

ADELPHI UNIVERSITY

CENTER FOR CAREER AND PROFESSIONAL DEVELOPMENT **NEWSLETTER**



CAREER CALENDAR

Register for the following
events on handshake
(adelphi.joinhandshake.com)

EXPERIENTIAL LEARNING ORIENTATION SESSIONS (Federal Work Study)

Monday, January 30, 2017 • 12:00 noon–1:00 p.m.
Thursday, February 2, 2017 • 12:00 noon–1:00 p.m.
Nexus Building, second floor–
Center for Career and Professional Development

EDUCATION/SOCIAL WORK/PSYCHOLOGY/BUSINESS

On Campus Recruitment

Center for Career and Professional Development, room 226
Thursday, January 12, 2017 • 1:00 p.m.
Tuesday, January 24, 2017 • 5:30 p.m.
Wednesday, February 1, 2017 • 4:30 p.m.
Monday, February 13, 2017 • 5:00 p.m.
Saturday, February 18, 2017 • 10:00 a.m.
Hauppauge Education and Conference Center
Tuesday, March 7, 2017 • 4:00 p.m.

ANNUAL JOB AND INTERNSHIP EXPO

Friday, April 28, 2017 • 12:00 noon–3:00 p.m.
Thomas Dixon Lovely Ballroom, Ruth S. Harley University Center

LEADERSHIP CERTIFICATE PROGRAM EVENTS:

ADULTING 101

Wednesday, February 8, 2017 • 12:00 noon–1:30 p.m.
Ruth S. Harley University Center, Rooms 215-216

C.O.R.E. Creating Ongoing Respect and Equity Training

Tuesday, February 21, 2017 • 6:00 p.m.–9:00 p.m.
Center for Recreation and Sports, Campbell Lounge, Room 1

MOCK INTERVIEW NIGHT

Tuesday, February 28, 2017 • 5:00 p.m.–7:00 p.m.
Angello Alumni House

JUMP START INTO YOUR CAREER

Wednesday, March 22, 2017 • 6:00 p.m.–8:00 p.m.
Angello Alumni House

HOW TO STAND OUT AT A JOB FAIR

Tuesday, April 4, 2017 • 12:00 noon–1:00 p.m.
Ruth S. Harley University Center, Room 313

JAGGAR COMMUNITY FELLOWS PROGRAM INFORMATION SESSIONS

February 6, 2017 • 4:00 p.m.–5:00 p.m.
Nexus Building, Room 126
February 9, 2017 • 12:00 noon–1:00 p.m.
Nexus Building, Room 237
February 14, 2017 • 11:00 a.m.–12:00 noon
Nexus Building, Room 237
February 15, 2017 • 1:00 p.m.–2:00 p.m.
Nexus Building, Room 237

ON-CAMPUS INTERNSHIP RECRUITMENT (OCIR) INTERVIEW SCHEDULES (Sign up in Handshake)

January 23, 25 and 27, 2017 • 9:00 a.m.–12:00 noon
and 1:00–4:00 p.m.
January 30, February 1 and 3, 2017 • 9:00 a.m.–12:00 noon
and 1:00–4:00 p.m.
February 6, 8 and 10, 2017 • 9:00 a.m.–12:00 noon
and 1:00–4:00 p.m.
February 13, 15 and 17, 2017 • 9:00 a.m.–12:00 noon
and 1:00 p.m.–4:00 p.m.

SAVE THE DATE

Welcome Back Block Party

Wednesday, September 6, 2017 • 11:00 a.m.–2:00 p.m.
Thomas Dixon Lovely Ballroom, Ruth S. Harley University Center

Mock Interview Night

Tuesday, September 26, 2017 • 5:00 p.m.–7:00 p.m.
Angello Alumni House

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JENNIFER AVILES '16: Learning by Heart



NURSING IS A DEMANDING profession, filled with long hours, night shifts and all manner of emergencies. Jennifer Aviles '16 sees it as the perfect opportunity to grow and learn—and she does it all with enthusiasm.

Aviles is a registered nurse at Northwell Health in Manhasset, New York, where she previously interned as a Jaggar Community Fellow in 2015. Although she didn't have much hands-on experience with patient care as an intern, Aviles paid close attention to how nurses interacted with patients and developed a strong work ethic. From learning the ins and outs of nursing to making valuable connections, the experience is one she will always cherish. "I met a bunch of amazing people I could call afterwards and who helped me get a job after graduation," she said. "They were really my mentors."

