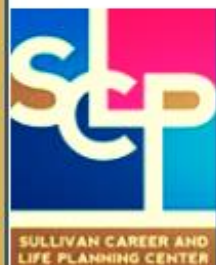


In this Issue: Own Your Story, Recent Internships, Americorps Feature Story, Career Celebration Corner, Internships to Jobs Spotlight, Career and Networking Events, Internship Spotlight, BPU Graduate School, Monthly Challenge, Career Events



# The Network

## Newsletter

VOLUME II, ISSUE V

April 2015

### Own Your Story: The Career Path of Cheryl Boucakis



Sometimes, life throws opportunities at you when you least expect it. For Cheryl Boucakis, Chair of the Occupational Therapy undergraduate program, this was most certainly the case! After completing Bay Path's Master of Occupational Therapy program in 2007, Cheryl began practicing as a full-time Occupational Therapist at Linda Manor in Leeds, Massachusetts. Here, she practiced her specialty in geriatrics and worked in the clinical setting until 2010. She loved what she was doing, but was ready to take the next step in her career and had begun thinking about what that may be. Cheryl was eager for a new experience.

As fate would have it, Cheryl was flying home from a trip to Florida in 2010 when she ran into Dr. Sladyk, the chair of the Occupational Therapy program at Bay Path University at the time.

They reminisced, caught up, and the question surfaced: Would you be interested in teaching? At the time, Bay Path was opening positions for adjunct faculty in the Occupational Therapy program and Cheryl found herself with a professional door opening. Sure enough, she grabbed the opportunity while continuing to work as a clinical Occupational Therapist. She had never taught before and never expected she would go into academics, but the opportunity presented itself at just the right time. She was ready for a new challenge!

While teaching, Cheryl successfully completed her professional doctorate in Occupational Therapy in 2012 from Thomas Jefferson University. She fell in love with teaching, as it allowed her to be the best therapist she could be. Teaching made it especially important to stay current with research and trends in the field. In addition, she loved viewing the field through the student lens. The students bring new life to the material because everything is fresh and exciting to them! In addition to teaching, Cheryl also conducts research focused around facilitating communication between caregivers and patients with dementia. Her research has been presented at the National AOTA Conference.

Her advice to students entering the field? Learn to be flexible. As a therapist, you work with a variety of people with very different schedules. Learning to go with the flow and only control what you can is an important quality not only in the field, but in life! She also stresses the importance of taking advantage of the opportunities right in front of you! Capture them because you never know when they will come up again.

# *April is national* **OCCUPATIONAL** **THERAPY** *month!*

Have you thanked an **OT** today?

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## **Recent Internships**

**Sharon Bartels**, '16, Medical Science, Thomas J. O'Connor Shelter, Springfield, MA

**Taylor Wood**, '16, Forensic Science, Department of Health, Wadsworth Center, Quality Assurance Department, Albany, NY

**Allison Blair**, '16, Forensic Psychology, Greenwood Psychotherapy, Warwick, RI

**Jessica Spagnoli**, '16, Forensic Psychology, Hampden County Sheriffs Department, Springfield, MA

**Jessica Regan**, '16, Psychology, Baystate Family Advocacy Center, Springfield, MA

**Darcie Donah**, '15, Psychology, Center for Human Development, Springfield, MA

**Courtney LaFreniere**, '17, Human Resource Management, United Technologies Aerospace Systems, Windsor Locks, CT

**Christine Victorick**, '15, Criminal Justice, Newington Police Department, Newington, CT

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## An Amazing Post-Grad Opportunity: AmeriCorps in Texas

Jillian Lombardi '15



Jillian Lombardi, Biology '15, is no stranger to taking big leaps! Her post-grad year, beginning after graduation in May, will be no different. Jillian has been accepted into the CityYear AmeriCorps program and will be teaching in San Antonio, Texas! Jillian first heard about the program when she volunteered with the AmeriCorps volunteers at BPU. She attended an event hosted by AmeriCorps where each branch was represented and was able to ask about how members got their positions. Jillian has always been interested in teaching, so much so that she had three internships focused on teaching in different settings! After talking with members, she knew she had to be a part of AmeriCorps!

Jillian applied for the program in February. It was an online process similar to the Common Application, with different sections and some essay based questions focused on why she wanted to be a part of AmeriCorps.

