

Q-camp Agenda

At the end of Q-camp, students will be able to:

Identify strategies to refine career interests and goals

Recognize top employer desired competencies for career readiness

Demonstrate skills to effectively build and maintain relationships

Describe and apply their strengths for personal and professional success

TIME	EVENT	PRESENTER(S)	LOCATION
FRIDAY, JANUARY 24, 2020			
2:00 p.m. Bus 1 2:30 p.m. Bus 2 3:00 p.m. Bus 3 3:30 p.m. Bus 4	Students depart University of Richmond	Q-ambassadors, '20 & '21	Queally Center (Outside) 142 UR Drive Bus stop adjacent to U21 parking lot
2:15 p.m.- 4:15 p.m.	Westin Hotel Arrival/Check-in		Hotel Lobby
4:30 p.m. - 5:15 p.m.	Business Beyond the Classroom	Shelley Burns Center for Professional Skills UR Robins School of Business	Blue Ridge Ballrooms A-E
5:15 p.m. - 6:00 p.m.	Why Q-camp?	Paul Queally, '86 Welsh, Carson, Anderson & Stowe	Blue Ridge Ballrooms A-E
6:00 p.m. – 6:10 p.m.	Break		
6:10 p.m. -7:10 p.m.	Stories of Resilience and Adaptability: From College Athlete to Social Media Influencer	Amanda Russell, '07 Valeo Technologies Dean Mickey Quinones UR Robins School of Business	Blue Ridge Ballrooms A-E
7:10 p.m. - 7:30 p.m.	Break and Transition to Dinner		
7:30 p.m. - 9:30 p.m.	Let's Do Dinner: Dining Our Way to Success	Shelley Burns Center for Professional Skills UR Robins School of Business	Chesapeake Ballrooms A-C
SATURDAY, JANUARY 25, 2020			
7:45 a.m. - 8:30 a.m.	Breakfast and LinkedIn Photo Booth	Duane Berger Duane Berger Photography	Blue Ridge Pre-function Area
8:30 a.m. – 9:00 a.m.	Strengths: Your Foundation for Success	Carrie Sue Casey OODALOOP, LLC	Chesapeake Ballrooms A-C
9:00 a.m.- 9:15 a.m.	Transition to Blue Ridge Ballroom GROUP B		
9:15 a.m. - 10:30 a.m.	Naming & Claiming Your Strengths GROUP A	Carrie Sue Casey OODALOOP, LLC	Chesapeake Ballrooms A-B
	Building Relationships to Advance Your Career GROUP B	Whitney Bai, '20 Deloitte Peter McNitt, '15 Federated Kaufmann Fund Kayla Ortiz, '19 Sandbox Rachael Overland, '19 Stifel Financial Corporation	Blue Ridge Ballrooms C-E
10:30 a.m. - 10:45 a.m.	Break		

SATURDAY, JANUARY 25, 2020			
10:45 a.m. - 12:00 p.m.	Naming & Claiming Your Strengths GROUP B	Carrie Sue Casey OODALOOP, LLC	Chesapeake Ballrooms A-B
	Building Relationships to Advance Your Career GROUP A	Whitney Bai, '20 Deloitte Peter McNitt, '15 Federated Kaufmann Fund Kayla Ortiz, '19 Sandbox Rachael Overland, '19 Stifel Financial Corporation	Blue Ridge Ballrooms C-E
12:00 p.m. - 1:30 p.m.	Buffet Lunch		Shenandoah Ballrooms A-C
12:00 p.m. - 1:30 p.m.	Hotel Check-out/LinkedIn Photo Booth	Duane Berger Duane Berger Photography	Blue Ridge Pre-function Area
1:30 p.m. - 2:30 p.m.	The Inner View to the Interview	David Ong, '87 Maximus President-Elect National Association of Colleges & Employers	Chesapeake Ballrooms A-C
2:30 p.m. - 3:00 p.m.	Break & LinkedIn Photo Booth	Duane Berger Duane Berger Photography	Blue Ridge Pre-function Area
3:00 p.m. - 3:30 p.m.	Interview Coaching Session Group A1 Informational Interview Workshop Group A2	Alumni/Corporate Partners Sundie Marquardt Lee Hecht Harrison	Blue Ridge Ballrooms A-D Chesapeake Ballroom C
3:45 p.m. - 4:15 p.m.	Interview Coaching Session Group A2 Informational Interview Workshop Group A1	Alumni/Corporate Partners Sundie Marquardt Lee Hecht Harrison	Blue Ridge Ballrooms A-D Chesapeake Ballroom C
3:00 p.m. - 4:00 p.m.	Aiming Your Strengths Group B (All)	Carrie Sue Casey OODALOOP, LLC	Chesapeake Ballrooms A-B
4:30 p.m. - 5:00 p.m.	Interview Coaching Session Group B1 Informational Interview Workshop Group B2	Alumni/Corporate Partners Sundie Marquardt Lee Hecht Harrison	Blue Ridge Ballrooms A-D Chesapeake Ballroom C
5:15 p.m. - 5:45 p.m.	Interview Coaching Session Group B2 Informational Interview Workshop Group B1	Alumni/Corporate Partners Sundie Marquardt Lee Hecht Harrison	Blue Ridge Ballrooms A-D Chesapeake Ballroom C
4:30 p.m. - 5:30 p.m.	Aiming Your Strengths Group A (All)	Carrie Sue Casey OODALOOP, LLC	Chesapeake Ballrooms A-B
5:45 p.m. - 6:45 p.m.	Q-camp 12 th Anniversary Reception	Alumni/Corporate/Faculty	Shenandoah Ballrooms A-C
6:45 p.m. - 7:00 p.m.	Break		
7:00 p.m. - 7:30 p.m.	I Made the Connection, Now What?	Jack Reagan, '89 UHY, LLP	Chesapeake Ballrooms A-C
7:30 p.m. - 7:50 p.m.	Q-camp Group Photo	Duane Berger Duane Berger Photography	Chesapeake Ballrooms A-C
8:00 p.m.	Students depart the Westin Hotel	Q-ambassadors, '20 & '21	Hotel Lobby

