

THE NETWORK

Business Alumni Network (BAN)

Fall 2021

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

Meetings are being held in-person again with the option of Zoom too.

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

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



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INTERESTING TOPICS

Survey from Alumni Office

The Alumni & Family Relations Office posted questionnaires on their social media pages to alumni about both professional and social events they would be interested in on-campus. Below are the results of these questionnaires:

Professional-related ideas:

- Resume building and interviewing skills
- Alumni parents webinar struggling through the pandemic
- Zoom interview preparedness webinar
- Budgeting for young alumni
- How to negotiate in a sales job
- How to do your own taxes
- Saving for your future retirement planning

Social events:

- Singo (Bingo but with songs)
- Virtual art show – featuring USF's art gallery exhibits
- Virtual trivia night – Catholic Saints, history of USF
- English major reunion
- Game night – trivia Bingo, family feud
- Virtual escape room
- Drone tour of school
- Paint night
- Webinar on fun online resources for this "remote" time
- Makeup graduation for those who had it virtually

INTERESTING TOPICS

Dr. Brown's Management Events Career Advice

Advice from past Management majors at St. Francis:

- *"Start networking now! It is really about meeting people and seeing what they can do to help elevate your career! I found my current job just by being great at my previous position and using my connections in the community when I saw this one posted." -Emily (Egizio) Claffy '15, '17*
- *"Be ready to work for what you want. When I was hired on, I was given a general timeline on how long it typically takes for people to promote into another role. I made it my goal to do it quicker than that and did everything I could to beat that and be the best." -Courtney Fowler '17*
- *"It is okay to not know what you want to do, but you need to proactively get your resume out there and research different companies. Think about the type of industry you might enjoy working in everyday, and then look at different companies that have that. Management degrees are very versatile and can be used in a wide variety of industries. Professional mentorships are HUGE. I strongly advise having a mentor, whether it be a professor or connecting with an alum from USF on LinkedIn and seeing if they would be your mentor. It really does help in the long run. I was involved in the student alumni mentoring program at USF, and he helped give me advice to make sure I set myself up for success." -Morgan Karwoski-Flaherty '17*
- *"Listen to Shannon Brown. Stay focused. Don't let denials shape you." - RJ Williams '20*
- *"My advice for USF students is to explore what they're passionate about in their college years. Start building a network of people that support and encourage your endeavors - professors, friends, administrators, etc. Be brave! It's scary to think that after college you'll be out 'in the real world,' but you are more capable than you think! Believe in yourself and your abilities." -Laura Muñoz Lopez '16*
- *"The most important advice I can give is to make connections. Dr. Morissette is the reason I have my job, and I have been able to stay in touch with him since. He has even provided advice to me when I got another job offer a couple years ago. In terms of being successful at your job, I could advise that once you start your job, you are at a level playing field again. You need to find a way to set yourself apart from your peers if you want to be noticed." -Sam Marcotte '17*

New Interim Dean in COBHA

BAN would like to congratulate Dr. Shannon Brown on becoming the interim dean for COBHA! We send out sincere thanks to Dr. Orlando Griego for all of his accomplishments as dean of COBHA and wish him luck as he is the new chief academic officer/academic dean at a school in New Mexico!



LinkedIn Tips from Caroline Portlock

Tips to a Better LinkedIn Profile

The LinkedIn profile page is the foundation for your personal branding. LinkedIn regularly adds features to its platform and gives you new ways to signal your skills and motivations. If you haven't checked your profile page recently, you might find these tips useful:

- **Think of your LinkedIn profile as an online résumé.** It should have all of the same information that is on your résumé and more.
- **Choose the right profile picture.** Your headshot should represent the 'professional you,' as opposed to the "casual you." LinkedIn isn't the place to show off your dog or significant other.
- **Turn your summary into your story** - The first thing to say about your LinkedIn summary is – make sure you have one! It's amazing how many people still leave this field blank when creating their LinkedIn profile. Your summary is your chance to tell your own story – so don't just use it to list your skills or the job titles you've had. Try to bring to life why those skills matter – and the difference they can make to the people you work with.
- **Make your headline more than just a job title** - There's no rule that says the description at the top of your profile page has to be just a job title. Use the headline field to say a bit more about how you see your role, why you do what you do, and what makes you tick.
- **Include volunteer experiences and causes** - A LinkedIn survey reports that volunteer experience can give job candidates an edge with hiring managers. 41% of the professionals surveyed stated that when they are evaluating candidates, they consider volunteer work equally as valuable as paid work experience; 20% of the hiring managers surveyed have made a hiring decision based on a candidate's volunteer work experience.
- **List your relevant skills.** It's one of the quickest of quick wins on LinkedIn – scroll through the list of skills and identify those that are relevant to you. *Caution: A long list of skills that aren't really core to who you are and what you do, can start to feel unwieldy. Take time for a spring clean of your skills list every now and then.*
- **Make your profile public so anyone can find you.**



Unable to Attend an In-Person Workshop? Visit WCWC Facebook page (WorkforceCenterofWillCounty) to watch any of the workshop videos at the convenience of your own home and/or your schedule."



