



2012 Workshop Guide

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What is Graduating This Year?

Graduating This Year (GTY) helps graduating students make a successful transition to life after university by providing practical advice and support in a fun atmosphere while celebrating their accomplishments and potential. It is led by the Alumni Relations office as part of student outreach and made possible by the support of many on and off-campus partners.

The program is made up of workshops and events, contests and online resources at graduatingthisyear.com which are available from January until the end of March 2012.

Workshop streams

Personal development

Develop and improve your self-awareness, personal identity, social skills, confidence and overall well-being.

Professional development

Take what you learned in class and to the “real world” and get advice from experts for your job search and what to do after you’ve landed one.

Financial literacy

Plan for now and for the future with practical tips and tools to help you tackle your post-secondary finances.

Events calendar

January

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10 Kickoff	11 Kickoff	12 Kickoff	13	14
15	16	17	18 First Impressions	19	20	21
22	23	24	25 True Colours	26	27	28
29	30	31 Building Confidence				

February

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Myers-Briggs	2	3	4
5	6	7 Planning for Now	8	9 Personal Brand	10	11
12	13	14	15 Wellness	16	17	18
19	20	21	22	23	24	25
26	27	28	29 Finding the Job			

March

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Post-Grad Options Abroad	2	3
4	5	6 True Colours	7	8 The Business Date	9	10
11	12	13 Planning for the Future	14	15 Dining Etiquette	16	17
18	19	20 Myers-Briggs	21 Understanding Skills, Fears...	22	23	24
25	26	27	28 Closing event	29	30	31

Personal Development

First Impressions

Wednesday Jan. 18, 2012

with speaker **Camille Kim**, First Impressions Image Ltd

4–6 p.m.

Gallery Hall, Taylor Family Digital Library

Camille Kim is owner of First Impressions Image Ltd., an image consulting company based in Calgary. Providing a wide range of services, Camille works with individuals and companies to develop an image that communicates their values and goals. Her services include image consulting, closet organization, wardrobe planning, personal shopping, and corporate training.



First impressions can have lasting implications. The colors and textures of the clothing you wear can help you gain respect or weaken your professional image. Learn how to build a wardrobe that both represents your goals and works with your lifestyle.

Learning outcomes:

- Give yourself a competitive advantage by learning how to develop a professional image.
- Learn how to build your work wardrobe on a budget.

True Colours

Wednesday Jan. 25, & Tuesday March 6, 2012

with speaker **Gareth McVicar**, Manager, leadership, training and development, University of Calgary

Wednesday Jan. 25, 2–4 p.m.

Tuesday March 6, 2012, 12–2 p.m.

Room 508, Taylor Family Digital Library

Last semester, Gareth co-coordinated the 2011 Canadian Conference on Student Leadership. Prior to working at the University of Calgary, Gareth worked for Michigan State University's Department of Residence Life, while completing his M.A. in Student Affairs Administration.



True Colours will help you discover your unique gifts and talents; soar with your strengths; discover your passion; express your heart and soul in what you do; increase self-esteem, creating a positive, clear self-image; and become successful in spite of your fears.

Learning outcomes:

- Gain a better understanding of your values, motivations and behavioral tendencies
- Gain tools to better understand yourself and those around you

with speaker **Patty Shortreed**, Claim Your Voice

2:30 – 4:30 p.m.

That empty space, MacEwan Student Centre



Patty graduated from the University of Calgary in 1978 with a Bachelor of Commerce and holds a master's degree in organization effectiveness from Pepperdine University. Patty has more than 30 years' experience in business, public speaking, workshop design and facilitation. She is also a professional musician and recording artist. One highlight of her career was singing on Oprah's stage. She will inspire you to speak up, communicate with confidence, and be a powerful presence in meetings, presentations, and one-on-one.

Strengthen your self-confidence and self-awareness to become a stronger communicator. Whether you are looking for a job, starting an internship, pursuing further schooling or traveling, this workshop will explore how self-projection and body language, speech and voice intonation, and word choice are each important elements of self-confidence.

Learning outcomes:

- Understand the importance of confidence in interviews and networking
- Successfully use body language and voice intonation to effectively communicate a message
- Choose effective words and language when communicating with others

Myers-Briggs**Wednesday Feb. 1 & March 20, 2012**

with speaker **Camille De Lacy**, coordinator, leadership and training programs, University of Calgary

Feb. 1, 12–2 p.m.

March 20, 2–4 p.m.

Room 508, Taylor Family Digital Library



Camille worked for the past five years as the University of Calgary's residence life coordinator and the coordinator of orientation and first year experience. She is passionate about leadership, team dynamics and student development and believes that authentic leadership means embodying leadership in all aspects of one's life, whether at "work" or in daily life.

Students will gain understanding and insights into their personality, their relationships with others, and how it correlates to the environment around them.

