

THE NETWORK

Business Alumni Network (BAN)

Fall 2020

What is BAN?

The **Business Alumni Network** is for all alumni who are part of the business industry, whether you are a recent graduate or someone with significant experience. We are made up of good, dedicated people, who are proud of our careers, education and the University of St. Francis community.

Why Join?

This network provides beneficial networking opportunities, social events and fosters relationships between students and alumni. The group assists alumni looking for jobs, changing careers, hiring employees or just looking to reconnect with other alumni. By creating this network, a variety of backgrounds, experiences and talents are made available as a resource to others.

How Else Can You Help?

Consider hiring fellow USF alumni at your place of business or connect us with your employer for a corporate partnership and tuition discount.

Editor: Emily Schrader
Accounting, Management, and Supply Chain Management Major

Upcoming BAN Meetings & Events

As a result of COVID-19, all meetings are being held in a virtual format. Make sure to register for the meeting in advance, in order to have the meeting link sent to you.

To register for meetings and events, please visit our [events](#).

For More Information or to join,
call (877) 811-ALUM or by email at alumni@stfrancis.edu



In This Issue

- Combating Zoom Fatigue
- Tips and Techniques to Prepare for Virtual Interview
- Servant Leaders Group
- How to Prepare Yourself Physically and on Social Media for Interview
- Sites for Potential Job Seekers
- Alumni Job Search Advice
- Student Spotlight
- COBHA Has a New Look!

INTERESTING TOPICS

The Fall 2020 BAN Newsletter will be highlighting the changes that COVID-19 has had in the workplace and ways in which employers are recruiting interns and employees.

To help support BAN members, our Fall 2020 issue is dedicated to tips and techniques for successful career seekers and students alike.

What causes *Zoom Fatigue* and how to combat it?

After a long day of work or school video conferencing calls, do you feel so tired or feel like your eyes are going to pop out of your head? If so, you may be experiencing a case of *Zoom Fatigue*. The Harvard Business Review provides research to back this phenomena.

Causes:

- Video calls force people to focus intently on conversations in order to grasp the necessary information
- Constant distractions on the computer or cell phone (i.e. checking emails or social media in a different tab)
- Worrying about family members or roommate distractions/interruptions
- The need to “constantly gaze” at the computer screen to prove you’re paying attention
- Worried about your appearance because you can see yourself on Zoom

Solutions:

- Limit length of meetings to 25 or 50 minutes
- Allow cameras to be turned off if someone is not speaking
- Require plain backgrounds
- Change some video meetings to phone calls/emails if possible

Tips and Techniques to Prepare for a Virtual Interview

- . Ask interviewer for ways to contact them in case of technical difficulties
- . Research company online in order to come up with questions for the interviewer
- . Develop responses to possible questions asked by interviewer
- . Practice mock interview with someone
- . Send thank you/follow-up emails after interview



Servant Leaders Program and Upcoming Events

The purpose of the Servant Leader program is to gather a group of students who can 1) first explore for themselves what it might mean to see your work as a vocation - a way to lead a purposeful life based on Gospel values, and then, 2) help fellow students do the same.

Students struggle daily trying to balance academics with the rest of life. Many students are searching for meaning beyond a degree or paycheck. COBHA wants to be more than a degree-granting institution. It can help students grow spiritually. Servant Leaders will serve in the role of mentor, event organizer, faith development, and other related Catholic and Christian perspectives that would enhance the faith-based direction of the college. The University of St. Francis is a faith-based institution with the Franciscan and Catholic traditions. This faith component is central to a COBHA. This newly transformed College will appeal to and strengthen those students who wish a more dedicated focus on their spiritual life and a closer relationship to God.

Ultimately, the goal is to follow the path of Christ who said in Matthew 5:16, "In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven."

Servant Leaders will serve in the role of mentor, event organizer, faith development, and other related Catholic and Christian perspectives that would enhance the faith-based direction of the college.

2020-2021 Servant Leaders

Nicole Kulon
Elizabeth Badalamenti
Justene Charlesworth
Mary Mathieu
Michael Nickel
Rexesha Hollis
Russell Egan
Taylor Petz



2020-2021 Faculty Shepherds

Orland Griego
Bonnie Covelli
Amanda Dore

The Servant Leaders hosted the following events and activities during the Fall Semester 2020:

-Pumpkin Painting and Q&A with Heap's Pumpkin Patch

-COBHA Food Drive

-National Mental Health Awareness Week with Grab and Go Event, Prayer Service, and Creative Art Submission Event



