

SULLIVAN CAREER AND  
LIFE PLANNING CENTER

# THE NETWORK

**In this issue: Internship Success Stories, Event Galleries, Upcoming Events, Student Success Outcomes, Graduate Program Webinars & Open Houses**



## UPCOMING EVENTS

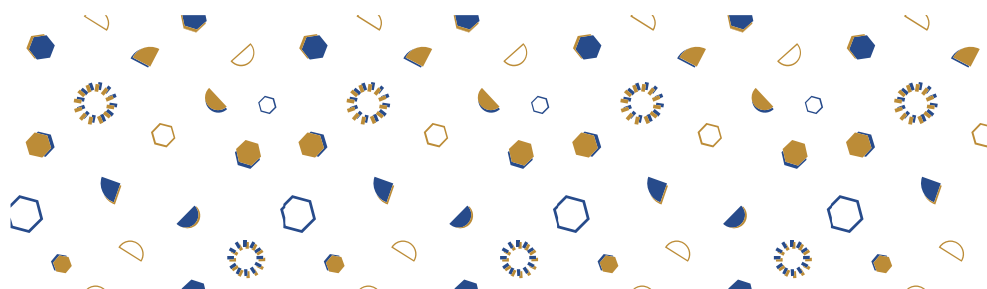
Register on the CDCN!

### 12/13/2017

Internship  
Reflection Session

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**"You are making a difference every day."**

# MILA SINIGUR: KEEP LEARNING AND STAY HUMBLE

By KAILIMI (SHELLEY) LI



**MILA SINIGUR**  
**CRIMINAL JUSTICE MAJOR**

Mila Sinigur is always up for a challenge! She is a first semester senior majoring in Criminal Justice. Mila landed her second internship this past summer at MacDougall-Walker Correctional Institution in Suffield, CT.

After Mila talked with her Career Coach, Amanda Dunn, at the Sullivan Career and Life Planning Center, she began to research some possible places to intern. During her internship search, she utilized career services, general job links, and criminal justice field job links. After applying to numerous internships, Mila received a face to face interview from MacDougall-Walker Correctional Institution. Mila utilized her resources to prepare for the interview. Mila stated, "A mock interview will not only help you perfect your technique, but it will also allow you to get valuable feedback on your interview performance."

During the five weeks at MacDougall-Walker Correctional Institution, Mila had numerous job responsibilities. Her daily responsibilities entailed collaborating with different team members, co-workers, officers, and counselors. She also assisted with projects, paperwork, and making phone calls.

She experienced many challenges that demanded skills beyond classroom knowledge. However, her team members and mentors were always willing to give her helpful advice and guidance to help overcome these challenges. Mila enjoyed working in a family friendly environment, where everyone was willing to help one another.

This internship helped her gain real world working experience. Specifically, Mila had the opportunity to understand the inner workings of a correctional institution. In addition, Mila was able to understand her strengths and weaknesses. Mila's advice to other students is to get involved at an early age. Mila stated, "Staying involved is a huge key to success. Employers want to see that you are involved in more than just your schooling. Employers also want to see you take on leadership roles. Leadership roles show that you can take initiative and are willing take on larger responsibilities."

**"Be humble, be teachable, and always keep learning."**

# KATIE VANESSE : KEY TO SUCCESS

BY JENNIFER PALASE

Katie is always striving for excellence! Katie Vanesse, a senior, Forensic Science Major had a memorable internship experience at TurfCare in Hatfield, MA. Kenneth O’Konis, an Assistant Professor in Chemistry at BPU, recommended TurfCare to Katie, and she jumped on the opportunity right away!

Her main responsibilities at TurfCare were preparing and extracting fertilizer samples. Katie ensured quality control by analyzing the chemicals in the fertilizers. Throughout her internship, she used two main instruments, gas chromatography (GC) and high performance liquid chromatography (HPLC). Katie mentioned that she already knew how to use these instruments due to her program curriculum at BPU. Overall, she strongly felt that BPU prepared her for this internship. She felt that it was a valuable experience to be able to transfer her knowledge that she learned in school to the real life. Katie enjoyed being able to showcase what she knew as well as gain the hands on experience.

