

# Fall Semester 2015



UNDERGRADUATE STERN WOMEN IN BUSINESS

## High-Powered Habits

**Emails** – Keep emails short and sweet! Professionals (and your peers) are busy. Try to write bulleted lists or stick to 4-10 sentences. For the subject line, focus on the goal of the email whether it's networking or sending out important information. Don't include your name in the subject line; your email address already has it. Try to avoid sarcasm unless you know the person well. Oftentimes, jokes do not translate well over email. End your email with a "thanks" or "best" and your name.

*PRO TIP: Fill out the To: and Cc/Bcc: sections last. This will prevent you from accidentally sending out an incomplete email.*

**Networking** – Networking can seem stressful and daunting, especially when attending your first events. Before the event, think about what information you want to know and how you can ask questions to find out this information. When networking, lead with a firm handshake, make eye contact and smile! Above all else, think of

networking as meeting people and making friends.

*PRO TIP: Follow up within 24 hours after meeting. Try to establish an on-going connection by meeting up for coffee or speaking on the phone. Don't be discouraged if you don't hear back. Follow up once or twice in the same email chain, and if it doesn't work out, it's okay! It is good to put your name out there anyways.*

**Social Media** – Though we have all heard the horror stories about poor social media decisions, social media, if used properly, can enhance your professional brand. Twitter and Instagram are especially strong platforms to showcase your intellectual interests and/or marketing capabilities. Retweet your favorite articles or curate your Instagram to reflect your brand. LinkedIn is the place to expand on your experiences that you can't fit in your resume.

*PRO TIP: Keep track of your privacy settings! Social media sites are constantly changing their standards, and it's*

*important to know who can see what on your profiles.*

**Interviews** – When interviewing, leverage your assets and connections! Focus on what makes you unique, and don't be modest about your accomplishments. Leverage your connections to not only get the interview, but to also prepare. Many people in Stern have been through the same process across industries, and you can learn what to expect in interviews from talking to people. Before interviewing, practice! Come up with a clear story that answers the question: why are you sitting in front of the interviewer?

*PRO TIP: A lot of interviews have current event questions. Don't get stumped by the news! Services like TheSkimm are free and are an easy way to stay up to date.*



## Czech it out

by Chandni Gurnani

I am studying abroad in Prague, Czech Republic this semester and it has been amazing. Because the Czech Republic is so centrally located, I have been able to travel all around Europe quite a bit. Through all my trips, I have learned some important to-do's when traveling.

### 1. Airbnb

Airbnb will be your lifesaver! It is an easy and affordable way to find accommodation anywhere you travel to.

Especially when traveling in big groups, using Air Bnb is ideal. I recently traveled to the Amalfi Coast, Italy and through Airbnb was able to find a breathtaking villa that overlooked the water, all while being cheaper than any hotel available.

### 2. Booking In Advance

The most effective way to see as many places as possible is if you keep the cost down. By booking and planning way in advance, I have been able to travel every weekend at low costs. My dream has always been to visit Greece and because I booked it in July, I was able to visit it.

### 3. Learning The Language

Try and learn a couple helpful phrases before visiting anywhere. It comes in handy when you are able to ask for directions, a cab, or even order food. Knowing Spanish has definitely helped me in several places because many European languages are similar to Spanish. Spanish was especially helpful when I visited Venice, Italy and was able to order the yummy pasta and pizza!

## Winter Beauty Tips

By Afrin Bhuiyan

As summer is coming to a close and winter is creeping upon us, the most important thing that you can do for your skin is to moisturize. Walking to class with the cold wind blowing in your face can leave your skin patchy and peeling. Fortunately, combatting super-dry skin is quick and easy with the help of a few additions to your daily routine! Here are some of my favorite things to do leading up to the colder months:

- 1) Use moisturizing face wipes after taking makeup off.  
This step may seem redundant, but going in with a wipe after your cleanser can not only help remove makeup that stayed behind but can also moisturize (depending on which one you use). My favorite is the Aveeno Positively Radiant Wipes because they don't need to be rinsed off afterwards and it leaves my skin feeling supple, adding an extra layer of hydration before I go in with moisturizer.
- 2) Try oils or overnight masks at night and wake up to super soft skin!  
I typically slather on a good amount of coconut oil every night right before bed so I can get deep hydration overnight. Your skin repairs itself as you're sleeping, and coconut oil has countless skin benefits to help in the process.
- 3) Exfoliate in the morning before applying makeup or going out.  
Exfoliating is great to help get rid of dry and flaky patches to reveal brighter skin. I love this grapefruit scrub which polishes and brightens my skin. Using this before or after bed is great too! Try to limit exfoliating to only twice a week, since doing it frequently can irritate the delicate skin on your face.

