

# THE NETWORK

In this issue: Internship Success Stories, Drop-in Hours, Event Gallery, Upcoming Events, Recent Internships & Student Success, Graduate Webinars & Open Houses

There is no passion to be found playing small - in settling for a life that is less than the one you are capable of living.

-Nelson Mandela

## UPCOMING EVENTS

Register on the CDCN!

**4/04/2018**

Westfield State University Job & Internship Fair

**4/04/2018**

Southern Connecticut College Fair

Upcoming Internship Reflection Sessions

**4/20/2018**

**4/25/2018**

**4/30/2018**

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# Dr. Princy Quadros-Mennella: One Involved Professor



**Dr. Princy Quadros-Mennella**

**By: Carly Cronin**

Meet Dr. Princy Quadros- Mennella, Director of the Neuroscience Program at Bay Path University, avid volunteer, working mother and role model for students at the University. Dr. Quadros-Mennella is in her sixth year at Bay Path and was the catalyst in creating the neuroscience department. She oversees the two majors under neuroscience: neurobiology and neuropsychology.

Dr. Quadros-Mennella had an interesting path to Bay Path University. As a young student at the University of Richmond, she wanted to study clinical psychology. She majored in psychology and minored in biology. She found great joy in the science side of the majors and the research aspect of the work. She earned her doctorate at UMass and worked there for four years as an Assistant Professor of Psychology. She then worked at Delaware State University for four years as an Assistant Professor in the Department of Biological Sciences, but knew she didn't want this as a lifetime position. When she saw that Bay Path wanted to create a neuroscience program, she applied for the position and her path brought her here.

When Dr. Quadros-Mennella is not at the helm of the neuroscience department, her passion is volunteering in a multitude of ways. She volunteers with her daughter's orchestra and is an avid member of her daughters' PTO group. The organization she is most involved with is the CISV (Children's International Summer Village). It is a leadership development program for children ages 11-18. Children from different countries travel and come together at a camp and leave their life at home behind for a while. The main mission of the organization is to educate children about other cultures, teach tolerance and diversity, meet others who may not be like them, and promote global peace. She hopes children will learn that underneath it all, we are all so much the same. She is currently planning a two week camp in Charlton, Massachusetts, where children from places like El Salvador, Brazil and Canada will join children from the United States to learn and grow together.

Dr. Quadros-Mennella collaborates with many community organizations relating to science as well. Within the community, she volunteers with groups such as the Girl Scouts, to get young girls excited about science. She also talks with parents about how important the brain is in language development. Her vast knowledge base makes her a wonderful community resource.

When I asked her about the best part of her job, she said that she enjoys working with college aged students, advising them at such a critical time in their lives, and seeing where the future takes them by staying in touch over the years. Her passion becomes theirs and she enjoys watching each student learn and grow in her care.

When I interviewed Dr. Quadros-Mennella, her passion for her work was obvious as was her passion for her own two daughters. When she is not at the University, or volunteering in the community, she can be found racing her two daughters from one event to another. She enjoys watching them grow and discovering themselves as they enter their pre-teen years. She is quite a busy lady and a role model for women of all ages.

# Elizabeth Graves: Making a Difference

By: Carly Cronin

Elizabeth Graves, a senior Forensic Psychology major, utilized her internship at Brain Balance Achievement Center in West Springfield, MA to learn as much as she could. Brain Balance's goal is to help children with behavioral, social, and academic concerns by strengthening the areas of the brain that are weaker through stimulations. Elizabeth's path to this internship was not a typical one. Instead of a normal one on one interview, Elizabeth's interview was with the whole group of applicants. They were given situational questions and each of them would have to explain what they would do. Elizabeth described this experience as very nerve-wracking, however, her preparation paid off and they offered her the internship.



Elizabeth Graves

Elizabeth began her internship working at the front office where she accomplished daily tasks such as, greeting parents, answering phone calls, and organizing paperwork. She was involved with a lot of the prep work before the children began the programs each day. She would 'gear up' the children with special equipment that stimulates the brain. After extensive observations, she learned how to be a coach and was able to engage more with the children. She would help out in the coaching rooms, where the children would do computer stimulations and practice physical tasks like using peg boards. Elizabeth really enjoyed making connections with the children.