Katie’s passion for laboratory science was sparked by her internship experience. She even decided to apply to the BPU's graduate program in Applied Laboratory Science and Operations. “This internship has swayed me away from the forensic side and more towards the science side.” Due to her dedication, knowledge, and hard work during her internship, TurfCare wants her to keep in touch for a potential job in the future!



**KATIE VANESSE**  
**FORENSIC SCIENCE MAJOR**

“Allow your passion to to become your purpose, and it will one day become your profession.”



# YSABEL GARCIA: MAKE YOUR INTERNSHIP A REALITY

BY KAILIMI (SHELLEY) LI

Ysabel Garcia is a senior Child Psychology major. She was a Crisis Counselor Intern at Behavioral Health Network, Inc (BHN) in Springfield, MA during this past summer. BHN is a private and not-for-profit community behavioral health organization located in Western Massachusetts. This agency works directly with individuals who endure mental health problems. As an intern, Ysabel was extremely involved in this organization's Mobile Crisis Intervention for Children and Youth program. This program provides immediate mobile crisis services for family, children, and youth under the age of 21 who are going through a mental health or substance abuse crisis.



**YSABEL GARCIA**  
**CHILD PSYCHOLOGY MAJOR**

Ysabel found out about this internship through an e-mail. She attended BHN's internship fair where she submitted a revised resume and a cover letter. The resume is the first piece of information employers see about you. Thus, Ysabel aligned her skills and experience with this internship description, as well as coursework that demonstrated her relevant skills and knowledge. In the cover letter, Ysabel described relevant projects that she has worked on and outlined her interests. Then, she was invited to an on-site group interview, followed by an individual interview with the individual who would become her internship supervisor.

This internship provided a safe environment for Ysabel to develop clinically and professionally. It is BHN's philosophy that the intern's sense of safety increases when the internship is perceived to be evaluation-rich rather than an evaluation-free environment. There are three main points that Ysabel learned during this internship. First, this internship began by observing, then shadowing, and later she became immersed in the research and techniques of the field. Through observing and shadowing different Crisis Clinicians out in the community, Ysabel received ongoing feedback on all aspects of her performance as an intern. This includes feedback not only about her clinical work, but regarding her functioning in the program, documentation, and overall professionalism. Secondly, this opportunity taught Ysabel the importance of being professional. Ysabel was able to develop clinical skills required to provide counseling for different populations. Lastly, she had the opportunity to learn how to work collaboratively with social workers and mental health counselors, therefore, benefiting from multiple perspectives. Consequently, Ysabel learned to present a case in an organized, coherent, concise, and professional manner and to have adequate information to support diagnoses and recommendations.

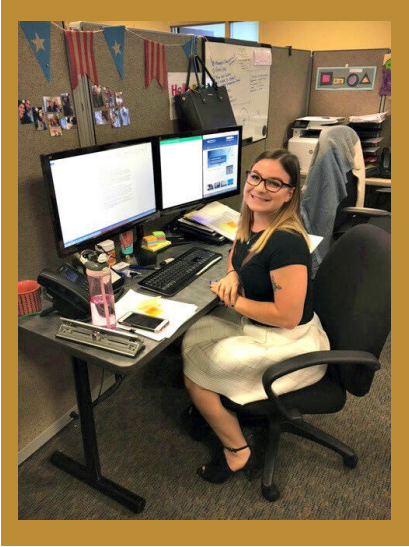
**“Through an internship, you'll gain valuable understanding of your chosen field and be better able to grasp how your coursework is preparing you to enter your chosen career.”**

This internship provided her with hands-on experience in the mental health field, and she now has an amount of working experience for which she is proud.



# ASHLEY GAUDENZI: WORKING SMARTER

BY KAILIMI (SHELLEY) LI



**ASHLEY GAUDENZI**  
**HUMAN RESOURCES &**  
**MARKETING MAJOR**

"I cannot believe my six-month internship with Morris Group, Inc. has ended. It feels like yesterday I walked in the door for my first day....and now I am leaving with more experience and insight than I could have asked for." Ashley Gaudenzi, a junior Human Resource and Marketing major, spent six months as a Human Resource intern at Morris Group, Inc. in Windsor, CT. Morris Group, Inc., is one of the largest machine tool distribution networks in North America. It is a third generation, family owned operated business that serves manufacturers of precision machine parts in the United States.