Jillian drafted her responses, had someone review them, and then applied! She heard back in mid-March and received a huge packet of information about the program. From there, the interview process began! Jillian's first interview was at the CityYear headquarters in Boston. She was asked questions by a small group of people. A week later, she received a call asking for a second interview with the San Antonio area AmeriCorps representative. Sure enough, Jillian received a call that she was accepted into the program!

Jillian's training starts in August and begins with team building with other AmeriCorps members. She and the volunteers will then be introduced to the teachers in the school they will be placed in. She will train with faculty and administration for the few weeks leading up to the start of the school year. Jillian is most excited about gaining more teaching experience and working with a large group of volunteers. The move will be a bit nerve-wracking, but she is ready for the new challenge. To students who are considering AmeriCorps positions after graduation, Jillian believes that it is a great opportunity to gain real-life experience in an empowering position. She is hoping this experience will help her determine what she wants to do before going to graduate school.

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### Career Celebration Corner

**Destiny Donnell**, '15, Security Officer, Homegoods Distribution Center, Bloomfield, CT

**Nicole Mitchell**, '15, Asset Manager/Financial Analyst, Chestnut Realty, Springfield, MA

**Jillian Lombardi**, '15, AmeriCorps, City Year, San Antonio, TX

**Karleena Bashista**, '15, Research Assistant, Harvard Medical School, Neurobiology Lab

**Amanda Dunlap**, '15, Accepted to University of Hartford, Master of Science Program in Neuroscience



## Career Celebration: When Internships turn to Jobs!

Destiny Donnell '15



Criminal Justice major, Destiny Donnell '15, certainly knows how to use her network to find opportunities! When she took a Private Security Course with Professor Muise, who is the Chief Security Officer at MassMutual, she took the first step and asked him if there were any internship opportunities there. Although there were none available at the time, he knew of some opportunities at Security Services of CT (SSC) and passed her information along. SSC is a large company that contracts out security personnel to various sites. Through his referral, Destiny landed an internship at the Homegoods Distribution Center in Bloomfield, CT as a security officer intern!

As a security officer intern, Destiny was responsible for monitoring the cameras for suspicious activity, keeping track of all inbound and outbound trailers, writing incident reports, and maintaining daily logs. And this was just in the gatehouse! Destiny also worked in the control room, where she logged visitors, checked identification upon entrance, checked bags upon exit, and monitored cameras. Destiny's experience taught her the importance of multitasking with focus. There is always a lot to do, but it is important that it get done correctly. Destiny also learned how to handle potentially confrontational situations in a non-confrontational way, which is a skill she did not have before starting her internship. She had to enforce the rules, often to people in higher positions than her, and learned how to do this effectively.

Destiny was such an amazing intern that she was offered a full-time position as a Security Officer with the potential for a quick promotion to Site Supervisor! Destiny casually inquired about any job openings to her supervisor, and sure enough, within a few weeks she had applied, interviewed, and landed a job! Destiny is most excited about the opportunities available to progress professionally. She wants to make a mark with her experience here and set the bar for quality Security Officers. Her advice to students beginning the process? Be confident and don't be afraid of rejection. If you are in an experience that is not the right fit for you, stick it out. Both good and bad experiences teach you lessons. Learn from them and grow.

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For Nicole Mitchell, Interior Design and Accounting major '15, following her passion has always been a focus when finding the perfect job. Nicole has always had a passion for home rehabilitation projects and real estate, so her internship at Chestnut Realty was the perfect fit. When she received an email from professor Kara Stevens about a job posting at Chestnut Realty, Nicole knew she had to go after it. Although they were looking to hire someone, Nicole proved that hiring her as an intern would be just as good!

As an intern at Chestnut Realty, Nicole wore many hats. She read through leases of buildings the company had acquired and interpreted this information into spreadsheets to determine long-term profits, taking into account potential renovation costs and upkeep at the properties.

Nicole Mitchell '15





In addition, she went on site visits with the real estate agents and did lots of basic accounting for the company. Nicole learned the importance of catering her communication style to different people who are expecting different results. She learned that sometimes there is added benefit in having a conversation with someone, versus sending an email. She thinks her communication style has improved as a result of this.

Once her internship was completed, she worked for them part-time while finishing school and now that she is graduating, she has been offered a full-time position as an Asset Manager/Financial Analyst! In her new role, Nicole will be the first point of contact for property managers. She will be in charge of maintaining the website, retrieving monthly expenses from property managers, maintaining accounting information, conducting unannounced property visits, and keeping relationships with the tenants. Nicole is most excited about the room for growth and opportunity to learn about multiple aspects of the business. Her advice is to be prepared! Show up to interviews with business cards, questions, and be ready for any question that comes your way.

