

# ADELPHI CAREER CENTER

Helping Students Find Their Passion  
and Choose a Career

2018/2019  
Edition



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**ADELPHI**  
**UNIVERSITY**  
NEW YORK

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Annese:  
Knowing the  
Hustle**  
06





# PREP for Success

## Learn what employers want, so you can land your dream job.

The PREP Program is presented by the Center for Career and Professional Development to help you develop skills that will prepare you for internships and jobs.

PREP students will learn about:

- Résumés
- Cover letters
- Job search
- Networking
- Interviewing

PREP students have the opportunity to:

- Establish connections with alumni and employers.
- Serve as PREP student ambassadors.
- Receive honor cords for graduation.

### **Select one path to complete PREP:**

- Path 1: Internship Preparation Seminar: 1-credit course, 137-299
- Path 2: Leadership Certificate Program: six workshops in one academic year  
**Adelphi.edu/leadership**
- Path 3: Lunch and Learn Workshops: five workshops in one academic year

All PREP students work with the Center for Career and Professional Development to complete:

- Résumé
- Cover letter
- LinkedIn profile
- Mock interviews
- Handshake account

**Start and finish at any point during your Adelphi career.**

**Interested? Registration is required.**

Email [prep@adelphi.edu](mailto:prep@adelphi.edu) and schedule your appointment today.  
[career-center.adelphi.edu/students/prep](http://career-center.adelphi.edu/students/prep)

“

The Career Center has been there since my first year. I wouldn't have known what to do or what to change. I got a bit of everything from them.”



## Joud Deeb-Abawi: A Continuing Relationship

Joud Deeb-Abawi was just six weeks old when her parents moved with her from Jordan to Nassau County, New York. It seems to have been a good move for her. When it came time for her to start applying to colleges, she knew she wanted to stay in the area. And with an aunt and uncle having attended Adelphi, and a high school counselor encouraging her to consider the school, she soon found a new home in Garden City.

She earned a B.S. in speech pathology in 2014 and an M.S. in Nutrition in 2018, both from Adelphi. And like so many Adelphi alumni, she's discovering that her connection with the school doesn't end at graduation. She is currently considering her future career options, including medical school, and looking to the Center for Career and Professional Development for help.

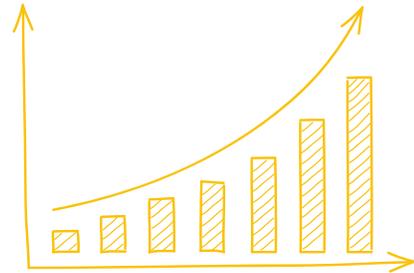
"I've been working with the Career Center since I was an undergrad," she said. "I heard a lot about it."

At that point, she says, she hadn't even made a résumé. Through the Career Center, she learned what to include and how to structure it, as well as how to write a compelling cover letter and set up a LinkedIn profile.

Deeb-Abawi was busy on campus. While earning two degrees, she also served as an academic coach and peer mentor supervisor with Bridges to Adelphi, giving students with autism spectrum disorder academic, vocational and social support and supervising 20 other peer mentors in the program.

Currently, she's working as an administrative assistant at a Long Island financial firm and working with the Career Center to plot her next move.

"They've been there since my first year," she said. "Without them, I wouldn't have known what to do or what to change. I got a bit of everything from them. I think I'm going to keep using them forever."



## Vishwanath Gurumurthy: Making Himself Valuable

Vishwanath Gurumurthy knows that going above and beyond is how you get ahead.

While interning as a graduate assistant at Northwell Health through the Jaggar Community Fellows Program, Gurumurthy got to work directly with a vice president of human capital and, in that position, was able to detect some cost-saving measures.

“They were planning to expand into a for-profit venture,” he said. “I was able to make some budgetary predictions as to what their profit and loss would be. I was able to work with some actual numbers.”

“

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Gurumurthy has a knack for making himself a valued part of the workplace. Impressed by his experiences with the Center for Professional and Career Development, he pursued a job in that office once he'd completed his internship at Northwell Health. He ended up spending a year as a graduate assistant, working with prospective students and assisting with the Handshake career and internship network.

Gurumurthy came to the United States in 2017 to attend Adelphi and is hoping to stay once he gets his M.B.A.

“I wanted to go to a good local school, and Adelphi’s business school has good accreditations,” he said. “I wanted to come to New York because New York is the financial capital of the world.”

“American education is very functional and class sizes are small, so I get to know my professors very well,” he added. “Having an association with the Career Center, I have been able to get internships and other prospects.”