HR ARTICLE SUMMARY

The conversations we have around mental health are becoming more normalized as a direct result of the COVID-19 pandemic where individuals were forced to be on lockdown, work from home, and juggle other various new parts of life—such as homeschooling children, being low on toilet paper, and being detached from loved ones and friends. Kimberly McNeil wrote an article titled, “Mental Health: Can we require an employee to get mental health treatment?,” which can be found in the fall 2021 version of the SHRM HR Magazine. McNeil emphasizes that employers need to keep a close eye on their employees and document any changes in their behavior or overall appearance during this time of increased stress and companies still expecting high performance from their employees (2021). The HR department in organizations is not supposed to diagnose employees with disabilities or mental health conditions, but should inform employees of mental health services or leave offered from the FMLA that is offered through respective organizations. It is important to note that the Americans with Disabilities Act (ADA) requires that employers change or provide accommodations for their employees in any scope of their work if a specific disability is making it difficult to function at work (McNeil, 2021). McNeil summarized the importance of mental health check-ups in the workplace: “Helping employees maintain mental well-being not only benefits the employer, but also ensures a safe and healthy work environment for all employees” (McNeil, 2021, para. 9).

CARING FOR YOUR MENTAL HEALTH DURING COVID-19



Take breaks to relax and do activities you enjoy.



Take care of your body with exercise and a healthy diet.



Know the facts. Understanding the risks can make an outbreak less stressful.



Stay connected with family, friends, and a trusted support system.



Ask for help if feelings become too overwhelming.



References:

CDC. (2020). Caring for your mental health during COVID-19. [JPG]. Joint Base San Antonio. <https://www.jbsa.mil/News/Photos/igphoto/2002579057/>

McNeil, K. (2021). Mental health: Can we require an employee to get mental health treatment? *SHRM HR Magazine*, 66(3), 15.

RECENT NEWS

COBHA Food Drive

During St. Francis and St. Clare week, various COBHA student clubs hosted a food drive where various non-perishable food items were accepted. The food was donated to St. John's Food Pantry in Joliet.



USF Centennial Campaign

The University of St. Francis celebrated 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 was another goal of the USF and members of the USF community were encouraged to track their service hours. 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."



SCALES Day of Service

The SCALES (Accounting) Club at St. Francis participated in the ICPAS Sponsored Day of Service on Thursday, October 14.

Accounting students and professors made tie blankets for the Children's Advocacy Center in Joliet.



ALUMNI SPOTLIGHT



Name: Michael Pruchnik '20

Favorite Quote: When something is important enough, you do it even if the odds are not in your favor. - Elon Musk

Why did I choose USF and what degrees did I earn?

I double majored in marketing and management at USF and received my bachelor's in Business Administration. I choose the University of St. Francis for a multitude of reasons. The bowling program coached by Tony Talley was a big factor in my decision to come to USF. It was, and still is, a top program in the country and the fact that it was a local school was extremely convenient.

Where are you currently employed and how are you applying your major?

I'm currently employed at Priority Marketing which is a full-service marketing agency. I work with numerous types of businesses, nonprofits, and industries. The liberal arts education that I received from USF has been helpful because it teaches you to be adaptable and a more well-rounded professional.

How did you find/get the job in Florida?

After graduating my parents decided that they were moving to Florida. I've lived in Lockport, IL my entire life and never envisioned moving, but I always remembered Professor Ferrallo saying to consider relocating if you have the opportunity. I took that advice and that led to my current position at Priority Marketing. The owner of the company reached out and was impressed with my resume, but envisioned me in a different role than the one I applied for. I went through the interview process and accepted the position. It was a big change in my life, but I wouldn't have changed anything.

What projects and skills you learned through COBHA helped you land your new job?