The Center for Career and Professional Development was also instrumental in propelling Aviles to her current position. Suffering from interview nerves, she attended Mock Interview Night to sharpen her skills. "I was one of the most nervous people there," she remembered. "Anything with a one-on-one conversation was hard." The interview workshops encouraged Aviles to focus her thoughts and power through conversations, alleviating her anxiety about public speaking.

She also took a seminar with Jonathan Ivanoff, associate director for internships, where she wrote sample cover letters, updated her LinkedIn profile and honed her networking expertise.

Aviles intends to go back to school and pursue a master's degree in nursing education. Although she values the

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professional practice, she is committed to becoming a nurse educator, which she describes as "the brains of the hospital." Combining clinical mastery with a passion for teaching, nurse educators are on hand to answer questions and mentor future generations of nurses. Aviles aims to offer patient care at the highest level and empower people through knowledge.

If there's anything Aviles has learned in her budding career, it's that compassion, understanding and a positive outlook are paramount to success. "Skill can be taught," she said, noting that degrees, internships and orientations exist for that very purpose. "But attitude is intrinsic."

ANTHONY COLLADO '14, M.A. '15: Making the Connection



THE PRICE OF A CAREER IN MEDICAL RESEARCH once seemed too steep for Anthony Collado '14, M.A. '15. In high school, he participated in multiple research programs, including one at the Arthur Ashe Institute for Urban Health. And while he was interested in continuing as a researcher in college, his family's financial difficulties meant that he needed to prioritize working over studying.

It was only as a first-year student at Adelphi University, when he visited the Center for Career and Professional Development, that he found the keys to pursuing his dreams. Today he is employed at one of the nation's premier medical centers, NYU Langone.

Through the career center, Collado worked as an America Reads/America Counts tutor and eventually became a senior recruiting member for the program, which provided ample financial assistance and allowed him to focus on his research aspirations. "Without the career center, I would not have been able to afford to complete my degree," Collado said.

That strong emphasis on networking is the greatest thing about Adelphi. It gets you into almost any position."

The next step in Collado's journey was an internship in the Brooklyn Health Disparities Training Program at SUNY Downstate Medical Center. The network he built there helped him score an internship with NYU, where he made such a positive impression that NYU offered him a full-time job after graduation.

Collado is now a senior research data associate in the Center for Healthful Behavior Change at NYU Langone, where he monitors participants for sleep-related health issues and works on incorporating NYU's research into government policy.

Collado credits Karen Parish Autry, associate director of employer relations at the career center, with helping him get a foot in the door.

"She was a really good supervisor," he said. From navigating the internship world to providing résumé tips, Parish Autry filled in all the cracks. "It's those small details that you don't really account for that end up getting you somewhere."

The bonds Collado forged with other Adelphi students, enhanced by the small class sizes throughout the University, contributed to his professional success as well.

"That strong emphasis on networking is the greatest thing about Adelphi," he said. "It gets you into almost any position."

Career Notes

Geelita Williams '11 (JCFP) is a business development analyst in the ambulatory services division of Tampa General Hospital.

Chianne Greene '13 (JCFP) received her M.S.W. from the Columbia University School of Social Work.

Crista Maracic '13 (JCFP) is student president of the Society of Personality Assessment.

Tyhesia Roach '13 (JCFP) plans to graduate from the Columbia School of Dentistry this year.

Alexis Bueno '15 (AR/AC) is currently attending Touro Law School.

Jonathan Sclar '15 (JCFP) is enrolled at St. John's University School of Law.

Emily Lewis '16 (JCFP) is a social worker at Mt. Sinai Hospital.

Anna Smith '16 (JCFP) is furthering her education at the Fordham University Graduate School of Social Service.

Danny Bautista '19 (M.A. TESOL) is serving in the Peace Corps in Indonesia.

MICHAEL KALBERER, M.S.W. '04: Life Without Limits



MICHAEL KALBERER, M.S.W. '04, is a New York State licensed master social worker (LMSW), a motivational speaker, a tutor and an event consultant. He also has cerebral palsy.

Kalberer does not treat his condition as a barrier—instead, he sees it as an opportunity to educate audiences on how to transcend their limitations. He lectures on stress, time

management, disability etiquette and self-esteem, always referring candidly to his own challenges and accomplishments. “By talking about my time coming up through the special education system, I can maximize my own learning and teaching experiences,” he said.