These three steps can help you avoid irritating your skin during these winter months without hurting your budget or taking away too much time. Try them out and see if you notice the difference!

## STUDY ABROAD: SHANGHAI



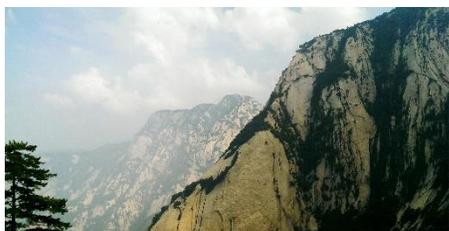
The Leshan Buddha outside of Chengdu, China



Bragging rights after climbing: tie a ribbon and a lock



Serene spirituality after a day of visiting China's giant pandas.



Not a bad view atop China's Mount Hua, after the 'world's deadliest hike' (search it on YouTube!)

## Zài Zhōngguó (In China)

By: Shivangi Khanna

Despite having experienced a year abroad in London, nothing could have equipped me for the incredible culture shocks of adventuring through China. With ten days and a backpack (of clothes and portable instant coffee), I set out to explore some of the world's greatest mountains, cities, and food. The week brought everything from deadly hikes to fluffy giant pandas and greasy (but delicious) street food to authentic Sichuan meals. I found peace on a secluded ledge atop a Golden River, live music in the alleyways of an ancient town, and a three-hour journey of taste in a traditional tea house as I stumbled through Xi'an, Chengdu, and Lijiang. Here's a sneak peek into the first few days:

### City Spotlight: Xi'an (西安)

Buried beneath the outskirts of this famous city, thousands of Terracotta Warriors guard the spirit of the Qin Dynasty's first emperor. Every single one of these meticulously carved, life-sized figures differ in at least one detail. Rumor has it, the Emperor's entire burial spans the size of Manhattan, and his actual tomb is yet to be excavated.

A little farther away, I grabbed my winter jacket and climbed to the peaks of Mount Hua, one of China's Five Great Mountains. The only access to one of the temples was through the 'Plank Road in the Sky,' or a series of makeshift ladders and wooden planks about a foot wide precariously nailed into the side of the cliff. A quick Google search for 'the world's deadliest hike' pulls up some great GoPro videos if you're curious for more.

After the near-death hikes and tombs that claimed lives, it was time to eat. When in Xi'an, try the *ròu jiā*

*mó* (肉夹馍) from a respectable-looking street cart. The vendors provide an array of skewered meats and veggies, ready to be fried and stuffed into this Chinese sandwich. If you're still hungry (I was), grab some baozi, which are similar to dumplings but with a slightly thicker, fluffier outer bread.

In this gigantic country, by both size and population, the beauty is endless. Culture shock and homesickness is pervasive, yet I've gained diversity in perspective that I couldn't have found in New York or London. Surviving China continues to be a daunting everyday reality, but I'm thankful to have pushed my limits beyond what's comfortable. That's a real adventure.



# Get to Know Apoorva!

**Name:** Apoorva Ramesh

**Position:** Mentoring Co-Chair

**Graduation Year:** 2017

**Concentrations/Minors:**  
Finance/Economics with MCC  
Minor

**Hometown:** South Windsor, CT

## What did you do this summer?

I worked at New York Life Insurance in the Investment Audit Group. My responsibilities included working closely with investment management firms to see whether they were complying with the rules and regulations mandated by regulators like the SEC and FINRA. I got the opportunity to work with qualitative data, such as pitch books and investment policies, and quantitative data, such as trade blotters and trade errors. I really liked working with clients and the team-oriented aspect of audit.

Overall, it was a great way to expose myself to the financial services industry and explore options other than banking and consulting.

## What's your favorite USWIB memory?

My favorite USWIB memory is the Walk for Breast Cancer in Central Park! I really enjoyed meeting the new members of the club and being able to enjoy fall in New York. Even though it was early on a cold Sunday morning, I was surprised by the energy and enthusiasm that USWIB exhibited. It was great to participate in community service, and have a great time exploring Central Park and taking group pictures!

## If you were a vegetable, what would you be (and why)?

If I were a vegetable, I would be a cucumber because I have fresh outlook on life and I try to stay cool and positive.

## What are you looking forward to next year?

I am looking forward to going on ISP! I'm going to Ho Chi Minh and I am excited to make my first trip to East Asia and eat lots of pho.

## What's your go to karaoke song?

Wannabe – Spice Girls