**American  
Red Cross**  
in Greater New York



# Transform your community. And your career.

Be a Jaggar Community Fellow.

## **ABOUT THE PROGRAM**

Explore and enhance your professional goals and career objectives while earning your degree. Our Jaggar Community Fellows Program gives you the chance to gain valuable experience through a summer internship with an area nonprofit. This highly competitive and often life-changing program, led by the Center for Career and Professional Development, gives you valuable on-the-job experience while you give back to the community.

## **PROGRAM REQUIREMENTS**

- Minimum 3.0 cumulative GPA
- Previous volunteer experience
- Completed application
- One completed recommendation form from a University faculty member or administrator
- International students must be CPT-eligible at the time of internship

**APPLICATION DEADLINE:** ROLLING, THROUGH **MARCH 1, 2019**

Contact the **Center for Career and Professional Development, Nexus Building, Room 225,** at **516.877.3130** or email **communityfellows@adelphi.edu** for questions and information.



“

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## Alexa Annese: Knowing the Hustle

Alexa Annese knows how to make the most of a good opportunity and knows that that's how you dance your way into a rewarding future.

A member of the Class of 2020, Annese recently completed an internship with the American Tap Dance Foundation through the Jaggar Community Fellows Program. And while she was there, she made sure her presence was valued.

"I worked with their archives, digitized them," she said. "All of these things are going to the New York Public Library for the Performing Arts, which is a big deal. It's hard to get into the New York Public Library for the Performing Arts."

But Annese didn't stop at working with existing materials. She pushed to get videos of high-profile supporters for social media, rather than printed quotes. She interviewed professional dancers, instructors, students and foundation staff, in both Spanish and English. And now, she says proudly, her videos are going to be included in the New York Public Library for the Performing Arts collection.

As a Jaggar Community Fellow, she was able to access internship opportunities through the Center for Career and Professional Development and get paid for her time, putting in four days a week with the foundation. And with that assignment completed, Annese is back at the Career Center and looking for more.

"You need to have a lot of internships in order to be successful," she said. "I'm a Type A personality. Everything I love is hustle opportunities."

The Career Center, in fact, was a big part of Annese's decision to come to Adelphi. And on Accepted Student Day, it was one of her first stops.

"Adelphi checked all the boxes," the New York City native said with characteristic exuberance. "I only visited four schools. Adelphi was a school where I could do a lot of things and I got a full scholarship. I was close to the city and I'd be able to dance, but I could also take other classes because I love everything."

"Adelphi has given me so many opportunities," she added. "I followed my own heart. There are not many places where you can do that. Adelphi really allows you to create your own opportunities. There are not many places where you can intern at a place you're interested in and get paid for it. You can get a lot out of it if you put a lot into it."

Busy with her studies, she still finds time to teach dance and work as a tour guide to make extra money.

"I want a good job—that's my focus," she said. "And I just love the Career Center. Honestly, that's what made me want to go here. It was like the icing on the cake."





## Romaine Dawkins and Melissa Emilcar: The Science of Career Development

For some students in the Jaggar Community Fellows Program, there's literally a science to internships—and that science is to be found at the Feinstein Institute for Medical Research at Northwell Health in Manhasset, New York. Romaine Dawkins and Melissa Emilcar are just two of the many Adelphi students who've found exciting opportunities conducting hands-on research through the Feinstein Institute Summer Intern Program.

Dawkins learned about the care and handling of laboratory mice, but the practical experience didn't end there. He got to conduct his own experiment on their social hierarchy. Following the hypothesis that submissive mice will change their behavior based on a dominant mouse, he trained them in mazes, alternately giving and withdrawing food rewards for finding the right path through the labyrinth.

"So far, the data that I have analyzed indicates that if one is not rewarded, then all the mice will do poorly," he said. "This indicates that they are somehow communicating in the cage. They somehow know that the food is being taken away." The research, he added, could eventually have implications about human behavior modeling and modification.

Dawkins was born in Jamaica and moved with his parents to New York City when he was 7. While taking classes at Queens College, CUNY (City College of New York), a mentor suggested he check out the STEM program at Adelphi. That led him to the Center for Career and Professional Development, through which he found the Jaggar Community Fellows Program and the Feinstein internship.

"The first time I walked in the office was two years ago, and I've developed a good relationship with them ever since," he said. Dawkins will graduate in May 2019, and plans to pursue a Ph.D. in neuroscience.

For Queens native Melissa Emilcar, the path to Adelphi was more direct. Her mother is an alum and several of her cousins also attended. "Panther Pride has always been there," she said. "And I liked the fact that it is not such a big school and I got to know my professors. It feels like a home."

