SLO IV. Professionalism

Students will engage in professional behavior to the discipline in professional contexts.

The way one presents him or herself is very important in a professional context. Throughout my higher education at California State University of Chico, I have learned many appropriate professional behaviors to display during professional contexts. These professional contexts can include job interviews, internships, conferences, or the workplace. Acting professionally shows others that one takes pride in their work and allows people to take the individual seriously. Dressing professionally and acting professional is a way to gain respect and show that the individual had respect for those around them as well.

In order to act professionally, one much display grace and poise. Dressing modestly is one way to show respect in the professional world. Wearing professional and modest clothing in a professional setting, such as dresses, skirts, blouses, slacks or button up shirts, shows that the individual put in the time to get ready and made a point to look nice for the setting. Showing up to a professional event in jeans, sweats, or other casual clothing gives off the idea that the individual did not put the effort into the event which might show a great deal of disrespect.

Not only looking professional, but also acting professionally is important in a professional context. Over the years I have learned a few tips to act professional. One of the first things I learned to act professional is to keep eye contact. Keeping eye contact when communicating is important because it shows that you are sincerely listening to what the other person has to say. Another way to display professionalism is to separate work from home life. Not letting one’s personal life interfere in the work environment is important. Being able to separate the two lives allows for less distractions and more commitment.

Some ways in which I have grown in this understanding is through courses at Chico State. Multiple courses have taught me how to write a resume and have prepared me numerous times for group projects and presentations. Being able to work as a team is also another important attribute in a professional context. Other experiences I have experienced that have helped me understand professionalism is going to job interviews. Being put into an unfamiliar situation is the best way to learn. Having numerous interviews in different fields allows for a wide variety of interview experiences. Practicing interviews in order to be professional is a great way to learn. Interviewing is one area of professionalism I would love to improve. I tend to get nervous and flustered and need to learn to calm down and just practice questions and answers before the interview. Being a life-long learner, I will continue to learn more about professionalism. I will constantly be learning new ways to display professionalism and hopefully inspire others along the way in how to be professional as well. The best of what I have achieved in the professional field is wardrobe. I have previously worked in an environment that was business attire, so over the years I have collected a deep knowledge for business attire.