Elizabeth is very proud of everything that Brain Balance accomplishes. She explained that there were cases where a child with Asperger's was actually taken off the spectrum after undergoing their programs and stimulations. This organization makes a huge impact on the lives of so many children and she is thrilled to be a part of it. Elizabeth's hard work paid off and she was hired as a coach to stay working on their team after her internship ended. She is currently being trained in primitive reflexes and initial assessments so she can build programs to meet each child's specific needs. This internship helped solidify her desire to work with children in the future and has helped her career path progress forward.



# Kelly Bernier: Internship to Full Time Job

By: Carly Cronin

Kelly Bernier, a senior Psychology major, completed her internship as a Crisis Advocate for the Center for Women and Community (CWC) in Amherst, MA. This internship not only gave her the experience she needed, but also enabled Kelly to be certified as a Hampshire County Crisis Counselor. Kelly used this certification and experience to stand out among applicants and land a full time position as a Safety Assistance for Every Person Leaving Abuse Now (SAFEPLAN) Advocate with the Young Women's Christian Association (YWCA). She assists survivors with obtaining restraining orders, helps with explanations of the order, and provides references, such as free attorneys, free counseling, etc. Kelly spends her days providing counseling services to emotionally support her clients as well as supporting them in court. Kelly also works with court personnel, such as court officers, victim witness unit advocates, and attorneys. The most intriguing part for Kelly is hearing survivor stories and connecting them back to the major issues surrounding sexual assault and domestic violence. Hearing these stories fuels her desire to help others and make a difference in the future.

Her advice to other students is to show your enthusiasm and use your personal experiences as tools in your career. She believes that it is okay to fill out applications that are out of your comfort zone because you never know what will happen. Kelly never thought she was going to obtain the job she did, but she utilized all of her resources and has landed a position that is going to benefit her personally, educationally, and financially for the future.



Kelly Bernier

“Future  
employers want  
to see  
experience and  
that is exactly  
what internships  
provide.”

-Kelly Bernier



# Robyn Veazie: An Internship to Remember

By: Carly Cronin

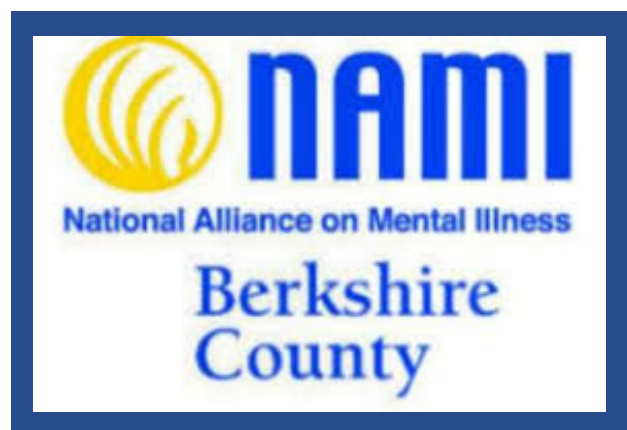


**Robyn Veazie**

Robyn Veazie, a senior Forensic Psychology major, experienced a seven month internship at the National Alliance on Mental Illness (NAMI) Berkshire County in Pittsfield, MA. This non-profit organization aims to support, educate, and advocate for people whose lives are affected by mental illness. Robyn was interested in this internship so she could educate herself about mental illness, understand why there are such high rates of mental illness in the area, and learn what can be done in the future so she can make an impact on her community.

Robyn was nothing short of busy during her seven months at NAMI Berkshire County. She was involved in many different aspects of the non-profit, broadening her knowledge base and experiences. One of her main roles was to find funding for the organization. She helped to plan events, such as Cupcake Wars, that got the community together to fundraise. Robyn was also involved in many of the programs they run, such as a free veteran program that aims to help veterans suffering from PTSD. Another program she was involved with was Crisis in Training, where she helped to plan the curriculum in this program for the Pittsfield Police Department. Other responsibilities Robyn had were grant writing, answering phone calls, and finding new ways to market the organization and get the word out. She also came up with new ideas for the organization, like creating care packages for people in crisis.

At the beginning of this internship, Robyn didn't know what to expect and was nervous about the experience ahead. Robyn quickly learned to step out of her comfort zone, however, and became heavily involved in this organization. She was able to work on her personal skills while also gaining tremendous knowledge about mental illness. This internship sparked her interest in a field that she never thought she would be interested in. In the future, Robyn hopes to attend graduate school for forensic psychology. She is thinking about even taking it one step further and becoming a criminal psychologist. Robyn has a bright future ahead of her!