Emilcar's internship involved studying chemicals that cause inflammation after injuries and send signals to the brain through the vagus nerve. She studied anesthetized mice, injecting them with disulfide and performing microsurgery on nerve strands that are thinner than a human hair to monitor neural activity. The research could lead to new ways of relieving inflammation and swelling in human patients.

"I learned so much even though it was only an eight-week period," she said. "I've stretched myself, and the staff was so welcoming and patient. I was able to connect with so many people and get their perspectives on science and life in general."

Opportunity came to her by way of a visit with Career Center Associate Director of Experiential Learning Bernadine Waller, M.A. '10, who presented at a meeting of Black Students United, of which Emilcar is a member. When Waller told her about the internship, the premed biology major—who also graduates in May 2019—knew that it was the one for her. But finding an internship wasn't the only offer she took the Career Center up on.

"The Career Center definitely helped me build up my résumé," she said. "I took an Internship Preparation Seminar that really helped prepare me for my internships. They went over networking and public speaking.

"I'm very science-/medicine-oriented," she added, "so Feinstein was a good fit for me."



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## Felicia Singh: Giving What She Got

As a teacher, Felicia Singh values small classes and dedicated staff. And as a student, she says, that's just what she got at Adelphi.

“That was one of the sole reasons I applied—because the classes are small,” the Queens native said of her decision to go to Adelphi. “I feel more successful when I can develop relationships with the teachers.”

Singh earned an undergraduate degree in 2011 and an M.A. in 2012, and is now helping to prepare young minds for their own college careers as a teacher at Coney Island Prep High School in Brooklyn.

“I love my job,” she said. “I love the school. Our biggest mission is to send kids to the college of their choice. Everything we do, from the minute they walk in as kindergartners, is about getting them into college.”

“What makes Coney Island Tech Charter so unique is that it's a small school. It really

values the teacher and student relationship. We believe strongly in the pathway to success that is graduating college.”

While she was at Adelphi, she worked with the America Reads/America Counts program, an opportunity she found through the Center for Career and Professional Development. Assisting a teacher at Roosevelt Children's Academy wasn't just a chance to get her feet wet. After graduating, she got her first job at the Long Island school.

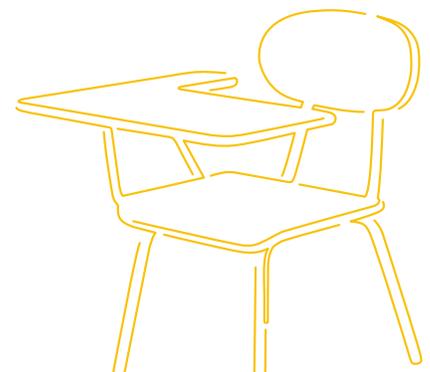
“It went full circle; it gave me the experience I needed and I went back there,” she said. “It gave me hands-on experience for the work I've been doing for seven years now. Getting to work with a teacher in classroom management was of great value to me.”

She continued to gain experience teaching English in China for two years through the Peace Corps. And once she got back, she contacted the Career Center to help her rework her résumé.

“I think our Career Center is so unique,” she said. “I actually refer my friends to their own career centers, thinking all university career centers are like Adelphi's, and they're not. Just to talk to someone who is trained to help me get the best job, I appreciate that so much.”

