INTO YOUR CAREER PLANNING!

SPRING FORWARD FOR YOUR CAREER PLANNING!

CAREER INSIGHT MEDITATION AND JOURNALING:
CENTERING TO GET CLARITY

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

CAED, CENG & OCOB Virtual Alumni Panel

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

Portfolium (online portfolio builder)

Add one project entry to your e-portfolio

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”

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)

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)

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

SELF-GUIDED ACTIVITIES

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

CREATE YOUR PROFESSIOAL DEVELOPMENT CERTIFICATE

Create a plan to attend two live and two self-guided activities and get credit for them. Visit careerservices.calpoly.edu to learn more.

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

Visit careerservices.calpoly.edu for more information and to read the terms and conditions of the contest.