

Career Week 2021

Guidelines when creating your video:

- The video must be recorded in MP3 or MP4 format, in order to be compatible with our student communication portal (Canvas).
- The video length should be between 5 and 10 minutes.
- Please make sure to record the video in a well-lit, noise-free room.
- Videos must be emailed by **April 9** to mwalinskas@vjmh.org. If your file is too large to be sent via email, you may submit your video via a cloud based-service (i.e. Google Drive, DropBox, etc.) and simply email the download link to mwalinskas@vjmh.org.
- Please contact Mary Beth Walinskas '96, Alumnae Relations Manager, with any questions at mwalinskas@vjmh.org or 215-357-8810 ext. 208.

Ideas/questions to address in your video:

- How did you get to where you are today?
 - Was this something you wanted to do since childhood?
 - For *Alumnae*: Did your Villa experience influence your career choice in some way? If so, how?
 - What was your major in college?
 - Did you have one major and stick to it or did you switch majors?
 - Did you know exactly what you wanted to do when choosing your major?
 - (*We would like the girls to see that they are not necessarily locked in to a major/career once they choose, and it is ok for them to not know what they want to do or change what they would like to do.*)
- Give the girls some suggestions on what to do in college...
 - What classes should they take? Electives?
 - Are there professional organizations they can join in this career?
 - Should they look into any particular clubs or organizations on campus?
- What is your job?
 - What do you do?
 - What are your tasks?
 - What do you do from day to day?
 - Is there advancement potential?
 - Did you start out in this position, or did you move up in time?
 - How can you best advance in your particular career?
 - Are there tests you need to take, or additional education required, in order to obtain a position or to advance in your job?
 - What is the job market like in this career?
 - Would you ultimately recommend this career? Why?
- What one piece of advice would you give to your high school self?
- Feel free to include any other information you think may be helpful to our students.
- You are welcome (but not required) to include your contact information for students to reach out to you with questions about your career.