In addition, Kalberer tutors students preparing to take the New York State social work licensure examination. Many of his clients have attention-deficit/hyperactivity disorder (ADHD), auditory processing issues or anxiety, which can be tough to handle during a pivotal professional exam. Kalberer addresses these issues head-on, developing teaching styles and processes that are tailored specifically to the needs of each individual. To date, all 44 of his students have passed the exam.

As a self-proclaimed “proud Adelphi grad,” Kalberer remembers his student days with great satisfaction. He networked extensively and

co-chaired Disability Awareness Week during his time at the University, which helped him cultivate an entrepreneurial spirit and regain his confidence in professional settings. Most important, Kalberer learned to harness the unique gifts he brings to the table. “My people skills are a greater strength than the experience on my résumé,” he said.

Several years after earning his M.S.W., Kalberer decided to pursue motivational speaking professionally. He returned to the Center for

“It’s not about living with disabilities, it’s just about living life.”

Career and Professional Development as an alumnus, hoping to get some assistance in making this daunting transition. “The career center could not be any more supportive,” he said. “They were phenomenal to me when I switched careers.”

Kalberer still visits the career center regularly for a variety of services: Employees help him maintain his website, answer his emails and establish connections that often lead to speaking opportunities.

Though he is committed to raising awareness about issues faced by people with disabilities, Kalberer hopes to empower every person in the audience when he lectures. “It’s not about living with disabilities,” he explained. “It’s just about living life.”

A hand in a blue suit sleeve pointing upwards against a brick wall background. The hand is the central focus, with the index finger pointing towards the top of the frame.

Turn Problems into Opportunities



AMANDA KIM '14, M.S. '16: Searching for a Cure

A FEW MONTHS AFTER Amanda Kim '14, M.S. '16, was born, her mother was diagnosed with breast cancer. Inspired by her mother's struggle, Kim knew at an early age that she wanted to improve medical treatment for cancer patients.

Kim is a research technician at Memorial Sloan Kettering Cancer Center under the Cancer Biology and Genetics Program, where she works behind the scenes with renowned researchers to study all aspects of various cancers. While her research may not have a direct effect

on patients in the short term, Kim is confident that her team's discoveries will eventually spell a cure for the disease.

Kim held two internships through the Jaggard Community Fellows Program at Adelphi that were critical

to her professional journey. The Center for Career and Professional Development first steered her toward an internship at The Estée Lauder Companies, Inc., which proved to be a test of her scientific prowess. "It was my first time applying the techniques I learned in textbooks in a professional laboratory setting," Kim recalled. As a graduate student, she later interned at the Feinstein Institute for Medical Research in Manhasset, New York, focusing on leukemia research.

The career center helped Kim prepare a strong curriculum vitae and cover letter, and conducted mock interviews so she would feel ready to tackle the real experience head-on. According to Kim, these services placed her a cut above her competition in the professional arena. "As a recent graduate, it's easy to be stuck in a student mindset," she said. "But the career center was able to prepare me for the real world."

Kim also gained substantial experience as a leader on campus at Adelphi. She assisted with orientation for the class of 2017, was president of the Resident Student Association, was a sister of the Epsilon Chapter of the Phi Sigma Sigma sorority and served on the sorority's executive board as Panhellenic delegate.

While Kim is content with her position in a prestigious laboratory researching cancer biology, she hopes to obtain a Ph.D. in a biological field. Conducting her own research and making a unique contribution to the scientific community are chief among her aspirations.

Kim sees her impressive trajectory as the result of many life-changing experiences at Adelphi. "I am very grateful for all the different opportunities [the University] provided me with," she said. "I can't imagine having studied anywhere else."

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SARAH MACE-RODON: Shooting for the Stars



ALTHOUGH SENIOR Sarah Mace-Rodon initially followed in her parents' footsteps, she is well on her way to charting her own course for professional success.

Mace-Rodon remembers asking her parents, who worked for NASA and the Environmental Protection Agency, "Is it okay if I don't do science?" Motivated by a lifelong love of people and a passion for mental wellness, she decided to study psychology.

It was only when her mother introduced her to a psychologist at NASA that Mace-Rodon began to realize how her studies could be put to use in a different context. After shadowing her mother's colleague, Mace-Rodon put together a proposal for an internship program within NASA's psychology department—the first of its kind. "Creating that opportunity for myself was a big first step," she said. When the proposal was approved, Mace-Rodon applied to the program and was accepted as a summer intern.

At the Armstrong Flight Research Center in California, Mace-Rodon explored how different therapies can be used to promote the well-being of NASA's top scientists and engineers. She developed a six-week mindfulness meditation program that helped employees find ways to de-stress at work and at home. As a dedicated practitioner

of mindfulness herself, Mace-Rodon relished the opportunity to bring peace and relaxation to a highly pressurized environment.

