Is Graduate School for You?
Monday, 12:30 – 1:20 pm  Eaton 112

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? What makes for a good graduate application? Where can I find out about salary information associated with careers after I graduate? Come to this senior week session to hear Dr. Margaret Diddams talk about the ins and outs of going to graduate school.

Dr. Margaret Diddams is Professor of Industrial / Organizational Psychology and the Director for the Center for Scholarship and Faculty Development. She holds a BA in Psychology from Wheaton College and her MA and PhD in Industrial / Organizational Psychology from New York University. She has taught graduate students at SPU and at Columbia University for over 25 years.

People Prowess: The Art of Professionalism
Monday, 3:00 – 4:20 pm  Eaton 112

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.

Mary M Mitchell is founder and president of the Mitchell Organization, a global training and consulting practice. She is a syndicated newspaper columnist and author of nine books which have been translated into eight different languages, including: The First Five Minutes: How to Make a Great First Impression in Any Business Situation, Class Acts – How Good Manners Create Good Relationships and Good Relationships Create Good Business, and her latest, Fast Track to Modern Manners. Mary has delivered etiquette training programs for major international companies including Lexis, Lockheed Martin, Tiffany & Co., and T-Mobile and has had guest appearances on Good Morning America, Fox Style News, Working Woman, and the Lifetime Network. www.themitchellorganization.com

Credibility at Work: Why It Matters and How It Grows
Monday, 4:30 – 5:30 pm  Demaray 150

New employees gain favor with supervisors, are offered new responsibilities, and are entrusted with significant projects, only after they’ve gained credibility at work. Some try to gain it through office politics, falsely branding themselves, flattering superiors, and other forms of rubbish. Do you think Jesus might have anything to say about a better way to grow your credibility? Maybe, but I’ll look to Moses as a model of "credibility creation" by revealing practical values you can develop that will increase your credibility and bring joy and energy to your workplace.

Richard Dahlstrom is the Senior Pastor of Bethany Community Church in Seattle, a thriving church of 3000 people in three locations, committed to making the invisible God visible in their city and world. He teaches at conferences and for Torchbearer Bible Schools throughout North America and in Europe, Asia, and Central America. His most recent book, The Colors of Hope: Becoming People of Mercy, Justice, and Love, was selected by Christianity Today as one of the best books of 2011. The father of three grown children, when he’s not teaching or writing, he’s in the mountains - climbing, skiing, or hiking.
Managing Your Money
Tuesday, 12:00 – 12:40 pm  Eaton 112

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.

Jeff Southard, Financial Awareness Trainer with Educational Credit Management Corporation, has an extensive background teaching money management skills. He is the primary content author of popular online and printed education materials and has presented budgeting and financial life skills seminars for NW Education Loan Association and Consumer Credit Counseling Services of Seattle. Jeff holds a B.S. in Theater Arts from Emerson College and a Master’s in Playwriting from WWU. Jeff’s relaxed, unique presentation style actually makes the topic of debt management interesting and fun.

Rock Your Next Interview
Tuesday, 3:00 – 4:20 pm  Eaton 112

Come learn how to impress your next employer and make an amazing first impression to land the job.

Daniel Hallak is an expert in job searching, career counseling, and résumé writing. Having worked in recruiting at Microsoft and in career advising through several colleges and universities, he practices everything he preaches as he models intentional career management and personal branding. Currently he is the Professional Development Specialist for an innovative 11-month Master’s degree in Management and Social/Sustainable Business that transforms liberal arts graduates into highly polished young professionals. In addition to his role at SPU, Daniel has coached hundreds of students, alumni, and seasoned professionals at local universities and through his firm, Next Step Career Consulting. He is working on his Ph.D. in Industrial / Organizational Psychology at Seattle Pacific University where he previously earned his Master’s degree.

How the Career Process Really Works
Tuesday, 7:15 – 8:45 pm  Bertona 1

Take a look at the current, new world of employment and gain an understanding of what’s needed to become self-directed and in charge of your career. Learn how the career process really works; figure out where you are in it, and the most useful, effective steps to take next.

Carol Vecchio founded the Centerpoint Institute for Life and Career Renewal in 1992. Her pioneering programs have positively impacted thousands upon thousands of people — many who couldn’t pinpoint their need at the time, but are now designing and living lives they love. Carol created the renowned “Natural Cycles of Change,” which is the foundation for her newly published book, The Time Between Dreams, as well as the guiding force for many of the Discovery Groups at the center. Carol’s expertise as a Career Counselor and passion for mentoring others in a career of Life Design earned her the 2010 National Career Development Association Outstanding Career Practitioner Award. In addition to her new book, she has contributed to many articles and is a sought after speaker. She was elected Trustee to the 2013 National Career Development Association’s Board of Directors. Despite her many accolades, of which the mentions above are just a few, Carol remains down-to-earth, full of wit, and passionate about connecting and helping those facing transitional challenges. She too experienced the journey of finding one’s calling, listening to one’s wants, and — lucky for us — she has open-heartedly shared this roadmap.
Never Truly Quiet:
Control What Your Attire Says About You.
Wednesday, 12:30 – 1:20 pm  Demaray 150

This will be a practical and exciting look into preparing for post collegiate success through careful management of your attire and appearance. You will learn techniques, tools, and tips to provide you with a blueprint to begin crafting your professional appearance.