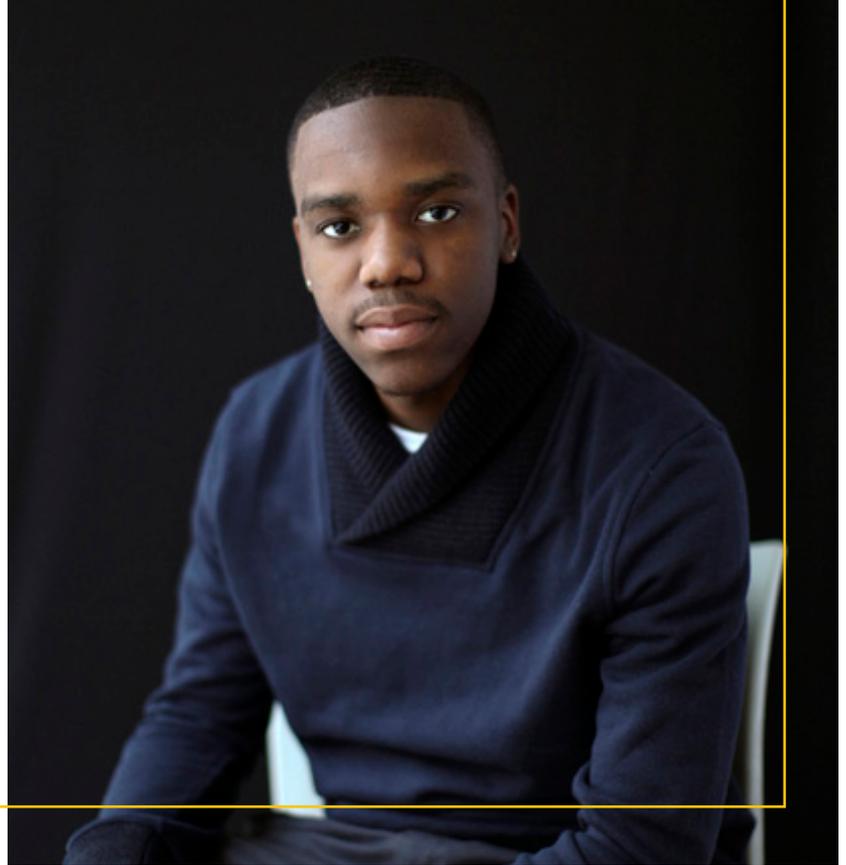
Now she takes her Coney Island Prep students to visit colleges, and Adelphi is one of their stops.

“It's so cool for me as an alum to be on the tour and see how the school has changed,” she said.



“

When I got the letter from Adelphi it really cleared up my journey. I was very honored.”



## Nahtahniel Reel-Yehudah: Building a Better Future

Nahtahniel Reel-Yehudah was born and raised in the Bronx, New York, and was a product of the city’s public schools, but it was only on a trip to Costa Rica that he found his calling.

As a Levermore Global Scholar, Reel-Yehudah had the opportunity to learn about the connections between sustainable development and peace building that have been forged by Costa Rican city planners and elected officials.

“That molded my passion for structural development,” he said. “Costa Rica dedicated military funds for sustainable development. It’s a pretty dope country.”

Through Adelphi’s pre-engineering joint degree program with Columbia University, Reel-Yehudah completed two bachelor’s degrees and then went on to earn a master of science in construction management and administration from Columbia as well. Today, he is a project engineer at Transom Builders Group in East Harlem and mentors high school students interested in STEM topics.

Reel-Yehudah’s road to studying abroad and getting a degree at an Ivy League school

wasn’t an easy one. While still in high school, he saw early that there would be challenges ahead.

“Toward my senior year, I realized that if I wanted to get into a really good college, I’d have to do extracurricular projects and summer programs,” he said. He enrolled in pre-college programs at Cornell and Princeton, pushing for courses in physics when they weren’t already offered.

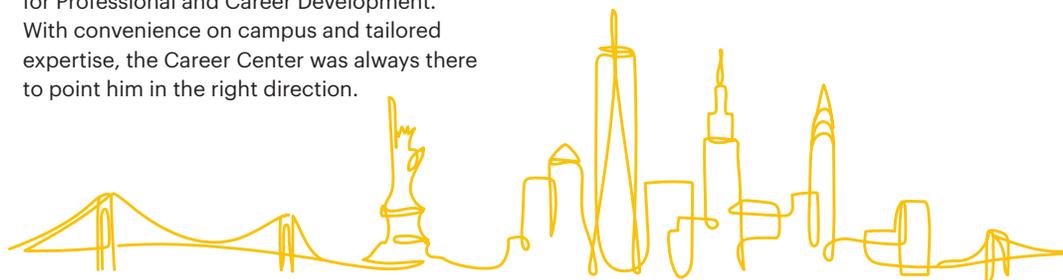
“That sharpened my preparations for college,” he said. “Coming from an inner-city school, you’re not necessarily ready for college. And then Adelphi prepared me to transfer to Columbia. I was really ready to take on that curriculum thanks to Adelphi.”

Reel-Yehudah also found help in preparing for college life, transferring and eventually the working world through Adelphi’s Center for Professional and Career Development. With convenience on campus and tailored expertise, the Career Center was always there to point him in the right direction.

“I received much help with creating, editing and constantly updating my résumé with people like Ms. Bernadine Waller,” he said. “I also was given advice on the right Work-Study job on campus and summer internships and research. What made it convenient was that it was right near the bus stop, cafeteria and convenience store, and I would occasionally have class near the Career Center. Overall, they helped and assisted in any way possible when it came to furthering my career, both short term and long term.”

