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This time last Thursday, I was preparing for what would be my last day of Career Quest Atlanta. Career Quest (CQ) is a school-sponsored trek aimed at exposing students to a variety of different firms and organizations. As a result of this experience, students are able to actively reflect on their career goals and potential career prospects. As a junior studying Public Health and minoring in Creativity, Innovation, and Entrepreneurship, I wanted to explore my career options. Moreover, senior year is fast approaching and I wanted to gain some clarity on the internship and job application process. Due to the exploratory and reflective nature of the program, I decided to apply.

Before CQ, the cohort had access to a plethora of resources and an orientation. Since I was abroad at the time, I was extremely thankful to have access to the same information that my peers did on campus. Our first orientation focused on introductions and revising our Myers-Briggs assessments. While the other two orientations were more about details of the trip and company research. I was most appreciative of these orientations as they laid out program expectations and even helped me to improve my company research skills.

During our time in Atlanta, we visited the following organizations: Home Depot, Google, CARE, CDC, The Carter Center, CNN, Triage Consulting Group, Federal Reserve Bank, and Delta. These various firms and organizations are well-known and established. Prior to attending these site visits, I assumed many of the firms had very specific candidate profiles. However, when company representatives spoke they noted that they preferred an array of skillsets and academic backgrounds. Another surprising aspect of the program was the amount of advice we got in relation to growth as a young professional. Many panelists and participants discussed insightful opportunities for career development, location, benefits packages, mergers, and even negotiation. These are elements of the job application process that many applicants rarely think about, yet have such a large impact at the end of the day.

Overall Career Quest is an amazing program. In many ways, this program would be any student's unofficial first step in career development. Although this blog post gave you an idea of my experience, I urge you to go out and experience it for yourselves. Please utilize this amazing opportunity to apply, you will not regret it.