Keeping Up With Professional Development During A Pandemic

1) Lessons/Topic Covered: The coronavirus pandemic is changing the way employees and businesses are approaching professional development, with many opting—at least for now—for online interactions.

2) Mentee Objective covered:
   a) Discuss the effects of the pandemic on industry and how it has changed the job market to include current intern’s experiences in virtual setting opportunities.
   b) Discuss suggested ways that companies can/are keeping employees engaged.
   c) Discuss reservations or concerns one may have about turning-on their camera.
   d) Discuss best-practices for behaviors when the camera is on.

3) Goals/Objectives of this Lesson:
   a) Discuss and compare what alumni/students are facing in academic, business and social setting:
      i) Benefits of social media
      ii) Social media platforms
      iii) Camera-on culture
      iv) Regular check-ins
      v) Maintain normalcy
   b) Discuss how alumni/student avoid burnout with working from home
      i) Take breaks
      ii) Make a reward system
      iii) Set boundaries
      iv) Try to stick with normal work routine

4) Sources

5) Read Ahead/Homework Assignment
   a) Utilize the sources above to increase topic conversation between mentor and mentee.
6) Lesson Notes
   a) Discussion of the Current Pandemic
      i) How has the pandemic changed your daily routine?
      ii) Has the pandemic changed your academic goals in any way?
   b) Discuss what is being done in companies to motivate the employees.
      i) How are companies keeping employees engaged?
      ii) How are student interns adapting to a virtual internship setting?
   c) Discuss the virtual aspects both positive and negative.
      i) Have either of you found virtual setting easier or harder?
      ii) Will either of you try to implement any of the suggested best practices for behavior when the camera is on?
      iii) Will either of you try some of the suggestions for avoiding burnout in your daily routine?

7) Post Lesson Assignments
   a) Based on the discussions, reflect on how your experience played out with engaging your mentor/mentee.
      i) Was it successful?
      ii) How could you have handled it differently?
   b) Based on your reflecting, let’s pinpoint different podcasts, books or other resources to make you more socially aware and able to ensure you’re making a positive impact in keeping up with Professional Development During a pandemic. Being aware is the key to making a difference.
      i) Given the current situation—it would be beneficial to engage others in conversation—to discuss what they have encountered regarding keeping up with professional development during a pandemic.

8) Lesson(s) Learned Feedback
   a) Include any lessons learned from this module.