



Michaela Bickish

Week 7 | Career Services Homework

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1. Recommendations:

- Jennifer Koppes: Previous Boss, owner of company
- Chelsea Kennedy: Director of Operations, coworker
- Ryan Stoddart: Previous boss in administration dept at Costco

2. Customized message: "Hi, \_\_\_\_\_. I've enjoyed learning with you at Boise Codeworks and look forward to working more with you during the second half!"

3. Connections:

- Brittany Ohnsman
- Darryl Kilzner
- Alec Victory
- Logan
- Taylor Oppendyk
- Jared Vandwater
- Melia Castro
- Gwen Stohler
- Ethan Boone
- Austin Downey

4. Create a Post: Reshared a Ted talk video about performing under pressure, adding:

- "I find her suggestion of a brain dump (dumping the contents of your mind onto a piece of paper to spill out stressors, your nagging thoughts, etc.) to be really helpful in grounding myself when I'm feeling pressure. What are specific things you do to better perform under pressure?"

[#softwaredevelopment](#) [#braindump](#)"