HOW TO PREPARE YOURSELF FOR A VIRTUAL INTERVIEW - PHYSICALLY AND ON SOCIAL MEDIA

- Check lighting and height of camera before interview
- Select a plain background
- Wear professional clothing
- Make your social media pages private
- Remove any inappropriate posts or items tagged in from social media
- Always wear full attire because you never know if someone will ask you to stand up
- Find a quiet space in your house
- Background should not give anything away about yourself



SITES FOR POTENTIAL JOB SEEKERS

- *Jobs4people.com*



- A division of the Will County Workforce Division that assists people of all ages with their job search

- *Indeed*



- An online platform that helps people search for jobs and upload their resumes

- *Zip-Recruiter*



- A way for companies to list their jobs and connect to great job candidates

- *LinkedIn*



- Allows people to connect with fellow students, recruiters, and employees

. *Robert Half*

- . Has a job seeker button to find local Robert Half jobs in your area

. *Career Services at University of St. Francis*

- . Maribeth Hearn and her Career Success Center Team will help review your resume, practice mock interviews, as well as set you up for success on your job search!

. *Handshake*

- . A platform similar to that of LinkedIn where students can sign up for Career Fairs and connect with other students through various college platforms

. *AICPA and ICPAS for Accounting Professionals*

- . The ICPAS has links to various accounting-related jobs on the main page of their website (<https://www.icpas.org/>)



RECENT NEWS

Save the Date!

BAN is hosting a webinar series in February/March 2021 about various topics associated with alumni job search after graduation, as well as Financial Literacy. Look out for exact dates and times!

USF Centennial Campaign

The University of St. Francis is celebrating 100 years in 2020! With the celebration of the 100th year of education at St. Francis comes an increased amount of activities for students, families, and alumni! An increased amount of service by students and faculty is another goal of the USF and members of the USF community are encouraged to track their hours at <https://www.stfrancis.edu/centennial/>. President Johnson has emphasized that “USF is embarking on a Centennial Campaign with strategic initiatives that will help to beautify campus, increase scholarships and honor [USF’s] heritage.”



COBHA Speaker in Spring 2021

The College of Business and Health Administration is hosting a virtual Spring 2021 Business Symposium in February/March 2021.

**The topic of this symposium is “Sustainability in Light of Resources– Hosted by IKEA Corporation Supply Chain Management.”
More details to follow in the near future.**



ALUMNI SPOTLIGHT



Name: Melissa Smrz

**BBA in Finance and Management from USF in
2018**

**Topic: Her Job Search and Tips for Fellow
Job Seekers**

The pandemic has affected everyone differently, but for me before everything shut down in March I was already preparing myself to search for a new job as the role I was in had been less than ideal for me. It was my first employer after graduating USF and I felt some obligation to stay with them for a couple years, but realized there were not the opportunities for growth or resources available for me to stay with them long-term. When the pandemic hit though, the company prioritized sending everyone home to work until things re-opened, there were some less than ideal solutions which compromised a work/life balance aside from unpredictable overtime hours unlike ever before with production volume. Due to the nature of the department there also seemed to be no ideal time to resign, but there was also a lack of personal time outside of the role to apply and interview for other roles. At that point it felt like I was at the mercy of the company and the role with no real way out. With a tough decision I realized myself and family were a priority, and I needed to resign in order to find something better for myself and my future long-term. Now, I am a few months into my search and am looking for roles with the opportunity for personal and professional growth. I've been exploring everything from buying/purchasing roles, financial and data analysts, and even some staff/project accountant roles. Something where my analytical nature and ability to problem solve could be put to good use. Something that allows for growth either departmentally or with the company, and can make some sort of real impact. In my roles after graduating, I gained work experience but also realized that there are many more opportunities available and I need to take the time and effort to utilize my resources and go find them. With this pandemic I realized it's either now or never and I took that leap of faith on myself to find that something better for my future.

1. Find ways to stay positive, job searching has a lot of no's and rejection. Find ways to carry on through it all!
2. Stay connected to family and friends, not only for support but they can be a good way to begin networking for job leads.
3. Find hobbies or ways to gain new skills, it will keep you busy but also help expand skills that could be useful in a new role.
4. Always prepare and do research for an interview. This will help ease any nerves and promote your confidence when talking to the interviewers.
5. Apply to roles that are specific to your skills and future goals. Do not just apply for anything with a one-click button. Keep focused.
6. Update everything and clean up your social media. Besides your resume and LinkedIn, clean up your social pages. With everything so visible online, it's important you maintain a positive online image personally and professionally.

STUDENT SPOTLIGHT



Name: Michael Pruchnik

Double Majoring in Management and Marketing

Graduating December 2020

Favorite Quote: "Control what you can control. Don't lose sleep worrying about things you don't have control over because, at the end of the day, you still won't have any control over them" -Cam Newton

Why did you choose USF for your undergraduate studies?