# Lauren Vallee: On the Right Path

By: Carly Cronin



Lauren Vallee

Lauren Vallee utilized her connections and resources to receive an internship with the Boston Police Department Crime Lab. The forensic science major researched internships for over a year to ensure that the one she chose was the right fit for her. Her proactivity paid off and she solidified her passion for forensic science while working for Boston P.D.

Lauren learned more than she could ever imagine during her experience with the Boston Police Department Crime Lab. Each day she was filled with enthusiasm as she headed to work knowing that she would be beginning a new project in the lab. She accomplished so many diverse tasks that made her well-rounded and grew her knowledge base and skills. After she completed her daily projects, she observed evidence examinations. Lauren explained that evidence needs to be handled and documented in very specific ways. She will be much more confident working with evidence in the future now that she has personal experience overseeing how it is managed. It was highly rewarding for Lauren to learn about all of the different techniques criminalists use to examine evidence, how to use their computer systems, and understanding their lab operations. Lauren wishes she could have spent more time at the Boston Police Department to expand her experiences even further!

Interning with the Boston Police Department Crime Lab has magnified her passion for forensic science. Lauren couldn't be happier to say that she now envisions herself working in a crime lab in the future and that this internship has put her on the right career path.

**Being proactive can only benefit you when looking for an internship! Most of all, it should be fun and enjoyable! If it is, you know you're in the right field. -Lauren Vallee**

# Drop-In Hours

**The drop-in appointments are 20 minutes and are first come, first serve. Shelley and Carly can assist you with:**

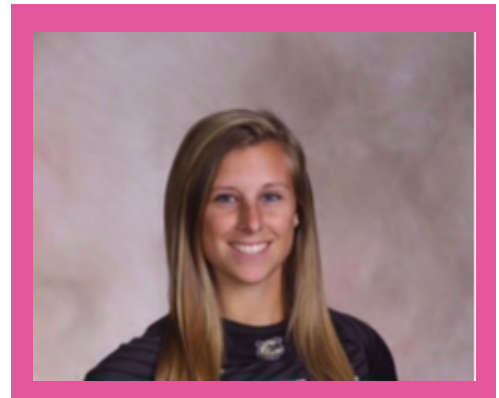
- **Guidance on creating unique and powerful cover letters and resumes**
- **Enhancing your LinkedIn profile**
- **Practicing career skills such as interviewing, negotiating, and networking**
- **Exploring majors, education, and career paths**
- **Helping you discover internships and employment on the Carpe Diem Career Network**

## Drop-In Hours

Monday: 12 pm-1 pm

Tuesday: 12 pm- 1 pm

Friday: 11 am- 1 pm



Carly Cronin  
Grad Assistant



Kailimi (Shelley) Li  
Grad Intern



# Internship Fund Recipients

Bay Path University is grateful for the generosity and support of donors who are financially supporting students by providing funding for unpaid internships. The students are very thankful for this amazing opportunity!

## Maria Spellman

### Human Resource Management Major '18



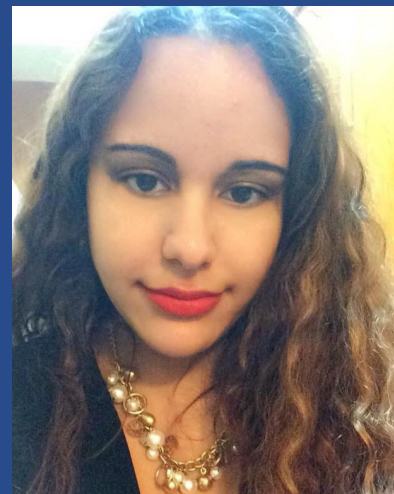
Maria Spellman

Maria Spellman completed her internship at Sheraton Springfield Monarch Place in Springfield, MA. Her main role was assisting in DOT compliance and sexual harassment training. Maria learned the importance of employee training and the process of hiring new employees. She was able to gain experience holding orientations as well. This internship gave her the experience she needed to get another position at Foley Carrier Services as a Human Resources Administrative Assistant.

