

8:15 a.m. - 9:00 a.m., Merten Hall

Check-in and Welcome Breakfast

Enjoy a light breakfast while networking with other participants.

9:00 a.m. - 10:00 a.m.

**Keynote: The Art of Presentations: Making First and Lasting Impressions
During Your Internship, Greg Justice, Room 1201**

Greg Justice



Success in an internship happens on multiple levels. Much of your evaluation will be based on performance, but it will also focus on the distinct impression you create. One research study tells us that half of effective communication comes from the physical, 40% comes from speaking, and *only* 10% of effective communication comes from the words themselves.

Greg Justice's talk will focus on the most compelling communication tool human beings have – the body. Greg will demonstrate body language and non-verbal physical techniques to help you improve the way you communicate with others (be it one-one-one, in a small group, or an entire auditorium of listeners). He will also share ways that you can use the physical environment to help make communication more effective.

Conference Sessions

Session I: 10:15 a.m. - 11:05 a.m.

Effective Presentation Skills, Greg Justice, Virginia Tech, Room 1202

A professional actor's goal is to have their audiences remember the stories they tell for as long as possible. While giving a presentation, or even speaking up in a meeting you hope for this outcome as well. In this interactive workshop you'll dive deeper into the techniques Greg shared during his keynote speech. Focus will be on improved physical and vocal techniques, and how the body, voice, and words work together for the most effective communication.

Career Readiness Skills: Leadership, Professionalism/Work Ethic, Oral Communication

Personal Branding, Amir Zonozi, Zoomph, Room1203

Building a personal brand is a catalyst for professional opportunities that can lead to a better job, contacts, clients and more. In this session you'll find out what exactly a personal brand is, and discover steps you can take to build, or improve, yours.

Career Readiness Skills: Oral/Written Communications, Digital Technology, Professionalism/Work Ethic, Career Management

Beneath the Surface: Exploring Organizational Culture and the Impact of Generational Differences in the Workplace, George Siragusa, George Mason University, Room 1204

Upon completion of this workshop, you'll: understand what company culture is and its impact in the workplace, recognize generational differences and their implications, and have a dialog around both of these dynamics as you prepare for a successful transition to the workplace.

Career Readiness Skills: Critical Thinking/Problem Solving, Leadership, Career Management Oral/Written Communication, Professionalism/Work Ethic, Teamwork/Collaboration, Global/Intercultural Fluency

Session II: 11:15 a.m. -12:05 p.m.

Becoming a Concise Communicator, Lesley Jaycox, Geneva College Room 1202

Description TBD

Critical Thinking/Problem Solving, Written Communication

Career Panel- What I Really Learned in My Internship, Room 1203

The internship you spent months thinking about and planning for is about to begin! Hear from Mason students and recent alums about what it takes to be successful in your internship.

Panelists:

Lena Nour, Federal Energy Regulatory Commission

Rida Fatima, Target

Jesse Warren, Office of Intelligence and Analysis, Dept. of Homeland Security

Career Readiness Skills: Career Management, Teamwork/Collaboration, Professionalism/Work Ethic, Leadership

Training Your Mind to Think: Tips and tricks to develop your self-management skills, Rachel Bruns, Deloitte Consulting LLP, Room 1204

Are you ready to be productive? Want to enhance your professionalism? The development of self-management skills is one of the best practices for those who want to be more productive employees. This session will cover tips, tricks, and technology hacks to get you there!

Career Readiness Skills: Critical Thinking/Problem Solving, Digital Technology, Professionalism/Work Ethic, Career Management

12:15 p.m. - 1:05 p.m. Industry Round Table Lunch, Room 1201

During the industry roundtable you'll connect with recent alums and employers in your field. Conversation starters will be on the table, but feel free to ask your own questions as well. Take this opportunity to practice your personal pitch (see sample below), and don't forget to exchange contact information so you can connect with anyone in your group.

If your desired industry table is full, don't worry! Go to any open table, and you'll find all of our roundtable hosts can provide you with helpful information about networking, working with your supervisor, and making a positive first impression!

Personal Pitch: Hello my name is _____ and I am interning with _____ this summer. I'm interested in/excited about/have a passion for this industry because _____ and I am ready to further develop my skills/explore opportunities in _____ through my internship. One question I have is _____.

