

00:01 - Okay.
00:02 Hello everyone.
00:03 Welcome, my name is Jennifer Finnigan,
00:07 I'm a Senior Assistant Director of Admission
00:10 here at Suffolk University.
00:11 On behalf of the entire university,
00:14 I wanna congratulate you again
00:15 on your acceptance to Suffolk.
00:17 We're so thrilled that you've come to join us this evening
00:20 for part of our accepted students series.
00:23 So a little bit of housekeeping before I turn it over
00:25 to our panel here today.
00:27 Please feel free throughout the presentation
00:31 to utilize our Q and A and chat functions.
00:34 I'll be keeping an eye on things behind the scene.
00:36 And of course we'll have plenty of opportunity for Q and A
00:39 throughout today's session.
00:41 So please, if you have any questions, make them known there.
00:46 Also, if your name on Zoom does not match the name
00:49 that you signed up for,
00:51 that matches the name on your application,
00:54 go ahead and drop it in the chat as well
00:56 so that we know you were here today.
00:58 And with that, I'm gonna kick it over to Kerrie.
01:01 Have a good day, everyone.
01:03 - Thank you, Jennifer.
01:05 Hi everyone.
01:06 Thank you so much for joining us tonight.
01:09 Welcome to our career development
01:12 and alumni panel discussion.
01:15 My name is Kerrie Aborn, and I'm the Director
01:18 of Career Education here at Suffolk.
01:21 I do just wanna take a moment and say that
01:25 we know that this is an emotional time for many
01:28 with the verdict just being announced.
01:31 And I want to acknowledge that it is on all of our minds
01:34 and let you know, we all wanna let you know
01:37 how much we appreciate you still being here
01:40 on this call tonight.
01:43 I've been working at Suffolk for a little while
01:46 and I've worked at several other institutions.
01:48 And I have to say that
01:50 Suffolk is the most exciting institution
01:53 that I've ever worked.
01:55 It's the most innovative
01:57 and it's the most career focused institution
02:01 that I've had the privilege to work with.
02:06 Suffolk truly wants to embed career development
02:13 throughout every aspect of the student's experience.
02:17 Not just through your four years here,
02:20 but even beyond after you graduate,
02:24 the institution wants to continue to have a relationship

02:27 with you and to continue to support you
02:30 and help you upscale.
02:31 And it's really exciting to be a part of an institution
02:36 that really cares about its students career development.
02:41 So, we are so excited to have four panelists with us today.
02:45 Two of whom are alumni and two of whom are current students
02:50 who work in the career center office as career ambassadors.
02:55 So, to each of our panelists,
02:57 I'm going to ask each of you to introduce yourselves.
03:01 And as you are introducing yourselves,
03:03 would you also share what led you
03:05 to ultimately choose to attend Suffolk?
03:08 And while our panelists are getting ready
03:10 to introduce themselves, to our participants in the call,
03:14 would you mind introducing yourselves in the chat
03:18 and let us know where you're currently located
03:23 and what's on your mind right now.
03:28 So with that, I'll let Connor kick it off.
03:32 - Yeah, hey, thanks for having me.
03:34 So my name is Connor Milligan,
03:36 I'm an alum of Suffolk University class of 2018.
03:40 I'm originally from Haverhill, Massachusetts,
03:43 so not super far away from Boston,
03:45 living in Boston currently.
03:47 I was a psychology major in my time at Suffolk
03:50 with minors in both biology and history
03:53 because I really couldn't decide what I wanted to study,
03:55 so I just studied everything.
03:57 I really originally chose Suffolk
03:59 because of the way that it was ingrained
04:02 into the city of Boston.
04:04 The campus really is right downtown.
04:06 And I really knew that I wanted a city school
04:09 and I got just that in my experience.
04:11 And I ended up liking living in Boston
04:13 so much that I never left.
04:15 I've been here and probably will be here
04:17 for the near future.
04:19 Thanks for having me,
04:20 and I think I'll throw it over to Brittany here.
04:24 - Thanks so much Connor.
04:25 So hi everyone, I'm Brittney Sullivan, class of 2012.
04:29 And I was in the business school and did a marketing major
04:33 and a sports marketing concentration.
04:36 And what initially drew me to Suffolk were a few things.
04:39 But the one thing that I felt was just the community
04:42 right when I took my first tour
04:45 and just started talking with people at the school.
04:48 And when I walked into the classrooms and saw
04:50 the kind of professor to student ratio,
04:52 I really loved that and knew that
04:55 I would be able to have really great conversations
04:57 with a smaller group of students
04:58 and have professors really foster that environment.

