2022 - 2023 Alumni Career Services Impact Report

Connecting Smeal Alumni with engaging professional opportunities to advance their careers.

https://www.smeal.psu.edu/alumni
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Smeal Alumni Career Services Mission Statement

To deliver the very best programming and services in support of Smeal alumni on their path to career success. Our innovative career coaching, lifelong learning webinars, podcast episodes, online networking, and job search resources leverage the advancement of talented alumni at every stage of their careers. We proudly connect our community to one of the largest, professional networks in the world.

https://www.smeal.psu.edu/alumni/alumni-career-services
One-to-One Career Coaching

Smeal alumni receive five individual career coaching sessions upon graduation, helping clients develop and run a job search or career transition plan.

76 Unique Clients

5 Satisfaction Rating (out of 5)

83% Bachelor Degree

17% Master Degree

Field of Study:
  • Management  • Marketing  • Supply Chain

50% Early Career Stage (0-9 years)

28% Mid Career Stage (10-24 years)

12% Advanced Career Stage (25+ years)

Industry:
  • Finance  • Manufacturing  • Real Estate

“The zoom meetings and advice that my career coach allowed me to be more confident. She helped me with details that I didn’t think of, which greatly impacted how I was searching for jobs and allowed me to find a career I want to pursue.”

“The continuous, relevant information provided to help in my job search and great tips on enhancing LinkedIn.”

Top Client Locations

<table>
<thead>
<tr>
<th>Domestic</th>
<th>International</th>
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</thead>
<tbody>
<tr>
<td>California</td>
<td>United Kingdom</td>
</tr>
<tr>
<td>Connecticut</td>
<td>Canada</td>
</tr>
<tr>
<td>New Jersey</td>
<td>Italy</td>
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<tr>
<td>New York</td>
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<td>Pennsylvania</td>
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Penn State Smeal ACS | www.smeal.psu.edu/alumni
## Drop in Coaching Session Descriptions

Smeal ACS provided another round of free digital group coaching sessions for 66 alumni participants in partnership with the firm HumanQ. Topics spanned from “Connecting to Your Purpose” to “Human Connection & Belonging.” Success skills gained included relationships, self-awareness, and business impact. This program continues to be successful for alumni who take a more holistic approach to career management that includes self-clarity and wellbeing.

<table>
<thead>
<tr>
<th>SESSION TOPICS</th>
<th>MONTHS</th>
<th>NUMBER OF SESSIONS</th>
<th>SESSION DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Topic 1:</strong> Connecting with Your Purpose</td>
<td>November - February</td>
<td>3</td>
<td>This session explores how to connect with your career goals to achieve a certain purpose.</td>
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<tr>
<td><strong>Topic 2:</strong> Embracing Your Authentic Self</td>
<td>November - February</td>
<td>2</td>
<td>This session explores how to create a culture of authenticity in the workplace.</td>
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<tr>
<td><strong>Topic 3:</strong> Harnessing a Growth Mindset</td>
<td>November - February</td>
<td>2</td>
<td>This session explores how to address career insecurities while growing to your full potential.</td>
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<tr>
<td><strong>Topic 4:</strong> Connecting the Dots</td>
<td>November - February</td>
<td>2</td>
<td>This session explores how to connect attributes to become the best version of yourself.</td>
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<tr>
<td><strong>Topic 5:</strong> Human Connection and Belonging</td>
<td>November - February</td>
<td>2</td>
<td>This session explores how to challenge your thinking on making connections in the workplace.</td>
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Drop in Coaching Session Attendee Overview

COMPANIES REPRESENTED

amazon  accenture  BAUSCH+Health
BESSOR PHARMA  Domino’s  HIMSS
Legacy  Microsoft  Council on the Arts
PennState  QorTek  STAAD

Unique Clients

- Analyst
- Manager
- Senior Manager
- Director
- Executive Director
- Vice President
- General Counsel
- President
- Chief Financial Officer
Drop in Coaching Session Impact Results

"Hearing everyone’s perspective on what authentic means to each person."

"Walking away with specific action items."

"An understanding of my unconscious insecurities and how to address these with a growth mindset."

"Insights from the coach and the challenge to change my thinking."

"The steps to thinking through purpose, values, what brings me joy, what’s important, behavior, skills. What was most helpful was when the exercise wasn’t resonating, the Coach approached it from a different direction which clicked."

"Discussion regarding how important culture at work can be on your authenticity at the workplace."

"The group’s openness and the Coach’s leadership."

"Good to think about applications of these principles to the business environment."

"It was great meeting other Penn State folks who are eager and interested in expanding knowledge about how to be your authentic self every day."

SUCCESS SKILLS GAINED

Relationships  Impact  Self-Awareness

AVERAGE SESSION RATING 8.56 /10

AVERAGE COACH RATING 8.63 /10

PSYCHOLOGICAL SAFETY 100%

Participants felt like they had a safe and comfortable setting to voice their opinions and share their thoughts.
Participants committed to taking different actions to both identify their purpose and continue to pursue their purpose.

Participants adopted a growth mindset and took action to be more thoughtful in advance of team meetings and more reflective after meetings to identify opportunities where they can think bigger and drive greater impact.

Participants were engaged in the session and identified actions such as finding smaller venues at work and looking for the right cultural fit during a job search so they can be their authentic selves.

Participants became more strategic in how they connect the dots, for example, synthesizing their experiences and interests for future success and adapting communications for different stakeholders.

Participants found the sessions helpful in finding their purpose and took a more strategic and thoughtful approach to their job search.

Participants valued the opportunity for self reflection and connecting with others – they connected on LinkedIn after the session so they could continue to support one another.
Job Opportunities
nittanylionCAREERS hosts job postings, LionLink connects students to a professional alumni network, and executive search firms connect with Smeal ACS to recruit experienced talent.

2,121 Smeal Alumni Job Postings

Desired Degree Level

- **64%** Bachelor
- **18%** Bachelor/Master
- **6%** Associate/Bachelor
- **4%** Associate/Bachelor/Master/Doctoral
- **2%** Master

Desired Major:
Accounting, Management, Finance, Labor Relations (in combination with business for positions in Human Resources)

Employer:
Marriott International, AlphaSights, Commonwealth of Pennsylvania Department of Energy, Baker Tilly

LOCATION:
- New York NY
- Pittsburgh PA
- Harrisburg PA
- Philadelphia PA
- Bethesda MD