can have a big impact on your financial future. And no, you don't need to start worrying about your retirement at 21. But, there are a few decisions you can make at 21, 25, or 30 that your future self will be glad you made. Think of this as 45 minutes of advice you'll wish someone had given you before your first serious job offer.

➤ **From Values to Impact: Shaping Your Authentic Leadership Stance, Dundon-Berchtold Hall 233**

Thai Nguyen, Senior Director, Instructional Leadership, Portland Public Schools, UP Alum

What makes a good leader? Depending on your beliefs and values, a good leader might listen to many voices before making a decision, consult with a few trusted advisors, or draw primarily on their own expertise and experience. These approaches reflect something deeper: who we are as leaders is rooted in our individual values and experiences. We are complex beings, and every aspect of our lives - both past and present - intersects. Whether you currently hold a formal leadership role on campus or are preparing for future opportunities, explore your core values, connect them to your leadership choices, and identify concrete ways to lead with confidence, authenticity, and purpose.

➤ **Careers in the Wild, Franz Hall 222**

Katie O'Reilly, PhD, Tyson Distinguished Professor

Curious about careers focused on understanding, protecting, and conserving the natural world including plants and animals? Explore diverse career pathways in ecology, evolution, and conservation biology including some jobs that might fall under the heading of "I didn't know that was a career!" Hear from faculty about the career paths of former students and colleagues as well as their own journeys. If you enjoy science and working outdoors, you might discover a career you have never considered and learn about your dream job. Get connected to resources for your own career journey.

➤ **What if I Want to Be an Entrepreneur?, Franz Hall 234**

Kasten Spethmann, Adjunct Instructor, SBDC Business Advisor, Former Venture Capitalist, UP Alum

For students who have always dreamed of owning their own business and being their own boss—or those who are simply curious about starting a side hustle alongside a traditional job—this workshop offers an honest look at what it's really like to be an entrepreneur. Led by a successful entrepreneur, former venture capitalist, and proud University of Portland graduate ('91), the workshop combines real-world experience, personal stories, and practical insights from more than 20 years in the entrepreneurial and investment world. While Shark Tank is a successful TV show, it only shows a small sliver of what is involved in building and running a business. What happens after the pitch? What does an entrepreneur's day actually look like? What makes some companies succeed while the majority struggle or fail? Explore the realities of entrepreneurship including the highs, lows, uncertainty, long hours, freedom, and challenges that come with being your own boss. You'll also reflect on your personality, strengths, risk tolerance, and motivations to help you determine whether entrepreneurship might be a good fit for you.

➤ **Do Your Homework: Researching Employers and Industries, Franz Hall 107**

Heidi Senior, MLIS, Reference/Instruction Librarian

Want to know more about an employer or industry before you apply or interview? Explore library tools that can help you research companies, industries, and career fields using reliable, authoritative information. In this workshop you will learn about several tools and a wealth of data, including resources for industry reports, private companies, and sports markets, followed by hands-on exploration using a career research guide. You'll leave knowing where to find career research support at the library and how to use these tools with confidence.

➤ **Tell Your Engineering Story, Shiley Hall 301**

John Burpo, ScD, MS, Dean of Shiley School of Engineering

How do you tell the story of what you bring to an engineering employer? In this interactive session, explore what employers are looking for and how to navigate application and interview processes. You'll identify and articulate the technical skills and experiences you've developed through coursework, capstones, internships, research, clubs, and teamwork, connect those experiences to your short- and long-term career goals, and practice sharing your value in a one-minute elevator pitch.

➤ **Curious Conversations: A Life Design Approach to Informational Interviews, Dundon-Berchtold Hall 235**

Sarah Beiderman, MBA, Independent Consultant, UP Alum

Curious about a career topic, path, or field and want to learn more from someone who's actually in it? In this interactive workshop, you'll use an Informational Interview Canvas to identify careers and topics you're curious about, map the people and connections in those spaces, and create a plan for reaching out. You'll also explore common barriers and leave with a simple, personal plan for having a conversation with someone new or someone already in your network.

➤ **Still Hiring: What AI Actually Changed in High-Tech Careers, Shiley Hall 124**

Ye Feng, PhD, Visiting Faculty

How is AI actually changing careers in technology, and where might you fit? Open to students in all STEM majors and years, this interactive workshop draws on 25 years of semiconductor industry experience across Intel, Lam Research, and Onto Innovation, to explore how various engineering roles have changed with AI. You'll predict how AI might reshape a career of your choice, compare your thinking with a peer,

and consider what skills and qualities may remain important in any career. You'll also leave with one concrete networking action to take.

