

Reflections from Spring 2017 Career Quest NY

I came into Career Quest with a decent amount of networking and professional setting experience, but I still found these situations incredibly nerve-racking. Therefore, my goal for the trip was to try to become more comfortable engaging with employers. In order to accomplish this goal, I challenged myself to ask at least one question at each site visit. In order to be best prepared to achieve this goal, I made sure that I was well informed before each visit by researching the companies, internship opportunities, and the industries in which the companies were involved in. These actions alone made my goal seem more manageable and a little less scary. During each information session, I made sure to be actively engaged by taking notes and marking down whenever I had a question. As the day progressed I became more and more comfortable engaging with the employers and for the last two visits I was able to make conversation with them during our tour.

At each site visit all of the companies designated a section of the time to share with our group their career paths and any professional and career advice they have learned. It was amazing to hear all of the employers' paths that led them to where they are now and gave me hope for my future. Most of the advice that was shared was centered on two main themes, making connections and staying well informed. When discussing the first theme, they explained the importance of networking and taking risks because of the potential for future opportunities from a single connection. Additionally, when addressing the second advice trend, they emphasized staying updated on industry trends and news as a whole. They discussed the importance of being well informed and how impressive this knowledge appears to employers during an interview.

Career Quest was extremely helpful in developing my professional development and career choices. After the trip was over, I immediately followed up with all employers on LinkedIn in order to expand my professional network. Also I followed up via email to my favorite employer and was able to set up an informational interview. Similarly, I forwarded my resume to an employer after our session and now I have an interview set up for a summer account management intern position next week! I am extremely grateful for all of the opportunities and insights I learned from this trip, thank you Career Quest!!