Without her many pursuits at Adelphi, Mace-Rodon would never have built up her confidence to apply to NASA. She enrolled in the Internship Preparation Seminar under the P.R.E.P. Program, where she refined her approach to practicing for interviews and worked with the Center for Career and Professional Development to fine-tune her résumé and cover letter. "It was those little extra things that made the difference for a successful internship application," she said.

Looking to strengthen her leadership skills and gain even more professional experience, Mace-Rodon pushed herself to be active on



Reach as high and as far as you can."

campus as an admissions ambassador and a tour guide. Now in her senior year, she also conducts original research through the Emerging Scholars Program under the supervision of Professor Joel Weinberger, Ph.D., which was one experience that inspired her to pursue graduate work in clinical psychology.

Though Mace-Rodon sees herself becoming a clinical therapist at some point down the road, she has not ruled out returning to NASA. What's the secret to landing a job that most people only dream about? "Reach as high and as far as you can," Mace-Rodon said. "Not a lot of people would dare to think, 'Yeah, I want to work at NASA,' especially if they're not a science major or a cookie-cutter applicant. But anything is possible."





CASSANDRA RICCA '15, M.A. '16: Those Who Can, Teach



FOR CASSANDRA RICCA '15, M.A. '16, there are no wrong answers.

Ricca is a fifth-grade special education teacher at P.S. 13Q Clement C. Moore in Queens, New York. Her classroom is self-contained and offers enhanced support for children whose needs cannot be fully met in a general education classroom.

While the job can be draining, it has pushed Ricca to climb heights that previously seemed insurmountable.

"I wasn't one of those people who knew they wanted to teach when they were seven years old," said Ricca, adding that she entered Adelphi without a solid idea of what she wanted to study. "My family asked me to consider it because they saw me as very patient and creative."

Willing to take a leap of faith, Ricca enrolled in the Scholar Teacher Education Program (STEP) in her second semester at Adelphi. She soon found inspiration among her professors, particularly Associate Professor Emily Kang, Ph.D. "She was so caring and motivating," Ricca said. "I thought, 'I want to be like her when I grow up.'"

The Jaggar Community Fellows Program provided the perfect outlet for Ricca to put her new motivation to the test. She spent two consecutive years as a fellow: first with Girls Inc. of Long Island and then with the Long Island Children's Museum. Both experiences helped Ricca get acquainted with networking, the nine-to-five commute and

other professional realities in a setting that compelled her to go the extra mile.

"I had the chance to do something that affected the community in a meaningful way," she said. "I felt like I made a difference." Giving back and making positive change are principles that continue to inform Ricca's classroom philosophy.

The Center for Career and Professional Development also made a lasting impression on Ricca's career path. She began working there as an intern, was promoted to student worker and finally became a graduate assistant while obtaining her master's degree. In addition to building up her résumé, hosting interview preparation courses and undergoing career counseling, Ricca found a great supply of strength and encouragement at the career center. "They were like a second family," she said.

I had the chance to do something that affected the community in a meaningful way."

One of Ricca's main goals is to pay forward the support she has received. "Finding people to be in your corner is so important," she observed, remembering how grateful she was to have a strong support system in place.

In spite of the stress that can accompany tough situations at work, Ricca strives to maintain an optimistic outlook. "It's hard to believe in yourself when you're still new at something," she noted. "But if you give it your best effort, you will keep getting better."

ALEXANDRIA WHITE: Setting Up Shop



SENIOR ALEXANDRIA

White has been a go-getter from the beginning.

When she was just 14, she set up Ms. White's Bakeshop, where she sold baked goods made from scratch to people in her hometown. Customers called White to place orders—ranging from cookies to elaborate sweet sixteen cakes—which she baked in her own kitchen and then delivered personally to their homes.

However, the name of the game wasn't only baking. She also regularly sent out newsletters touting promotions and news items to drum up business. "I've always been interested in the behind-the-scenes components of businesses," she said.

Nearly a decade later, White has channeled that ambitious spirit into an internship with CBS Local Digital Media. As a business development and local commerce intern, she analyzes monthly revenue trends and conducts daily reporting for the company's markets. She previously interned for ClearVision Optical, where she ran sales reports and created brochures and email blasts for clients.