There were a lot of factors that went into my decision that ultimately led me to choosing USF. I wanted to make sure that the school was a good fit for my learning style. Personally, I learn better in a smaller classroom environment where there is more one on one interaction with the professor. At some of the larger colleges that's not an option because the class sizes are much larger. Second, I bowled in high school and wanted to go to a university where I could continue the passion. USF had a great bowling program established before I arrived and I had already known some of the team members which made it seem like a great fit for me. Finally, the school was only 10 minutes away from my house which made commuting very easy. USF was just a perfect fit.

Why did you pick your major?

My first marketing class with Dr. Vaughan led me to choosing marketing as my minor. Originally, I was a Web Development major with no minor and Dr. Vaughan's class really got me excited about the marketing field and career. I decided to make marketing my minor and shortly after my sophomore year I made the switch to become a marketing and management double major.

Who was/is your favorite professor?

This might be the hardest question to answer because there wasn't a professor at USF that I didn't like. Dr. Vaughan made a huge impact on me and was a major factor in influencing my decision to pursue marketing as a major and as a career going forward. Professor Ferrallo, Dr. Brown, Dr. Gordon, and Dr. Zordan and many more made going to class everyday a pleasure and I can't thank them enough for everything they have taught me during my time at St. Francis.

What are your plans after graduation?

Right now, I'm currently doing an internship with HomeSmart Realty Group of Illinois as their in house marketer. I manage their social media pages and website, but I also do paid per click advertising to help with lead generation which I really enjoy. Given the state of everything in the world and COVID I feel very fortunate to have the opportunity to stick with them after my internship concludes. Down the road I might consider getting a job at a marketing agency focusing on paid per click and SEO because I really enjoy that type of work, but at the moment I'm just thankful to have job opportunity available after graduation.

What are some organizations you are involved with?

I was a part of the St. Francis bowling team during my time at St. Francis and it was one of the best decisions I've ever made in my life. The friends and memories I made from that team will last a lifetime. I got to see some incredible cities like Las Vegas and Nashville, and it wouldn't have been possible if not for the bowling team. I can't thank Coach Talley enough for the opportunity he gave me.

What will your lasting impression of USF be?

St. Francis will always be a place of friendship, community, and family. Everyone at the school is extremely personable and caring. It was normal to walk around campus and have a professor or staff member ask you about your weekend or maybe a sports match that you had. All the professors, staff, and faculty always made the students their number one priority making it feel like a big family. That's what I'll remember the most about St. Francis.

What are some highlight moments from your time at USF?

On the athletics side, I was lucky enough to be the first male bowler to ever qualify for nationals as an individual. I didn't earn many individual accolades, but that was definitely the biggest individual accomplishment I earned during my athletic tenure with the team. Academically, one of the highlights for me was being a dean's list student in every semester at USF. I was also grateful to be able to join Delta Mu Delta which is an international honor society in business administration.

COBHA Has a New Look!

The grant the COBHA received is dedicated to refurbishing COBHA spaces. The goal of the renovation was to encompass Franciscan values within the COBHA physically and educationally.

Phase 1 of the Renovation: New paint, new physical fixtures, new signage, including electronic message boards (completed September 2020)

Phase 2 of the Renovation: New flooring, new classroom chairs, and art mural (Estimated completion December 2020)



CONTINUE YOUR ACADEMIC JOURNEY WITH A USF GRADUATE BUSINESS DEGREE!

Master of Business Administration (U.S. MBA)

A University of St. Francis Master in Business Administration (MBA) provides an innovative customized format that prepares students for the increasingly competitive, technological, global world of management.

Concentrations in:

- Accounting
- Finance
- Management
- Business Analytics
- Health Administration
- Human Resource Management
- Supply Chain Management
- Training & Development

"The MBA program has taught me to develop better critical thinking skills while learning about real world topics that relate to my field. My professors were supportive and invested in my professional development."

- Isabela Valentin MBA 2019



Master of Science Management (MSM)

The Master of Science in Management is appropriate for professionals who want to remain in their specialty field (social work, research and development, engineering, nursing, etc.) but who want to step into a managerial role or enhance their leadership abilities.

Concentrations in:

- ◆ Health Administration
- ◆ Logistics
- ◆ Management
- ◆ Training & Development

Master of Science Health Administration (MSHA)

Masters of Science in Health Administration is designed for students who have knowledge and experience in specific areas of health care, and are seeking a broader understanding of the field.

