Senior Week Workshops

Senior Week Kick Off
Monday 9:30 am – 4:30 pm CCC offices on the 2nd floor of the SUB
Stop by the Center for Career and Calling for refreshments and 15 minute walk-in appointments.

Good Manners. Good Relationships. Good Business. Mary M. Mitchell
Monday 12:30 – 1:20 pm Weter 202
Those who succeed in business do so by knowing how to adapt with the changing landscape of corporate life. The kinder, gentler business world of today brings manners, ethics, and corporate responsibility into the workplace. From the first steps of how to meet and greet people in professional settings, to communicating with social media and email, to the importance of writing thank you notes, Mary will share insights and instruction that will help you ease your way into the professional world.

How to Rock Your Next Interview Daniel Hallak
Monday 3:30 – 4:30 pm Demaray 150
Interviewing well can make or break your career advancement. Come learn how to rock your next interview and outpace the competition. We will talk about how to make the best impression and stand out even if you don’t have lots of experience. Don’t miss this critical session.

Take the Scary out of Networking Elizabeth Atcheson
Monday 4:30 – 6:00 pm Demaray 150
In the “new normal” economy, the role of networking in finding a job has never been more important. This workshop will coach you in the specifics of the what, the who, and the how of networking and informational meetings that will lead to jobs and careers. Learn how to develop and refine your own personal narrative and be introduced to a new job search strategy which involves creating opportunities for yourself that will lead to paid employment in the highly competitive job market of 2013.

Eat Well, Move Well, Think Well Dr. Barry Gjerdrum
Tuesday 1:00 – 2:00 pm Demaray 254
You’ve heard the saying "you are what you eat" right? Well, the same rings true with respect to how you move your body (exercise) and fuel your mind! How you eat, move and think plays a huge role on your health, energy, immune function, recovery from stress or injury. In this fun and thought provoking presentation you will come away with a new perspective on how to take better care of your health and get some easy tips on implementing change. Now is a great time to learn some healthy habits to carry you into your career and your future!

Secure Your Dream Job. Ken Diebner
Tuesday 4:00 – 6:00 pm Eaton 112
Good preparation for a job interview is the foundation of a successful job search. This workshop is designed to coach, develop, lead and inspire you along a path to getting hired quickly. We’ll identify tools that you’ll need to help differentiate yourself from other candidates and provide you with a roadmap to help navigate the interview maze that awaits.
### Managing Your Money  **Jeff Southard**
**Wednesday  12:30 – 1:20 pm  Weter 202**
How are you going to pay back your student loans? How can you manage a budget when you’re broke? What is your credit score and why does it matter? Come to this humor-filled presentation to learn how and why to take control of your financial life. A representative from SPU’s Student Financial Services will also be available to answer questions.

### Finding Purpose, Balance and Success after College  **Carla Orlando and Daniel Hallak**
**Wednesday  3:30 – 5:00 pm  Weter 202**
Graduating is scary and exciting at the same time. Do you know how to navigate life after college? Join this reflective, practical session to pick up some tools to successfully manage your life while still finding purpose after you toss the cap.

### Professional Image: Get Hired!  **Lindsey Daniels**
**Thursday  9:30 – 10:30 am  Demaray 261**
How do you make that first impression with an employer a positive one? This workshop will teach you how to dress for success, as well as coach you on how to engage in conversation and give answers in an interview that show that you are polished and professional. This professional image workshop is for anyone who wants assistance with being a stronger more professional version of who they currently are.

### Is Graduate School for You?  **Dr. Margaret Diddams**
**Thursday  1:00 – 2:00 pm  Weter 202**
What are the different types of graduate degrees? What’s the difference between masters and doctoral degrees in training and careers? When is the best time to apply? Come to this senior week session to hear Dr. Margaret Diddams talk about the ins and outs of going to graduate school.

### Harnessing the Power of LinkedIn  **Rick Sass**
**Thursday  4:00 – 5:30 pm  Demaray 254**
Networking is unquestionably the key to finding a job in your chosen field of study, and LinkedIn has rapidly become the most powerful on-line tool in the world of effective networking. In this hands-on workshop you will have the opportunity to improve your on-line profile, discover job-search tips to help you with job and informational interviews, conduct research and some inside tips on how to use LinkedIn most effectively in your job search. (Please bring your laptop)

### Keynote:  **Tim Broxholm**
**Stand out! Becoming the Golden Goose - The Science & Secrets Behind Selling Yourself.**
**Thursday  7:00 – 8:30 pm  Demaray 150**
You have three choices in your career search in this modern, evolving work world: be an ugly duckling, be just another bird in the pond, or, if you put in the effort to build your brand, become the golden goose you were born to be. This workshop will provide you with the insights of the HR world, the strategies to make efficient and effective investments into your career search, and the tools to enhance your abilities to attaining a job.