

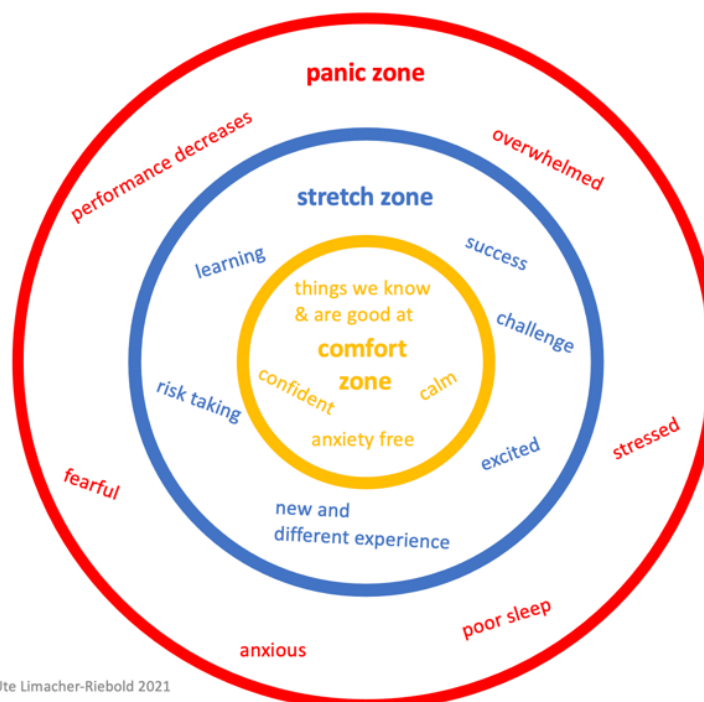
## ESEC 2025: *Getting the Most Out of Your Conference Experience*

## Pre-Conference:

## 1. Make Two Lists

<b>People I have met and want to strengthen my relationships with</b>	<b>People I want to meet</b>
<p>Examples: colleagues, classmates, professors...</p>	<p>Examples: Industry leaders, conference speakers, faculty members, specialists/experts in a certain area...</p>

2. **Get clear on your goals.** Write out a goal for WHO you want to meet but also your LEARNING goals. Choose the one you are most excited/have awareness about AND one where you might be out of your comfort zone or a gap in knowledge.

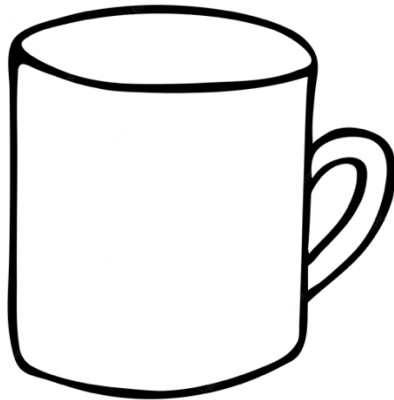




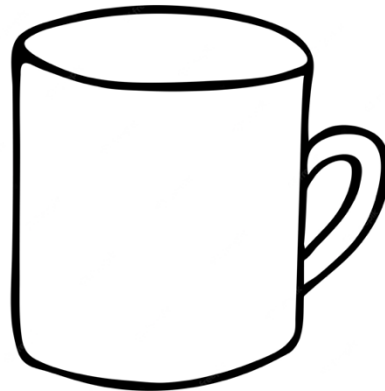
**Goal 1: Who you want to MEET**

**Goal 2: What you want to LEARN**

3. **Take care:** Prioritize your rest and mindset. Hype yourself up and ask friends about what they are thinking and planning for the conference.



**What FILLS my cup?**



**What EMPTIES my cup?**

**4. Make a Logistics Plan**

- ✓ review agenda of the day and get a sense of the flow
- ✓ review session descriptions and make note of the ones you are interested in and who is speaking/facilitating (take your goals into consideration when choosing)
- ✓ consider sharing your plan with a friend or two and consider splitting up into different sessions and sharing information back with each other afterwards
- ✓ make up simple business cards with your contact info
- ✓ make a game plan to connect with friends who energize you or help you to relax during the day
- ✓ following up with organizers about accommodations
- ✓ pack and bring the materials you need to learn and be successful!
- ✓ get a good rest before
- ✓ eat to energize and feel good!