When Ashley received the connection from her uncle, Ashley applied to the Human Resource Intern position immediately. She received a face to face interview with the Vice President and Human Resource Generalist of the company. They explained their expectations of the internship and Ashley showed that she would be a great fit in their company.

The beginning of Ashley's experience involved training about her daily responsibilities from her supervisor Tierney Farrell. As a Human Resource Intern, Ashley's daily responsibilities included directly assisting the Human Resource Generalist with a wide range of projects related to HR compliance, such as posting job openings, reviewing resumes, conducting telephone interviews, and preparing career fairs. The most challenging aspect of the internship was that Ashley had to learn a lot about manufacturing technology and the industry in order to engage with engineers in the field. However, Ashley received motivating feedback from her supervisor throughout her experience that enabled her to grow as a professional.

Internships are professional experiences that students participate in order to gain associated skills. Internships are structured as learning experiences that combine in-class theory with real-world applications. Ashley learned a lot about the practical aspects of human resources, business, and marketing. In addition to her deeper understanding of human resources, marketing process, and social media relations, she also had the opportunity to explore and learn the inner workings of the company. This internship gave Ashley an extremely valuable experience that will help her move on to the next phase in her career.

Ashley stated, "You have to love what you do. If you do, it is easy to grow in it. Marketing is an interesting field. It allows you to build character and resilience and it opens up doors for you to meet new people. You never know who you will meet. It is a field filled with challenges...as you overcome the challenges you face, you will be proud of yourself and look forward to the next challenges."

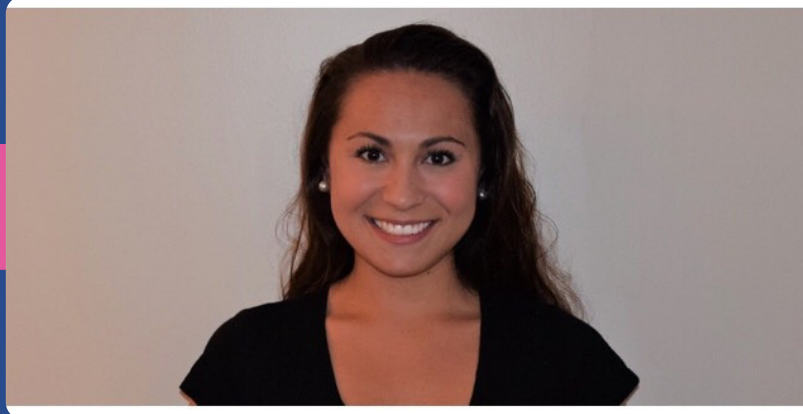


**ASHLEY GAUDENZI'S INTERNSHIP GROUP**

*"An expert in anything was once a beginner."*

# RACHEL KOBLOSH: ACHIEVE YOUR DREAMS

BY KAILIMI (SHELLEY) LI



**RACHEL KOBLOSH**  
**MEDICAL SCIENCE MAJOR**

Rachel Koblosh is a Medical Science major with a concentration in Pre-Physician Assistant Studies. Rachel spent last summer as a Physician Assistant Intern at Connecticut Mental Health Specialists in Farmington, CT. Rachel felt that her internship was essential in order to be better equipped for her professional competencies.

Rachel began her search by making appointments with her Career Coach, Sally Schirmer-Smith for internship advice. In addition, Rachel asked her friends and family if they knew of any medical science professionals that were looking for interns over the summer. Her research and networking enabled her to apply for an internship at Connecticut Mental Health Specialists. To secure this internship, Rachel underwent an interview process that she thoroughly prepared for in advance.

During this internship, Rachel's role was to observe patient appointments with Patricia Merrick, an Advanced Practice Register Nurse (APRN). The daily responsibilities for Rachel were to provide her opinions on a patient's diagnosis and to communicate with patients and family members. In addition, Rachel performed administrative duties. She also met with pharmaceutical sales representatives who introduced new medications that the APRN could use for her future patients. Rachel received a substantial amount of information regarding medication management, different types of medications, physiological effects of medications, and the diagnostic process. Rachel also learned about the Department of Developmental Services (DDS) agencies, different group homes in the area, and ensuring that regulations were being met. Furthermore, Rachel learned how to document the progression of a client's diagnosis.

This internship experience really opened her eyes to Psychiatry and Neuropsychology. Because of this internship experience, Rachel plans to minor in Psychology. She also wants to research Master's programs that would best prepare her to receive a Doctorate degree in the near future.