05:01 So that was a huge thing that stood out to me,
05:03 was just kind of that personal like mid-sized school range.
05:06 Again, being in the epicenter of Boston was incredible.
05:09 I still live here as well.
05:11 And I work currently as a Digital Marketing Manager
05:14 at Harvard Business School.
05:15 So I've really enjoyed my time at Suffolk
05:18 and clearly have stayed pretty close by.
05:20 So I look forward to talking more.
05:22 And I'll kick it over to Godfred.
05:26 - Hi, my name is Godfred Afeghara,
05:28 I'm a global business and entrepreneurship double major
05:32 and I'm originally from Ghana and I live in Boston now.
05:37 I did move here from Connecticut though.
05:41 I chose Suffolk University because it was right downtown.
05:45 I wanted the New York feel but not too much of too busy.
05:48 I wanted to be able to have a balance of the city life
05:52 and my personal life too when it came to school
05:55 and Suffolk gave me a taste of it so,
06:00 I'm excited to be here
06:01 and I can't wait for you guys to also experience it.
06:05 I'll kick it off to Abby now.
06:07 - Thank you, Godfred.
06:08 Hi everyone, my name is Abby Larmore,
06:11 I'm originally from Delaware.
06:13 I'm majoring in political science
06:15 with a concentration in law and public policy,
06:17 as well as a minor in women and gender studies.
06:21 I'm a second year student
06:22 so I'll be graduating in may of 2023.
06:26 And I'm currently a career ambassador,
06:28 which is a paid internship you can have
06:30 through Suffolk University's career center.
06:33 I also have an internship
06:35 for a Boston City at large candidate
06:37 who also was a Suffolk alum.
06:39 And I decided to choose Suffolk for one key reason,
06:44 because when you choose Suffolk
06:45 you aren't just choosing a university,
06:47 you're choosing an entire experience.
06:50 You're choosing Boston, you're choosing to be a part of
06:54 an amazing city with amazing institutions.
06:57 You are able to connect with not only
06:59 Suffolk University students,
07:01 but students at all the other universities in the area.
07:05 You are able to take advantage of who your neighbors are,
07:08 which is the financial district,
07:10 which is Back Bay and Fenway.
07:13 Even the State House that we get to look at
07:15 and drink our coffees in the morning.
07:18 And I think that's truly a remarkable opportunity
07:21 that you can have as a Suffolk student.
07:26 - Thank you so much to all of our wonderful panelists
07:29 for being here with us today.

07:32 To our audience, thank you for introducing yourselves
07:35 in the chat.
07:35 Please feel free to ask any questions that you might have
07:38 of our panelists.
07:40 And also feel free to ask any general questions
07:42 that you might have about attending Suffolk.
07:44 And we'll make sure to answer those as we go along.
07:48 We will also be asking you some poll questions
07:50 while our panelists are talking.
07:52 So we're gonna start with the first poll question
07:55 about choosing a major at Suffolk.
07:58 So on a scale of one to four,
07:59 how confident are you in choosing a major at this time?
08:03 One, being very unsure about choosing a major,
08:07 to four, being extremely sure about choosing a major.
08:13 Suffolk offers 55 majors in 21 fields of study.
08:16 Although choosing a major is a big decision,
08:19 Suffolk provides many opportunities
08:21 for you to explore your areas of interest
08:23 and receive support in choosing a career path.
08:26 Can each of our panelists talk about
08:29 how you came to choose your areas of study,
08:31 and the support you received at Suffolk through this process
08:34 whether it was through career assessments,
08:37 speaking with your professors, academic advisors
08:40 or career advisors through the career center?
08:44 - Yeah, I'm happy to answer that first here.
08:46 So, as I mentioned, I came in as a psychology major.
08:54 I really...
08:55 I decided on that because a family member of mine
08:58 is a mental health clinician,
08:59 and I took some psych courses in high school
09:02 and I really ended up liking it.
09:05 I had this notion in mind that I wanted to be a researcher
09:08 and it really was as easy...
09:11 To get involved in research was as easy
09:13 as staying like five minutes after class
09:16 to talk with my professors.
09:17 All of the professors in the psych department,
09:20 and I would believe across other departments
09:22 typically have like their research up on their profiles,
09:26 on the Suffolk website.
09:27 And one of the professors who I was taking a course with
09:29 happened to have her research up,
09:31 it kind of lined up with my interests
09:33 and I actually worked for her in her lab
09:36 for about, I think like two semesters,
09:38 which led me to some other opportunities in the psych space,
09:45 in Boston in terms of my internship
09:47 which I'll talk about in a little bit.
09:49 But yeah, that was really kind of the formative
09:54 relationship for me was just being able
09:56 to strike up a conversation with my professor.
09:58 The class sizes were so small

10:00 that they really allowed you to do that.
10:01 And that got me into a research opportunity.
10:05 I think that was even my sophomore year.
10:06 So pretty early on in my Suffolk experience.
10:13 - Thanks Connor.
10:14 I can go next.
10:15 So I knew I was gonna be a marketing major freshman year,
10:20 but just putting myself kind of in your predicament,
10:22 being 18 years old in high school,
10:24 how do you really know what you wanna choose
10:26 or do for the rest of your life?
10:28 You know, quote on quote.
10:29 So know that whatever you decide is totally fluid.
10:33 And now me being nine years out,
10:35 so many of my friends have pivoted
10:37 and changed industries multiple times.
10:39 And know that whatever major you choose at Suffolk,
10:43 you're gonna have that great foundation across the board
10:45 at whatever Suffolk school you decide.
10:48 But one thing that really helped me
10:49 were the academic advisors throughout Suffolk as well,
10:54 and working with the career office too.
10:56 So make your kind of approach like multi-pronged.
10:59 So sometimes it's easy just to find one professor
11:01 that you really click with.
11:02 And I definitely found a few that
11:04 I actually still keep in touch with to this day on LinkedIn
11:07 and other events.
11:08 But feel free to talk with other alumni,
11:10 talk with your professors, talk with the career office,
11:13 people like Abby and Godfred
11:15 who are really in the mix of things,
11:17 they know how to help you,
11:17 they know the resources to give you.
11:19 And if you can just trust in that,
11:21 you can't make a wrong decision.
11:27 - So, when picking a major I was still struggling with it
11:32 even until like three weeks ago.
11:33 Like when I transferred I knew I wanted to do something
11:37 that had to do with regular business organizations,
11:41 everyday business activities,
11:42 but I wasn't sure what exactly that I wanted to do.
11:45 I transferred, I did transfer to Suffolk last fall,
11:49 and I transferred as a marketing major.
11:51 But now I'm a double major
11:53 which is a global business and entrepreneurship.
11:55 And it took me a year or eight months or nine months
11:59 to be able to see that that's the path I wanted to go into.
12:03 And it's not a rush.
12:05 Suffolk resources are always there to help you.
12:08 When picking my major, I did speak with an advisor
12:12 who helped me sort out my classes,
12:14 see if my major would fit in with my goals
12:16 and it worked out.