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## **A Month of Career and Networking Events!**

Between March and April, the Sullivan Career and Life Planning Center, along with department faculty, hosted three Career and Networking Events for undergraduate students.



Panelists at the Science Career and Networking Event, hosted on Wednesday, March 25th, pose for a group photo.



Students engage in a round table discussion with a panelist at the Legal Studies Career and Networking Event, hosted on Tuesday, March 31st.



Attorney Elizabeth Dineen introduces our alumni panel to the attendees at our Criminal Justice Career & Networking Event, hosted on Tuesday, April 7th.



## Landing the Perfect Internship

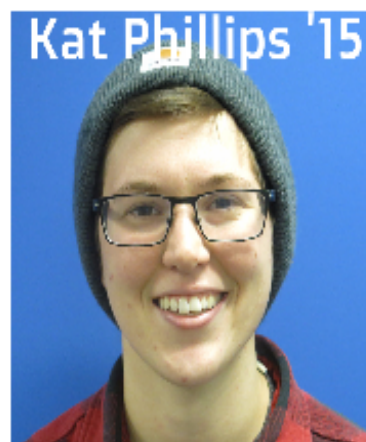


When Courtney LaFreniere, Human Resource Management major '17, learned from one of her classmates about the INROADS Internship Program and the positive experience she had there, she knew she had to be a part of it! Courtney decided to apply to INROADS with the encouragement of Laurie Cirillo, who helped her with her resume and application materials. Once she was accepted to INROADS, her resume was placed in a book for potential employers to review. When an employer finds the right fit, they reach out to the applicant and begin the interview process for that specific company. Courtney received a call from United Technologies Aerospace Systems, a Fortune 100 company, and the process began!

After a phone screening with UTAS, Courtney received a call back three days later to schedule an in-person interview. She prepared for her interview by doing a lot of research on the company, as well as brushed up on specific functions of human resources she may be interested in. The interview process took three hours. She interviewed with four different people in half-hour blocks. The first two women who interviewed her received their current positions through INROADS internships, which Courtney was excited to hear! Courtney got notification within the week that she was chosen as the Talent Acquisitions Intern, which is the area of human resources that she enjoys the most.

In her internship, Courtney will be helping with new hire orientations. In addition, her big internal project will be working on a "resume book" of all past interns nearing graduation so that UTC can utilize it as a recruiting source for open positions. She will be retrieving their information, meeting with them directly, and asking what they want highlighted in the book. She is most excited to be applying what she has learned in the classroom to a professional setting. She is eager to gain human resource experience and be a part of the day to day operations. Courtney hopes to gain experience with the hiring and recruitment process of new talent for the company. Her advice to students beginning the process? Be open-minded to all that is out there. She never pictured herself working in such a corporate environment, but knows it will be a great opportunity.

When Criminal Justice and Psychology major, Kat Phillips '15, secured her internship with the Springfield Police Department she had no idea it would be such an incredibly well-rounded experience. Kat worked with the Department of Public Works within the Springfield Police Department in the Ordinance and K-9 unit. Here, she worked closely with Sergeant John Delaney, the executive aid to the commissioner. At her internship, Kat has focused lots of her time and attention on the planning of the Ride to Remember, which is a memorial bike ride from Springfield to Boston commemorating fallen officers.



Kat worked writing press releases, networking with community partners, and reaching out to police departments in the New England area to get participation and support. Within a month, Kat had 100 volunteers!!

In addition to this big project, Kat worked alongside the ordinance department. She went on ride-alongs with the officers reporting to community complaints about 'quality of life' issues. Kat loved the first-hand experience interacting with the local community and addressing citizens' concerns. She realized quickly how important the community is in maintaining a safe and clean environment for all to enjoy. Kat also had the opportunity to observe K-9 training of the police dogs. She even got to wear a bite suit and get attacked by a K-9!!

Kat hopes to take the Civil Service Exam after graduation to begin the next step of her career journey. Luckily for Kat, Springfield Police Department plans on hiring fifty new officers under a new initiative titled C3 Policing! Her experience working closely with two sergeants of the department will be invaluable networking during this time. Kat's advice to students looking into internship opportunities is to not be afraid! People want to see you step out of your comfort zone and break down your walls. If you do, it will pay off in the long run.

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## **BPU Students Volunteer: The Walking School Bus Program**



Student volunteers, Yardley Mellon '17 (left) and Nataly Monsalve '15 (right), volunteer at a community breakfast at the John L. Sullivan apartments.