**"Achievement is impossible without dedication."**



# EVENTS GALLERIES

## 11/7 "Creating Reactions" Science Career & Networking Event

The Sullivan Career and Life Planning Center and The Science Department invited undergraduate students, graduate students, and alumni to the Science Career and Networking Event! During this event, students listened to our unique panelists share their career stories as well as discovering the many ways to create a Science career path!

### Panelists:

- Natalia Butler: Product Developer, Ben & Jerry's, Burlington, VT
- Adriana Kita: Development Scientist, Alexion Pharmaceuticals, New Haven, CT
- Amanda Wilson '14 G'17: PA-C, Johnson Memorial Hospital, Stafford Springs, CT
- Dorian Blanks '14: PA-C, Riverbend Medical Group, Westfield, MA
- Tracy Breton '13 G'14: Forensic Scientist, MA State Police Crime Laboratory, Maynard, MA
- Julio Ortiz-Rivera: Manager, Laboratory Medicine, Holyoke Medical Center, Holyoke, MA
- Dr. Sallie Schneider: Associate Professor Dept. of Surgery, UMMS-Baystate, Springfield, MA



Event Host



Career Coach: Sally Schirmer-Smith  
Student Worker: Samantha Leduc



Panelist Stage



Registration Point



BPU Students Rounded Table Discussion



# EVENTS GALLERIES

## 11/16 "Making a Difference" Psychology Career & Networking Event

The Sullivan Career and Life Planning Center and The Psychology Department invited undergraduate students, graduate students, and alumni to the Psychology Career and Networking Event on November 16, 2017! During this event, our unique panelists shared their career stories to us. Our students learned about how to create a Psychology career path from these panelists. Also, students expanded their professional network by meeting these panelists while practicing introductions and sharing their career aspirations.

### Panelists:

- Stephanie Ejsmont '11- Direct Care Worker, Community Enterprise Inc., Northampton, MA
- Emily Doucette '14- Guidance Counselor, Ludlow High School, Ludlow, MA
- Kim Lucas '12, LMHC, Clinical Director, Behavioral Health Network Hope Center, CSS, Springfield, MA
- Samantha Calkin '19- Graduate Student, M.S Clinical Psychology, Bay Path University, Longmeadow, MA
- Marcy Taliceo '12- LMHC, Owner and Founder of Growing Potential Services, Enfield, CT
- Carol Raus '17- Graduate Student, MSW at Smith College School for Social Work, Northampton, MA



Table Discussion



Panelist Table



BPU Students



Event Host



Registration Point

# EVENTS GALLERIES

## *Shopping Experience (11/08, 11/29 & 12/1)*

The Sullivan Career and Life Planning center organized three shopping events for our students. Our Career Coaches, Sally Schirmer-Smith and Amanda Dunn took our students to the local Dress Barn to buy professional outfits. Wearing appropriate, professional attire can increase confidence and make an awesome first impression. A variety of styles is appropriate at a career fair, depending on the type of industry you are targeting.

**Many thanks to our sponsor Mary Ann Spencer!**

*"All you need in this life is ignorance and confidence, and then success is sure".*



11/08 shopping experience



11/29 shopping experience



12/01 shopping experience



# EVENTS GALLERIES

## 12/4 "Helping Hands" Pre-Occupational Therapy, Health and Human Studies Career and Networking Event

The Sullivan Career and Life Planning Center and the Health & Human Studies Department invited undergraduate students, graduate students, and alumni to the Pre-OT Health and Human Studies Career and Networking Event! Panelists shared their unique career stories with our students. These stories really impacted our students. Our students also had opportunities to talk with these panelists and share their career aspirations with each other.

### Panelists:

- Kimberly Henrichon: Assistant Professor of Occupational Therapy, BPU
- Amanda Rodriguez '08 G'14: OTR, LUK Inc. & Adjunct Professor of Occupational Therapy, BPU
- Hunter Canniff-Kuhn '17: Adjunct Professor of Occupational Therapy, BPU
- Alexandra Poppiti '18 G'19: Pre-Occupational Therapy Studies, BPU
- Dawn Morin '18 G'19: Pre-Occupational Therapy Studies, BPU
- Jenna Varnauskas '17 G'18: Masters of Occupational Therapy, BPU



Student  
table  
discussion  
session



Winner Kayla Neal received a prize for participating in a SCLP-focused social media questionnaire for a student's market research class. Kayla won a Vera Bradley handbag for completing a survey.



