

SPRING FORWARD MARCH 18-25! INTO YOUR CAREER PLANNING!

CAREER INSIGHT MEDITATION AND JOURNALING: CENTERING TO GET CLARITY

Participate in a 30-minute centering, guided meditation, and journaling experience to discover the answers to your questions within yourself. No meditation experience necessary. You are welcome to attend more than one session. A reflective toolkit will be shared with each participant.

Thursday, March 18: 11:00-11:30am | Theme: "Letting Go"

Thursday, March 18: 2:00-2:30pm | Theme: "Going Within to Find your Answers"

Friday, March 19: 11:00-11:30am | Theme: "Choosing your Path"

Friday, March 19: 2:00-2:30pm | Theme: "Visioning your Future"

INSTAGRAM LIVE!



FROM SAN LUIS OBISPO, ITS CAREER CONVOS WITH YOUR COUNSELORS TRAVIS & KRISTA

Join this part-time comedy duo, but full-time career counseling team as they chat about some fun and easy steps you can take to launch your career/internship search. Follow CPCareerServices on Instagram to join us live and ask questions

Monday, March 22: 1:00pm

CAREER FAIR Q&A WITH AMANDA LUTTON, UNIVERSITY AND DEI RECRUITER AT ROKU

Join Amanda Lutton, Recruiter for Roku and Taylor Law, Employer Developer, live on Instagram to hear what employers look for when recruiting. Follow CPCareerServices to join us and ask questions.

Tuesday, March 23: 11:00am

LIFE AFTER GRADUATION ALUMNI PANELS

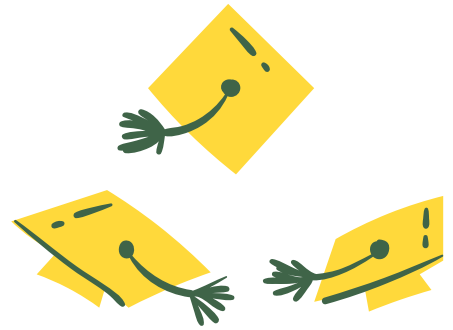
From moving to online classes to working remotely and navigating in-person roles, join Career Services in a panel discussion with graduates from the Class of 2020 to learn strategies that will help you thrive.

CAED, CENG & OCOB VIRTUAL ALUMNI PANEL

Tuesday, March 23: 12:00 - 1:00pm

CLA, CSM & CAFES VIRTUAL ALUMNI PANEL

Wednesday, March 24: 11:00am - 12:00pm



CREATE AND PRACTICE YOUR ELEVATOR PITCH WORKSHOP



Planning to attend the Spring Virtual Career Fair? Come learn the four key elements of giving an effective pitch, practice with a peer, and get feedback.

Wednesday, March 24: 1:00 - 2:00pm

LIVING AND WORKING IN SEATTLE: VIRTUAL STUDENT AND ALUMNI NETWORKING EVENT

Find out what it's like to live and work in Seattle! You'll hear from selected alumni in Seattle, followed by networking with students and alumni who are from, or interested in, the area.



Thursday, March 25: 11:00am - 12:30pm

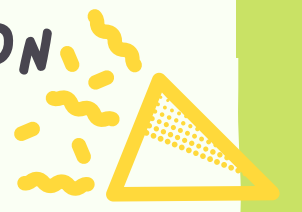
With panelists:

- **Katie Post, Senior Product Marketing Manager, Microsoft** (College of Liberal Arts '13)
- **Brad Roberts, Managing Director at ARC** global venture capital firm (College of Engineering '02)
- **Bob Weiss, Senior Manager, Enterprise Products, Boeing** (College of Engineering '05)

CAREER FAIR PREP: TRIVIA EDITION

Spring Career Fair Prep infused with pop culture trivia!

Thursday, March 25: 3:00 - 4:00pm



*****Attend any program and be entered to win one of two \$25 gift cards!**

SELF-GUIDED ACTIVITIES

- **Cal Poly Career Connections** (student and alumni networking platform) Watch a brief how-to **video** featuring the Career Services ambassadors, then try reaching out to one alum
- **Big Interview** (interview prep resource) Do 2 practice video interview questions
- **Focus2** (career and major exploration tool) Take one mini self-assessment
- **Goinglobal** (international job search resource) Look through a City Guide or Country Guide
- **Portfolio** (online portfolio builder) Add one project entry to your e-portfolio

Bonus!! Attend any two LIVE programs above and complete two self-guided activities and you can earn your Career & Professional Development Certificate. Simply fill out this [brief survey by April 4th](#) (requires Cal Poly login to access) to tell us which requirements you fulfilled.