“This internship reinforced my passion for Human Resources. I was able to meet such great and supportive people who I will always remember... I am thankful I had this opportunity.” -Maria Spellman

## Ysabel Garcia

### Child Psychology Major '18



Ysabel Garcia

Ysabel Garcia was a Crisis Counselor at Behavioral Health Network in Springfield, MA. She was very involved in the organization's Mobile Crisis Intervention for Children and Youth program that provides crisis intervention for anyone under 21 who is going through a mental health or substance abuse crisis. Some of her other roles included giving phone support, triaging calls, making referrals for different programs, finding resources for clients, and doing hospital bed searches. This internship gave her the opportunity to experience clinical work in her field for the first time. In the future, Ysabel plans to receive a Master's Degree in clinical social work.

“Thanks to this internship I was able to be part of a crisis team. Experiencing this area of the mental health field has helped me formulate my next career move.” - Ysabel Garcia

# Sally Manning

## Forensic Psychology Major '18



Sally Manning

Sally Manning was an intern at the Bristol Boys and Girls Club in Bristol, CT. One of her main roles was being a counselor and authority figure to different groups of children. Many of the children in the program came from low income families or have gone through extreme hardships. She is interested in working with an at risk population in the future so this internship gave her experience connecting and interacting with these children. Sally also completed another internship at the Imagine Nation Museum, Early Learning Center in Bristol, CT as an assistant teacher in preschool. In the future, she hopes to go into the Peace Corps and receive a Master's Degree in some aspect of Forensic Psychology.

"I am very grateful for my time at my internship site. I enjoyed interacting with all the children and being a form of support for them. Although this was a challenging experience for me, I was able to learn a lot about the workforce and the importance of communication. I was also able to learn a lot about myself and what I would like to do next." -Sally Manning

# Elizabeth Graves

## Forensic Psychology Major '18



Elizabeth Graves

Elizabeth Graves completed her internship at Brain Balance Achievement Center in West Springfield, MA. Brain Balance aims to help children with academic, social, or behavioral issues by strengthening parts of their brain. She began by working in the front office doing different projects like greeting parents, taking phone calls, and keeping folders and paperwork organized. As she learned more about the organization, she became more involved. She worked as a coach and was responsible for a lot of the preparation in the program, like 'gearing up' the children with special equipment that stimulates their brain. She would also do primitive games with the children to help with hand writing, anxiety, and focus. Elizabeth was offered to stay on their team as a coach after her internship was complete and is continuing to work there now.

"This internship changed my life in the sense that I was able to open my eyes to a new field that I would have never found otherwise. I was placed in such a welcoming environment that also helped me grow in a personal way while helping me know what next steps I want to take!" -Elizabeth Graves

## Bridgette Barna

### Biology Major '18



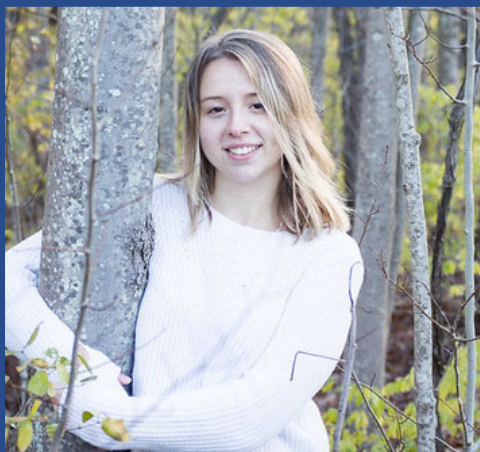
Bridgette Barna

Bridgette Barna was a Compost Intern at Greensite Environmental LLC in Plainfield, MA, where she learned about compost and waste. She gained experience using all of the machinery and became familiar with how to decipher good waste from bad waste. She learned how we can reuse trash to create healthy soil. Bridgette was able to apply her knowledge from school about how chemicals breakdown to help the business. She also had clerical duties and advertising/marketing duties during this internship. This internship has given Bridgette hands-on experience in the bio-renewal field that she plans to use in her future.