12:18 So right now I'm finally decided on a major
12:20 and I'm happy with it.
12:22 And I think the major process shouldn't be stressful.
12:26 Just ease into it, see how your first classes are,
12:29 and just see what your preferences are.
12:31 It doesn't need to be the first semester,
12:32 it could be the first year and just easily ease into it
12:35 without no pressure.
12:37 Thanks.
12:40 - Thank you Godfred, you know it's so true
12:43 that Suffolk offers you the opportunity to explore.
12:47 And a lot of times it really does depend on your professors,
12:51 like Brittany said.
12:53 All right, let's look at the poll question,
12:55 and then we have a question in the chat that we'll answer.
12:59 So the poll results, it looks like most students
13:04 are kind of in the middle.
13:07 40% on still unsure, which is totally normal.
13:12 40% fairly sure, and 20% extremely sure.
13:16 So thank you for sharing that in the poll results.
13:21 So we have a question in the chat from Pascal, I believe.
13:25 And the question is...
13:30 Oh, I'm sorry, it's Christian.
13:31 The question is about studying abroad.
13:38 Brittany, do you wanna share
13:39 your experiences about studying abroad?
13:43 - Sure, yeah, happy to.
13:43 And anyone else feel free to jump in after me too.
13:47 So I studied abroad in London,
13:50 my second semester of junior year.
13:53 So there's main campuses obviously in Madrid
13:56 and various other places,
13:58 but I went to the study abroad office
14:00 which is so incredibly helpful.
14:01 And they literally have pamphlets of every school
14:04 that we're affiliated with across the entire globe.
14:07 So just know that wherever you choose to decide,
14:09 there really will be an option for global learning there.
14:12 And I know your question was specifically about the timing.
14:16 So again, really work with your academic advisors
14:20 and your professors to make sure that
14:21 all of your core classes are quote unquote on par and done.
14:26 So what I did is I held all of my electives
14:28 until junior year, that second semester.
14:31 So I took them all then and they were related to my major.
14:33 Like I took a fun like advertising class,
14:37 business writing for PR, just kind of supplemental courses
14:40 for like more writing classes
14:42 than I had in the marketing and business classes.
14:45 So work with your academic advisor.
14:48 And even when you're a freshman,
14:49 you'll start kind of building out
14:51 your like four year plan of when you're going to take what
14:54 and you'll kind of know what to anticipate.

14:56 And so many of my friends did that
14:58 and really didn't have any issues.
15:00 And at Suffolk Madrid you can take those core classes
15:03 there as well, so you really won't even have to plan.
15:05 As much as was fantastic,
15:07 but I say that if you're even thinking about doing it,
15:09 100% do it.
15:11 It might seem scary or overwhelming at first,
15:14 but I still to this day have friends in all over Europe
15:17 from when I visited and keep in touch with them.
15:20 And I reminisce to my friends all the time.
15:22 I remember back in London when X, Y, Z.
15:24 So, you'll definitely have those moments too.
15:28 - And just to add off of what Brittany was sharing.
15:30 So, she had that abroad experience
15:32 and that's something that I definitely knew that I wanted
15:35 when I was deciding to attend a university.
15:37 And something that really drew me to Suffolk,
15:40 was the fact that there is a Suffolk University in Madrid.
15:43 So I'm currently planning to study there next spring
15:49 and summer.
15:50 So I've been in the process of figuring out
15:53 how am I gonna make this work with my schedule,
15:56 going to the advising sessions,
15:58 getting the necessary information.
16:01 And honestly just takes a little bit planning ahead.
16:04 So if you know that you're even remotely interested
16:07 or you know that you want this to be a possibility
16:10 for you to take advantage of, you can easily do so.
16:14 And Suffolk does really make sure
16:15 that you have all the available resources.
16:17 A lot of my classmates and I
16:19 were in the process of doing this planning right now.
16:21 So we've been using each other as resources.
16:24 And going abroad to another country can be
16:28 scary and daunting at first,
16:30 but I know that I will have the comfort of knowing
16:34 Suffolk community in Madrid.
16:36 I know some of my friends will be joining me.
16:38 So in terms of
16:40 how you want your abroad experience to look like ,
16:43 you have that flexibility.
16:44 Whereas if you're at really any other university,
16:47 it's not necessarily an option.
16:49 So this really does give you more than enough options
16:52 to make the most of your time here at Suffolk.
16:58 - Thanks, Brittany and Abby.
16:59 I think it definitely...
17:01 Everyone can have an opportunity to study abroad.
17:03 And study abroad can look different.
17:05 It can be potentially over the summer,
17:08 it could be over a break,
17:10 and it can also be a full semester.
17:12 And so the most important thing

