

Transcript of Podcast featuring Ajaylah Humphrey

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Vish Gopalakrishnan:

Hi. I'm Vish Gopalakrishnan, and this is the Manageable Podcast where we have in-depth conversations with students, faculty, staff, and alumni to give you a comprehensive picture into the life at University at Buffalo's School of Management. In today's episode, we speak with Ajaylah Humphrey, a dual degree MBA and master's in social work student from Buffalo, New York. In our conversation, we talk about her first year experience in the MBA program, how she balances two focus areas as a dual degree student, her passion for education, and her opinions on how we can all become better inclusive leaders. Ajaylah, welcome to the show.

Ajaylah Humphrey:

Hi Vish. I'm happy to be here and can't wait to get started.

Vish Gopalakrishnan:

Hey, I know this is going to be a great conversation. So before we start the formal interview, I wanted to ask you about something interesting that I learned about you in my research for this podcast, and that is that you are an athlete, an avid gym-goer, and also part of a local women's rugby team. Tell me, how did you get started with rugby?

Ajaylah Humphrey:

Rugby is my favorite sport, my favorite thing. I've done a lot of sports in my life, but in 7th grade, my best friend at the time, her older brother played rugby and we went to a practice, went to a game, and I was just all in. Something about it seemed like a lot of fun. The social aspect and the game itself, I was just really intrigued and they wouldn't allow us as 7th graders to play because it's a very contact sport obviously. And at the time, rugby was still pretty new in the Buffalo area, so we did have to wait till high school. But I spent a lot of time just learning the game and then getting prepared for when I could play and I've played since then.

Vish Gopalakrishnan:

That's incredible. Buffalo does have a very strong athletic bend. People take their sports very

seriously in Buffalo, especially the Bills. And I know from growing up in India and hearing stories about the Wallabies, the All Blacks and the Springboks, of how much rugby means to a lot of people around the world. And I dare say that their passion matches, if not exceeds that of people in Buffalo for the Bills football team. So rugby was an early passion. It was something that you discovered in 7th grade, but we know that there's another thing that you're extremely passionate about and that is education. If I remember correctly from our research, your undergrad degree was in psychology. Why psychology?

Ajaylah Humphrey:

Yeah, that's correct. So I actually got my undergrad from UB as well. I got my undergrad in psychology with a minor in counseling. And to be honest, probably a lot of people, I wasn't exactly sure what I was going to do when I went into college. I actually started with sports studies because I was always an athlete, something I was interested in. And when I took more classes, that just seemed interesting to me, I found that I just really liked psychology. Something about learning about people in general was always very interesting to me. I've always been a very people person, talk of the crowd to get a little bit of a lot from everybody really. I never had a specific niche or friend group. I was friends with a lot of different types of people and learning a lot of people just really sparked interest. So when I got to learn that in the educational setting, it just seems like a good fit for me. And here we are.

Vish Gopalakrishnan:

And you said you also had a minor in counseling, which makes sense in terms of the next move that you made after your undergrad. After finishing your undergrad, you gravitated towards the human services field, particularly working with and helping young people through local foster care agencies in the Buffalo area. What prompted you to work with young people and this particular group of young people?

Ajaylah Humphrey:

Of course. So growing up, my mother was a special education teacher, so she worked around a lot of children who had a lot of special needs and I as a child of single mother was often in school at work with her. So hanging around the kids that I got to see, it was always very interesting to me, like I said, to just learn all different types of people and that we're all so different in so many different ways. And then aside from that, my grandmother on my father's side was actually a foster parent. So as one of

my babysitters when I was younger, I was often at her house. And again, just got to see the walks of life from I think every direction really with her having foster children and out the home as well. I had a lot of friends by association there. And seeing what she did to help and seeing what my mom always did to help in the community with these type of vulnerable populations, it always inspired me to do the same.

Vish Gopalakrishnan:

Great. That is truly inspiring. It's interesting the ways in which our parents' professions or what they do in their life influences and guides us in the decisions we make. So from a self-development perspective, you mentioned that you got to meet a lot of different types of people, meet a lot of different friends growing up. There was always an interest in helping people. How would you say the experience shaped you, and how did it motivate you to pursue a graduate degree in social work and business administration?

Ajaylah Humphrey:

So I'll attack the first part of that question and why I decided to keep going through this path because of the experiences that I was getting. Like I said, as a kid, I really enjoyed working with other kids and especially the populations where you could see that they didn't get as much. They just didn't get as much at home, they didn't get the same experiences that I was getting at home or in my life. And to be able to work with them and help improve their lives in the smallest ways that for me as a kid, what was I going to do besides offer them a conversation? And for that, as a kid, I saw how much of a difference that made just a conversation.