Projects and school work were very detailed and demanding at USF. I remember certain classes like Business Policy or International Marketing and thinking why we had to be so detailed for just a homework assignment. Looking back, I couldn't be more thankful because I find myself doing these tasks everyday. The networking events at USF are extremely valuable. The ability to have professional conversation and talk about yourself and experiences isn't always the easiest skillset to learn. These events allow students to develop that skill and make a huge impression on future employers. Not to mention, with interviews starting to move back into in-person settings, it's easy to forget that you can make a great impression in-person than over Zoom.

What have you accomplished since graduating from USF?

My biggest accomplishment has been landing my current job. I moved halfway across the country, during a global pandemic, and found a job without any additional help or network connections. The company has won numerous awards, most recently sweeping the FPRA Golden Image awards for the first time ever in 64 years. With the company's trajectory skyrocketing, it's an exciting time and I'm proud to be in the position that I am.

How did attending USF change your life?

The community that the University of St. Francis created was something that was truly special. I made friends at the school that will last a lifetime. Now that I live in Florida, I know people aren't familiar with the University of St Francis. Now I try my best to educate people, while also being an ambassador for the school and represent the Franciscan values.

Who was my favorite professor?

This might be the hardest question because it's difficult to pick just one. Professor Ferrallo and Dr. Vaughan were my favorite professors. At USF, their doors were always open and I miss being able to see them everyday on campus. Each professor taught multiple classes and made them enjoyable. They would be very critical of the assignments I'd turn in, but it's because they knew how to get the best out of me. The amount of detail that each assignment required has been reflected in the work that I need to do everyday at work. I thank them, and every professor, for preparing me for the workforce.

What is your lasting impression of USF?

I'll always remember that USF was a place that everyone knew who you were and wanted you to succeed. The community that the University of St. Francis created was something that was truly special. Everyone from the staff to the professors cares about you and your success. I still keep in contact with professors from the university. Sometimes it's asking for advice or just updating them on what's going on in my life. I know students at other universities don't have that privilege. Also, the friends that I made at USF will last a lifetime.

STUDENT SPOTLIGHT



Name: Russell Egan

Favorite Quote:

"Oh, a trouble's a ton, or a trouble's an ounce,

Or a trouble is what you make it.

And it isn't the fact that you hurt that counts,

But only how did you take it?" -Edmund Vance Cooke

1. Why did you choose USF for your undergraduate studies?

There were several reasons I chose University of St. Francis for my undergrad studies. To start off, I enjoyed my tour so much that I instantly fell in love with the campus. Also, I was looking at the business program and USF's is accredited. The 3 to degree program (which I am currently a part of) was also appealing. It allows me to get my MBA in five years instead of six. I loved the size of our campus. The student to faculty ratio is very friendly for students to build a rapport with their professors. I have grown up in Chicago Public schools my entire life and since the fifth or sixth grade I have had classes usually around 30. For that to be half in college, or even as small as seven in my Taxes II class, was an advantage that USF provides to their students that big universities cannot. Lastly, I wanted to attend a Catholic university because I myself am a Catholic and wanted to grow in my faith.

2. Why did you choose your major(s)?

I enjoyed business club at my high school, so that is where my want for a degree in business came from. I am also analytical and a numbers-cruncher, so it came down to accounting and finance. I chose accounting and loved professors Zordan and Dore my freshman year and decided to stick with it. Then in my second year, Professor Gordon told me that economics was a new degree being offered and I had taken macro and microecon already and wanted to pursue that as well. It fit well with my accounting degree because I need 150 credit hours to sit for the CPA, and when I graduate this semester, I will be at 144. My first semester in my MBA will help qualify me for the CPA.

3. Who was/is your favorite professor?

I really don't have a ranking system and it would simply be too tough. I have enjoyed all business professors that I have had. Most of the teachers I have had taught at least two of my classes within the business program. Even teachers outside of the business department have been great and I can't think of a teacher that I didn't like.

4. What are your plans after graduation?

Add some initials to my name. First, I plan on getting my MBA, and once I get my master's, I plan on sitting for the CPA. After that, I plan to go into public accounting to start out my accounting career and will look into the auditing world of accounting. Along the way to my MBA, I plan on interning with accounting companies as well.

5. What are some organizations you are involved with?

Some organizations I have been a part of since being here at USF are Delta Mu Delta and the mentorship program offered with it (Ambition in Motion.) I was VP of Finance for two years with Student Government Association. I have also been a part of the Duns Scotus program at USF, and several clubs such as S.C.A.L.E.S. (accounting club!!!) Two organizations outside of USF that I am in are the Knights of Columbus and ICPAS (Illinois CPA Society- all USF accounting students are a part of it.) I have also had the privilege of being a part of a new COBHA group called Servant Leaders, which tries to implement the Franciscan tradition into business and provide acts of service around Joliet as well as events for COBHA majored students. I also got my first job here at USF as a Saints Ambassador and have had the privilege of giving tours to prospective students.

