



REGINA DOMINICAN

THE COLLEGE PREPARATORY CATHOLIC SCHOOL FOR WOMEN

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Career Fair exposes students to variety of occupations

"What do you want to be when you grow up?" Regina Dominican students may have a clearer idea of their own answer to this age-old question after attending the school's Career Fair earlier this spring. Doctors and artists, retailers, chefs, social workers and cartographers – more than 50 representatives of various careers spent the day speaking to students about their work.

Before dispersing to five sessions of workshops with individual presenters, the students heard some valuable advice on how to find success and happiness in their future careers. The day began with a keynote address by Regina Dominican alumna Michelle Buck, of the Class of 1984. She is the Academic Director of Executive Education and a Clinical Associate Professor of Management and Organizations at Northwestern University's Kellogg School of Management.

Ms. Buck began with the quote that she had chosen for her high school yearbook: "To be the you that you want to be, that is success." She urged the students in choosing a career to follow that advice: to be true to themselves. "Life can bombard us with other people's expectations" of what's right for us, she noted, encouraging the students to listen to advice but to act on their knowledge of their own interests and needs.

Ms. Buck followed that advice in her own career path. After earning a master's degree and Ph.D. in social psychology from Princeton University, she sought a position as professor of psychology. Rather than taking a job with a liberal arts university, which her mentors saw as her "safe" choice, she opted to teach at a business school. She came to admire business people for their creativity, and their willingness to work hard and to collaborate with others on important projects. Because many people spend the majority of their lives in the business world, she said, she felt she could make a significant contribution in teaching psychology to business students. "It's not just a job," she said. "It's where I belong."

Throughout her talk, Ms. Buck spoke of the "threads" running through each life – interests that can carry each person throughout life – and urged the students to hold on to these interests even if they don't lead directly to a professional career. She encouraged the students explore the many careers open to them, but to pay particular attention to careers related to what they enjoy doing. "What you do must be meaningful to you," she said, noting that part of each person's spiritual journey is discovering their God-given gifts and talents and using them to better the world.

In a lunch-time large-group presentation, Tim Conway of Career Vision spoke about the different types of careers. In today's world, he noted, there are 12,000 occupations. Sadly, however, about 55 percent of Americans have said that they aren't happy with their job. His goal, he told the students, was to ensure that they were among the 45 percent of Americans who are happy in their work. Mr. Conway encouraged the students to keep in mind their own aptitudes, interests and values in choosing a career.

The day concluded with a panel presentation. The panel included two outreach speakers from Robert Morris College. Ms. Margaret Clark focused on careers in the fitness industry, and Ms. Amanda Schueneman spoke on the career search process. Ms. Karen Kolodzey, an entrepreneur, addressed "Entrepreneurship for Women,"



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while Ms. Kristin Hopman of Catholic Charities spoke on non-profit organizations. Mr. Conway, from Career Vision, returned to discuss "how family and friends can lead you to your dream job."

But the students spent the large part of their day attending five workshops and hearing first-hand about the careers of the presenters. The careers under discussion included various arts, photography, law, health care, retail, culinary arts, hotel and motel management, grant writing, pharmacy, banking and finance, social work, engineering, and psychiatry.