And as I got older and realized that the world isn't always a nice place, and sometimes that just getting that conversation is really all people need. Just getting that extra little help to be there, the one extra push for support to either do follow your dreams or be better or want better for yourself, things like that, a lot of people don't get those conversations just because they're not heard. So I think the more that I saw the little impact I can make by just talking to people and just having conversations with people and being willing to learn about them and their experiences, that I was making such a difference in just in the smallest ways and it made me feel really good.

So I think once I then excelled in the educational setting of taking psychology classes and they really clicked for me too, I mean my grades were really good and I could tell because I was really interested in

these topics. So I think that's what pushed me more is that once I actually started learning it to

school, learning it in school and tying it to all those real world experiences I had had growing up, that when I realized I could further my education in furthering those conversations I was having normally. But now being able to do them with the background of actually knowing why people are answering the way they are or because now that I know they've had this experience, this conversation, how can I do better to help them? Or being able to tie the two is really why I ended up going into the social work field. And again, going for that, the educational background that UB is supplying me by being able to further those conversations and making them even more helpful.

Vish Gopalakrishnan:

So now you're working with, so you finished your undergrad in psychology, you're in the field, you have that background in counseling and psychology that's helping you structure those conversations better and having that academic backing of, okay, this is the reason why a person replies in such a way and therefore these are the interventions that they might benefit from. While you're doing that, then the question becomes, okay, grad school, I want to go and further enhance my understanding of this field. Social works is a natural fit. It seems like the natural next step forward just with your background and interest. But why did you decide to also add on the MBA to that?

Ajaylah Humphrey:

Of course. And sometimes I debate telling this story and I feel like I have to more often, but truly I've always, when I was younger, I always was an entrepreneur. When I was younger, I definitely was always the kid holding lemonade stands. I used to sew clothes by hands for my dolls and try and sell them off. I was making TV shows with my neighbors and stuff and writing out scripts and putting them together on garage bands. So growing up I always had that mindset. But it was actually when I was in the social work program, I had started, when I first came back to UB, I had actually applied as just an MSW student. So I wasn't originally a dual degree student. It was actually going through the first year of the master's in social work that opened my eyes to the ties that could be made between business and social work and the more macro level work that I was getting experience with.

As we know we've discussed, I do a lot of direct care in working with foster care children's, it's very direct. It's very conversational on a very personal level. And realizing just the structural system behind all the children that I'm running into a meeting and how flawed that was, and that being a direct care staff, I couldn't make as much of a big impact to stop getting so many children at our doors and having to take care of because they're constantly in this system and in this cycle.

So it was I'm sitting down doing homework for my social work program, thinking of all these new

macro experiences and through my internships and things, just seeing that there needs to be more of a connection between the business world and the people who are holding the structures and the people who are working on the direct floor and the direct care and having the conversations with the people, these structures are supposed to be helping. So it was that tie in of getting exposure to the macro sense.

And then the part that I regret telling is I heard Cardi B on my podcast while I was doing my homework, and she said, Cardi B had said, "Listen, if there's one thing I regret, it's not going to business school because now other people have to count my money." And obviously it made me laugh.

And it is funny to think of, and we all look at Cardi B and she's someone who really did make a name for herself and is now a very entrepreneurial spirit and someone we can knock on because of where she started. But it's things like that that just those little cliques that you're like, you know what? I can do it myself. And I'm here and I'm in the setting and I have a place that can give that to me. I'm already a

student at UB and I can see all they have to offer to me. So while I'm here, I was like, why not go for that business degree as well if it's something that as a kid I always enjoyed, and now with the macro experience I'm getting and Cardi B ringing in my ears, I should go for it serious. So that's what really directed me towards getting going for the dual degree and becoming an MBA and MSW student.

Vish Gopalakrishnan:

Yeah, it's amazing how we find inspiration in the most hard places. I would've never thought that, oh wow, yeah, listening to a podcast from Cardi B, if that inspired someone to pursue an MBA, that would've never come to my head. So you started with just one focus, which was the master's in social work, and then eventually also added on the MBA. Most students who pursue a dual degree, either from the beginning or they decide to add on once they've gotten a dual program, usually have a long list of requirements of what they're looking for from that program. As an experienced professional, as someone who works in the social works field, what was your criteria when you were looking for a graduate program in MSW? And once you got in to UB, what was the criteria for an MBA program that you were working with?

