

### **Added Discussions for ENGR 493:**

These discussion modules are to be addressed once a month in addition to your Co-op Clog updates. I.e. Co-op students on a weekly schedule will include a discussion once a month; Co-op students on a monthly schedule will include a discussion in each update. You may choose from the options below.

#### **1. Article Discussion: Emotional Intelligence in the Workplace**

Read the following article on emotional intelligence in the (internship) workplace.

<http://www.inc.com/justin-bariso/emotional-intelligence-101-why-a-group-of-interns-got-fired-for-fighting-the-dre.html>

What are your thoughts on emotional intelligence in the workplace? Address one of the 3 “lessons” in the article. Do you agree or disagree with this lesson and why? Give an example from your Co-op site to support your response.

#### **2. Project Brainstorming: What Could Help Your Workplace?**

Write a post on a project or endeavor that you think could help your Co-op site be more effective or efficient. Why would this be helpful to the organization? What are the pros and cons of a project like this? Brainstorm how you would go about setting this up, who you would talk to, and what you would need to make this happen. BONUS: Have you thought about bringing this up with your supervisor or co-workers?

#### **3. Video Discussion: Good or Bad Presentations--can you tell the difference?**

You can either find Youtube videos of a good (effective) presentation or bad (ineffective) presentation and explain why you found the presentation to be good or ineffective. Or if you were not able to find presentation examples, you may use the presentations below. Share if the following presentations are good or bad and pick out 5-10 good/bad things from each one with explanations.

- <https://www.youtube.com/watch?v=3rQeDXb9iLc>
- [http://www.ted.com/talks/melissa\\_marshall\\_talk\\_nerdy\\_to\\_me](http://www.ted.com/talks/melissa_marshall_talk_nerdy_to_me)

#### **4. College of Engineering Career Day (October 12): Reflection Post**

The College of Engineering Career Day is October 12, from 1:00 - 4:00pm, in the Campus Center Ballroom (mark your calendars!). Attend the career fair and in your write up include the following: name of employers you met with and type of company, types of jobs they were recruiting for, and reflection on if you would qualify for the jobs they were hiring, how you qualify and if you didn't meet all qualifications, what additional things would you need to do (study/work) to be able to qualify for the position. BONUS: Bring a copy of your updated resume and ask for feedback from employers. Ask if the information on your resume is what they look for in applicants and share their responses.

### **5. Time Management: How do you do what you do?**

It can be a challenge to balance work, classes, homework/projects, and personal activities. Share an organizational and time management method/tool that works for you and how you are using it this semester. Provide an example of your weekly schedule and share 2-3 time-management tips that were effective for you. What are the biggest challenges you face in your schedule?

### **6. Conduct an Informational Interview**

An informational interview involves talking to people working in a specific field in order to obtain a better understanding of a career occupation or industry. For this discussion, conduct an informational interview with a Co-op site mentor or experienced co-worker. Include the name and title of your interviewee and provide the questions and responses from the interview. What was your main takeaway from the interview? How has the information gained from the interview impacted or not impacted your future career plans?

Quick tips on Informational Interviews:

<https://www.themuse.com/advice/5-tips-for-nonawkward-informational-interviews>

### **7. Concluding Your Co-op Experience (last post)**

As your Co-op experience comes to a conclusion, what do you feel have been your major accomplishments? What new skills or abilities have you gained? Discuss at least two areas of personal-professional growth over the length of your Co-op experience. Describe your impact to the organization. What did you contribute? Did you work on any short- or long-term projects? And going forward (whether continuing in Co-op or graduating and transitioning to full-time work), what are your personal-professional goals both in the short- and long-term?