To learn more about our graduate degree, and certificate programs, please visit <https://www.stfrancis.edu/admissions-aid/graduate-students/>

UPDATES AND HIGHLIGHTS

GRADUATE PROFESSIONAL CERTIFICATE PROGRAMS

Graduate professional certificate programs are designed for those with bachelor's or master's degrees who seek to add a professional credential, and maybe change career direction. USF Graduate Professional Certificates can be obtained quickly, are low cost (just \$399 a credit hour), and are flexible. Completion of certification can be applied toward a graduate degree.

Certifications are available in:

- Accounting
- Data Analytics
- Data Science in Healthcare
- Finance
- Health Administration
- Human Resource Management
- Instructional Design in Online Learning
- Management of Long-Term Care
- Management of Training and Development
- Population Health
- Performance Improvement
- Quality Improvement in Health Care
- Supply Chain Management
- Training Specialist

For more information, email or visit stfrancis.edu/academics/certificates.

Business Graduate International Program Expansion

Good news! USF's master's degree programs are building international influence. Recently, the Higher Learning Commission (HLC) approved expansion of USF's MBA program. The HLC is an organization tasked with the regional accreditation responsibilities for post-secondary education institutions in the central United States.

The HLC approved the Master of Business Administration degree at two universities in Vietnam. Scheduled degree start date is spring, 2020.

Additionally, the HLC approved expansion of our Master of Business Administration with a concentration in Health Administration degree for the Education Ministry for the government of Egypt. Anticipated start date is summer, 2020.

USF continues our existing MBA partnership at Brno Technical University in Brno, Czech Republic. With the addition of Egypt and Vietnam, USF has a presence in three international countries, with more expansion planned for the future into Europe, Central, and South America.



BUSINESS CLUBS AND ORGANIZATIONS



The College of Business and Health Administration's **Servant Leaders** are a welcoming community of students dedicated to enhancing a supportive and compassionate learning environment and sharing the message of work as a vocation.

Acceleration Club for Entrepreneurs (ACE) helps members create businesses of their own by fostering collaboration in the creation of business and marketing plans, budgets and more.



Delta Mu Delta

Delta Mu Delta is a national honor society in business administration with a growing members across the United States and Europe. The Delta Kappa Chapter of Delta Mu Delta is chartered at USF to recognize outstanding achievement in business administration.

F.R.E.E. (Financial Research and Education through Experience) is dedicated to providing USF students and the community learning opportunities about personal financial matters through research and experiential learning activities.



enactus is a community of student, academic, and business leaders committed to using the power of entrepreneurial action to transform lives and shape a more sustainable world.

The **Student Business Association (SBA)** provides learning opportunities and awareness of the business world that supplement classroom experiences. Workshops, seminars, lectures, panel discussions, and service programs are just a few of the activities offered.



SCALES (Students Collaborating in Accounting, Leadership, and Education to be Successful) SCALES is providing a variety of resources for accounting students to prepare for their futures and their careers.

Upsilon Phi Delta is a national academic honor society for students in health care management and policy. The society recognizes, awards and encourages academic excellence in the study of health care management.



ALUMNI EVENTS

February 2021 Cont.

January 2021

Mindfulness Meditation

Join us for a relaxing virtual event in which Dr. Steve Wettergren, an experienced practitioner, will lead a soothing meditation focused on mindfulness. Learn the method to eliminate stress and worry while restoring your natural state of peace. No experience required.

Thursday, Jan. 14 | 9 p.m. CST
Virtual Event | RSVP for Zoom Link
Complimentary

Virtual Caritas Scholarship Ball – “From Our Home to Yours”

The University of St. Francis is bringing Caritas to your home through a special digital experience on Saturday, January 30, 2021. The event, hosted by USF President Arvid C. Johnson, Ph.D., and his wife, Anne, is one of Joliet’s longest-running black-tie events. This year’s theme is, “From Our Home to Yours.” While we may not be able to see you in person, it is privilege to invite you to attend this year’s Virtual Caritas. For over sixty years, the annual Caritas Scholarship Ball has served as USF’s primary fundraiser for student scholarships. We know how important of a role this financial support is when it comes to making a college education possible for USF students. For more information, please go stfrancis.edu/caritas.

Saturday, Jan. 30 | 7 p.m. CST
Virtual Event | Tickets Required
\$100 per person

February 2021

Alumni Network Meetings

Join us, whether you’ve never been to a meeting or are a current member, as our alumni networks gather to share ideas, plan events, and network with students and fellow alumni. These professional groups are open to all alumni and foster relationship building.