Ajaylah Humphrey:

Of course. So, as you we've discussed, I am a Buffalo native. I grew up here. I was born and raised here. I went away for school actually originally for undergrad before I did end up coming back to UB.

And if that doesn't say enough in that scheme, I came back because I really enjoy being in the city, being close to home and the program that UB does have to offer. I had a lot of older friends that I graduated through high school with and stuff who did stay and were going through programs at UB and they really enjoyed it, and they enjoyed that they stayed local for school, they enjoyed that they got the Buffalo experience.

And as growing up in Buffalo, you want to leave. I think a lot of people growing up when you're in high school, you think about you just want to get out of the house, you just want to go away. You want to get the experience, the college life experience that everyone talks about. So I did that. And it was a lot of was rugby based as well, playing rugby and throughout school and undergrad took me different ways.

But I came back and it's just because Buffalo is my home. And looking through UB's program, I like that they include a lot of, they're starting to include a lot of the more person-centered, sorry, I don't know why I'm stuttering on words that I'm so accustomed to, but the person-centered approaches to things. And that even in leading into why I chose the MBA program is that even in a business program, that UB is offering classes like organizational behavior and communications, things that and has always been important in my field in the field of social work.

So seeing that now even their business program is trying to include things that I'm seeing from their social work program made me realize why that was the right choice for me to, one, stay here, because even so applying, because I was already at UB for social work, there was part of me that was looking at other business schools, are there other business schools? I just wasn't sure. But the more I looked into the curriculums and the experience that I was just getting hands on already from being in grad school and the experience I got from undergrad from UB, I knew it was the place to be.

Vish Gopalakrishnan:

Yeah. So Buffalo kept calling you back. That was certainly there. But also the people centricity that you mentioned, as someone in the MBA program, I can definitely attest that there is a tremendous amount of focus and interest that's put on the people-centric and team-centric and collaborative approach of learning. Definitely unique from a business school point of view. Now you have an interesting perspective to offer here in that you can tell our listeners who are contemplating if a dual degree is right

choice for them, especially in MSW and MBA combo, exactly how the two programs are different yet complimentary to each other. So let's start by how the two programs are different or the experience is different. How would you say that a master's in social works program is different from

the MBA that is offered at UB?

Ajaylah Humphrey:

I think as one could almost assume, obviously the MBA program requires a lot of more analytical mindset, quantitative, a lot of quantitative, diagnoses, things like that going through. And to where the social work program, I was just handed research papers. On a research papers, it was writing and reading and fields work really. So a lot more just hands-on things in the social work program that I was getting, compared to in the business program where... It's hard to tell. Sometimes it's hard to tell if they're different or the same because I feel like sometimes both in the ways that they're the same, they're also different. In the ways that they're different, they're also the same, if that makes any sense.

Yeah, if that makes any sense. But I think it definitely was hard for me going from the MSW program to the MBA program and having to make that sudden switch because I've been so immersed in the social work experience between fields work and my now personal work experience. So it was hard for me to make that switch. But I think because of the fact that now there is those introductions to organizational behavior and communications, there was still a part of me that felt a little comfort in those classes and having that in the program. So I like that. Again, I really do love that UB is making that switch and really offering those classes and actually making them mandatory. They're not even offering them, making those classes mandatory in the business program. So I think the ways that they're the same in that is that it does offer that more team-based approach, like you said, in both programs. Versus, I do think there's still a big disconnect between business and social work and just the way that our minds work.

I do find that the social work program, there was an overall cohort collectiveness, I think. And that's even just between, I think even the professors were in our cohort at the time, versus the business world where you're in the MBA program, you are put into your teams and there's a lot of case competition going on from the beginning. So you do get that business world where you realize that it is a climb to the top kind of. And that was a little bit of a shock to me coming from such a collective society of being a social worker and everyone's mental health and we're all getting through this together and business world is like we're powering through, we're CEOs and we're getting things done. So it's too very juxtaposing, I think, mindsets, but because the way that UB sets up their curriculum, I think that's why they became so complimentary and they are so complimentary to each other, and again, a reason why I decided to take such far end paths by doing an MBA and a social work degree all in one.

Vish Gopalakrishnan:

Right. It's interesting that there's a sense of collaborative competition in the MBA, whereas MSW is more collaborative, we're in this together, we're going to get through this together. And in terms of coursework, I like that you mentioned that in the MSW, it's a lot of research and fieldwork. In the MBA, there's a lot of practical work that our students get. You're constantly working on projects, constantly working on assignments, but the collaboration part comes from the fact that you're working with the same team essentially for a large portion of that first year experience. But the competitive part is that you're competing against other teams either for a grade or the corporate champions case competition that students compete in, in the first semester.

