



“Navigating the New World of Work”

Friday, January 27 - Saturday, January 28, 2023
The Westin Richmond

Agenda

Students who participate in this program will:

- *Identify strategies to refine career interests and goals*
- *Recall critical skills, including virtual, to effectively engage and communicate with others*
- *Recognize top employer desired competencies for career readiness*
- *Practice one on one interviewing and attend networking sessions with alumni & corporate partners*

Friday, January 27, 2023

- 2:00 – 3:30 p.m. Buses Transport students to the Westin Hotel/Room Check-in
- 4:00 – 4:45 p.m. **Welcome and Overview (with Q-ambassadors) - Team Blue & Team Red**
Shelley Burns, M.Ed., University of Richmond
Blue Ridge Ballroom
- 4:45 – 5:00 p.m. **Break (Team Red moves to Shenandoah Ballroom)**
- 5:00 – 5:55 p.m. **“Self-Awareness - #1”**
Acknowledging Unconscious Bias and Becoming an Inclusive Leader - Team Blue
Alexa Merschel, '97 and Katie Patel, PwC
Blue Ridge Ballroom
- Naming and Claiming Your Strengths: A Foundation for Success - Team Red**
Carrie Sue Casey, OODALOOP CO, LLC
Shenandoah Ballroom
- 5:55 – 6:10 p.m. **Break (Speakers switch ballrooms)**
- 6:10 – 7:05 p.m. **“Self-Awareness - #2”**
Acknowledging Unconscious Bias and Becoming an Inclusive Leader - Team Red
Alexa Merschel, '97 and Katie Patel, PwC
Shenandoah Ballroom
- Naming and Claiming Your Strengths: A Foundation for Success - Team Blue**
Carrie Sue Casey, OODALOOP CO, LLC
Blue Ridge Ballroom

- 7:05 – 7:30 p.m. **Break (Team Blue & Team Red)**
- 7:30 – 9:00 p.m. **Let's Do Dinner – Dining Your Way to Success - Team Blue & Team Red**
Shelley Burns, M.Ed., University of Richmond
Chesapeake Ballroom
- 9:15– 9:45 p.m. **QA POD Meetings**
Accelvents Platform (Check-in with your QAs through the Virtual Lounge)

Saturday, January 28, 2023

- 7:00 – 7:50 a.m. **Breakfast - Team Blue & Team Red**
LinkedIn Photo Booth
Chesapeake Ballroom
- 7:50 – 9:00 a.m. **The Inner View to the Interview - Team Blue & Team Red**
Dave Ong, '87, talent acquisition executive
Chesapeake Ballroom
- 9:00 – 9:30 a.m. **Break**
Team Blue - Mock interview prep in hotel room
Team Red - LinkedIn Photo Booth
- 9:30 – 10:15 a.m. **Networking - #1**
One on One Mock Interviews (Assigned and Virtual) - Team Blue
Hotel Rooms
- Speed Networking Exercise- Team Red**
Shenandoah Ballroom
- 10:15– 10:45 a.m. **Break**
Team Blue – Hotel Check-out/Luggage (Blue Ridge D)/LinkedIn Photo Booth
Team Red – Mock interview prep in hotel room
- 10:45 – 11:30 a.m. **Networking - #2**
One on One Mock Interviews (Assigned and Virtual) – Team Red
Hotel Rooms
- Speed Networking Exercise- Team Blue**
Shenandoah Ballroom
- 11:30 – 12:45 p.m. **Lunch/LinkedIn Photo Booth/Luggage**
Team Blue – Lunch/LinkedIn Photo Booth
Team Red - Hotel check-out/Luggage (Blue Ridge D)/Lunch
- 12:45- 1:35 p.m. **Managing Your Career - #1**
Industry Breakout Sessions (Select One) - Team Red
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|-----------------------|----------------|
| 1. Accounting | (Blue Ridge B) |
| 2. Business Analytics | (Blue Ridge A) |
| 3. Finance | (Shenandoah C) |
| 4. Management | (Blue Ridge E) |
| 5. Marketing | (Blue Ridge C) |

