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I first learned about Career Quest during my freshman year when I was browsing the Career Services website. I knew it was something I wanted to participate in as it would add value to my personal and professional development. Additionally, I wanted to meet students across campus from different disciplines, who have a strong desire for professional and personal growth. I was thrilled when I was given the opportunity to participate in Career Quest Atlanta because it was a city I had never been to before, and a number of the companies we planned to visit aligned with the industry I was interested in pursuing.

As a Public Health student who is curious about the intersection between healthcare and business, I was most looking forward to our visits to Triage Consulting, the CDC, and CARE. However, I left the trip learning about opportunities that aligned with my interests from the other companies as well. Our company site visits started with Home Depot, Google, and CARE which exposed me to a wide variety of company cultures and allowed me reflect on the kind of work environment I would like to have in my future. Our second-day visits to the CDC and the Carter Center were also interesting and informative. At both organizations, I had the opportunity to hear from professionals that held a variety of roles and who had advanced in their positions at their respective companies. My biggest take away from the second-day visit was tips on how to maximize internship opportunities and turn them into full-time positions through taking initiative and building close relationships.

The next day, we visited the CNN Headquarters where we met with a recruiter and three GW alumna. The recruiter provided us with resume and interview tips applicable to anyone in any field. One of the pieces of advice that I hope to put to use myself, is taking a few minutes to handwrite a thank-you note right after an in-person interview. Then you can give it to the receptionist to pass to your interviewer. By doing this, your interviewer will receive your handwritten note within 24 hours of your interview and it showcases your strong interest in the position. It was also great to hear from alumni about how their GW experience led them to where they are today.

Our last three site visits were Triage Consulting Group, the Federal Reserve Bank, and Delta Airlines. Although each of these organizations are different in their missions and cultures, they each gave a great deal of insight on basic behavioral and technical skills needed to succeed in the workplace. I also learned about the wide range of opportunities available that do not necessarily align with the industry of my interest, but positions I can see myself working in and growing from.

Overall, CQ Atlanta has been one of the most rewarding experiences so far at GW. Not only did I learn from our site visits and conversations with professionals, but I also enjoyed getting to know the 11 other GW students in the cohort and exploring a new city. I am appreciative of the openness of all the professionals we met during our visits, their willingness to answer our questions to the best of their abilities, and also to continue being a resource to us even after our trip. I am especially grateful for the GW Career Services team who worked tirelessly to make this journey a reality.