

As I started my junior year, I couldn't help but feel like I was starting a transitional point in my life. My first two years of college consisted of an immense amount of exploration and at least twice as many questions. I knew that I came to college with the primary goal of learning how to be a person, and I do feel like I've made some progress in that respect. I've found a major that I like and organizations to give myself to that make me feel welcomed, but the struggle always came in envisioning what happens next. I guess with a wide open world of opportunities, the problem wasn't a deficit of options, but the presence of too many. CareerQuest came to me through the recommendation of a friend, and it felt like as good an opportunity as any to shed some light on what was out there.

What CareerQuest has done for me is open up my eyes to the different types of opportunities that are out there in the professional world that aligns with my values. I also jokingly say that it's a fear of mine to be stuck in a cubicle wearing a three-piece suit to work everyday, but going on the different site visits gave me an insight into so many different company and office cultures. CQ taught me to not be afraid to ask important questions that we may not usually think about when we're interviewing or researching a potential company.

In addition, my trip to New York also was a period of self-exploration as it relates to my professional life (yes, all while managing the packed schedule). One of the activities we focused on before the trip was a personal inventory of our personality types. Giving us those resources helped to conceptualize what our specific needs were when interacting in different spaces. Although I already knew my MBTI before CQ, getting the different informational resources helped to understand how to manage my personality in a way that allowed me to put my best foot forward professionally.

I would say that my favorite event, and very surprisingly so, was the networking event on day one of our CQ trip to New York. After being at GW for two years, I still was absolutely terrified of the idea of networking. I knew that I was a sociable person, but for some reason the idea of networking always left a distaste in my mouth as well as a false image of old men in suits shaking hands and talking about the weather. What I found was entirely the opposite. During the networking event that was held at the beautiful Princeton Club in Midtown, I was able to talk to so many different GW alumni that had a wide range of interests. I even got to meet some people that were involved in the same student organizations that I'm currently in. It gave it a much more intimate feeling to know that I could find my people even among the large room of alumni. It seemed like such a daunting task at work, but networking became something that I can find my strength in, rather than something intimidating for me.

Overall, getting to be a part of CareerQuest was a great way to open my eyes up to the different opportunities that are available after graduation. I think attending the program as a junior was the most useful part of the experience, because I still have so much time to experiment and explore what works for me professionally and personally before making big career decisions after graduation. But the experience in New York, and the connections I made at site visits and

the networking event, reassured me that professional experiences and career aspirations don't have to be daunting and scary. In fact, if you just open up to other about your goals and experiences, chances are they're ready and willing to listen.