



Work Well is a series of Well-Core events curated by the Office of Career & Professional Development, designed to equip students to develop career readiness skills and engage in career planning.

WORK WELL Spring 2025

Developing Cultural Competency: January 15th, 10-11am in 1034 JAAC

Interacting across cultures brings a myriad of assumptions and values to the conversation. Come learn about the different aspects of culture based on Hofstede's Cultural Dimensions Theory in order to improve your own intercultural competency when communicating with people with values different from your own. *Sponsored by Global Bruins.*

Lumos Traveler and Fulbright Scholar, Aaron Kleinschmidt. Friday, January 17, 10am, 1037 JAAC
Learn from Belmont grad and double major in Spanish and International Politics as he shares about his travels to Guadalajara, Mexico for four months to support immigrants and engage in an international development program. *Sponsored by Lumos*

Martin Luther King, Jr. Week Lecture, Dr. Corey D.B. Walker: Wednesday, January 22, JAAC, Gabhart Chapel
Dean of Wake Forest University School of Divinity, Dr. Walker, is a distinguished scholar and leader with a deep commitment to human flourishing. *Sponsored by the Martin Luther King, Jr. Week Committee, the Office of the Provost and the Office of Career & Professional Development.*

Examining Our Social Identity: January 22nd from 10:00am –11:00 am, Rogers 100

Many of us operate under the assumption that we do not have a true culture specific to who we are. Come to this hands-on workshop to dive into who we are and how that impacts our values/assumptions. *Sponsored by Global Bruins.*

Work Well # 1 | My Career Plan Made Easy, Friday, January 24, 10:00am-11:00am, Rogers 103

My Career Plan will equip you to develop your strategy for discovering your purpose and achieving your career goals. Everyone's journey is different, but every job requires a combination of education, practical experience, and relationships. Jump in anywhere to get started. Learn how to track your career planning progress through Suitable. Complete the tasks and events in the experience sets of Explore, Prepare, Connect, and Flourish to earn your My Career Plan achievement. *Sponsored by Office of Career & Professional Development*
Contact person: Mary Claire Dismukes

Work Well # 2 | Explore | Understand Yourself, Friday, January 31, 10:00am-11:00am, JCM 2nd Floor
Flourishing Lounge

Want to learn more about career readiness, career planning, your personality, interests, values, skills, & strengths, and what career options to consider? This session will provide interactive activities and show you how to access a free career assessment tool. *Cosponsored by Office of Career & Professional Development, Be Well BU and Student Success & Flourishing.* Contact person: Mary Claire Dismukes

Power Skills Conference Keynote: February 5, 10:00am, Ayers 4th Floor Conference

This event will be focused on the NACE career readiness competencies and employer connections. *Sponsored by the Massey College of Business*

Work Well # 3 | Flourish | Do Something Joyful Every Day, Feb 10, 10:00am, JAAC 1034

Finding community, discovering hobbies, and getting into a rhythm of work-life integration can feel challenging. Join us for some fun activities and meet inspiring members of the Belmont community who have discovered how to find joy in the day to day. Contact person: Mary Claire Dismukes. Social Wellness credit.
Co-sponsored by Office of the President, Office of Career & Professional Development and Global Honors

Black History Chapel Speaker, Rev. Reginald Sharpe, Wednesday, February 12, 10:00am, Gabhart Chapel
Sponsored by The HUB and Office of Spiritual Development

Pathways of Purpose Retreat, Saturday, February 15, Off-Campus, [Registration required.](#)

Multiple Well-Core credits can be earned by participants. *Cosponsored by University Ministries, Office of Career &*

Professional Development and Office of the Formation and Leadership

Homecoming Spirit Session, Friday February 21 1:00pm, Beaman Student Life Center

Join us for fun and community building activities with fellow students and alumni centered around the Bruin Spirit.
Sponsored by the Homecoming Committee

Work Well # 4 Connect | Equity and Inclusion in the Workplace, Monday, March 3, 10:00am, JAAC 1034

What does it mean to bring your whole self to work, feel valued and have a voice? Join us to learn from organizations who have made a commitment to practicing equity and inclusion and how today's students can identify companies and demonstrate the awareness and skills needed to equitably engage and include people from different local and global cultures. Conversation will also include when/if to disclose documented disability in the job search. *Cosponsored by College of Education and The HUB.*

Women's History Kick-off Chapel: Monday March 17, 10:00am Gabhart Chapel

Moving Forward Together! Women Educating & Inspiring Generations.

Sponsored by the Women's History Committee

Leadership Lately: Offered 4 dates: Mondays in March

Students will learn about various BOLD leadership competencies and discuss topics on the latest in leadership research, books, trends, authors, opportunities, or student experiences across campus, in the Nashville community or across the globe.

Sponsored by Belmont Office of Leadership Development

Work WELL # 5 | Prepare | Navigating the Transition from College to Career, Monday, March 17, 10:00 a.m.-10:50 a.m., JCM 570. Contact Person: Rachel Walden

Are you a graduating student facing the transition to life after Belmont? This season can be filled with both hope and anxiety as you consider preparing for your future career, navigating relationships, planning your finances and more. Join us for a supportive, interactive event with Belmont staff and alums who are here for you!

