



# MEET OUR ALUMNI!



## Jeong Min (Jamie) Park

*BFS Class of 2016*

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- Associate, Commercial Insurance at Chubb (Toronto, Canada).
- McGill University, Finance and a concentration in Business Analytics, 2019.

### What are you up to now?

I moved back to Montreal, the city that I grew up in, to attend McGill University. I graduated with a major in Finance and a concentration in Business Analytics in May 2019. I'm thanking my highschool-self for working to achieve enough AP credits so that my college-self could finish undergrad in 3 years instead of 4.

Right now I'm an associate commercial lines underwriter at a global insurance company, living and working in Toronto. Going from being a full-time student to building my career was a challenging and exciting transition, especially doing so in a city that I had never lived in before. My job involves analyzing different companies that need insurance, which means that I'm continuously learning about how various enterprises operate and what kind of risks they're exposed to. There's a stereotype out there that insurance is a boring industry, but I've found that it's anything but that - it's constantly adapting to our changing world and I've had the chance to work with an awesome team. I'm only a year in, so I'm looking forward to working on myself and growing my career. Right now, the world is dealing with a pandemic which means that we've all had to start working from home to avoid being in an office with hundreds of other people. That was yet another transition that went pretty smoothly.

In terms of social life, I keep in touch with my friends from BFS and McGill, and spend time with the friends I've made in Toronto. There isn't much going on in the city at the moment, but there are some great outdoor spaces, bike paths, and takeout food to be enjoyed safely! Toronto is usually bustling with cultural events, museums, and restaurants so I'm definitely looking forward to the day these can be enjoyed again. Moving to a new place on my own was daunting, but I truly believe that challenging yourself and gaining exposure to new experiences is one of the best ways to grow. Starting a new chapter of my life, far from family and friends, taught me to be independent and allowed me to strengthen and grow my support network. I would recommend it to anyone who has the chance to do so.

### Do you have any passion projects?

Being involved in NHS, StuCo, and Volunteer Club at BFS definitely strengthened my love for being involved in my community. In college, I volunteered at the Neurological Institute as a friendly visitor to patients and eventually as a volunteer coordinator. I interned at a cardiovascular research foundation during the summer, which was an incredibly meaningful experience that furthered my interest in healthcare. As I continue to adjust to life in Toronto, I'm on the lookout for opportunities to volunteer my free time to a healthcare institution and contribute to my newfound community. During my "pandemic life," I've found more time to dedicate to my hobbies: playing the piano, painting, and taking care of my pet plants. I'm not exceptional at any of them but they're activities that I truly enjoy getting better at every day. I also work out at home and occasionally play 2v2 soccer with friends! Staying healthy, mentally, and physically, are priorities that I strive to maintain.

### What was the biggest challenge you faced in College?

Time management was a key skill that took a lot of trial and error to hone. Learning to balance studying, networking, searching for jobs, participating in extracurriculars, having a social life, and doing group projects, all while getting enough sleep was a task in itself. Sometimes, the plan you set for yourself doesn't pan out and you have to learn to adapt to successfully juggle all the components that matter to you. Keeping priorities straight, learning to quickly adapt to different situations, and being resilient in the face of hardship were all key in getting to an effective time management system - they're all things that I continue to be aware of and improve on to this day.

### What advice do you have for BFS students as they go off to university/college?

Be genuine in your interactions, both in your personal and professional relationships. Forming and maintaining meaningful connections with people is so important, especially when you're starting fresh in a new environment. It goes a long way to show true interest in others and the things they care about, whether they are your peers or professors.

### What memory of BFS comes to mind?

Soccer and basketball tournaments! Getting to spend the whole day playing sports with a fired-up team was always so much fun. That and Socratic seminars in English classes.