- * Business Alumni Network (BAN) 9 a.m. CST
- * Mass Communications Alumni Network (MCAN) 10:30 a.m. CST

Saturday, Feb. 6
Virtual Events | RSVP for Zoom Link
Complimentary

Hamilton Trivia Night – “The Zoom Where It Happened”

Do not throw away your shot to be part of this free virtual trivia night filled with USF prizes! Prove you’re the smartest in the room...at least when it comes to how much you know about Lin-Manuel Miranda’s Broadway hit musical, “Hamilton.” This game is not for the helpless, but for those ready to take the horse by the reins. Take a break after work for this event and blow us all away with how much you know about the world of “Hamilton.”

Thursday, Feb. 11 | 8–9 p.m. CST
Virtual Event | RSVP for Zoom Link
Complimentary

Alumni Board Committee Meetings

Alumni Board members will join us for six spring committee meetings depending on membership. Be ready to share your ideas as we plan upcoming events and alumni programs.

- * Nominating & Homecoming/Reunion Committees – 8:30 a.m. CST
- * Scholarship & Engagement Committees – 9:45 a.m. CST
- * Constitution & Young Alumni Committees – 11 a.m. CST

Saturday, Feb. 20
Virtual Events | RSVP for Zoom Links
Complimentary

Alumni Board Executive Meeting

Elected leaders from the Alumni Board of Directors will gather to discuss committee ideas as we plan for the next board meeting.

Saturday, Feb. 20 | 12 p.m. CST
Virtual Event | RSVP for Zoom Link
Complimentary

“How to Successfully Apply & Interview in a Virtual World” Online Webinar

Sponsored by: Business Alumni Network

Listen as Caroline Portlock '04, '06, Director of Workforce Investment Board of Will County, and Dr. Maribeth Hearn, USF Director of Career Success Center, provide us with important tips as professional interviews turn more virtual. They will discuss the importance of a strong resume as well as how to apply for internships, jobs, and more.

Thursday, February 25
6 p.m. CST
Virtual Event | Accessible at stfrancis.edu/networks/ban
Complimentary

ALUMNI EVENTS

March 2021

Virtual Bingo Night!

Win fabulous prizes at our Virtual Bingo Night! Hosted by a lively, professional caller who will run the show from a studio. Various types of bingo games will be played (traditional, five up/down/across/diagonal, postage stamp, four corners, full black out and more!). Join us anytime between 7–9 p.m.

Thursday, March 11 | 7–9 p.m. CST
Virtual Event | RSVP for Zoom Link
Complimentary

“Financial Literacy: How to Save, Invest & Pay Off Debt” Online Webinar

Sponsored by: Business Alumni Network

Join us as USF Professor Joseph Ferrallo '85, '06, '07 teaches us the importance of managing money effectively through budgeting, investing, and paying off debt. You will gain lifelong skills at this financial literacy event.

Thursday, March 18 | 6 p.m. CST
Virtual Event | Accessible here
Complimentary

Drive-Thru Easter Bunny

Hop on by for this springtime event as we celebrate Easter in a unique way! You will remain safely in your vehicles and “drive-thru” our EGG-cellent Bunny photo station where you will pause briefly for a professional photo with the Easter Bunny at this special holiday event. We encourage you to put on your best Easter attire and decorate your vehicle (passenger side) with your family for the photo. The kids will receive Easter eggs and bunny coloring pages from our masked helpers.

Saturday, March 20 | 9 a.m.-Noon CST (register for a specific time)
Motherhouse Welcome Center, 520 Plainfield Rd.
\$20 per vehicle
(\$10 of each transaction is a USF donation)
Limited Tickets Available

April 2021

Alumni Network Meetings

Join us, whether you've never been to a meeting or are a current member, as our alumni networks gather to share ideas, plan events, and network with students and fellow alumni. These professional groups are open to all alumni and current students and foster networking and build connections.

* Business Alumni Network (BAN) 9 a.m. CST
* Mass Communications Alumni Network (MCAN) 10:30 a.m. CST

Saturday, April 10
Virtual Events | RSVP for Zoom Link
Complimentary

Alumni Board Meeting

We invite our Alumni Board of Directors to bring their ideas and committee notes to participate in the April end of year meeting.

Saturday, April 10
10 a.m. to 11:30 a.m. CST
Virtual Event | RSVP for Zoom Link
Complimentary

Student Alumni Mentoring (SAM) Award Winner Virtual Presentation

Our student mentee and alumni mentor award winners are invited to join us virtually for our annual SAM awards presentation. Mentors/Mentees of honorees are encouraged to attend and all are invited as we celebrate this year's winners. Let us honor you as the program concludes. We look forward to celebrating with you!

Wednesday, April 14
7 p.m. to 8 p.m. CST
Virtual Event | RSVP for Zoom Link
Complimentary