Co-sponsored by Career & Professional Development & Counseling Services. Emotional Well-Being credit.

Work WELL #6 | Prepare | Presentation Skills, Monday, March 31, 10:00am in JAAC 1034

Preparing your SPARK presentation? The SPARK symposium is a special opportunity to present your work across various disciplines at Belmont. Come to this event to hear tips and tricks from faculty across Belmont about how to give a rich presentation that is also broadly accessible to students and faculty. Whether you are giving a talk, a gallery, a poster, or a performance, and if this is your first or fifteenth presentation, we will have advice that will improve your preparation! *Co-Sponsored by Career & Professional Development and SPARK Symposium.*

Global Opportunities Abroad: April 4th from 10-11am in JAAC 1037

Thinking about what to do after graduation? Interested in a global experience? Join the Belmont staff and faculty who provide support for student applications for post-graduation fellowships abroad to learn more about opportunities such as Fulbright Awards, the Peace Corps, and Belmont's own Lumos Travel Award. We will review these unique opportunities along with ways to prepare for applying. *Co-Sponsored by Global Bruins, Office of Career & Professional Development and Office of Sponsored Programs.*

RiseStrong, 3/31-4/4, *Sponsored by Office of Formation & Leadership*

Throughout the week, the University hosted a series of informal "pop-up" events for students across campus, creating space for reflection of personal stories around resilience, growth and overcoming adversity.

Contact: Joe Mankowski (joe.mankowski@belmont.edu)



**Career & Professional
Development**

We equip students and graduates to explore their interests, pursue purpose, develop career readiness skills, form meaningful relationships, and achieve career goals.

Work Well # 7 | Flourish | Negotiating Salary and Perks, April 7th, 10:00am, JAAC 1034

Learn from a panel of seasoned HR and recruiting executives as they share tips and strategies for navigating this potentially awkward conversation. Know your worth and make your job offer count!

Contact: Mary Claire Dismukes

Creative Professionals Lecture Series: The Creative Path, Alumni Edition, April 7th, 5:00pm-6:00pm

Alumni will share their career journeys, speaking to what led them down the creative entrepreneurial pathway and what it takes to operate as a commercial illustrator and product-based business owner.

Occupational Well-Being Credit. *Co-sponsored by the Watkins College of Art and Career & Professional Development*

Contact: Rachel Walden Griffin

Belmont Student Leadership Awards

April 9, 5:30 p.m.; Maddox Grand Atrium

Sponsored by Belmont Office of Leadership Development

Work Well # 8 | REACH- Honing your Cover Letter, April 11, 10:00am, JAAC 2090

As we look into summer, we need to reflect on the experiences we have created. This partnership with OCPD will help students craft stronger cover letters for future employment or education opportunities. Contact:

michael.hudson@belmont.edu

Belmont SPARK Symposium, April 16 (Classes Cancelled)

Self-Paced Programs

[My Career Plan](#) in Suitable. This self-paced path will guide you through action steps you can take to discover your purpose and achieve your career goal

Spring 2025 Recruiting Events

Healthcare & Helping Professions Spring Career Fair, Tuesday, January 28th, 1:00pm-3:00pm, Beaman Student Life Center Lobby **Occupational Well-Being Credit**

Contact: Gary Boling (gary.boling@belmont.edu)

College of Education Career Fair, Tuesday, January 28, 4:00pm-6:00pm, Beaman Student Life Center

Contact: Mary Claire Dismukes (maryclaire.dismukes@belmont.edu)

Part-Time Job & Summer Fair, February 7, 10:00 a.m. – 12:30 p.m., Ayers Conference Center | 4th Floor Rooms C & D

Meet employers looking to hire students and alumni for strategic part-time and summer work in a variety of sectors. Just exploring? No problem! Bring copies of your resume to give to employers. Check out the resources section of Handshake for tips for making the most of your career fairs as you prepare for the event. **Occupational Well-Being Credit**

Contact: Morgan Champion (morgan.champion@belmont.edu)

O'More VOCO Expo | Architecture and Interior Design, Monday, February 10, 1:00 p.m. - 4:00 p.m.



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Maddox Grand Atrium

Contact: Emily Kynerd (emily.kynerd@belmont.edu)

Curb College Internship Fair, March 5, 10:00am -12:00pm

Contact: Rachel Zola (rachel.zola@belmont.edu)

Fashion Portfolio Review and Mixer | Fashion Design and Fashion Merchandising, Wednesday, March 26,
5:00 p.m. - 7:00 p.m., Hitch

Now Hiring! The Entertainment Industry Career Fair, April 2, 2024: 9:00am-11:00am

Contact: Rachel Zola (rachel.zola@belmont.edu)

Nashville Area Career Fair. April 2, 1:00pm-4:00pm, Nashville Fairgrounds

Occupational Well-Being Credit

Contact: Morgan Champion (morgan.champion@belmont.edu)



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