



CAREER DAY 2021

**Join us for a full day of panel discussions and workshops
designed to help you achieve your career goals**

NOVEMBER 17 | 8AM–9PM ET

Southern New Hampshire University 

How to Incorporate Mindfulness Throughout Your Day

Session Leader: Victoria “Tori” Chartrand

Time: 8am–8:45am

Incorporating mindfulness into your day has a wide range of benefits from reducing stress and encouraging creativity to boosting confidence. Join us as we explore the meaning of mindfulness, its significance and a few practices you can incorporate into your day. Activities include yoga, meditation and breathing exercises.

Ask us Anything! Career Services Q&A

Session Leaders: Grace Donahue, Bonnie Ward, Jennifer Vincent, Lauren Stahl, Lisa Cinelli

Time: 9am–9:45am

Whether your job search has just begun or you’re thinking of switching careers, it’s only natural to have questions. That’s why our Career Advisors are hosting a session dedicated to answering your questions.

Positioning Yourself for Success in a Career Transition

Session Leader: Rich Grant

Time: 10am–10:45am

Navigating any kind of career change or transition can be challenging but you’re not alone. In this session, we’ll explore various ways you can set yourself up for success after a termination, during gaps in employment or while seeking employment later in your career.

Get the Offer: Interview Etiquette in our New World

Session Leaders: Lisa Cinelli, Jessica Murphy & Ryan Ketchum (Recruiters w/ Citi)

Time: 11am–11:45am

Whether it’s online or face-to-face, standing out in an interview could help you secure that job offer. We’ll show you how to build rapport, be authentic and project a professional appearance - on camera and off.

Students, Meet Opportunity: How Handshake Elevates Your Career Search

Session Leaders: Alyssa Laskowski, David Buresh, Peter Bartell

Time: 12pm–1pm

Find out why Handshake, SNHU’s job board, is the #1 way for college students to find jobs and internships nationwide. You will learn how utilizing Handshake could benefit you and help you attain your career goals. With Handshake, you can create and setup your student profile, connect directly with employers, apply for jobs and internships and register for career events.

Mindful Moment I

Session Leader: Victoria “Tori” Chartrand

Time: 1pm–1:15pm

Incorporating mindfulness into your day has a wide range of benefits from reducing stress and encouraging creativity to boosting confidence. Join us as we explore the meaning of mindfulness, its significance and a few practices you can incorporate into your day with exercises that include yoga, meditation and breathing exercises.

Smart Searching for Career Info

Session Leaders: Grace Donahue, Karin Heffernan & Kathleen Kenyon (SNHU Librarians)

Time: 1:15pm–2pm

Learn how and where to search for reliable career related information from SNHU librarians.

Crafting Your Career Story

Session Leaders: David Munn, Larry Shane

Time: 2:15pm–2:45pm

Learn how to craft your career’s story and highlight your strengths through LinkedIn, Interviewing and the Professional Identity statement.

Finding Your Voice – Speak Professionally with Confidence

Session Leaders: Bonnie Ward and Guests from Toastmasters

Time: 3pm–4pm

Toastmasters International is a nonprofit educational organization that teaches public speaking and leadership skills through a worldwide network of clubs. Co-led by two Toastmasters International presidents, this session explores how the organization can help position its members for professional success. We'll also initiate a panel discussion where additional members of toastmasters will share their perspective of being involved in Toastmasters International. You too will have an opportunity to participate or observe in some short impromptu Toastmaster Table Topics. You do not need any preparation – come with curiosity, questions and a willingness to learn!

Mindful Moment II

Session Leader: Victoria “Tori” Chartrand

Time: 4pm–4:15pm

Incorporating mindfulness into your day has a wide range of benefits from reducing stress and encouraging creativity to boosting confidence. Join us as we explore the meaning of mindfulness, its significance and a few practices you can incorporate into your day with exercises that include yoga, meditation and breathing exercises.

What Career Changing Students Should Know and Do Well Before Graduation

Session Leaders: Mark Schappert, Chris Dodds

Time: 4:15–5:15pm

Successfully changing a career often entails earning a college degree and doing more. Join us for a presentation from two experienced career advisors and two recent SNHU graduates on what current career changing students should do well before graduation to be prepared for a career change and a successful job search.

The Art of Interviewing - Most Common Interview Questions

Session Leader: Jill Giambruno

Time: 5:30pm–6pm

Discover the art of interviewing in this crash course where we'll take a closer look at some of the most commonly asked interview questions.

Resume & Cover Letter 101

Session Leader: Tom Patria

Time: 6:15pm–7pm

Learn how to craft a resume that captures a decision-maker's attention, establishes credibility and serves as a results-oriented marketing document. We'll also discuss the importance of writing an effective cover letter as an introduction to your resume.

Becoming and Staying Indispensable at Work: How to Increase your Professional Value

Session Leaders: Cathy Montanarella, Emma DeLanoy

Time: 7:15pm–8pm

Have you ever wondered how to make yourself stand out at work? This session will explore some intentional steps both middle and experienced level professionals can take to make themselves indispensable. We will review strategies and tools you can use to increase your own professional value.

Conducting a job search during COVID-19

Session Leaders: Tracy Micali and Jessica Erb

Time: 8:15pm–9pm

In light of COVID-19, there's a new norm for almost everything - including the way we work. Join us as we take a deeper dive into the new working landscape and what that means for your current job search and market. We'll also discuss the impact COVID-19 has had on networking, interviewing and workplace dynamics.