Succeeding in a Hybrid World - Team Blue
Rich Arnold, Arnold Performance Training Group, LLC
Chesapeake Ballroom

1:35 – 2:00 p.m. **Break (Team Blue & Team Red)**

2:00 – 2:50 p.m. **Managing Your Career - #2**
Industry Breakout Sessions (Select One) - Team Red

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|-----------------------|----------------|
| 1. Accounting | (Blue Ridge B) |
| 2. Business Analytics | (Blue Ridge A) |
| 3. Finance | (Shenandoah C) |
| 4. Management | (Blue Ridge E) |
| 5. Marketing | (Blue Ridge C) |

Succeeding in a Hybrid World - Team Blue
Rich Arnold, Arnold Performance Training Group, LLC
Chesapeake Ballroom

2:50 – 3:15 p.m. **Break (Team Blue & Team Red)**

3:15 – 4:00 p.m. **Looking Back to Move Ahead - Team Blue & Team Red**
(Includes Prizes & Group Photo)
Shelley Burns, M.Ed., University of Richmond
Chesapeake Ballroom (Group Photo in Shenandoah Ballroom)

4:00 p.m. **Students and Buses Depart for UR**

Session Descriptions

Acknowledging Unconscious Bias and Becoming an Inclusive Leader

Experts tell us that our brains create patterns based on our experiences. These patterns influence how we understand the world and, in fact, our unconscious mind actually makes a majority of our decisions. While these unconscious biases are human, they may impact our behaviors, career opportunities and professional development in ways that we don't realize. For example, are your first impressions really reliable? Is the language you use inclusive? **Alexa Merschel, '97**, will facilitate a session to help you hone your skills and become a more intentional, inclusive leader.

Naming and Claiming Your Strengths: A 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 the Clifton Strengths Self-Assessment so that participants are primed for deeper understanding of themselves and others - and are on the way to tapping into their true potential.

Naming and claiming your unique strengths are only parts of the equation. 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.

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, M.Ed.** will facilitate a hands-on dinner, which pairs students with seniors who have previously attended Q-camp. Key topics include dining etiquette & the art of conversation.

The Inner View to the Interview

Getting hired. Think it's all resumes and who you know? **David Ong, '87**, talent acquisition executive and past president of the National Association of Colleges and Employers (NACE), will share key insights into the behavioral interview process. Key topics include how to articulate your strengths using the S.T.A.R. method and how to incorporate the latest interviewing tools being utilized by employers. Student attendees will also benefit from seeing a 15-minute demonstration of a behavioral interview featuring a Q-camp participant.

One on One Mock Interviews - Virtual

Students will meet one on one with an alumnus/na or corporate partner to practice interviewing techniques.

Speed Networking

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

Industry Breakout Sessions (Accounting, Analytics, Finance, Management, and Marketing)

You have heard that to land an internship or job you need to "network." However, do you really understand what it is, when to do it, and how to do it? Facilitated by alumni and corporate partners, the smaller breakout sessions will give students an opportunity to explore effective networking strategies by industry, identify current employer trends, and discuss the impact of working in a COVID-19 world. Students will select one breakout session to attend.

Succeeding in a Hybrid World

Many of our typical school, work, and socializing experiences moved to virtual platforms during the pandemic. As we emerge from that environment we see a return to campuses and offices, but many of us are operating in these traditional environments while also continuing to operate within a robust virtual world. Learning to successfully operate in **both** can help you to professionally fit in, grow, and excel. Workshop facilitator **Rich Arnold** will help you with that transition by focusing on:

- Hybrid workplace structure and expectations
- Effective and professional communication and interaction in the hybrid world
- Assessment of culture for fit in a virtual interview or internship
- Hybrid workplace challenges and opportunities

Looking Back to Move Ahead

You have attended Q-camp, so what's next? **Shelley Burns, M.Ed.**, will discuss the roles that reflection and follow-up play in helping students to refine their career interests and goals.

Participants will also test their newly acquired knowledge and compete for Q-camp prizes!