So yeah, you're right that they are complimentary in the sense that they're people-centric, but also different in the sense that the MSW program is more let's find the solution together, whereas the MBA is more we are CEOs, we are powering through, it doesn't matter. Everybody has to give their 100% all

the time to get stuff done. So it is collaborative versus collaborative competitive is how I would essentially summarize what you said.

One thing that often comes up in these conversations that I have with students, especially those who are in the MBA program, is they want to become a better leader, a whole well-rounded leader. And I think that that came through in what you mentioned also in the sense that the organizational behavior classes, the communication classes, they're all designed to make you a better manager, make you think through something from other people's perspectives. So that is often a recurring theme when MBAs are asked about their choice of pursuing a graduate degree.

But leadership is very open to interpretation. You ask 10 different people about what a good leader is and you'll get 10 different answers. But you are in a unique position here to offer us some insight into what leadership is, especially from a human services and social works point of view, because you mentioned that both programs are people-centric, but one puts the person in the center. So how would you say having gone through both programs, how would you say your idea of what a good leader is has changed or become more solid while working through the program?

Ajaylah Humphrey:

Good question. I think that because I am in both programs, it really solidified my idea that there does need to be some type of middle ground in or just some type of collaboration between the two fields that really allows for that.

Vish Gopalakrishnan:

Let me rephrase that in a more simpler. What are some leadership skills that are missing or inadequate in today's business leaders, and how can one develop those skills?

Ajaylah Humphrey:

Of course. So I would say that because, like I said, because going through both programs, I realize that there needs to be a middle ground. Obviously social workers can't think that everything's going to be fine and dandy, and there does have to be everything can't just work out for the greater good all the time. And there are rules and regulations we have to go around and that are in place for a reason to create structure and for society to run in a functioning way. So it's important for us to also realize that business people are doing what they have to do because they have to do it. But also realizing that business people just have to keep in mind that they are in a sense still working for the people. It's no matter what job you're in, I feel like all jobs are human services based, whether you're actually tending to the people or tending to their computers for them, whatever it is, it's we're all helping each other in this society and trying to produce a society for everyone to live in.

So I think skills that can be picked up on in the MBA program and what you're seeing in the UB's MBA program are those person-centered skills that as a leader, for someone to be in that position, I think it's very important for them to understand that the people they're working for, the people they want to help and in how they want to see society advance as a whole in coming from a person-centered place, that we'll get to a more collective goal that's good for the greater good. So I think that's where those skills can really come in for a leader in a leader who's trying to go through the route of being in a more business role than a social worker's role. And that even in roles where you're the CEO of a tech company that you should still care for the people that you're the CEO of and stuff. So including more a lot of those more person-centered skills, those empathetic skills, all of that is just really important I think as a leader.

Vish Gopalakrishnan:

You mentioned empathy or empathetic skills as something that's essential. There's so many ways to describe empathy, but what would your definition of empathy be?

Ajaylah Humphrey:

So empathy, again, a lot of people confuse it with sympathy, and it's important that people

understand that there's a big difference between empathy and sympathy. Sympathy is you can, someone passes away and you know that it's sad. Empathy is being able to feel that sadness within because you might have also experienced the death.

So, something like that, we all know death is sad. It can be a mourning process, but to be able to feel it personally and understand what that feeling is inside is where that empathy really comes in. And realizing that difference is that we all know what the emotions that come with sympathy. We all know what anger, sadness, happiness is, but when you're more empathetic and you can feel what that would feel like to you, it puts you more in that person's shoes to wear that no matter the situation, it might not have felt the same, it might not be the same for you, but you can feel what that other person is feeling because you know those same feelings. So stepping in the more emphatic role of that by being able to actually take those personal feelings and apply them to being in someone else's shoes, I think is the most important part of that skill.

Vish Gopalakrishnan:

I think that's a super interesting distinction you made between sympathy and empathy. I think a lot of people do conflate the two, sympathy is simply understanding what someone else is going through, but empathy is putting yourself in their shoes and truly feeling it, right? Experiencing those emotions yourself. And yeah, you're right. You mentioned tech companies. Tech companies often do get a bad rep for always being product-centric and not necessarily consumer-centric or people-centric. And that's something that a lot of people, business leaders are definitely working to improve. Now, if empathy is so crucial, and it seems like it is, can you tell us how students in the dual degree, MSW and MBA program get the opportunities to develop their empathetic leadership styles? What are some things that you are able to do as a student while working through the two programs that help you develop a more empathetic leadership style?

