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The Network

Newsletter

VOLUME II, ISSUE IV

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Own Your Story: The Career Path of Princy Quadros-Mennella

Princy Quadros-Mennella, Ph.D.



If you had told Dr. Princy Quadros-Mennella in her undergraduate years that she would be working in an academic setting as the Director of the Neuroscience Department and Associate Professor of Biology, she would have never believed you!

As an undergrad at the University of Richmond in Virginia, Princy knew that she liked research but didn't know that she would be able to go directly to graduate school as a Doctoral student. She loves the hands-on approach, critical thinking, and results-focused environment research offers. Her sophomore year, she spent a summer conducting research which looked at the ways in which prenatal stress can affect the brain development of a fetus. From there, her career path took off!

adviser at the University of Massachusetts in Amherst. She related with people at the institution, the area, and loved that it was a small program within a big school with remarkable resources for research. Princy spent her time there studying how hormones affect brain development and graduated in 2004.

The year Princy graduated, as she was making the decision on whether to do a post-doctoral year in Portland, Oregon, an opportunity fell into her lap that helped steer her career path in a direction she wasn't expecting. She was hired to teach Behavioral Neuroscience at UMass and fell in love with teaching. Once she let go of the fear of teaching her first class, she realized how much she loved getting students excited about the brain and generating discussion that sparked passion in her students. After four years at UMass, Princy was ready for a career change and ended up at Delaware State University where she ran a research lab and taught undergraduate classes.

This is Princy's third year at Bay Path and she continues to be inspired by her career in academia at such a wonderful institution. She loves that our students are truly motivated, driven, and care about their education. When asked to share a piece of advice for her undergraduate students, Princy says to pick a career that you are passionate about because in the end, that is what matters. It is what you care about that gets you up every day, and for her, it has always been the students!

Recent Internships

Amy Alaimo, '15, Psychology, Junior Achievement, Springfield, MA

Victoria Becker, '16, Criminal Justice, Connecticut Department of Corrections, Wethersfield, CT

Karla Diaz, '15, Child Psychology, Jewish Community Center- Kehillah Special Needs Program, Springfield, MA

Jennifer Donovan, '15, Child Psychology, Educational Resources for Children, Enfield, CT

Serene Durham, '15, Biotechnology, Con-Test Labs, East Longmeadow, MA

Natasha Livingston, '16, Accounting, The Winters Group, Enfield, CT

Victoria Maleno, '15, Psychology, Cowing Alternative School, West Springfield, MA

Kiara Pichardo, '15, Forensic Science, Con-Test Labs, East Longmeadow, MA

Brittany Pickett, '16, Criminal Justice, Springfield Police Department, Springfield, MA

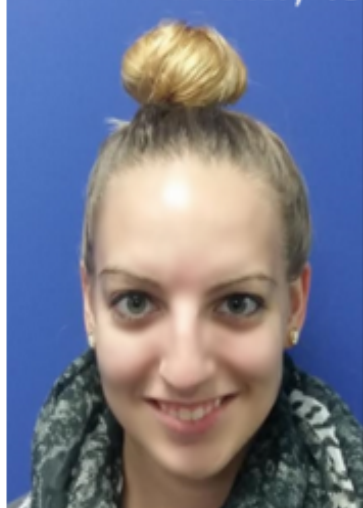
Lindsay Dodge, '15, Accounting, Reichelt & Company, West Springfield, MA

Internship Success Stories

Finding Her Niche

Criminal Justice major Victoria Becker, '16, describes her internship at the Connecticut Department of Corrections as a "once in a lifetime experience." She began her internship thinking she would intern in one office. By the end of her commitment, Victoria had experience in three different settings: the central office, parole, and a correctional facility. For a shy person like Victoria, entering these unfamiliar settings was a challenge. Once she became comfortable in one setting, she was asked to start a new one! Looking back, she realizes this experience helped her build confidence and feel more comfortable adapting to change. In the central office, Victoria was responsible for filing and paperwork. In the parole office, she witnessed first-hand the challenges people face when re-entering the community.

Victoria Becker, '16



Part of her role was to ensure proper living conditions and provide people with clothing and food vouchers when their basic needs were not met. Victoria recalls that this was one of the most eye-opening aspects of her experience. While she enjoyed learning about each setting, her best experience was the correctional facility- which she was most nervous about! She loved the people, the atmosphere, and the goals of the program. Victoria primarily worked with the job center, which provided an ongoing 2 week program for inmates preparing to be released from prison. They addressed resume-building, interview tips, and job search techniques (much like the WEL310 class *Strategies for Personal and Career Success* at BPU). Many inmates feel discouraged when searching for jobs. Victoria's role was to help connect them with possibilities. What Victoria did not expect was that working with a client in this program would reignite her passion to connect youth offenders with animals to care for and nurture. Currently, Victoria plans to use her network to make this goal a reality. She now has connections with youth detention centers, canine units, and youth parole offices. Best of luck, Victoria!