17:14 is just making sure that you're planning it ahead of time
17:16 and working with your advisors to fit it in
17:20 and to figure out where is the best time for you to take it
17:24 based on your coursework.
17:28 So we are going to ask another poll question.
17:32 How many of you are planning to complete
17:34 at least one internship or experiential learning activities
17:38 such as research, volunteering, or study abroad
17:41 while in college?
17:42 One being very unsure, to four being extremely sure.
17:48 So on a scale one to four.
17:50 And while you're answering that question,
17:53 we've heard from students
17:54 that the internships service, learning and volunteering
17:57 and study abroad are the top reasons
18:00 that students to Suffolk.
18:02 We know that research experiences,
18:04 student clubs and organizations
18:05 and other types of experiential learning
18:08 are also a very important part of the Suffolk experience.
18:11 Internships can look very different depending on your major.
18:15 So to our panelists, can each of you talk about
18:18 any internships or other experiences that you have had,
18:22 and how Suffolk prepared you
18:23 and helped you to land those experiences,
18:26 and how those experiences enriched your studies?
18:34 - I know I just talked a bunch too,
18:36 and I'll be quick and punt it to Connor.
18:38 But I'll just speak to internship really quickly.
18:42 I did have one internship during my time at Suffolk
18:45 with a sports radio station.
18:47 And I kind of was drawn to that through my
18:49 sports marketing concentration
18:51 that I started my junior year.
18:53 And I really saw like a cold job listing on a website,
18:56 but I immediately emailed one of my favorite professors
18:59 to look over my resume.
19:01 We did a little like mock interview action,
19:03 and I had the career center look over
19:05 my resume and cover letter as well.
19:07 And it was an incredible experience that actually led me
19:11 to my first role out of Suffolk at the Red Sox.
19:14 So, know that internships are not make or break
19:17 by any reason.
19:18 And I say that even if you have one
19:20 or you have a great summer working experience,
19:22 that's just as fulfilling.
19:24 Know that whatever experience you choose to have,
19:26 that's experimental will totally help you in the real world.
19:30 But also realize that, once you do intern,
19:33 you'll never know who you meet
19:34 and who you'll network and connect with.
19:37 So just keep that in mind as you're on your search.
19:39 And all punt it over to Connor.

19:41 - Awesome.
19:42 Yeah.
19:43 Now, to also expand on Brittany's point of like
19:45 not everything, internships are make or break,
19:48 not even majors or make or break.
19:50 For example, I don't think I started off this call
19:51 by saying what I'm doing now,
19:53 but I'm a senior customer success manager
19:55 for a digital analytics company.
19:57 So I'm not even working in the psychology field,
20:00 but in my time I actually did have an internship
20:03 at Mass General.
20:05 My junior and senior year, I was actually hired effectively
20:09 for my senior year.
20:10 So, went from being an unpaid intern to a paid intern,
20:14 which was really nice.
20:16 And that was a really formative experience for me.
20:19 I got to do research and alongside doing that research,
20:23 I also got to use data that I had helped collect
20:27 in one of our studies as part of my thesis.
20:29 And that was what I needed
20:30 to graduate with honors in psychology.
20:33 So, through that whole process,
20:36 I really kind of learned that at the current moment,
20:40 the PhD route probably wasn't for me.
20:43 And it taught me that I can be flexible
20:46 and I can decisions outside of the path
20:49 that I've already set for myself,
20:50 and I can reroute that path.
20:53 So the internship that I had
20:55 was really formative for me in that manner.
20:58 And then just in terms of
21:02 clubs and different experiences that I had on campus
21:04 on top of that, I was one of the members
21:08 of what we were calling The Common at the time.
21:11 We were like the house band of Suffolk.
21:13 If you can't tell from my long hair and my surroundings,
21:16 I'm a musician outside of my professional life.
21:21 And that really was formative for me
21:24 in that it brought my current band together.
21:29 But on top of that,
21:29 we were an actual club at Suffolk University.
21:32 So we had to manage a budget.
21:33 We had to make sure our practice space was maintained.
21:36 Things like that, all things that like you wouldn't think of
21:39 in like the rock and roll life,
21:41 but it's all stuff that you have to do.
21:43 Like our band is a legitimate business now.
21:46 And we wouldn't have really known that had we not
21:48 had this prepped for this club
21:51 that we had started at Suffolk.
21:53 So, both in the academic and in the fun outside of academics
21:59 I really had that experience thanks to Suffolk.
22:02 And I think I'm tossing this over to Abby.