Ajaylah Humphrey:

So I would say actually the group collectiveness of the MBA program has required a lot of, obviously you're taking in a lot of other people's personal agendas, personal plans and other personal class schedules. Everyone's got something going on. So I think when you're put in such a tight-knit group where we all have the same project and we all have the same goals, obviously we all want to get our work in and do the best that we can in this program. But realizing there that everyone's got something different going on though.

And we all are coming from such different backgrounds when you're coming into this program too.

We had people, just my team alone, we had an age range between six to seven years. Our age range went people from, I had someone in my group, Allie from Taipei. So there was a cultural differences. There's people from Rochester, there were people from Buffalo, even just a few states away. So there's the cultural differences coming in of learning of someone might be on holiday and you're not. So this group project, you got to figure out a different way.

So when you have that group cohort and the group collectiveness, you get a big chance to really learn what it is to work in a team and how learning each other and being empathetic really will get you through quite literally any project. Any project thrown at you, you guys will get through it if you take the time to understand each other, to put yourself in the other person's shoes and have that collectiveness. So I think that was a big thing for me in coming into the MBA program and where I found that my social work and empathetic skills really came into play, honestly, and where that was able to be worked on.

And that was something that was really cool for me to be able to see that coming in with a little bit of imposter syndrome in the MBA program, that I still felt that my skills were needed somewhere, and that in that teaching those to other people in the group even so, that came out and through our courses, that we were able to develop those skills just in the program alone. Because I feel like with the MSW program, a lot of that empathy does, it does come a lot easier. A lot of people go into social work because they already are very empathetic people and have the main goal of working for the greater good and for everyone around them serving others. So you just fits the bill. So I think being able to see that in the MBA program was truly special.

Vish Gopalakrishnan:

So let's talk a little bit more about your experience in the MBA program. What have been some of your favorite classes in the program so far, and why?

Ajaylah Humphrey:

Of course. I like any class that is discussional. So of course I leaned in towards those organizational behavior classes, communications, things where I got to even just got to see the, pick the brains of all the other people in the cohort and learn more about the minds of people in the MBA program as opposed to people who are so like-minded to me in the social work program. So classes that got people talking in the MBA program and even professors. Professors that encouraged a lot more discussion, it was cool to pull that out of them and sometimes go head-to-head a little bit with some of the MBA professors from the coming as an MSW student in taking on those different traits and

things. So that's what I'd say, any discussional classes.

Now, opposed to the almost obvious as wise, I would like those classes. My favorite class right now is data modeling, which is you'll hear is probably the best and the worst class you'll ever take in your whole life. It's awful. It's all Excel based spreadsheet. So even just learning the little niches about where the buttons are on Excel, man, I'm telling you, it was so hard to even get myself to enroll in this class because I knew it was going to be so hard for someone like me to take someone who...

I already knew I hated Excel as a whole program since I was little. In high school, I hated it. So taking as a college course, I knew I was pushing myself by doing it, and I'm so glad that I did because I know how helpful it is and I know how helpful it's going to be in my professional experiences and even just in my personal life, using it as my planner and my budgeting now because I know all the little functions and the formulas and things like that. So I would say that it's a 100% my favorite class. It's the one class I would run to Diana and say, "I'm not skipping this class. I would never. Send me all the helpful hints you have. I'm here for it, but I'm just telling you I hate it. I hate it all." So it's a very love, hate relationship with that class, but I think it is very useful and in a very good course that's offered for sure.

Vish Gopalakrishnan:

Tim Main's organizational behavior class, part of the first semester courses that students take in the MBA program, easily one of the most eye-opening classes, especially for someone who has a little bit of

work experience, just understanding the different leadership styles that exist and what it takes to run a team effectively. I think that's something that any profession can benefit from. Certainly one of my favorite classes too in the program. Data modeling, Diana, yeah, probably gets mentioned on this podcast more than any other class. It is tough. It is a difficult course. It is a lot of work. But at the end of it, I remember I spent six, seven hours on each assignment, and at the end of it when I figured it out and it's done and I get a decent grade, it feels so great. It feels like a wonderful sense of achievement. Like, "Ah, yeah, I'm learning something new and it's difficult." And I never thought that I would enjoy it, but I certainly do enjoy it and it's a great class.

Ajaylah Humphrey:

Absolutely.