## At the Conference:

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- **In a session/lecture:**
  - Take notes/reflective practice: What does this learning mean to me and my engineering journey? How may it have an impact on my decisions?
  - Sharing learning with folks who were in the same session
  - Make a connection, if possible
- **Steps for effective in-person networking**
  - 1) Introduce yourself
  - 2) Ask questions. Asking a question — then asking two follow up questions about your colleague's response — can make you a more likable conversationalist. *"When people are instructed to ask more questions, they are perceived as higher in responsiveness, an interpersonal construct that captures listening, understanding, validation, and care."*
  - 3) Make a connection
  - 4) Explain what you do/your aspirations/passions
  - 5) Exit gracefully and organically
- **Seizing other opportunities & moments of connection**
  - Waiting in line
  - Having lunch
  - Grabbing a refreshment
  - Asking another person to introduce you to someone you would like to meet
  - Catching a facilitator, prof., staff, experts after their session to ask a 1:1 question or noting something that impacted you about the session/talk

## After the Conference:

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- ✓ Immediately after, make note of any people you met, key insights you gained, questions or information you want to remember or learn more about. Revisit any notes you may have taken and make sure they still make sense to you afterwards. Try to do this within a day of the conference so while it is fresh in your memory
- ✓ **Follow-up and affirm** any connections made via a follow-up email or note to someone you met
- ✓ **Reach out to any presenters that made a strong impression.** Share your insights/ gratitude for their work. Ask any follow up questions that you may have and provide feedback if you have any
- ✓ Connect with classmates and friends that attended the same sessions you attended. Ask them what their key take aways from the session were or any "lightbulb" moments. Reflect together. You may have absorbed different information or synthesised your learning in different ways!
- ✓ Talk to classmates and friends about different sessions they attended. Share favourite moments and learning insights
- ✓ Reflect on the experience: What does this all mean to me and my journey in EngSci. and leadership? What did I hear that stood out to me? Did I have a "ah ha!" moment?
- ✓ Complete conference evaluations and share your feedback with the conference organizers



Engineering Science Education Conference 2025

**NOTE: All events start promptly at the times listed,  
NOT U of T time!**

<b>9:00 AM - 9:30 AM</b> <b>BA 1130 &amp; BA 1160</b>	<b>Registration</b> Have your T-card ready for scanning. Arrive early, session starts at 9:30 AM SHARP.
<b>9:30 AM - 10:30 AM</b>	<b>BA 1130, Darren Kraemer</b> The Push: Adventures in Tech Entrepreneurship  <b>BA 1160, Deborah Raji</b> Beyond the Benchmarking Paradigm: Evaluation and Accountability for Machine Learning in Deployment
<b>10:30 AM - 10:45 AM</b>	<b>Travel time</b>
<b>10:45 AM - 11:45 AM</b>	<b>BA 1130, Tristan Laidlow</b> Robot Vision with 20/20 Hindsight  <b>BA 1160, Robert Thirsk</b> Life Aboard the International Space Station
<b>11:45 AM - 12:30 PM</b>	<b>Lunch Break:</b> Grab your lunch and meet us in the Lunch & Learn rooms.
<b>12:30 PM - 1:30 PM</b>	<b>Lunch &amp; Learn: Bring your own lunch!</b> Soft drinks and light snacks will be provided.
<b>EngSci Common Room</b> <b>Malik Ismail, Sharon Ravindran</b> Creating Your Own Career Journey  <b>EngSci Common Room</b> <b>Jenny He, Ellis Odyne</b> Leadership in Action	<b>BA 1130</b> <b>Darren Kraemer, Robert Thirsk</b> Innovation in Uncharted Territories  <b>BA 1160</b> <b>Tristan Laidlow, Deborah Raji</b> Tech on Trial
<b>1:30 PM - 1:45 PM</b> <b>BA 1130 &amp; BA 1160</b>	<b>Registration</b> Have your T-card ready for scanning. Arrive early, session starts at 1:45 PM SHARP.
<b>1:45 PM - 2:45 PM</b>	<b>BA 1130, Malik Ismail</b> From Earthshots to Moonshots  <b>BA 1160, Jiayue (Jenny) He</b> Title coming soon!
<b>2:45 PM - 3:00 PM</b>	<b>Travel time</b>
<b>3:00 PM - 4:00 PM</b>	<b>BA 1130, Ellis Odyne</b> How AI & ChatGPT are Changing Financial Services  <b>BA 1160, Sharon Ravindran</b> A Career Journey Back to Biomedical Engineering

## Getting the Most Out of Your Conference Experience

Use the guiding questions and space below for thoughtful reflection, active listening, and productive speaker interactions at ESEC 2025.