6. What is your lasting impression of USF?

Well, USF's chapter in my life is not quite done as I plan to be in the MBA program starting this January. But I will take a lot from my time here in my undergrad studies. USF has helped me grow both as a student and as a person in general. Coming to USF has helped me become a more well-rounded person in education, but also as a leader. USF has granted me several positions of student leadership over my three and a half years here which I am deeply grateful for. Beyond that, I believe I have grown spiritually since my time here as well. Not only have teachers and faculty left an impact on me, but I have built lasting friendships with many of my classmates who I have had the pleasure to meet.

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
- Business Analytics
- Finance
- Health Administration
- Management
- 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 '18, '19



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 Health Care
- 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 this Fall 2021!

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.

- Orlando Griego, Dean of College of Business

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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

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.



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.



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.

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.



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

January

Business Alumni Network (BAN) Meeting

You are invited to join fellow business alumni and students who gather to share ideas, event suggestions, and network with each other. This meeting is open to all alumni and students and fosters relationship building. A light breakfast will be served for those attending in-person. RSVP today!

Saturday, January 8

9 a.m.; in-person and via Zoom

Executive Conference Room C316, Motherhouse 3rd Floor

Broadway in Chicago – “Frozen”

A mysterious secret. A family torn apart. As one sister struggles with being an outsider and harnessing her powers within, the other sets out on a thrilling adventure to bring her family together once again. Both are searching for love, but they'll learn that to find it they'll have to look inside themselves first. Join us on a trip to see one of the most influential animated Disney movies as it comes to life on stage as an unforgettable theatrical experience filled with sensational special effects, stunning sets and costumes, and powerful performances.

Saturday, Jan. 15

2 p.m. performance; depart USF 12:30 p.m.

Cadillac Palace Theatre, Chicago

\$50 per person/\$60 with transportation

(\$5 of each transaction is a USF donation)

Registration Required; Limited Space Available

February

Alumni Board Committee Meetings

Alumni Board members are asked to join us for six spring committee meetings focused on different alumni engagement efforts. Breakfast will be served.

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

Saturday, Feb. 19

Alumni Center, Motherhouse 2nd floor

Complimentary; Registration Required

ALUMNI EVENTS

Scrap That Selfie Head Shots & Etiquette Dinner

We are partnering with the Career Success Center and Students Today, Alumni Tomorrow (STAT) to host this networking opportunity for both alumni and students. An etiquette expert will guide us through a three-course meal. Proper etiquette during formal dining is important. Join us as we learn this life skill together! Don't forget to bring business cards to share if you have them. Complimentary, professional headshots will be available.

Thursday, Feb. 24

3-5:30 p.m. Headshots; 6 p.m. Dinner
San Damiano Hall, Motherhouse 3rd floor
Complimentary; Registration Required
Limited Space Available

April

Alumni Board Meeting

We invite our alumni board of directors to bring their ideas and committee notes to participate in the April meeting. Breakfast will be served.

Saturday, April 2

10 a.m. to 11:30 a.m.
Board Room, Motherhouse 2nd floor
Complimentary; Registration Required

Bunny Breakfast & Easter Egg Hunt

Hop your way to the front of the line for our 8th annual Easter holiday event with fellow alumni families. Guests will enjoy breakfast and photos with the Easter Bunny followed by an egg hunt on the quad rain or shine! Don't forget to bring your Easter baskets!

Saturday, April 9

8:30 to 10 a.m.
Sullivan Recreation Center
\$10 adult/\$8 children (4-18)/Kids 3 and under are free
Special registration link coming soon.

ALUMNI EVENTS

May

Class of 1972 50th Reunion at Commencement

Congratulations on your upcoming 50th reunion from the University of St. Francis in 2022! We started a new tradition at USF and would love to include and honor you at our May Commencement ceremony. You will process down the aisle with the graduating class of 2022 in full graduation regalia with an "alumni" banner. President Arvid C. Johnson, Ph.D. will also formally recognize your group during the ceremony. It's a very memorable experience and reflection of the legacy you've left at St. Francis and we hope you'll join us for this special event.

Saturday, May 7

11 a.m. Celebration Lunch & Gown Pick-Up

1 p.m. Commencement Ceremony

Student Common Area, 2nd Floor, LaVerne & Dorothy Brown Science Hall

Complimentary; Registration Required