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## 2019 CQ San Francisco

During winter break I traveled to San Francisco with Career Quest. Prior to the program I had limited exposure to the city but was very curious about it from a cultural, social and professional perspective. I am a junior studying International Affairs and Philosophy, and as I entered into my final years of undergraduate study, I started to think about possible career paths. It was a combination of these that led me to apply to CQ San Francisco.

Before the trip, CQ did an excellent job preparing us. Our pre-departure meetings consisted of professional development and group bonding. The most beneficial for me was the MBTI assessment. My MBTI results gave me insight into what environments I network best in and what networking skills I needed to improve prior to arriving to San Francisco.

CQ San Francisco's inclusion of a wide variety of site visits (Gap, Genentech, US Bank, CBS Interactive, etc.) highlighted that every company needs individuals from different academic backgrounds and skillsets to be successful. My favorite site visits were to AirBnB and Facebook. I enjoyed that both of the companies maintained elements of start-up culture while also scaling and evolving.

Ultimately, CQ San Francisco was an amazing experience that I would recommend to any student. The opportunity to travel to another city, interact professionally with alumni and meet other students would be beneficial for anyone.