

## 2025 Khanna Career Connections Conference Sessions List

### **Going Places: How Study Away Prepares You for the Working World**

*All class levels*

Discover how domestic and international study away experiences can shape your future. In this session, you'll learn how stepping outside the traditional classroom builds global awareness, adaptability, and the professional skills employers value most. Whether you're headed across the country or across the world, study away can give you a competitive edge in your career.

### **Push Your Limits: Thriving Outside Your Comfort Zone**

*Freshman and Sophomore*

Growth happens when you challenge yourself. This session encourages students to take on difficult tasks, embrace new experiences, and gain confidence through overcoming discomfort.

### **Emerging Leaders: Making an Impact Early in Your Career**

*All class levels*

Leadership isn't just for managers. This session focuses on how to demonstrate initiative, build influence, and lead effectively even in your first job.

### **Lead Boldly: Building Confidence in Any Setting**

*Freshman and Sophomore*

Confidence can be your biggest career asset. This session will offer tools to help you overcome self-doubt, speak up, and lead with conviction no matter your role or background.

### **Own Your Voice: Confidence in Action**

*Junior and Senior*

Confidence is a skill you can build. This session offers practical strategies to help you speak up, take initiative, and present yourself with assurance in both academic and professional settings.

### **Breaking the Illusion: Overcoming Imposter Syndrome**

*All class levels*

Many high achievers feel like they don't belong: this session helps you recognize imposter syndrome, understand its roots, and build a mindset that affirms your place and your worth.

## **Make It Matter: Adding Value in Everything You Do**

*All class levels*

Wondering if your efforts are making an impact? This session helps you connect the dots between your activities, experiences, and long-term goals so you can see and show the value you bring.

## **Real World Money: What You Didn't Learn in Class**

*All class levels*

From budgeting and student loan repayment to understanding your first paycheck, this session covers the financial basics every college grad should know.

## **Beyond the Resume: Telling Your Story in Interviews**

*All class levels*

Your résumé gets you in the door—but your story gets you the job. Learn how to answer common interview questions, share your strengths, and frame your experiences with confidence.

## **Resilience at Work: Bouncing Back & Moving Forward**

*All class levels*

College doesn't always prepare you for the stress and setbacks of the real world. Learn strategies for building emotional resilience, handling feedback, and staying motivated in the face of challenges.

## **More Than a Game: Translating Athletic Skills to the Workplace**

*All class levels*

Teamwork, time management, leadership, and resilience—these are just a few of the strengths athletes bring to the table. Learn how to frame your athletic experience in ways that resonate with employers and boost your career readiness.

## **More Than a Paycheck: Defining Success on Your Own Terms**

*Freshman and Sophomore*

A high salary might sound great—but what about purpose, flexibility, or meaningful work? This session helps students reflect on what really matters to them in a career and how to explore paths that align with their values and lifestyle goals.

## **What Do You Want? Designing a Career That Fits**

*Junior and Senior*

It's easy to chase what's popular or expected, but this session encourages students to press pause and think deeply about their own aspirations. Through guided reflection and discussion, they'll begin to identify what they truly want out of work—and life.

## **Purpose & Payoff: How Philanthropy Can Shape Your Career**

*All class levels*

Philanthropy isn't just about giving—it's about growing. In this engaging session, students will explore how involvement in philanthropy can open doors, expand networks, and build key skills that employers value. Whether through volunteering, fundraising, or advocating, philanthropic engagement demonstrates leadership, initiative, and a commitment to making a difference. Learn how to leverage these experiences on your résumé, in interviews, and throughout your professional journey. Discover how giving back can help you move forward in a fulfilling way.

## **Different is Powerful: Thriving in Diverse Workplaces**

*All class levels*

Inclusive workplaces value different backgrounds, experiences, and ways of thinking—including neurodivergence. This session explores what workplace diversity really means, why it matters, and how students can contribute to inclusive environments. We'll also discuss how to support (or self-advocate for) diverse communication styles, learning needs, and thinking approaches in professional spaces.

## **Surviving Your First Job**

*Junior and Senior*

That first full-time job can be exciting... and overwhelming. This honest, funny session covers how to deal with imposter syndrome, burnout, confusing feedback, and the very real learning curve of starting your career.

## **Workplace Personalities: The Good, the Bad & the Hilarious**

*All class levels*

You'll meet all kinds at work: the oversharer, the spreadsheet warrior, the snack hoarder. This session uses humor and real-life scenarios to explore workplace personalities—and how to work well with all of them (even the annoying ones).

## **AI on the Job: Tools, Trends & How to Stay Ahead**

*All class levels*

Artificial Intelligence is changing the workplace—fast. This session explores how AI is already being used in everyday jobs, how students can leverage tools like ChatGPT ethically and effectively, and what skills will set them apart in an increasingly automated world. It's not about being replaced—it's about being ready.

## **That Was Hard to Say: Navigating Tough Talks at Work**

*All class levels*

Whether you're negotiating salary, asking for help, or bringing up a concern, difficult conversations are part of professional life. This session covers how to approach tricky topics—like feeling stuck, overwhelmed, or undervalued—with clarity and confidence. You'll also learn when it's best to speak up, when to hold back, and how to follow the proper chain of command.

## **Apply Anyway: Decoding Job Descriptions & Knowing When You're Ready**

*All class levels*

Job descriptions can sound overwhelming—but you don't need to check every single box to be a great candidate. This session teaches students how to break down intimidating language, identify what really matters to employers, and confidently apply for roles even if they don't meet 100% of the qualifications.