# EVENTS GALLERIES

## 12/5 WEL310 Luncheon Session

On December 5th, the Sullivan Career and Life Planning center organized a WEL 310 luncheon as a final course experience. The hosts of this session were WEL 310 Instructors, Amanda Dunn and Mary Wiseman. Laurie Cirillo made a presentation for our students about professional dining etiquette. Throughout this session, students learned that if an interview with an employer includes a meal, excellent table manners are essential. WEL course professor Maria Arroyo also gave a keynote for this session. Students were educated about fine dining etiquette and a three course meal was served.

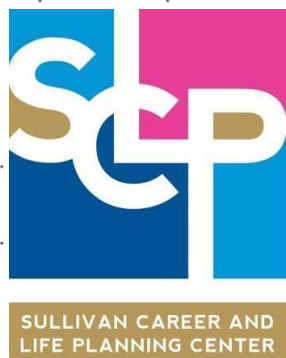


Laurie Cirillo's (Assistant Dean of Student Success) Presentation



Our BPU students

## Upcoming Events



### Internship Reflection Session:

Carr 202 - Carr Hall

Wednesday, December 13, 2017-10 AM-11 AM

**Professional Dress Encouraged.**

**Order your business cards today!**

**RSVP ON THE CDCN!**

**MY BAY PATH PORTAL > WELCOME PAGE > CDCN BUTTON**

# STUDENT SUCCESS OUTCOMES

Nicole Gousy (Pre-Medical)- Mercy Medical center, Springfield, MA  
Chritzzie Diaz ( Pre-Medical)- Baystate Medical Center, Springfield, MA  
Lauren Vallee (Forensic Science)- Boston Police Department, Boston, MA  
Angela Younger (Forensic Science)- Eurofins Spectrum Analytical, Inc., Agawam, MA  
Maria kirpichera (Health & Human Studies)- Elias Brookings, Springfield, MA  
Priscilla Morales (Pre-Medical)- Valley Medical Associates, Springfield, MA  
Maryrose Rovatti (Education, Non-licensure)- Roberta Doering School  
Kathie Rivera (Health & Human Studies)- Senior Care Alliance  
Militza Rodriguez (Education, Non-licensure)- Maurice A Donahue Elementary School, Holyoke, MA  
Jillian Jenkins (Education-Non-licensure)- Alice B Beal Elementary School, Springfield, MA  
Amanda Araujo (Forensic Science)- Rhode Island Department of Health, Providence, R.I.  
Yadimar Sancehz (Psychology) - Girls Inc  
Hayley Thorpe (Child Psychology) - Springfield Jewish Community Center, Springfield, MA  
Dejavu Thomas (Forensic Psychology) - Springfield Jewish Community Center, Springfield, MA  
Edyta Lachut (Accounting) - S. Reichelt and Company, Northampton, MA  
Emily Pirog (Accounting) - AAA - Accounting Staff  
Elizabeth Graves (Forensic Psychology) - Staff at Brain Balance, West Springfield, MA

## GRADUATE PROGRAM WEBINARS & OPEN HOUSES

<b>Graduate Programs Open House - Concord Campus</b>	<b>DECEMBER 11, 2017   5:30 P.M. — 7 P.M.</b>
<b>Graduate Programs Open House - Sturbridge Campus</b>	<b>DECEMBER 12, 2017   5:30 P.M. — 7 P.M.</b>
<b>Master of Occupational Therapy Webinar</b>	<b>DECEMBER 13, 2017   12 P.M. — 1 P.M.</b>
<b>MS in Genetic Counseling Open House</b>	<b>DECEMBER 13, 2017   6 P.M. — 8 P.M.</b>
<b>Applied Laboratory Science &amp; Operations Webinar</b>	<b>DECEMBER 15, 2017   12 P.M. — 1 P.M.</b>
<b>Education &amp; Psychology Graduate Open House - East Longmeadow Campus</b>	<b>DECEMBER 18, 2017   6 P.M. — 8 P.M.</b>
<b>MFA in Creative Nonfiction Writing Webinar</b>	<b>DECEMBER 19, 2017   12 P.M. — 1 P.M.</b>