➤ **Magnetic Distinction: What You Bring That No One Else Can, Buckley Center 111**

Tshombé Brown, Diversity, Equity, & Inclusion, Director

What makes you distinctive may be one of your greatest assets. In this interactive workshop, reflect on the experiences, strengths, values, passions, cultural influences, and personal qualities that shape what you uniquely bring to your relationships, communities, and future work. Explore how pressure to fit in can cause you to overlook qualities that are actually sources of strength, connection, and contribution. Through reflection, conversation, and a "Magnetic Story" activity, you'll begin putting language to who you are, what matters to you, and how you hope to contribute. In this workshop you will consider the deeper question "What becomes possible when I know what is distinctively mine to bring?"

➤ **How to Apply to Undergraduate Research Experiences Outside of UP, Buckley Center 112**

Buck Taylor, PhD, Associate Professor

Planning for graduate school, medical school, or a career in a research lab? For many STEM students, a full-time summer research experience can be an important step toward those goals, helping you build research skills and experiences valued by graduate schools, medical schools, and employers. Hear from current UP students who have completed NSF Research Experiences for Undergraduates (REUs) and similar programs about how they found and applied to opportunities and what they did during their summer. You'll learn where to look, how to identify opportunities that fit your goals, and practical strategies for writing a competitive application. Bring your questions and connect with peers.

➤ **Careers in Care and Cures: A Physician - Entrepreneur's Perspective, Dundon-Berchtold Hall 030**

Isaac Bright, PhD, MBA, Adjunct Professor

Curious about a career in healthcare or the basic sciences? Explore the path to medical school, careers in medicine and other healthcare professions, and a range of opportunities beyond clinical practice. Drawing on a physician-entrepreneur perspective, this session will explore how physicians and other healthcare professionals can build careers in biotechnology, medical devices, life sciences, and other innovative fields. Leave with a clearer picture of possible career paths and ideas for exploring what might be a good fit for you.

➤ **Winning Without Words: Navigating Communication, Collaboration, and Conflict Across Differences, Dundon-Berchtold Hall 237**

Kyra C. Pappas, MSN, RN, Clinical Nurse Educator

What happens when everyone around the table is following different rules, but no one tells you? In this interactive workshop, you'll experience the challenges of communicating and collaborating across different norms, expectations, and working styles through a simulation called Barnga. Afterward, you'll reflect on how assumptions, ambiguity, and conflict shape teamwork, examine your own communication and conflict responses, and practice adaptive strategies for navigating differences in academic, professional, and everyday settings.

➤ **Linguistic Competence, Cultural Awareness, and Professional Opportunities through Language Study, Franz Hall 217**

11:00 - 11:45 am: Please note this workshop is only offered once.

Matthew Warshawsky, PhD, MA, Professor

How can studying a language open doors you might not expect? This panel of recent alumni and current students will explore how language study at UP can be a “passport to possibilities” on campus, through study away, and after graduation. Hear how their experiences with language have shaped paths in pre-health, pre-law, journalism, immigration-related work, and beyond, and how language study has contributed to their linguistic and cultural skills, professional opportunities, and plans for the future.

➤ **Decision-Making Methods, Buckley Center 209**

Jeromy Koffler, EdD, Student Activities Director, UP Alum

How do you choose when your options are all good ones? Imagine receiving more than one internship or job offers, how would you decide which one to accept? In this interactive session, you’ll explore a variety of decision-making methods and consider the strengths of each. You’ll leave with different approaches for evaluating important life decisions and a better sense of which method, or combination of methods, may work best for you.

➤ **Transferable Skills in Residence Life for Various Career Paths, Dundon-Berchtold Hall 234**

Andy Demma, Hall Director, Tyson/Haggerty Hall, SR Ross, Associate Director, and Journey Scardino-Moore, Assistant Hall Director, Tyson/Haggerty Hall

What can you gain from a Residence Life role, even if you don’t plan to work in Residence Life? Hear from professionals at different stages of their careers about the skills they’ve developed through Residence Life and how those experiences have helped prepare them for other career paths. Explore how to choose roles that help you build transferable skills, make the most of your experience, and talk about what you’ve learned in future academic and professional settings.