Natasha Livingston '16



When Preparation Pays Off

Accounting major Natasha Livingston, '16, knows how to use the resources available to her to get what she wants! When Natasha began looking for an internship opportunity, she was unsure exactly how she wanted to apply her Accounting and Business Administration majors to an internship. It wasn't until after meeting with career coach, Dora Lewis, that the pieces started to fall into place. Dora mentioned an internship opportunity at The Winters Group that she thought would be the perfect fit for Natasha. Natasha began customizing her resume and cover letter for this position.

Natasha applied for the internship and got an interview right away! She scheduled multiple mock interviews with Dora to ensure that she was confident and prepared for the interview process. Although a little nervous when she got there, Natasha's confidence and preparation served her well. Sure enough, a week after the interview, she got an offer! Natasha began her internship during winter break. Congratulations and good luck, Natasha!

Congratulations to Thuy Truong and Amanda Connor!

Thuy Truong (left) and Amanda Connor (right) each attended the Career and Networking Event for their major and won the "Personal Shopper" raffle for these professional outfits!



Career Celebration Corner

Larissa Hayden '14, Consultant, Epicenter, Westfield, MA

Maria Hill, '14, Wet Chemistry Technician, Con-Test Labs, East Longmeadow, MA

Lindsey DeFord '13, Police Officer, Brattleboro Police Department, Brattleboro, VT



Career Celebration Spotlight: Larissa Hayden

Larissa Hayden '14



Recent BPU graduate, Larissa Hayden, has stopped at nothing to use her network and the skills she learned at Bay Path to land a job as a Consultant at EpiCenter. When her father struck up a conversation with the owner of EpiCenter, he shared that the company was looking for Marketing majors. Her father shared that Larissa, a marketing major, was graduating a semester early so the owner gave him his number and Larissa followed up later that day. She had an informal group interview that same week. Although the plan was to schedule a formal, one-on-one interview, she received an email with an official job offer a week after the first interview!

In Larissa's first few weeks at EpiCenter, she has been engaged in an intensive six week training process that she and her classmates have termed, "Boot Camp." She is learning about how to navigate through the ERP software so that she can effectively consult companies in implementing the software into their business. She has only been with the company for five weeks and is already writing a press release for the company!

Larissa says that Bay Path has definitely prepared her for finding and acquiring her new job! She found the WEL310 course to be helpful when it came to preparing her resume, references, and finding internships which helped her build a skillset for this job. Congratulations, Larissa!

Occupational Therapy Careers Conference: 'mOTivate and negOTiate'

On Friday, December 5th, the Occupational Therapy faculty and the Sullivan Career and Life Planning Center hosted the Occupational Therapy Careers Conference, "mOTivate and negOTiate" for 125 graduate Occupational Therapy students.



Students listen attentively to keynote speaker, Dr. Joshua N. Weiss, as he presents on the myths and realities of negotiation.



Students enjoy lunch while listening to a panel discussion by program alumni.



Open Style Lab, sponsored by the MIT Assistive Technology Club, discuss their latest efforts to team up design, engineering, and occupational therapy students in creating clothing solutions for people with disabilities or their caretakers.

Making Connections: The Key to a Successful Career Shadow

Alexandra Poppiti, '18



When first-year Occupational Therapy students, Lexi Poppiti and Leah Frascarelli, walked into the career center asking about the Career Shadow Program, they had no idea how successful an opportunity it would truly be! After receiving an assignment in their WEL100 class asking them to shadow someone in the profession, they utilized the resources in the career center to pull the pieces together. After engaging their network, they reached out to a family friend working in the profession who connected them to the Paradigm Rehab Center in South Windsor, Connecticut.

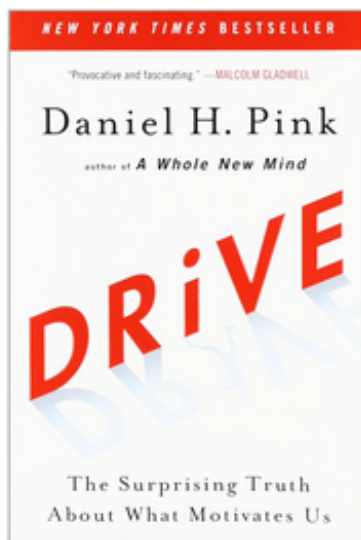
Lexi and Leah observed therapy with an elderly stroke patient who had weakness and range of motion on one side of the body. They watched direct therapeutic interventions focused on strengthening fine motor skills and coordination. When asked what their favorite aspects of the career shadow were, Lexi enjoyed seeing the impact one person can have on a patient in such a short amount of time. She loves the profession's focus on positivity and improvement with each patient. Leah enjoyed watching the creative ways the Occupational Therapist worked on range of motion.

