

# 10 Career Myths (or, things people tell you that are not true)

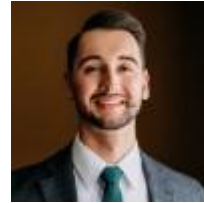
Presenters: Mitchell Stephenson, Rob Tavernier, and Joseph Finch

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# Speaker bios

Rob Tavernier, Senior Manager at Ernst & Young LLP



Joseph Finch, Actuary at MassMutual



Mitchell Stephenson, Head of Model Governance Solutions at Fannie Mae



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# Polling Question #1: Multiple Choice

*Which of these is a myth?*

- Bulls get agitated and charge when they see red.
- Swimming too soon after eating can cause cramps.
- Albert Einstein failed math as a boy.
- None – all are true.
- All – none are true.

# Myth #1: *If you don't have anything nice to say, don't say anything at all*

Understand the importance of giving and receiving direct and honest feedback.



# Myth #2: *Don't be a quitter*

Create a slide graveyard.

Fail fast.



# Myth #3: *Practice makes perfect*

Practice makes permanent.

Be intentional about what you practice.



# Audience Question #1:

*What is a habit that most actuaries should break?*

# Myth #4: *Follow your passion*

Learn new things.



# Myth #5: *Nice guys/gals finish last*

Have the right conversations at the right time.



# Myth #6: *Multitasking makes you efficient*

Our focus is an asset.

Executive perks are about minimizing distractions.



# Polling Question #2: Multiple Choice

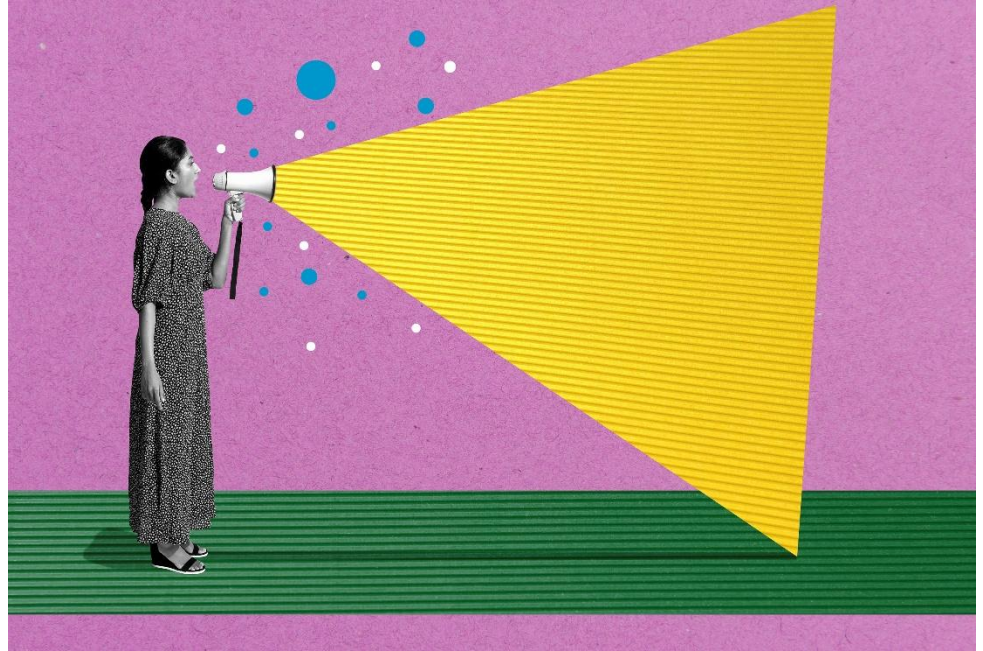
*How long does it take for someone to refocus after receiving an email?*

- 0–5 minutes
- 5–10 minutes
- 10–15 minutes
- 15–20 minutes
- 20–25 minutes

# Myth #7: *Don't toot your own horn*

Success is subjective!

Ask to be in the room.



# Myth #8: *Hard work pays off*

Prioritization over effort.



# Myth #9: *AI is coming to take your job*

The person that can use AI may take your job.



## Audience Question #2:

*Is there another career myth we could or should have articulated?*

# Myth #10: *Growth will happen*

Be deliberate in saying  
“yes” and “no.”

“If I met 100% of the  
reqs for this job, I  
wouldn’t be interested.”



Questions?