### Reflection on the Talk

- What moments made you feel most reassured, engaged, inspired, or uncertain? What contributed to those feelings?
- How does the speaker's journey align with or differ from your own goals?
- Are there specific topics or themes from the talk that you'd like to explore further?

### Need More Inspiration?

Download the ESEC Conference Package and go to pg. 6 for more ideas for exploration.



### Reflection on Personal Growth

- Was there an "ah-ha" moment for you in this talk?
- Who are people you've met and with whom you'd like to strengthen your relationship? What steps will you take toward that goal?

### Reflection on Your Career

- What has influenced or shaped how you view your career path?
- Did this talk challenge any assumptions that you had about a field, and how?

### Notes

Speaker:

Speaker:

Speaker:

Speaker:



2006

The inaugural ESEC was hosted in 2006.



Alumna Janis Chodas, director of engineering & science at NASA's Jet Propulsion Lab, was an ESEC speaker.

2020



Fireside chats were introduced to ESEC.

2017



Alumnus Eric Khoury, head of sport analytics for the Toronto Raptors, gave a talk and returned in 2023.

2010



Alumna Janis Chodas, director of engineering & science at NASA's Jet Propulsion Lab, was an ESEC speaker.

2015



Canadian astronaut David Saint-Jacques addressed students at the 10th annual ESEC.



Nobel Prize winner Donna Strickland gave an online talk during the pandemic

2021



The first year ESEC included Lunch & Learn discussions.

2024

# **ESEC 2025: More Self-Reflection Prompts**

## **Reflection on the Talk**

- What new or surprising thing did you learn in this talk?
- What moments during the talk made you feel the most engaged, inspired, or uncertain, and what do you think contributed to those feelings?
- How does the speaker's journey align with or differ from your own career goals?
- Are there specific topics or themes from the talk that you'd like to explore further?

## **Reflection on Your Career**

- Has anything influenced or reshaped the way you view your career path?
- Did this talk challenge any assumptions about a field that you previously held? If so, how?

## **Reflection on Personal Growth**

- What key lessons or advice from the talk resonated with you the most?
- How can you apply what you've learned to your academic, professional, or personal life?

**See more on the next page >>**

# ESEC 2025: Speaker-Specific Reflection Prompts

Speaker session	Ideas for exploration
<b>Robert Thirsk</b> Life Aboard the International Space Station	How did the speaker's work aboard the ISS highlight the intersection of engineering and space exploration? What areas of space exploration would you be most interested in contributing to as an engineer, and why?
<b>Jenny He</b> Transforming construction services with technology	Was there anything in the speaker's personal story that resonated with your own journey? What did you learn about pursuing an entrepreneurial career?
<b>Malik Ismail</b> From Earthshots to Moonshots	Have you ever considered how AI and robotics can be the solution to climate change? Is there anything that inspires you to think differently about where you can make an impact?
<b>Darren Kraemer</b> The Push: Adventures in Tech Entrepreneurship	How did the speaker's journey from undergraduate engineering to graduate research and into the corporate boardroom influence your perspective on academia and industry?
<b>Tristan Laidlow</b> Robot Vision with 20/20 Hindsight	How did the speaker's insights on the current state of general-purpose robotics align with or differ from your own understanding of the robotics field?
<b>Deborah Raji</b> Beyond the Benchmarking Paradigm: Evaluation and Accountability for Machine Learning in Deployment	To what extent do educators' implicit biases in science and engineering education impact the application of this knowledge in the real world?
<b>Sharon Ravindran</b> Career Journey Back to Biomedical Engineering	How did the speaker's non-linear journey to becoming an Engineering Program Manager at Apple inspire or challenge your perception of career development?
<b>Ellis Odynn</b> How AI and ChatGPT are changing financial services	What new or surprising insights did you gain about the role of large language models (LLMs) like ChatGPT in transforming financial services?