Though White always had her eye on a competitive position, she turned to Adelphi University's Center for Career and Professional Development for some fine-tuning before putting in her bid. She discovered the career center while she was enrolled in an internship preparation seminar with Victoria Passarella, assistant director for career services, who encouraged White to check out the Preparation, Reflection, Experiential Learning and Planning (P.R.E.P.) Program.

White began having monthly meetings with Passarella. They went over her résumé—which had strong content but needed formatting tweaks—as well as her cover letter, the interview process and her general career plans. These sessions helped White create materials that were up to par with her natural drive and ability.

Despite the triumphs she has enjoyed so far, White continues to refine her craft as a student ambassador in the Students Today, Alumni Tomorrow (S.T.A.T.) program and as a member of the Leadership Certificate Program. She participates in a variety of events and counseling through these organizations, fortifying her leadership skills and expanding her knowledge of the business world.

Adelphi's diverse classroom environments have also served as a useful training ground for White, especially when it comes to thinking on her feet. "I've learned how to best adapt to different circumstances via a variety of different teaching styles," she said.

White plans to obtain a one-year M.B.A. in Management, possibly with a specialization in management information systems. She hopes to work full time at CBS, or at another prominent entertainment company, in the business development department after earning her degrees.

I've learned how to best adapt to different circumstances via a variety of different teaching styles."

From bakeshop to business development, White has demonstrated a lasting commitment to professional excellence. Combining a passion for marketing with an abundance of hard work to achieve her goals, she is truly having her cake and eating it too.



P.R.E.P.

PREPARATION • REFLECTION • EXPERIENTIAL LEARNING • PLANNING

Take advantage of all that the Center for Career Development has to offer. Get your future on track for success with the P.R.E.P. Program!

Select one path to complete:

PATH 1

Internship Preparation Seminar Take one of the sections:

o #137-299

Complete one in this category:

- o Jaggar Community Fellows Program
- o Panthers with a Purpose
- o America Reads tutor
- o Campus job
- o Hire a Panther
- o Internship
- o Volunteerism*

Complete three in this category:

- o Résumé review (required)
- o On-campus recruitment
- o Mock interview
- o LinkedIn profile review

PATH 2

Leadership Certificate Program (To learn more, visit adelphi.edu/leadership.)

Complete one in this category:

- o Jaggar Community Fellows Program
- o Panthers with a Purpose
- o America Reads tutor
- o Campus job
- o Hire a Panther
- o Internship
- o Volunteerism*

Complete three in this category:

- o Résumé review (required)
- o On-campus recruitment
- o Mock interview
- o LinkedIn profile review

PATH 3

Complete three in this category:

- o Welcome Back Block Party
- o Employer information session
- o Job and Internship Expo
- o C.O.A.C.H. event
- o Etiquette Dinner
- o Graduate School Preparation
- o Professional etiquette training
- o Mock Interview Night
- o LIERC

Complete one in this category:

- o Career assessment and evaluation of assessment
- o Attend a lecture and write a 500-word reflection

Complete one in this category:

- o Jaggar Community Fellows Program
- o Panthers with a Purpose
- o America Reads tutor
- o Campus job
- o Hire a Panther
- o Internship
- o Volunteerism*

Complete three in this category:

- o Résumé review (required)
- o On-campus recruitment
- o Mock interview
- o LinkedIn profile review

*For volunteerism, discuss your activities for consideration during your intake session.

Start and finish at any point during your Adelphi career.

All participants who complete the P.R.E.P. Program will establish connections with employers and have a chance to serve on the center's Student Advisory Board.

Registration is required. Schedule an appointment with a career counselor by contacting **516.877.3130** or careercounselor@adelphi.edu.

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SERVICES AND RESOURCES

PREP

Get P.R.E.P.'d with the Center for Career and Professional Development:

- Get your future on track.
- Connect with employers.
- Stay in the know on all of the hottest jobs and internships.



Connect with us via Handshake and get your future started today.

CONNECT WITH US

Check out our other online resources:

Follow us on twitter.com/HIREaPANTHER

Like us at facebook.com/AdelphiCareerCenter

Follow us on pinterest.com/HireaPanther

Follow us on instagram.com/HireaPanther

Follow our blog at career-adelphi.blogspot.com



For more information on our valuable resources, such as the Leadership Certificate Program, Internship Prep Seminar and others, visit adelphi.edu/career.

RÉSUMÉ REVIEWS

Email your résumé or cover letter to careercounselor@adelphi.edu for a critique and receive a response within two business days.

SCHEDULE AN APPOINTMENT

Call **516.877.3130** to arrange an individual meeting to discuss your future.