The 2014 graduate remains a presence at Adelphi. In 2017, he was named one of the University’s 10 Under 10 young alumni of achievement.

“When I got the letter from Adelphi, it really cleared up my journey,” he said. “I was very honored. My journey is still going but it started off pretty rough.”



# Melanie Strano: Discovering Her Potential

Since October of 2017, Melanie Strano has been working in a job that, by her own admission, she would have been apprehensive about approaching a year or two earlier. But she landed it through some good old-fashioned hobnobbing and networking and by following the path the Career Center laid out for her.

"I was almost nervous to apply," she said. "It was a big technology firm."

Strano received a B.S. in business in 2017 and spent the summer of the previous year working with New York Cares through the Jaggar Community Fellows Program. It wasn't the sort of work she saw herself doing as a career, but it put her on her way to working for one of the biggest corporations on the planet.

"As a business major, my plan wasn't to go into a not-for-profit," she said. "Even though it seems like something really simple, I was able to take away something much greater. We were leading groups of maybe 50 people who had just gotten out of work. That's the perfect opportunity to talk to people, get to know what they do. That network and that experience I can really take with me anywhere."

With New York Cares, Strano oversaw groups of midcareer professionals from such industry leaders as BuzzFeed, Google, IBM and Morgan Stanley, getting to know them and learning about their work while supervising them in painting classrooms and cleaning up parks. When it came time to recruit students for IBM's Consulting by Degrees two-year training program for entry-level consultants, Strano was a natural.

To her credit, Strano had also already established a relationship with the Center for Career and Professional Development, which oversees recruitment for the IBM training program. She had taken the Prep for Success seminar as a sophomore and had built strong relationships in the office. Once she'd applied to IBM, she went through resumé workshops and mock interviews and even discussions about how to dress for the interview. When it came time for the actual interview, she discovered that she already knew some of her future co-workers.

“

Because Adelphi is such a small school, I knew some of the alumni that came back. I was in business fraternities with them and they recognized me, so I had that on my side.”

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For a Brooklyn kid, Adelphi proved a perfect transition from home into the business world. While earning her degree, Strano kept busy as captain of the cheerleading team, vice president of fundraising and philanthropy for Sigma Delta Tau, campus relations chair for Delta Sigma Pi professional business fraternity, an Honors Society member and being active with a number of other campus organizations. Today she's fully staffed at IBM, working in digital strategy and analyzing ease of user experiences.

“Long Island was a perfect little spot,” she said. “I could just hop on the train and be home in an hour, but I could also live my life on campus. I really think that's how I was able to be so involved on campus. It was the perfect combination of going away for school and being able to stay home.”



Welcome to the Center for Career and Professional Development at Adelphi University, NY, a 2018–2019 Career Development Colleges of Distinction award-winning service. Through exceptional partnerships with employers, career-based learning for students, and employment opportunities for students and alumni alike, we're helping to build successful futures. Start your journey here!

# CAREER SERVICES AND RESOURCES

- PREP** Get Prep'ed 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/AdelphiCareers](https://twitter.com/AdelphiCareers)

Like us at [facebook.com/AdelphiCareerCenter](https://facebook.com/AdelphiCareerCenter)

Follow us on [pinterest.com/HireaPanther](https://pinterest.com/HireaPanther)

Follow us on [instagram.com/AdelphiCareers](https://instagram.com/AdelphiCareers)

Follow our blog at [career-adelphi.blogspot.com](http://career-adelphi.blogspot.com)



For more information on our valuable resources, such as the Leadership Certificate Program, Internship Preparation Seminar and others, visit [adelphi.edu/career](http://adelphi.edu/career).

## RÉSUMÉ REVIEWS

Email your résumé and cover letter to [careercounselor@adelphi.edu](mailto: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.

## CAREER NOTES

**Akeilia Thompson '15**, R.N. at Mount Sinai Health System

**Jaclyn Loney '15**, senior designer at *Family Circle* magazine

**Kendall Garrett '17**, clinical research coordinator at Memorial Sloan Kettering Cancer Center

**Kaitlin Stoll '10**, director of marketing and communications at YWCA of Lowell, Massachusetts

**Gridiane Pygeol '12**, corporate accountant at Garden City Group Inc

**Vanessa Harrison '16, M.B.A. '17**, tax associate at KPMG US

**Olivia Autry '16, M.B.A. '17**, tax accountant at Etsy

**Alexis Williams '13**, senior associate, marketing strategy and analysis, Publicis.Sapient

**Marlon Louison '14, M.A. '17**, school psychologist at Success Academy Charter Schools