22:06 - Yeah, thanks Connor.
22:07 So in terms of experiential learning,
22:09 this has been a huge proponent of me
22:12 furthering my education at Suffolk.
22:14 Obviously the rigorous courses that you get to take
22:17 at Suffolk are a huge priority,
22:19 they make up most of your days.
22:21 And it's a huge reason why
22:23 you wanna decide to go into higher education,
22:25 but it's not all encompassing.
22:27 A lot of the most ways that I've learned
22:30 and developed myself and my professionalism,
22:34 and figuring out what I wanna do
22:35 after my undergraduate experience at Suffolk
22:37 has been through these extra learning resources.
22:42 So in terms of internships,
22:44 I've been able to already have several internships
22:46 just as a second year student here at Suffolk,
22:49 career related.
22:50 So I've worked in a law firm,
22:53 because I plan to go to law school after my undergraduate
22:56 experience at Suffolk
22:58 I'm working in the career center currently.
23:00 So I'm able to further educate myself on professionalism
23:04 and giving back to the Suffolk community
23:07 and helping my classmates and peers,
23:09 which has been such a rewarding and amazing experience.
23:13 I'm setting myself up currently
23:15 and getting into a campaign internship,
23:18 which is great just getting on the politics side
23:21 of my education as a political science major,
23:24 especially right now with what everything that's going on.
23:28 I was even able to start my own club here at Suffolk,
23:32 called Women in Government.
23:34 I was able to do that with my friend just in my first year.
23:38 So in terms of when you are attending these sessions
23:42 and trying to figure out which university is best for you,
23:45 and they give you all these opportunities,
23:47 I can fully tell you that
23:49 taking advantage of these opportunities are very feasible
23:53 and very doable, and you will be able to balance it
23:56 if you do decide to do so.
23:59 If you really wanna do paid internships
24:02 or just stay within the Suffolk community,
24:05 there's a lot of really amazing opportunities
24:08 just within the Suffolk community here.
24:10 And I think that's such an amazing opportunity for students
24:14 to give back to their school.
24:16 And you're also gaining experience that way.
24:23 - Before I transferred to Suffolk
24:25 and even before I started off my college life,
24:29 I heard like older people, like my older friends
24:32 or like my older siblings talking about internship this,
24:36 getting a feel of how it feels to work in an organization.

24:39 And that was something I wanted to be able to do
24:42 or something I wanted it to be able to say to other people.
24:45 And I was able to get my first internship this summer,
24:49 which was through like less than a year of being at Suffolk.
24:52 I was able to learn things about myself
24:55 and about building my professional and my career skills.
24:57 And now I do have my internship at enterprise.
25:01 And this...
25:03 I have classes that helped me develop some of these skills.
25:07 Like I took some SBS classes that you get to know
25:10 as you get into like the Suffolk elm evaluation.
25:14 But those classes helped me build some of my skills.
25:16 Me currently working as a student ambassador,
25:20 I was able to learn more about my career skills,
25:23 whereas resumes, cover letters, how to talk to people,
25:27 interviewing and just all the extra career stuff
25:30 that I did need.
25:31 And I'm happy to say I feel like I'm in a good place
25:34 to be able to face more career obstacles
25:37 or more career options as time goes.
25:44 - Thank you.
25:45 And let's take a look at the answers to our poll question.
25:50 Looks like all of our participants on the call
25:54 are extremely sure that they are going to be doing
25:58 some sort of experiential learning activity.
26:00 So that's awesome.
26:02 I'd love it if you could share in the chat,
26:04 what kinds of things you're thinking about
26:05 in addition to study abroad.
26:07 If any of you were thinking about doing internships
26:09 and what you might be interested in,
26:10 we'd love to hear about that.
26:14 Just a couple of things that have come up in the chat.
26:15 One question was about honors.
26:18 And whether you can do a double major
26:20 when you're in the honors program.
26:22 The short answer is yes,
26:23 but there's additional information in the chat.
26:26 Another question that came in is,
26:28 is English and math classes required?
26:31 And there is more information in the chat
26:33 about that question.
26:35 But I will just say that you do end up at some point
26:39 taking an English and a math class.
26:42 That's probably pretty standard at most institutions.
26:45 And then we had a fun question come up
26:47 which is from Spencer for Connor.
26:50 And the question is,
26:51 how active is the Suffolk student body involved in music?
26:55 And what does Suffolk offer for students
26:58 who would like to be involved in music
26:59 during their time at Suffolk?
27:02 - Yeah.
27:02 So that's a really cool question.

27:04 And it brings back a ton of really cool memories.
27:08 So the Suffolk student body is really involved in music,
27:11 really any metropolitan area.
27:13 You're gonna have a lot of people
27:14 who are involved in the arts, music, things like that.
27:17 Suffolk in particular,
27:19 definitely we don't offer music majors
27:22 or like that music education specifically,
27:25 but in terms of like a creative outlet,
27:26 we have a lot of stuff.
27:27 So there was a performing arts office in my time there
27:30 at Suffolk and they really made it easy to just like
27:33 get into different clubs and opportunities.
27:36 Like my freshman year, I was in...
27:39 Freshman to junior year, I was in The Ramifications,
27:42 one of Suffolk's acapella groups.
27:45 And I had never done acapella before,
27:47 but I auditioned and I was like, this seems cool,
27:49 like I saw pitch perfect once, that was fun.
27:52 And additionally, to like through the PAO as they call it,
27:58 we were able to...
27:59 I was able to start my own club effectively with my friends
28:02 and that was a band.
28:04 So we got a lot of opportunities through Suffolk
28:07 to play shows actually.
28:09 So we would do, like, I think it was like once a month even
28:12 was when we were at our peak.
28:13 We would do like little shows on one of our class buildings.
28:17 But probably the most notable
28:19 and probably like the coolest music experience
28:21 of my life thus far was, Suffolk actually does a spring
28:24 or fall concert, typically every year.
28:27 And one of those years we got Post Malone
28:30 to come and play at Royale.
28:33 And our band actually got to open for him
28:35 which was like the surrealist experience.
28:38 Like being at a venue that you normally go to as an attendee
28:41 and being on that stage was so cool.
28:43 So like, that was probably one of the highlights
28:46 of my Suffolk career.
28:47 And just speaks to
28:50 that it's not an uncommon thing to have those types
28:53 of experiences, especially when you're looking at music
28:55 and the arts, the PAO really helps you get involved.
28:58 And you're in Boston,
28:59 you're connected to the entire music scene here.
29:01 So, whether you're playing with...
29:05 I played with some friends over at Berkeley
29:08 and across Boston, but you're able to...
29:12 You location is really key.
29:13 But I'll stop the hammering about music
29:15 and let everyone else talk here. (laughs)
29:19 - Well, thank you, Connor for sharing.
29:20 And that's definitely not an experience that you would have