➤ **Choosing a Minor, Franz Hall 231**

Molly Hiro, PhD, MA, Professor, and John McDonald, MA, Senior Lecturer

We all know about academic majors—you might have chosen your own major well before enrolling at UP, with an eye toward a career direction (Nursing, Business, Social Work) or toward cultivating a passion or choosing a subject you’re gifted in (Biology, English, Political Science). But what about academic minors? What is the point of a minor, how do you choose one, and do you need one? In this workshop, we’ll explore these questions through a lively conversation with UP students who have chosen a range of minors. Hear why they made their choices and what those choices have meant for their academic paths, identities, and post-graduate thinking. You’ll also learn what minors are available at UP and how to explore your options before the UPnext On-Campus Opportunities and Minors Fair.

➤ **Service, Study, or Both? - Rethinking What Comes After Undergrad, Buckley Center 207**

Jenna Morgan, MA, Hall Director, Mehling Hall, UP Alum

What comes after college: graduate school, full-time work, post-grad service, or some combination? Using the presenter’s own post-graduation discernment process as a case study, this interactive workshop explores the real tradeoffs behind different paths, including cost and debt, career preparation, personal and professional growth, community, service, faith, timing, and long-term goals. You’ll reflect on your own values and priorities, compare possibilities, and leave with a concrete next step for exploring what comes next. Open to students of all majors, class years, and faith backgrounds.

➤ **Discernment in Community – The Art of Listening, Dundon-Berchtold Hall 202**

Shannon Mayer, PhD, MS, Professor, Garaventa Center Co-Director

Vocational discernment is often framed as an individual process, but the Christian tradition emphasizes listening both to our inner sense of clarity, peace, or unease and to the wisdom of trusted community. This panel will explore how mentors, peers, and spiritual guides can help you test assumptions, see more clearly, and recognize patterns you might miss on your own. You'll learn practical ways to integrate inner awareness and communal counsel as you make thoughtful vocational and career decisions.

➤ **Bringing You to the Interview: Designing a Career That Fits the Life You Want, Dundon-Berchtold Hall 236**

Janet Banks, DNP, RN, Life, Wellbeing, & Leadership Coach, UP Alum

What do you want your work to make possible in your life? In this interactive workshop, you'll explore your values, strengths, interests, priorities, and the environments where you thrive. You'll mine past classes, jobs, internships, leadership roles, and other experiences for clues about what you enjoy, value, and need. As you consider a changing world of work, including the evolving role of AI, you'll bring those insights together into a personal statement about what you're looking for and what you bring to your next opportunity.

➤ **How to Get the Most Out of Today's Job Fair, Shiley Hall 101**

Chloe Terrell, MEd, Associate Director of Tutoring Services

Not sure what to expect at the Internship & Job Fair, or how to make the most of your time? Whether you're attending for the first time or have been to a fair before, this workshop will give you practical tips for navigating the fair with confidence. Learn how to set a goal for your time at the fair, prepare your introduction and questions, make the most of conversations with employers, and follow up afterward. Whether you're exploring career paths, looking for an internship or job, or building your professional network, you'll leave with a game plan for the fair.

➤ **Communication Skills for Health Care Students: The Silent Qualification, Dundon-Berchtold Hall 031**

Gordon Williamson, MSN, RN, Instructor, Mariah Keane, MSN, RN, Instructor, Jeff Kerssen-Griep, PhD, MA, Professor, and Kala Mayer, PhD, MPH, RN, Associate Professor

Interpersonal communication skills rarely appear on prerequisite course lists for health care programs. While you may develop face-to-face communication skills as you navigate college, communication is not always a focus of courses in chemistry, physics, math, biology, or English composition. Yet strong one-to-one communication matters in health care: research connects effective communication with better clinical outcomes, while communication breakdown plays a role in many preventable health care errors.

➤ **How to Crush Your Next Interview!, Shiley Hall 249**

Kelly Bartz, Founder & Lead Coach at Acorn Coaching & Consulting and Carling Leon, Program Director of The Script

Preparing for an internship, work-study position, campus job, or entry-level role? Join a professional Career Coach for an interactive workshop presented in partnership with The Script. Learn practical strategies for preparing for interviews, answering common and behavioral questions, highlighting your skills and experiences, and making a strong first impression. You'll have a chance to practice communicating your strengths and career goals with confidence and leave with actionable tips for your next interview.