

Lunch & Learn Lecture

This form is to help provide questions and prompts that would best suit the needs of Vermont Tech, while telling your personal and professional narrative to the respected students. This is a suggested form and please feel free to add your own personal questions/prompts to your visit. Also, a gentle reminder, you have a half hour to share.

Thank you for your time to share your journey - as a graduate, this is a great way to give!

General Schedule of a Lunch-Box Lecture

11:30AM -12:00PM: Arrive and set up your classroom
12:00PM – 12:30PM: Introduction and presentation
12:30PM – 12:45PM: Q&A
12:45-1:00PM: Q&A/Closing statements/thank you
1:15PM – 1:45PM: Lunch Break
1:45PM – 2:45PM: possible interview scheduled to do an Alumni Profile

Suggestions to include during your visit:

- Wear your Vermont Tech gear!
- Providing a snack (i.e. candy, pizza, etc.)
- A presentation and/or visual to keep students engaged and provide easy access to your information.
- Prompt Questions and Answers (see more below).

General Prompts/Questions

Introduction

- Name, fun facts about yourself: interests, hobbies, etc.
- Why you are doing a Lunch-Box Lecture
- Degree/Major/Class year (**explain what the time was like when you graduated**)
- Why you chose your Degree/Major

Vermont Tech

- Why you chose to attend Vermont Tech
- What you loved about Vermont Tech/what you love now
- **Share a personal experience: being on campus, taking a certain class, what you remember of Vermont Tech**
- Was there a certain class that really motivated, helped, or you just liked?
- **Why you chose to come back to VTC**

Professional Experience

- **First step out of college**
- Journey through your professional life
- **How you are using your degree**
- What you like/dislike about your job/career choice
- Did you further your education? Take a course? Get a certificate?
- What you are doing now?

Personal Experience

- **Post-graduation: resume, interviewing process, advice on employment search, internships, etc.**
- Volunteer/clubs/board committee member?
- **What you wish you knew as a college student**
- Advice for after graduation and beyond
- **Resources you used to advance yourself and your career**

Questions and Answers (Q&A):

Here are some questions that were asked in the past to help start the Q&A process. Please leave some time for students to ask their own – this is in case you do not get any.

- How did you look/find an internship (if applicable)?
- What are the current or upcoming challenges in your industry/field, and what are you doing to overcome them?
- What skills have you found most useful in your professional life? Do you have advice on how I can cultivate these skills? Key words to put on your resume?
- How do you find/cultivate work life balance?