29:23 at any other institution for sure.
29:26 All right, we're gonna do another poll question,
29:28 this time it's about planning to work
29:34 potentially while you're at school.
29:35 How many of you are planning to work a part-time job
29:38 on or off campus while attending Suffolk?
29:41 On a scale of one to four, one being very unsure
29:43 about working a part-time job and four being extremely sure
29:47 about working a part-time job.
29:49 While you're answering that,
29:52 I will ask the next question of our panelists.
29:55 Suffolk offers many resources to help students
29:58 with their career development
29:59 including Quinncia, Vault and Going Global.
30:02 We have strong relationships with employers
30:04 who post jobs and internships in our Handshake system
30:07 to recruit Suffolk students.
30:09 In fact, there are over half a million employers
30:11 using Handshake including all of the fortune 500 companies.
30:15 So to our panelists, have any of you used
30:18 services and resources provided by the career center
30:21 such as Handshake?
30:22 And if so, how would you describe your experience
30:25 with them to our audience?
30:28 - So I definitely have utilized a lot of these resources,
30:30 both searching for jobs and internships,
30:34 as well as as a career ambassador
30:36 being on the other side of this platform
30:38 and helping students learn how to use the career resources
30:42 that we offer for students.
30:44 I was able to receive my position as a career ambassador
30:49 by applying for this internship via Handshake.
30:52 It's a very easy way of getting a good grasp
30:56 of all the possible opportunities, especially with things,
31:00 some things might be remote, they might be in person.
31:03 You could have a little bit of both,
31:05 and this is going to continue for quite some time
31:08 so it's a great way to filter out
31:11 a lot of things that you might be interested in,
31:13 if you're looking for even just volunteer opportunities,
31:17 paid internships, not paid internships,
31:20 all ranges of flexibilities for you.
31:23 And one of the things that we focus at the career center,
31:26 is just making sure that all the students
31:29 know what resources are available
31:31 and using them to the best of their abilities.
31:34 This way that you are ready, and if you...
31:37 No matter what your major is or what you're interested in,
31:41 we can find a way to get an experience that you want,
31:44 so you can be your most successful self.
31:50 - Okay.
31:51 When I first started Suffolk,
31:53 I feel like I have a bit of both worlds.
31:55 When I first started my first semester at Suffolk,

31:57 I worked part-time off-campus,
32:00 which gave me a feel of doing school and having to leave
32:03 just to be able to work my part-time job.
32:07 And this semester, I decided to fully focus on school
32:10 and I have my work study and my job on campus.
32:13 So I've had a bit...
32:15 I've had a bit of both worlds.
32:17 So this semester I've been able to kind of focus
32:19 on my career skills and try and find an internship
32:22 like I told you to.
32:23 And I've used some of the resources that I've had to use
32:27 as a career ambassador to my advantage,
32:30 like Quinncia, Handshake, like Abby spoken about.
32:33 I've been able to use those to better my professionalism
32:37 in my own way.
32:39 So I did use Handshake to apply as the career ambassador,
32:43 which I still use as of now.
32:46 I did find my internship on Handshake also.
32:49 And being a career ambassador,
32:51 we planned the career fair for Suffolk, which is annually.
32:55 So that was how I was able to meet my employer
32:58 for my internship employer.
32:59 So I kind of was able to use that to my advantage
33:04 and show who I was as a person
33:07 and use the resources that Suffolk gave me as a student
33:11 and as an employee.
33:14 So that I feel like it's great that Suffolk gives.
33:19 They provide resources sometimes without even
33:21 trying as hard.
33:23 And they're all around you,
33:25 so you just have to pick the ones that work
33:28 within your career line and you should be good.
33:34 - Thank you for sharing.
33:36 Let's go to our poll answers.
33:38 So it looks like majority of our participants
33:42 are fairly sure or extremely sure
33:45 about having a part-time job.
33:48 Connor, I know that you had a really interesting
33:50 part-time job when you were a student here.
33:53 Do you wanna share for a minute
33:56 what your part-time job was when you were here?
33:59 - Sure, yeah, I did.
34:01 I had so many different jobs and whatnot
34:04 all through college.
34:05 So I was a tour guide, that was a fun time,
34:07 that was like an on-campus job.
34:09 But separately from that,
34:11 I think from like my sophomore year to my senior year,
34:13 and honestly even in my professional life pre COVID,
34:17 I would get shifts every now and then.
34:20 I worked at a bar right across the street from Suffolk.
34:24 I see it on campus called Barracuda Tavern.
34:28 I worked there a couple nights a week
34:31 just for some extra cash to have around.

