



**“Navigating the New World of Work”**  
**Friday, January 26 - Saturday, January 27, 2024**  
**The Westin Richmond**

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## **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 26, 2024**

2:00 – 3:30 p.m.	Buses Transport students to the Westin Hotel/Room Check-in
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, Greenhouse (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, Greenhouse (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 A-C)
9:15– 9:45 p.m.	<b>QA POD Meetings</b>

## Saturday, January 27, 2024

7:00 – 7:50 a.m.	<b>Breakfast</b> <b>LinkedIn Photo Booth</b> Chesapeake Ballroom A-C
7:50 – 9:00 a.m.	<b>The Inner View to the Interview</b> Dave Ong, '87, talent acquisition executive (Chesapeake Ballroom A-C)
9:00 – 9:30 a.m.	<b>Break</b>
9:30 a.m. – 12:15 p.m.	<b><u>Networking Session #1</u></b> <b>One-on-One Mock Interviews</b> Blue Ridge Ballrooms A-C & E
	<b><u>Networking Session #2</u></b> <b>Virtual Interview Workshop</b> Chesapeake Ballroom A
	<b><u>Networking Session #3</u></b> <b>Speed Networking Exercise</b> Shenandoah Ballroom A-C
12:15 – 1:00 p.m.	<b>Lunch/LinkedIn Photo Booth</b> Chesapeake A-B
	<b>Hotel check-out/Luggage</b> Blue Ridge D
1:00 - 1:50 p.m.	<b>Timely Topics Breakout Session</b> Shenandoah Ballroom A-C
1:50 – 2:00 p.m.	<b>Break</b>
2:00 – 3:00 p.m.	<b>Looking Back to Move Ahead</b> Shelley Burns, M.Ed., University of Richmond Chesapeake Ballroom A-C
3:00 – 3:15 p.m.	<b>Wrap-Up</b> <b>(Prizes &amp; Group Photo)</b> Shelley Burns, M.Ed., University of Richmond Chesapeake Ballroom A-C
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 the tools and strategies needed to present themselves 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 utilized by employers. Student attendees will also benefit from seeing a 15-minute demonstration of a behavioral interview featuring a Q-camp participant.

### **One-on-One Mock Interviews**

Students will meet with an alumnus/na or corporate partner to practice interviewing techniques.

### **Virtual Interview Workshop**

Whether a seasoned virtual interviewee or a novice, job seekers need to know employer expectations for online interviews. In this session, **Cristie Lucas** will explore tips for effective online engagement.

### **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 test your knowledge and skills!

### **Timely Topics Breakout Session**

Students will have an opportunity to explore topics such as recruiting timelines and employer trends.

### **Looking Back to Move Ahead**

You have attended Q-camp, so what's next? **Shelley Burns, M.Ed.**, will discuss the roles that reflection and follow-up play in helping students to refine their career interests and goals.