The Walking School Bus Program is part of the National Organization, Safe Routes to School. Two mornings a week, Bay Path volunteers meet Boland Elementary School students at their apartment complex, and walk them to school. Walking kids to school has proven to increase attendance and provide a physically safe way to get to school. The Walking School Bus not only provides these benefits, but also allows for meaningful mentorships between college students and Springfield youth. This partnership creates a lasting positive impact on elementary students and the larger community. Over the past school year, the WSB volunteers have been important mentors to the children of Boland Elementary School. We look forward to returning next year.

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## Career Shadow Success Story

Ysabel Garcia '18



When first semester transfer student, Ysabel Garcia, arrived at Bay Path last semester she jumped on the opportunity to career shadow in her field of interest. Ysabel, a Child Psychology major, knew that she wanted to work in children's mental health as a clinician and wanted an experience that would show her all that was involved in this professional setting. Ysabel had the opportunity to career shadow at Gandara Center in Springfield, MA which provides residential, mental health, substance abuse and preventive services for children, adults and families.

While at her career shadow, Ysabel visited various sites, including a foster home in Holyoke, a residential home for teenagers, and a residential home for children. Ysabel had the opportunity to interact with the children and teenagers there, which gave her a lot of insight. In addition, she had the opportunity to attend an Abuse Prevention at the Workplace workshop for Gandara employees and met lots of interesting people within the company. She met the Executive Director and the Public Relations Coordinator, who introduced themselves and explained their roles and responsibilities.

Ysabel learned a lot about how the system works, which is important to understand before entering the field. She did not expect to have the opportunity to visit different sites and learn how everything worked, both independently and together. She was also surprised that she had the opportunity to talk to the children and teenagers at the sites. She felt like she was trusted to keep confidentiality, which was a pleasant surprise. Ysabel did hope to learn a little bit more about the daily responsibilities of a mental health clinician. She is hoping to do another career shadow focused on observing a clinician in the field.

Ysabel also found out that Gandara has lots of experience with Bay Path students! They have a good reputation with interns, which was great for her to hear. Ysabel recommends the career shadow experience, especially to first and second year students before starting an internship. She says it is important to know if you are on the right track!

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### Important Information for Graduating Seniors

Don't miss **GRADFEST** on **Tuesday, April 28th!** From **11:00 AM to 3:00PM** and **4:00 PM to 7:00 PM**. Stop by any of the on-campus departments for services, fun, and congratulations for our graduating seniors!

**Have you taken the Grad Survey yet??**  
Click [here](#) to access it **NOW**.

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## **This Month's Challenge!**

**Match the Bachelor's level starting salary for a...  
Real Estate Sales Agent  
with the location! (See answers below)**

1. Peabody, MA
2. Charleston, SC
3. Fresno, CA
4. New London, CT
5. Nashville, TN
6. Fairbanks, AK
7. Mobile, AL
8. Central NE

- a. \$61,300
- b. \$27,400
- c. \$32,900
- d. \$20,300
- e. \$33,300
- f. \$26,500
- g. \$39,400
- h. \$24,500

**Interested in learning more about starting salaries in your area? Check out the Job Seekers Online Salary Calculator!**

**[Click Here: Job Seekers Salary Calculator](#)**

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### **Upcoming SCLP Events**

#### **Internship Planning Sessions for Traditional Students**

Thursday, April 30th, 10:00 AM - 11:00 AM  
Sullivan Career and Life Planning Center

#### **Internship Reflection Sessions**

Business, Criminal Justice, and Liberal Studies Majors:

Tuesday, April 21st, 9:30 AM - 10:30 AM Carr 103

Tuesday, April 28th, 3:30 PM - 4:30 PM D'Amour 7

Thursday, April 30th, 12:00 PM - 1:00 PM D'Amour 7

Psychology, Education, and Science Majors:

Monday, April 20th, 12:00 PM - 1:00 PM

Tuesday April 28th, 10:00 AM - 11:00 AM

Wednesday, April 29th, 11:00 AM - 12:00 PM

Helliwell Conference Room

#### **Career Fairs**

MERC Education Career Fair

Northeastern University

Thursday, April 23rd: 9:30 AM - 3:30 PM

[Click here to sign up for the shuttle](#)

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## "This Month's Challenge" Answer Key

1(c); 2(d); 3(g); 4(e); 5(f); 6(a); 7(h); 8(b)

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W: My Bay Path Portal, Sullivan Career and Life Planning link.

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