Absolutely.

Vish Gopalakrishnan:

So now in the second semester of your MBA, soon you'll be able to select courses that help you pick a concentration. What are some of the subjects that you are interested in pursuing?

Ajaylah Humphrey:

So because I came to the MBA program pretty open-minded, I haven't chosen any concentration and I don't really plan to. My goal was to really just get exactly what I wanted out of it. So just coming, taking the courses as they're coming, reading descriptions as they're coming. I knew I wasn't going to go in towards finance or accounting classes and those sorts, but classes I knew I would gravitate towards more were definitely marketing, entrepreneurship. The data modeling, I definitely didn't think I would take an Excel class, but I just, like I said, as I saw just more and more how it was being used in all my other courses, how much more that I needed it. And that I would really benefit by learning more about it than constantly shying away from it, especially with the growth in technology we're seeing that it was just, it's just silly to not take the chance to learn it when I have the resources as I do here at UB.

So with taking the course, so I would say definitely lean towards marketing, entrepreneurship. And I've enjoyed a lot of those classes so far, still in a lot of the intros, just learning basics, and I again, did pretty much what I felt I needed. So just picking up a little bit of everything and seeing just what I don't know and just trying to learn something new is the course that I'm taking really as far as it goes with the MBA program. And so far it really is benefiting me and I'm definitely learning a little bit of everything. I'm getting exactly what I want out of the program with everything that's being offered to me.

Vish Gopalakrishnan:

I think the great benefit of a general MBA program is that you get to pick and choose any class you want from any concentration. You don't necessarily have to declare one. It's not a requirement in the program. And it is something that professors encourage, always take classes that you feel are interesting, are going to help you in whatever career path you want to go towards, and we are allowed to do that, which is certainly exciting and a great feature of the program. Now, we could continue to chat for a long time, but we do need to keep the podcast to a reasonable length. So let me ask you this one final question. What would be your advice to our listeners, especially those who are interested in social works, on why the UB dual degree program, MSW and MBA, might be a good fit for them?

Ajaylah Humphrey:

So, unlike me where I heard Cardi B say take one business class and decided to enroll in a whole program, I would say that I do think everyone should take at least one social worker, psychology or course that's like organizational behavior, no matter what fields you're in. I don't think everyone needs to go all in and get a full degree in it. But I do think that if your college is offering it, if you see a university that you really want to apply to, like UB and they're offering all these great courses, where you can get those, even in the MBA program, you can get those courses like organizational behavior and communications and develop people skills in a program that a lot of people have come to for only developing quantitative and analytical skills.

So seeing a program that offers a wide range of skills, I think is going to be useful in any area. No matter what field you're going into, having a wide range of skills, people skills, technical skills, analytical skills, research skills, whatever it is, having just that in your tool belt is going to be so beneficial for you in your professional advancements.

And someone, I've worked since before undergrad, I was working full-time throughout undergrad, so I've been in the professional field for a really long time. And I've just seen how much more my coursework and going through UB's programs have really just furthered where I am in my career outside of school and the things that I've been able to accomplish in my work experience and the people I've been able to help and all the different types of jobs I've been able to have because I've been so open to having so many different skills that I haven't had all just direct care jobs either. I was an assistant director of a daycare, which was very operations based and running. I was running it, but it was because I had those background skills because I just took the class, because I knew it would be helpful to be a very well-rounded person. And I think UB, definitely UB's programs, the MSW program and the MBA program either combined or separate, honestly, you're getting that experience of becoming just a well- rounded individual who's entering society and ready to work.

Vish Gopalakrishnan:

Wow. Great piece of advice. Ajaylah, thank you so much for taking the time to speak with us and sharing your experiences. I'm sure a lot of people and our listeners in particular are going to benefit from your journey. If they want to follow your journey, professional and otherwise, where can they find you?

Ajaylah Humphrey:

Of course. If anyone wants to find me, they can definitely find me on LinkedIn, Ajaylah Humphrey. And I am available to chat, message anytime. If you want to learn more about the MSW program, MBA program, or becoming a rugby player, please let me know. I am always willing to have a conversation. Of course.

Vish Gopalakrishnan:

Thanks, Ajaylah. Thank you for taking the time.

Ajaylah Humphrey:

Thank you, Vish. It's been a pleasure.

Vish Gopalakrishnan:

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comments and suggestions, please write to us at gopalak2@buffalo.edu. That's G-O-P-A-L-A-K 2@buffalo.edu. Hope you have a great day and we will see you in the next one.