Business and Management (Accounting, Consulting, Financial Services, Real Estate, Retail)

Table Host:

- John Oyhenart, PivotStone

Human Service and Education (Education, Nonprofit, Hospitality, Recreation)

Table Host:

- Seerat Sandhu, Northern Virginia Community College

Public Service (Government, Law, Criminal Justice)

Table Hosts:

- Lena Nour, Federal Energy Regulatory Commission
- James Patterson, Office of Intelligence and Analysis, Dept. of Homeland Security
- Jesse Warren, Office of Intelligence and Analysis, Dept. of Homeland Security

Information Systems and Technology (Engineering, Technology, Transportation, Construction)

Table Host:

- Rachel Bruns, Deloitte

Health and Science (Public Health, Nursing, Health Research, Environmental)

Table Hosts: Kim Bellamy

Arts and Communications (Arts, Entertainment, Marketing, Media and Public Relations)

Table Hosts:

- Darius T. Epps, Wolf Trap

Session III 1:15 p.m. - 2:05 p.m.

Taking the Lead, Yesenia Jimenez, Target, Room 1201

What is the difference between a manager and a leader? What traits do successful leaders possess? How can you be a leader in your internship? Target has helped thousands of interns answer these questions, and is here to share this insight with you! In this interactive session you'll learn how to identify and build your leadership potential so you can succeed in your internship, and beyond.

Career Readiness Skills: Teamwork, Leadership, Critical Thinking/Problem Solving, Professionalism/Work Ethic

Identifying and Working through Interpersonal Conflict, Brent Ericson, George Mason University, Room 1203

There are multiple ways to work through conflict. Participants in this session will

explore the five methods of addressing conflict, and apply them to real-life examples. Participants will also consider new definitions of the terms 'conflict' and 'confrontation' in a discussion of related concepts like relationships of value, positions, interests, and needs.

Career Readiness Skills: Critical Thinking/Problem Solving, Teamwork/Collaboration, Professionalism/Work Ethic

Tips and Tricks Technology Demonstration: Excel, Sammi Sharma, CACI, Room 1204

Working in Excel can feel intimidating, but it doesn't have to be! During this session, we will go over functions in Excel and how they're used in day-to-day tasks in a corporate role.

Career Readiness Skills: Digital Technology, Critical Thinking/Problem Solving

Session IV: 2:15 p.m. - 3:05 p.m.

Using Emotional Intelligence to Create a Successful Internship Experience, John Oyhenart, PivotStone Group, Room 1202

Emotional Intelligence – also known as Emotional Quotient or EQ – is a set of skills that influence the way we perceive and express ourselves, develop and maintain relationships, cope with challenges, and use information in an effective and meaningful way. The flip side of cognitive intelligence (IQ), EQ helps leaders become aware of how their emotions play into the way they express themselves, make decisions, and handle stress. This session will introduce the elements of EQ using the EQ-i 2.0 assessment model. Participants will get to self-score their emotional intelligence and explore ways to apply their emotional intelligence strengths to create success in the workplace.

Career Readiness Skills: Critical Thinking/Problem Solving, Teamwork/Collaboration, Leadership, Career Management

What Would You Do? Diversity in the Workplace, Jennifer Crewalk & Mary Wells, George Mason University, Room 1203

How do you navigate and thrive in a multicultural and globally diverse professional setting? In this session, you'll reflect on how your culture and identity may (or may not) be represented in your internship and how this can impact your experience. You'll also dig deeper into your own perceptions of others' identities in the workplace. This interactive session examines workplace dilemmas through "What would you do?" scenarios.

Career Readiness Skills: Critical Thinking/Problem Solving, Global/Intercultural Fluency, Teamwork, Professionalism/Work Ethic

**Tips and Tricks Technology Demonstrations: Social Media for Business, Amir Zonozi,
Zoomph, Room 1204**

Beyond the selfie. In this session find out how to monitor a brand's success on social media for business and tracking performance for success.

Career Readiness Skills: Digital Technology, Written Communication, Critical Thinking/Problem Solving

Closing-3:15 p.m. - 4:00 p.m.

Closing Ceremony/Open Networking