Leah Frascarelli '18



She found ways to keep the patient engaged and focused on the therapy. Leah says that this type of observation can only be fully understood in the fieldwork setting. Both Lexi and Leah found their Career Shadow Opportunity to be a great learning experience which has helped them discover more about how they want to steer their career path within Occupational Therapy. For Lexi, she learned that she enjoys working with a younger population and hopes to do a second career shadow within this environment. Leah, on the other hand, felt that she could see herself working in this environment with this demographic, but is eager to narrow her focus in the future, possibly to Sports Rehabilitation. Best of luck to them both!

The Leadership Book Club Dinner Series Presents: "Drive" by Daniel Pink



Join the "College to Careers" Committee and the School of Education, Human, and Health Services for dinner and lively conversation in our next Leadership Book Club Dinner.

Wednesday, February 4, 2015
6 - 8 PM
Max's Tavern
Springfield, MA

Students, alumni, faculty, and colleagues will be reading "Drive: The Surprising Truth About What Motivates Us" by Daniel Pink. In his provocative and persuasive book, Pink says the secret to high performance and satisfaction—at work, at school, and at home—is the deeply human need to direct our own lives, to learn and create new things, and to do better by ourselves and our world.

For more information, email gicareers@baypath.edu or call [\(413\) 565-1777](tel:4135651777).

Thank You Caitlin and Kimberly!

The Sullivan Career and Life Planning center is sad to say goodbye to work-study student, Caitlin Anable (*left*), and Graduate Assistant, Kimberly Bourque (*right*) as they venture into their next journey!

Thank you for your contributions to our team here at SCLP and the Bay Path students. We will miss you!



This Month's Challenge!

**Match the Bachelor's level starting salary for a...
Marketing Specialist
with the location! (See answers below)**

1. Scottsdale, AZ
2. Savannah, GA
3. Sioux City, IA
4. Lawrence, KS
5. Washington, D.C.
6. Springfield, MA
7. Denver, CO
8. New Haven, CT

- a. \$29,330
- b. \$33,220
- c. \$36,840
- d. \$36,870
- e. \$39,530
- f. \$33,870
- g. \$39,860
- h. \$27,160

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

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

Upcoming SCLP Events

Internship Planning Sessions

Thursday, January 15th: 4 PM – 5 PM
Monday, January 19th: 11:30 AM – 12:30 PM
Tuesday, January 24th: 1 PM – 2 PM
Wednesday, February 4th: 9 AM – 10 AM
Friday, February 13th: 10:30 AM – 11:30 AM
Monday, February 16th: 12:30 PM – 1:30 PM
Tuesday, February 24th: 3:30 PM – 4:30 PM
Sullivan Career and Life Planning Center

Internship Reflection Sessions

Business, Criminal Justice, and Liberal Studies Majors:

Thursday, January 15th: 11:30 AM - 12:30 PM
Tuesday, January 20th: 10:00 AM - 11:00 AM
Monday, January 26th: 3:00 PM - 4:00 PM
Wednesday, January 28th: 1:00 PM - 2:00 PM
Friday, February 6th: 10:30 AM - 11:30 AM
Thursday, February 12th: 3:30 PM - 4:30 PM
Tuesday, February 17th: 3:30 PM - 4:30 PM
Monday, February 23rd: 10:00 AM - 11:00 AM
Blake 110

Career Shadow Launch Sessions

Wednesday, January 21st: 10:30 AM - 11:30 AM
Thursday, February 5th: 10:1:00 PM - 2:00 PM
Tuesday, February 10th: 9:30 AM - 10:30 AM
Thursday, February 19th: 11:00 AM - 12:00 PM
Wednesday, February, 25th: 9:30 AM - 10:30 AM
Sullivan Career and Life Planning Center

Employer Visits

Johnson and Hill Staffing

Wednesday, January 21st: 11:30 AM - 1 PM

Blake Dining Foyer

[Click here for employment opportunities with Johnson and Hill](#)

United Personnel Employment Agency

Wednesday, January 28th: 11:30 AM - 1 PM

Blake Dining Foyer

[Click here for employment opportunities with United Personnel](#)

Leadership Book Club Dinners

Drive by Daniel H. Pink

Wednesday, February 4th: 6 PM - 8 PM

Max's Tavern

Springfield, MA

Contact careers@baypath.edu for registration information

"This Month's Challenge" Answer Key

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

"This Month's Challenge" Answer Key

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

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Contact:

E: careers@baypath.edu

P: (413) 565-1049

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

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