34:33 But again, wouldn't have had the opportunity,
34:35 had it not been for...
34:37 It was literally like a two second walk from my dorm.
34:41 So I would get out super late, go and sleep
34:44 literally two seconds down the street.
34:46 And so that was a really fun time.
34:48 And I always say that everyone should have a job
34:51 in the restaurant industry at some point or another.
34:54 So it was a really fun time,
34:57 again, thanks to Suffolk's location.
34:59 - There definitely are so many opportunities
35:02 around our institution, around our campus,
35:08 so it's pretty easy to find a part-time job
35:12 to be able to supplement while you're in school.
35:15 We are gonna go to our next poll question,
35:17 which is how comfortable are you with building your network
35:20 for your future career?
35:23 And while you are answering that question,
35:26 building your network is a very important aspect of life
35:29 at Suffolk, and we offer many opportunities to do so
35:32 through our alumni association
35:34 and employer networking events, career fairs, mentoring
35:37 and job shadowing programs,
35:39 plus campus and classroom guest speakers to name a few.
35:43 To our panelists, can each of you share
35:45 how Suffolk has helped you build your professional network
35:48 through these programs?
35:49 And I'll also mention that if you are willing,
35:53 if you wouldn't mind panelists,
35:55 sharing your contact information in the chat
35:58 so that students can connect with you if they want to
36:01 outside of the session.
36:03 Brittany, do you wanna start us off?
36:06 - And if anyone answers this poll question
36:08 as you're not comfortable, then please email me
36:11 and don't even worry about a thing,
36:13 cause I was in the same boat
36:15 and now I'm kind of on the other side of things.
36:16 So please feel free to reach out.
36:18 I'll just preface it with that.
36:20 But I'm actually an alumni mentor right now
36:23 in the ramp program.
36:25 So you'll find out about that when you're at Suffolk.
36:27 And you get matched with an alum who has expertise
36:31 or likes to talk about certain interests that you have.
36:33 So it can be anything from someone who works
36:36 in a specific industry who likes looking at resumes,
36:39 cover letters, doing mock interviews with you,
36:42 to someone like me who studied abroad and can give you like
36:45 the 10 things you must do when you're abroad
36:47 and what to think about.
36:49 So when I was at Suffolk,
36:51 I definitely felt timid reaching out to alumni
36:53 because I was like, Oh, I don't wanna bother them,

36:55 like, they're so busy,
36:57 they probably have a million things going on
36:58 they don't need this Suffolk person emailing them.
37:01 But honestly, being a mentor now,
37:03 like getting those emails as the highlight of my week.
37:05 I've worked with so many different students,
37:07 people have gotten internships
37:09 and just connecting them with people.
37:10 So know that as much as you might get out of
37:13 an alumni mentor relationship, I get out 10 times more,
37:18 and I absolutely love it.
37:19 And just throughout your career, you're gonna have a network
37:23 literally across the entire globe.
37:24 Like I know people in every continent besides Antarctica.
37:28 But you never know these days, people are living there.
37:30 But it's truly a global school.
37:33 You're gonna meet people who will change your perspective
37:36 and just take advantage of that network
37:38 for the rest of your life.
37:40 And I'm actually on a young alumni board
37:42 through Suffolk as well.
37:43 So graduates of the last decade.
37:45 So I've gotten to work with a few amazing people
37:46 on this call, shout out to Jennifer.
37:48 And it's just been awesome,
37:50 just to keep in touch with the Suffolk community
37:52 and do events like this.
37:53 So know that someone like me who's so far out
37:57 is still super involved
37:59 and your network will always be there for you.
38:09 - Connor, do you wanna--
38:10 - Ah, I'm next.
38:11 Sorry, I didn't have the agenda right in front of me.
38:15 Yeah, absolutely.
38:16 So I mean, Suffolk alumni really like,
38:20 I feel like a lot of us, and I feel like Brittany and myself
38:23 are shining examples of this,
38:24 really have an affinity for the city of Boston.
38:28 And we tend to stick around.
38:30 Just two examples of ways that alumni connections
38:33 have helped me out was actually internship at Mass General.
38:38 Two of the PhDs who I worked directly with,
38:41 were both undergraduate alumni's of Suffolk University.
38:45 And so really they....
38:47 It was a matter of happenstance that I got the internship
38:50 in the first place,
38:51 but once we realized everyone was a Suffolk alum,
38:53 it was just a really nice connection to have.
38:55 And they actually typically will hire Suffolk alums
38:59 at that lab.
39:00 It's the center for addiction medicine,
39:02 if anyone needs an in, I dropped my email in the chat,
39:04 I'm happy to introduce you once it comes internship time.
39:07 But actually, separately