Learning outcomes:

- Gain a better understanding your values, motivations and behavioral tendencies
- Gain tools to better understand yourself and those around you

with speakers from **The International Office** and **Travel Cuts**

12–1:30 p.m.

That empty space, MacEwan Student Centre

Danielle Bruce, Branch Manager, Travel Cuts

After completing two college programs, one in Agriculture and one in Travel/Tourism, Danielle started working at Travel CUTS as a travel consultant in 2002 and has spent the past four years as a branch manager. She has travelled to 18 countries including a 30-day overland camping trip in Africa and most recently she visited Ireland and Scotland. Danielle is planning to travel to China this fall and can't wait to see the terracotta warriors and the Great Wall.



Danielle Bruce

Colleen Packer, Manager, Exchanges and Study Abroad, UC International

Colleen is University of Calgary alumna and she studied languages, specifically German, Japanese, French and Spanish. After graduation, she worked, volunteered and studied in France, the USA, the Netherlands, Germany, Wales and Japan. One of Colleen's life's goals is to visit as many countries as her age, which she has been successful in achieving so far.



Colleen Packer

Many students don't want to follow the normal path of further education or starting work after graduation. So if not work or school, then what? Explore alternative options such as taking a Gap year, gaining international experience, volunteering locally or abroad or completing an internship.

Learning outcomes:

- Understand post-graduation options abroad
- Learn about different resources to explore these options

Physical and Emotional Wellness _____ Wednesday Feb. 15, 2012

with speaker **Andrew Gustafson**, founder, Natural High Fitness & Athletics

2–4 p.m.

That empty space, MacEwan Student Centre

A University of Calgary graduate, Andrew Gustafson is the owner of Natural High Fitness and Athletics and Natural High CrossFit. He is a certified Exercise Physiologist, a Clinical Exercise Specialist, a Certified Metabolic Typing Analyst through Healthexcel, a Certified Ayurvedic Health Practitioner, is certified as Level 1 through the Poliquin International Certification Program (PICP) and is a Level 3 CHEK HLC and a Level 3 CHEK Practitioner.



Maintaining a healthy lifestyle and managing stress is important at any stage in life, and is especially key during your transition to life after university. This workshop focuses on creating healthy habits including eating well, being active, and maintaining work-life balance.

Learning outcomes:

- Understand that stress affects overall well-being
- Develop effective strategies for managing stress
- Discover ways to stay fit and healthy while sitting at a desk

Dining Etiquette _____ Thursday March 15, 2012

with speaker **Janet Watson**, The Etiquette Class

5:30–7:30 p.m.

West Restaurant and Bar, Scotia Centre

Janet's caring, intelligent and determined manner concerning the advancement of others through their enablement in the field of Etiquette is balanced with her sense of humour and her desire to make the learning 'work' fun. In addition to a Bachelor of Education degree she holds an Etiquette Consulting Certificate from 'The Institute of Civility' and has completed business and social etiquette training from 'The English Manner' in London, England.



This session focuses on the importance of etiquette in a dining environment and how proper etiquette projects confidence. Particular emphasis will be placed on lunchtime and dinner meetings. As with previous years, this workshop features a formal meal and remarks from our etiquette expert, Janet Watson.

Learning outcomes:

- Understand the steps involved to eating a four course meal
- Learn the skills to successfully network in a restaurant environment

Understanding Skills, Fears and Potential _____ Wednesday March 21, 2012

with speaker **Pamela Aranas**, Programming Coordinator, University of Calgary
2–4 p.m.

That empty space, MacEwan Student Centre

Pam has worked for the University of Calgary Alumni Association since 2009. Prior to that, Pam worked for the University of Alberta Alumni Association, the University of Alberta Students' Union, and the Canadian Political Science Students' Association. She has a strong affinity for colour coding, oxymorons, office supplies and her thesaurus.



Make a successful transition from student to young professional by transforming skills learned in university to your personal and professional life, using your fear in a positive way understanding how each of these work together to unlock your potential.

Learning outcomes:

- Recognise that fear is a tool that can propel you forward
- Transform and transition your skill-set to your personal and professional life

Professional Development

Creating a Personal Brand _____ Thursday Feb. 9, 2012

with speaker **Andrew Turnbull**, associate planner, Critical Mass
2:30–4 p.m.

That empty space, MacEwan Student Centre

What is a personal brand? Why is it important? And how do you build one, anyway? Your personal brand can be communicated in a variety of ways like through your resume, portfolio, blog and social media presence and your personal style. This workshop will help answer each of these questions and ensure your personal brand works to make a great first impression.



Learning outcomes:

- Understand the importance of a personal brand
- Learn the elements of a personal brand
- Effectively communicate your personal brand to potential employers, colleagues and your network

with speaker **Carol Cook**, Career Specialist, Student Success Centre

12–1:30 p.m.

