



**Friday, January 24 - Saturday, January 25, 2025**  
**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 24, 2025**

2:00 – 3:30 p.m.	<b>Buses Transport students to the Westin Hotel/Room Check-in</b>
4:00 – 4:45 p.m.	<b>Welcome and Overview (with Q-ambassadors)</b> Shelley Burns, M.Ed., University of Richmond Blue Ridge Ballroom
4:45 – 5:00 p.m.	<b>Break</b>
5:00 – 5:55 p.m.	<b><u>Communication Session #1</u></b> <b>Tuning In: Fine-tuning First Impressions and Communication Skills</b> Patti Carey, Workforce Strategies Blue Ridge Ballroom
	<b>Communication Styles: A Foundation for Success</b> Sundie Marquardt, Sun Communications Shenandoah Ballroom
5:55 – 6:10 p.m.	<b>Break (<i>Speakers switch ballrooms</i>)</b>
6:10 – 7:05 p.m.	<b><u>Communication Session #2</u></b> <b>Tuning In: Fine-tuning First Impressions and Communication Skills</b> Patti Carey, Workforce Strategies Shenandoah Ballroom
	<b>Communication Styles: A Foundation for Success</b> Sundie Marquardt, Sun Communications Blue Ridge Ballroom
7:05 – 7:30 p.m.	<b>Break</b>
7:30 – 9:00 p.m.	<b>Let's Do Dinner – Dining Our Way to Success</b> Shelley Burns, M.Ed., University of Richmond Chesapeake Ballroom
9:15– 9:45 p.m.	<b>QA PODs Questions &amp; Answers (Optional)</b> Pre-Function Space

Saturday, January 25, 2025

7:00 – 7:50 a.m.	<b>Breakfast</b> Chesapeake Ballroom <b>LinkedIn Photo Booth</b> Blue Ridge Pre-Function Area
7:50 – 9:00 a.m.	<b>The Inner View to the Interview</b> Dave Ong, '87, talent acquisition executive Chesapeake Ballroom
9:00 – 9:30 a.m.	<b>Break/LinkedIn Photo Booth</b>
9:30 a.m. – 12:15 p.m.	<b><u>Networking Session #1</u></b> <b>One on One Mock Interviews (Assigned)</b> Blue Ridge Ballrooms A-D
	<b><u>Networking Session #2</u></b> <b>Onsite, Remote, or Hybrid? Sourcing Job &amp; Internship Opportunities Through Handshake</b> Beth Chancy, M.S., University of Richmond Chesapeake Ballroom C
	<b><u>Networking Session #3</u></b> <b>Speed Networking Exercise</b> Shenandoah Ballroom
12:00 – 1:00 p.m.	<b>Lunch/Check-out/LinkedIn Photo Booth</b> <b>Lunch:</b> Chesapeake Ballroom A-B <b>Hotel Room Check-out:</b> Take luggage to Blue Ridge E
1:00 - 2:00 p.m.	<b><u>Managing Your Career #1</u></b> <b>Job Search 2.0: Navigating the AI Driven Career Landscape</b> Meghan Jester, M.Ed., Roanoke College Chesapeake Ballroom
2:00 – 2:15 p.m.	<b>Break</b>
2:15 –3:15 p.m.	<b><u>Managing Your Career #2</u></b> <b>Networking, Connecting, Now What?</b> Fran Berrick, Spearmint Chesapeake Ballroom
3:15 – 3:30 p.m.	<b>Students and Buses Depart for UR</b>

## Session Descriptions

### **Tuning In: Fine-tuning First Impressions and Communication Skills**

Whether you're meeting new people, networking, or interviewing, mastering the art of first impressions is essential. Attendees will gain tools and strategies needed to present yourself confidently. Presenter **Patti Carey** will also introduce key principles that will differentiate you as a valued young professional.

### **Communication Styles – A Foundation for Success**

**Sundie Marquardt** will explore different communication styles, as well as cover a simple four-quadrant, four-color model to help you better understand your personal style, strengths, and provided value. Attendees will also learn to lean into what others need when on a team, in an interview, and in the classroom.

### **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 and 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 used by employers.

### **One on One Mock Interviews OR Informational Interviews**

Students will meet with a graduate or corporate partner to practice interviewing techniques.

### **Onsite, Remote, or Hybrid? Sourcing Job opportunities Through Handshake**

Whether a seasoned interviewee or novice, job seekers need to know how to source opportunities, network with alumni, and research companies. In this session, **Beth Chancy** will explore tips for effective online internship and job search strategies.

### **Speed Networking**

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

### **Job Search 2.0: Navigating the AI Driven Career Landscape**

**Meghan Jester, M.Ed.**, will discuss the intersection of AI and career development. Attendees will gain insights into AI trends shaping the job market, discover practical ways to enhance your personal brand using AI tools, and learn effective communication strategies. Whether you're still exploring career options or preparing for specific internships, this workshop will equip you with valuable skills for success in an AI-driven world.

### **Networking, Connecting, Now What?**

Career coach **Fran Berrick** will discuss one of the key differentiators between networking and connecting. Students will also explore how the right mindset and tactics can enable them to solidify a connection and plant seeds for leveraging it.