Dr. Raedene Copeland is a tenure track Assistant Professor of Clothing and Textiles at SPU. She holds an MBA in addition to a Ph.D. in Consumer, Apparel and Retail Studies. Her research interests include socio-cultural and professional influences on dress and behavior. She has worked in retail management and also served as a consultant to businesses and individuals on branding and professional development. Dr. Copeland has conducted workshops globally and ultimately serves as an invaluable resource for students and colleagues on issues of diversity through examining differences in dress, behavior and social values. As an academic she is fulfilling her life’s mission by empowering her students, the future corporate leaders, to be global partners who are intellectually acute and culturally aware. Most recently, Dr. Copeland was awarded one of her alma mater’s most distinguished “40 under 40” young professionals.

Getting Your Money’s Worth:
Putting Your Liberal Arts Degree to Work
Wednesday, 4:30 – 5:30 pm  Bertona 1

So much of your time, energy and financial resources have been invested in your college education. How can you be sure your investment will yield a meaningful and rewarding job? This interactive session will focus on translating your liberal arts degree into a set of skills that match what employers are looking for. You will learn a strategy for articulating the value of your degree and have an opportunity to practice it with “employers” in a fun and relaxed setting. The net result: employers hire you because of your liberal arts degree, not in spite of it!

Karrie Sutkus has provided individual career counseling, workshops and classes for college students and alumni at SPU, UW - Seattle, and Harvard University. Having majored in East Asian Languages and Civilizations as an undergrad at the U. of Chicago, she is both personally and professionally familiar with the challenges and opportunities recent liberal arts degree graduates face as they enter the workforce. She looks forward to helping students effectively articulate the skills they learned from their liberal arts degrees in a way that will make employers eager to hire them. Karrie will be joined by Jacqui Smith-Bates, Director of the Center for Career and Calling, Carla Orlando, Vocational Discernment Counselor, Patty Farmer, Career Counselor, and Rick Sass, Employer Relations Manager.
**Eat Well, Move Well, Think Well**
Thursday, 11:10 am - 12:15 pm  
Demaray 150

You've heard the saying "you are what you eat"? 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 in your health, energy, immune function, and recovery from stress or injury. In this fun and thought provoking presentation you will gain 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 life after college!

**Dr. Barry Gjerdrum** grew up in Canada where he obtained a degree in exercise physiology from the University of Calgary while working in the ski industry. His interest in natural health care and his desire to help people brought him to chiropractic, and he graduated with honors from Palmer College of Chiropractic in California and has been in private practice in the Seattle area since 1996. Dr. Gjerdrum has specialized training in pediatric care as well as a focus on athletic performance. He is active in the WA State Chiropractic Assoc., International Chiropractic Assoc., Christian Chiropractic Assoc. and Chiropractic Leadership Alliance. Dr. Barry is a wellness expert and provides workshops on maintaining a healthy lifestyle.  
[http://www.mylifestylechiropractic.com](http://www.mylifestylechiropractic.com)

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**Marketing Yourself into Your First Job**
Thursday, 3:00 – 4:00 pm  
Bertona 1

In the competitive job market of 2014, college graduates must think of themselves as “products” that are being introduced to the jobs market-place. Marketing yourself skillfully, therefore, is critically important to landing your first post-college job. In this session you will learn to discern the value you offer prospective employers, to create a compelling personal narrative, to position yourself effectively in order to differentiate yourself from other jobseekers, and to raise awareness of your “product” by networking and conducting informational meetings that lead to job offers.

**Elizabeth Atcheson** is a Career Coach with Blue Bridge Career Coaching, has been working with job-seekers and career-changers since 1997. Elizabeth earned a B.A. in Psychology from Stanford University and an M.B.A. from Stanford University’s Graduate School of Business. She believes that strategy and marketing must be central to the job search process and she actively utilizes strategic and marketing concepts in her work with clients. Prior to becoming a career coach, she worked in advertising, marketing communications, market research, and non-profit administration and fundraising for firms and organizations in San Francisco and Seattle. She serves on the alumni board of Stanford’s Graduate School of Business and has particular interests in entrepreneurship and organizational change. She also serves on the boards of two San Francisco foundations and is the happy mom of two college-grad daughters in their 20s.  
[www.bluebridgecoaching.com](http://www.bluebridgecoaching.com)
Pursuing one’s calling is a primary goal for many Christian college students, but discerning and living a calling is seldom easy, and many Christians go about it the wrong way. Fortunately, scripture and psychological science converge to offer actionable strategies for smoothing the path. This talk will address common myths and misconceptions that can disrupt the process, countering each with practical steps you can take to bring joy and meaning to your work, wherever your career may take you.

Bryan Dik, PhD is associate professor of psychology at Colorado State University and cofounder and chief science officer of jobZology (www.jobzology.com). He is co-author of Make Your Job a Calling: How the Psychology of Vocation can Change Your Life at Work (2012, Templeton Press) and is co-editor of two other books, Psychology of Religion and Workplace Spirituality (2012, Information Age) and Purpose and Meaning in the Workplace (2013, APA Books). His research is primarily in the area of career development, especially perceptions of work as a calling; meaning, purpose, religion and spirituality in career decision-making and planning; measurement of vocational interests; and career development interventions. He serves on the editorial boards of six research journals, and is a recipient of the Early Career Professional Award from the Society for Vocational Psychology.