Gallery Hall, Taylor Family Digital Library

Carol has been working with post-secondary students on 'all things career' for over 10 years. Carol supports students in self-assessment through resume writing, interview prep, networking and the job search process. As a Certified Executive Coach (through Royal Roads University) she is passionate about helping others explore and discover their unique strengths and gifts, and bring those into their professional pathways. She finds her balance in the mountains and through singing with a recreational choir.



This workshop will highlight job search skills, information interviews and building resumes and cover letters with strong emphasis placed on translating post-secondary education to employment. On-campus career resources will also be highlighted.

Learning outcomes:

- Identify strengths and weaknesses in resumes and cover letters
- Gain tools to enhance your job search

with speaker **Sheila Musgrove**, TAG Recruitment Group

9–11 a.m.

The Senate Room, Hotel Alma

Sheila brings 14 years of senior and executive leadership experiences serving the staffing solutions, telecommunications, banking and finance industries, with a consistent focus on new business development and market share expansion. Most recently, she spent 6+ years with a global staffing firm, first focusing on branch operations in Calgary and Western Canada, followed by leading the corporate sales organization for Canada.



Communicating in a business environment can be daunting, but having the proper tools and knowledge makes it less stressful and more enjoyable. The Business Date workshop focuses on interview skills, active listening, email and meeting etiquette, and asking the right questions. This workshop will also include a business date, where you can put your newly learned skills into practice.

Learning outcomes:

- Learn and apply techniques to develop interview skills
- Understand the do's and don'ts of e-mail communication
- Develop active listening skills

Financial Literacy

Planning for Now _____ **Wednesday Feb. 7, 2012**

with speaker **Lawrence Bailey**, financial consultant, Investors Group
12–1:30 p.m.

Gallery Hall, Taylor Family Digital Library

Lawrence graduated from the University of Calgary with a degree in International Relations and is an active member of the Alumni Association board. While attending university he was editor-in-chief of the Gauntlet newspaper. Lawrence has been working as a financial advisor for the past seven years and started because of his passion for both money and people.



Take a look at your post-graduation financial responsibilities like repaying student loans, consumer debt, creating a realistic and functional budget, and understanding paycheques, taxes and payroll deductions.

Learning outcomes:

- Understand the elements of a paycheck
- Get advice to tackle your debt
- Develop an effective budget that works for you

Planning for the Future _____ **Tuesday March 13, 2012**

with speaker **Lawrence Bailey**, financial consultant, Investors Group
12–1:30 p.m.

Gallery Hall, Taylor Family Digital Library

Gain insight into the importance of long-term financial planning and learn more about savings, mortgages, RSPs, RESPs and investments.

Learning outcomes:

- Understand long-term saving options and the most appropriate post-university strategy when saving for your future

Class Ambassadors 2012

The Class Ambassadors are elected by their peers during the first semester to serve as representatives to their graduating class. Some of their responsibilities include selecting the Class of 2012 legacy gift, selecting What Not To Wear contest winners, blogging and participating in the planning and execution of the GTY program.



Jennifer Abbott

Political Science, Faculty of Arts, *Undergraduate*

The workshops offered are a very unique resource for graduating students and people should take advantage of them. The programs offered help in all sorts of areas for students after graduation and will definitely prove to be useful. They are also free so I really hope that students participate in as many sessions as they can. It's important to participate in programs like these because these are things that you do not learn in the classroom.



Nicole Cousins

Neuroscience, Faculty of Science, *Undergraduate*

It is important to participate in GTY because it is a program that is designed to set a student up for success after graduation. Moving on from university can be a scary transition, and GTY is here to help students make the transition as smooth as possible. If it wasn't for GTY I would be lost in the graduating process and life afterwards, but the program is giving me all the tools I need for success after graduation.



Aleena Mansoor

Biological Science, Faculty of Science, *Undergraduate*

Even though these workshops are designed for students in their final year of study, all students can benefit from the skills talked about in these workshops! I am looking forward to the dining etiquette workshop the most because I will finally learn the differences between all the forks! The Graduating This Year program can help all students learn professional skills that they will use throughout their lives.



Brittany Harker Martin

Ph.D. Strategy and Global Management, Haskayne School of Business, *Graduate*

The Graduating This Year program is an excellent opportunity for grad students to come out from under our rocks and meet others in the same situation: those either entering the workforce or continuing in academia. Many of us share the same questions and have the same fears. The workshops and GTY events provide a forum to address those needs while having fun and extending our research community. Hope to see you there!

Check us out online:



Graduating This Year



@ucalgaryGTy



www.graduatingthisyear.com

Special thanks to all of our campus and community partners and each of our speakers for their generous support of Graduating This Year 2012.