39:11 I like to talk to people,
39:13 it's basically what I do for a living.
39:16 And when I was working at the bar
39:19 that I mentioned previously, I actually met
39:22 someone who ended up being my boss
39:24 at my current role at Brandwatch.
39:27 He had come in, struck up a conversation,
39:31 and I think probably like a year or two later,
39:34 he messaged me on Facebook and was like,
39:36 "Hey, you're a Suffolk alum, we have common interests.
39:38 I'm looking for someone on my team,
39:40 I think that that could be you."
39:41 And I got hired into the role that I'm in now.
39:44 So really kind of just with the city of Boston
39:47 being your backdrop here, you have this vast network
39:52 even if you don't know it,
39:53 like even if you're just striking up a conversation
39:55 with someone on the street, they could be a Suffolk alum.
39:58 I mean, there's obviously more formal networks
40:00 for you to take advantage of,
40:02 and there's things like,
40:03 I think it's called the ramp program
40:04 that Brittany is a part of.
40:07 And there's certainly those opportunities.
40:09 But the opportunities are everywhere.
40:11 And that's something that I really wanna stress
40:13 in my my message here.
40:16 And I think, yeah, Abby I'll toss it over to you.
40:20 - So I'm gonna step in here for just a moment
40:22 and we have about four minutes left.
40:25 So I want to just take a quick look
40:28 at the poll question answers.
40:31 And it looks like a majority of participants on the call
40:37 feel pretty comfortable with networking, which is awesome.
40:40 And about 20% are unsure.
40:44 I find that still I'm learning about networking
40:48 and comfort definitely increases over time,
40:52 but Suffolk gives you lots of opportunities to network.
40:54 So thank you, Brittany and Connor for sharing.
40:58 And so we'll go to our last question.
41:00 As I said, we've got about four minutes left,
41:02 so very quickly to our panelists,
41:05 can you share a piece of advice that you have
41:09 for admitted students who are thinking about
41:12 coming to Suffolk?
41:15 - Yeah, absolutely.
41:16 I think I've said it already before here
41:19 but I'll say it again.
41:21 Don't be afraid to carve your own path.
41:23 And don't be afraid to backtrack
41:25 down the path you've already taken and forge a new one.
41:29 I wouldn't have wound up in the place that I'm in currently
41:34 if I was complacent and if I had just been
41:37 ignoring my gut feeling.

41:41 And I was able to really explore everything,
41:43 thanks to Suffolk.
41:44 And able to make decisions
41:47 that went against the plan that I had originally had
41:49 when I was an 18 year old freshmen.
41:51 And so, yeah, I just wanna leave you with that, of like,
41:55 your major may change but the experiences that you get
42:00 at Suffolk, those are gonna help you
42:03 regardless of the path that you take
42:04 in your professional career.
42:05 So be okay with being flexible.
42:10 - Yeah, I'll jump in to just to give a quick tip.
42:13 I'll say one thing is, explore the resources
42:16 that Suffolk does have to present to you.
42:19 Come in open-minded and just try, give everything a feel
42:23 if that's how you wanna go about your decision-making.
42:27 Give everything a chance and be open to other things.
42:29 Definitely get involved in something that you're
42:33 passionate about in Suffolk.
42:34 And that would help in networking in itself.
42:39 I'm open to network with anybody.
42:41 My LinkedIn is Godfred Afeghara,
42:42 just the way it's spelt on the Zoom.
42:44 And I'm free to any questions
42:46 you might have about the transition to Suffolk.
42:49 So I'll drop my email in the chat room,
42:51 just if you have any extra questions
42:53 and need help with your transitions to Suffolk.
42:58 - And to answer this question,
43:00 I think it's just so important to recognize
43:03 that you guys are making an important decision
43:06 but it's not permanent.
43:07 You can always just as Godfred, he transferred to Suffolk.
43:12 You have flexibility, you have options,
43:15 and Suffolk gives you all of these flexibilities
43:18 and all of these options.
43:19 And I know it might be daunting to think about,
43:22 once you you're graduating college, what's the next step,
43:26 how are you gonna be prepared to be successful
43:28 and get that job?
43:29 And be that person that you might ideally wanna be,
43:32 because you're still trying to just figure out
43:35 where you wanna go to college.
43:36 And life is definitely not set,
43:39 things change as we're experiencing right now,
43:41 we can't be with you guys in person.
43:43 And so I think that it's just so important to understand
43:47 that you would make an amazing decision coming to Suffolk
43:50 because you have the opportunity
43:53 to do anything that you want.
43:55 And as I was saying before,
43:57 experiential learning is just so vitally important
43:59 to further yourself and for about who you are,
44:02 who you wanna be and what you wanna do with your life,

44:04 and how you can impact others in your community.
44:07 And you have the opportunity to do that.
44:10 Just this past winter,
44:12 I was taking a program through the Washington Center,
44:16 which is closely related for our political science
44:18 and legal studies department.
44:20 I was able to ask Jen Psaki who is currently
44:23 the White House Press Correspondent,
44:26 questions about Biden's first 100 days in office
44:30 before she even officially in the White House.
44:33 So we were her first presidential briefing.
44:37 I mean, you do not get these experiences anywhere else.
44:41 I've been asking the former Michael Steele,
44:46 he's a Former Chairman for the RNC,
44:48 the Republican National Committee.
44:50 I mean, these are things that when you think back
44:53 on your college career,
44:54 you never would have thought would be possible,
44:57 but they are at Suffolk.
44:58 And that is why I strongly urge you guys
45:01 to come Suffolk, and we would be so excited
45:04 to see you on campus soon.
45:07 - Well, we wanna say thank you
45:08 to all of you for participating today.
45:10 Thank you to our panelists for being here.
45:13 Jennifer, do you wanna close us out?
45:16 - I would love to.
45:17 As Carrie said, thank you all so so much
45:20 for joining us today.
45:22 I hope that we answered some of your questions
45:24 and we're able to tell you a little bit more about Suffolk.
45:27 Please see in the chat real quick
45:30 if you didn't get anybody's contact information
45:32 to reach out afterwards.
45:33 Or you can always email us at admission@suffolk.edu
45:37 if you wanna get in touch with any of our panelists
45:39 or just have any further questions.
45:41 Good luck with the rest of the school year.
45:43 Everybody be safe and be well
45:45 and have a good rest of your day.
45:47 Take care.