"This internship opened my eyes to a whole new area of 'green' careers I hadn't considered. What I learned about composting and it's effect on the environment is irreplaceable." -Bridgette Barna

## Kelly Bernier

### Psychology '18



Kelly Bernier

Kelly Bernier completed her internship at The Center for Women and Community (CWC) in Amherst, MA. Her role was to support and advocate for survivors and victims of sexual assault and domestic violence. She worked with individuals directly over the phone or in person in what is called medical advocacy. Kelly was trained and became professionally certified as a Hampshire County Crisis Advocate. This certification will benefit her greatly in the field of psychology. Kelly was offered a part time position working for the CWC as a counselor. Her internship experience also provided her with a full time position as the SAFEPLAN advocate for the Eastern Hampshire District Court. In the future, Kelly hopes to work in a school system as a counselor. She also hopes to open up her own private practice as a Mental Health Psychologist.

"The word Survivor is not intended to harm those who suffered Sexual Assault or Domestic Violence. It is a badge of honor". -Kelly Bernier



# Amanda Lafayette

## Legal Studies '18



Amanda Lafayette

Amanda Lafayette spent her internship as a paralegal for the law firm Foster & Blanchette in Springfield, MA. She mostly dealt with child welfare and criminal defense cases. Amanda's internship was extremely fulfilling as she gained experience in so many different aspects of the firm. Amanda learned how to draft different types legal documents and other documents, such as, letters to clients, notices of appearances, and pre-trial memorandums. She also learned to write motions, like to vacate an educational guardian, to reconsider judgments, expert funds, screenings, etc. Amanda spent a lot of her time in court filing restraining orders, filing documents, attending pretrial conferences, and visiting clients in criminal matters. She attended many hearings as well, such as, motions for new trials and evidentiary hearings, where she took notes for the attorneys. Amanda also participated in client visits with children and parents in foster or kinship placements. This internship has helped Amanda decide that she wants to keep working in criminal defense and child welfare in the future.

“Being able to intern for a child welfare law firm was such an enriching experience. I learned more than I could have ever imagined in such a short amount of time and now cannot wait to work in an area of law I never pictured I would be in before and now love.” -Amanda Lafayette

## Recently Completed Internships

Maria Spellman: Foley Carrier Services, Hartford, CT

Victoria Sadoski: Chicopee City Hall, Chicopee, MA

# Recent Internships & Student Successes

Alexa DiMenno - The Arbors, East Longmeadow, MA

Amanda LaDouceur: Pierce Bros Coffee Roasters, Greenfield, MA

Anna Austin: Gandara Center, West Springfield, MA

Anna Vasquez-Wright: Springfield Jewish Community Center, Springfield, MA

Ashlee Connors: Springfield Scholar Athlete Program, Springfield, MA

Bianca Pimentel: Hartford Police Department, Hartford, CT

Catherine Futter: Veritas Prep Charter School, Springfield, MA

Carol Sanchez: Baystate Scholars Summer Program, Springfield, MA

Chelsea Greene-Williams: Berkshire Hills Music Academy, South Hadley, MA

Christina Kozlowski: Behavioral Health Network, Springfield, MA

Christine Gillis: Cowing Alternative School, West Springfield, MA

Gillian Flynn: Behavioral Health Network, Springfield, MA

Gunash Bayramova: Springfield Partners for Community Action, Springfield, MA

Jessica Suschana: Key Program, Springfield, MA

Julia Rush: The Gray House, Inc., Springfield, MA

Kim Scully: Bay Path University, Longmeadow, MA

Megan Benway: The Department of Health and Human Services, Augusta, ME

Olivia Violette: York Correctional Facility, East Lyme, CT

Sarah Mabery: YWCA, Springfield, MA

Sharette Bello-Suazo: Hampden County Sheriff's Department, Ludlow, MA

Shashawna Santiago Amaral: YWCA, Springfield, MA

# EVENT GALLERY

**Dr. Sandra Haddad's microbiology class attended Baystate Reference Labs for a career shadow on Tuesday, March 20th. Twenty-three students were able to tour the facilities and speak with professionals in this field.**



**BPU Students**



**Reference Lab**



**BPU Students & Faculty**



**BPU Students in Lab**



**BPU Student in Lab**



# EVENT GALLERY

The Sullivan Career and Life Planning Center held an internship reflection session on Friday, March 23rd. Three students presented about their internship experience.

There was a Career Coach Lunch for first year students on Tuesday, March 27th. Students were able to get to know their career coach, discuss what the SCLP has to offer, and discuss other career related topics.

The College Career Centers of Western Massachusetts (CCCWM) Career Fair was held on Wednesday, March 29th. Students were able to network and make connections with employers.



