

## Script: Gathering Experience (Part I)

Hi all,

My name is Sukyi Naing.

I'm an alumna of both Cerritos College and UC San Diego, where I earned a BS in Psychology..

Today I'm here to discuss the:

- What's
- Why's

...Of gathering experience

### \*Main Points\*

The main points are...

- What counts as experience?
- Why is this relevant? (meaning.. What's the value?)

### \*What is "experience"??\*

- Fortunately, there is no concrete definition to it. Essentially anything you have been involved in can be considered experience
- Does that mean participating in my family-owned business or leading a youth program at my place of worship counts as experience? Absolutely
- The importance lies in highlighting connections between your experiences and what you are pursuing

This brings me into the value of gathering experience

### \*Why gather experience?\*

- Professionals refer to the need for acquiring relevant experience but there's a gap between gathering experience and considering it "relevant."
- Showing vs. telling
  - A list of skills and qualifications is not valid until it is shown through experience
  - Employers/university programs will inquire on how you gained your skills
  - This will be useful for resumes, CV's and while networking
- Important to know what you want to do as well as what you do not want to do
  - Learn this through experience
  - Which may help you figure out the career path that's best suited for you
- Lastly, experience is a great way to Develop skills
  - Transfer them to various jobs, internships, projects, etc.

In this video I have discussed:

- What can be considered experience

- Why experience matters

Thank you for joining me and I will see you in Part II: how to gather experience.

\*Closing slide\*