Q-Camp 2020 Session Descriptions

Business Beyond the Classroom

In the age of content overwhelm and non-stop internet access, building your personal brand today requires dedicating some serious resources towards creating awareness of who you are and the value you can bring to others.

Why Q-camp?

Paul Queally, '86, shares his macro view of the economy & the role that students can play to achieve personal & professional success.

The Influencer Code with Dean Mickey Quinones & Amanda Russell, '07

Amanda was a world-class distance runner with the goal to compete in the 2008 Beijing Olympic trials—before an injury brought her career to a halt. The hard work of her against-the-odds recovery led to a corporate career in New York City, of which she is first to say was “not the end goal, but rather a stepping stone to open doors and garner experience and education to eventually launch my own company.”

Let's Do Dinner: Dining Our Way to Success

What is the primary purpose of a business meal, and how can you differentiate yourself throughout the process? **Shelley Olds Burns** will facilitate a hands-on dinner, which pairs students with seniors, alumni, & corporate partners. Key topics include dining etiquette & the art of conversation.

Strengths: Your Foundation for Success

Self-awareness is key to success, and identifying your talents is the first step. Rooted in positive psychology, **Carrie Sue Casey** will introduce the basics of Clifton Strengths (formerly StrengthsFinder) so that participants are primed for deeper understanding of themselves and others - and are on the way to tapping into their true potential.

Naming & Claiming Your Strengths: Part II

Identifying your talents and assimilating them into your personal brand is critical to being your best self - both inside and outside the office. This collaborative, interactive session will help participants articulate and incorporate their strengths into their identities, using exercise and insights to connect with their full potential.

Building Relationships to Advance Your Career

You have heard that to land an internship or job you need to “network.” However, do you really understand what networking is and how to do it? **Q-camp ambassadors and young alumni** will share their experiences for building and maintaining relationships.

The Inner View of the Interview

Getting hired. Think it's all resumes and who you know? **David Ong, '87**, senior director, corporate recruiting at Maximus, will share key insights into the behavioral interview process, including how to articulate your strengths using the S.T.A.R. method.

Interview Coaching Session (30 Minutes) and Informational Interview Workshop (30 Minutes)

Each student will meet one on one with an alumnus/a or corporate partner to practice effective interviewing techniques.

Career Coach, **Sundie Marquardt**, will facilitate a session about informational interviews, including strategies for gathering career information and enhancing your ability to build and maintain relationships.

Aiming Your Strengths: Part III

Naming and claiming your unique strengths are only parts of the equation for tapping into personal potential. This hands-on session will encourage participants to proactively apply their strengths in every day scenarios. Practical exercises and examples can help make concepts stick so that you can really aim them at your professional goals.

Q-camp 12th Anniversary Reception!

The closing reception is an opportunity for students to apply the skills they have learned throughout the Q-camp conference. Join alumni, corporate partners, recruiters, and faculty to test your newly acquired knowledge and skills!

I Made the Connection, Now What?

You have attended Q-camp, so what's next? **Jack Reagan, '89** will discuss the role that follow-up plays in networking success. Participants will also identify action items related to their career goals and review strategies for achieving them.