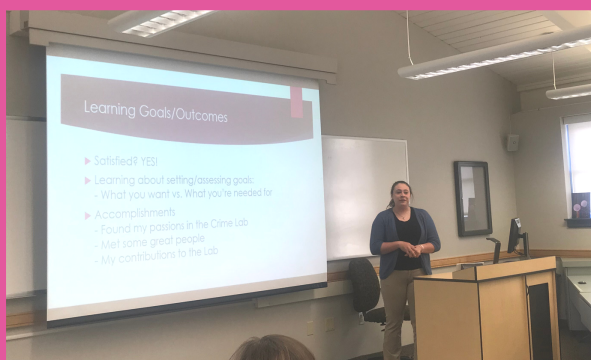
Career Coach Lunch



Victoria Sadoski Presentation



CCCWM Career Fair Representatives

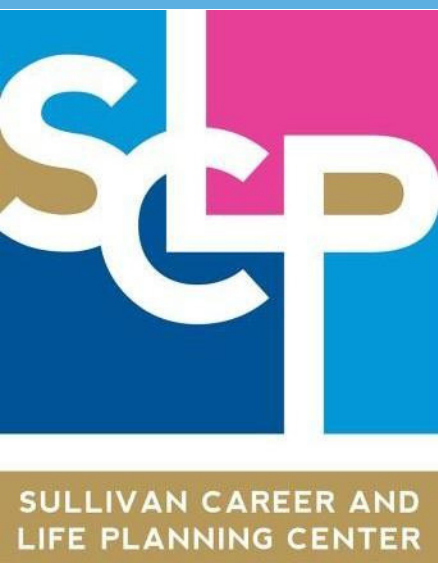


Lauren Vallee Presentation



Corrin Jarvis Presentation

# Upcoming Events



## Internship Reflection Sessions

**Friday, April 20th, 2018 9:30am-10:30am**

**D'Amour Hall Room 6**

**Wednesday, April 25th, 2018 3:30pm-4:30pm**

**D'Amour Hall Room 5**

**Monday, April 30th, 2018 9:30am-10:30am**

**D'Amour Hall Room 6**

## Career Fairs

**Westfield State University Job & Internship Fair**  
**Wednesday April 4th, 2018 1PM-4PM**

**Southern Connecticut College Fair**  
**Wednesday April 4th, 2018 4PM-8PM**

**Bridgewater State University Job & Internship Fair**  
**Thursday April 12th, 2018 11AM-2PM**

**Sports & Entertainment Career Fair**  
**Friday April 13th, 2018 12PM-4PM**

**The Massachusetts Educational Recruiting Consortium (MERC)**  
**Thursday April 19th, 2018 10AM-3PM**

## Open House

**Community Health Resources (CHR) Open House**  
**Friday April 6th, 2018 9AM-1PM**

Professional Dress Encouraged.  
Order your business cards today!  
RSVP ON THE CDCN!

MY BAY PATH PORTAL > WELCOME PAGE > CDCN BUTTON

# Graduate Webinars and Open Houses

MSEd/EdS in Reading & Literacy Instruction Webinar  
APRIL 2, 2018 | 4 P.M. — 5 P.M.

Graduate Psychology Programs Online Open House  
APRIL 3, 2018 | 5 P.M. — 6 P.M.

Learn How to Pay for Graduate School Webinar  
APRIL 4, 2018 | 12 P.M. — 1 P.M.

Four Wednesdays of Writing with Suzanne Strempek Shea  
APRIL 4, 2018 | 6 P.M. — 9:15 P.M.

Physician Assistant Studies Open House  
APRIL 9, 2018 | 2:15 P.M. — 5 P.M.

Hot Topics in Creative Nonfiction: Listening to Your Inner Voice-  
Writing as a Contemplative Practice  
APRIL 10, 2018 | 12 P.M. — 1 P.M.

MS in Higher Education Administration and Certificate in  
Enrollment Management Webinar  
APRIL 11, 2018 | 1 P.M. — 2 P.M.

Hot Topics in Higher Ed - The Strategic Enrollment Planning  
Imperative: New Issues and Trends  
APRIL 12, 2018 | 2 P.M. — 3 P.M.

Writers' Day  
APRIL 15, 2018 | 12:30 P.M. — 5 P.M.

Certificate in Enrollment Management Webinar  
APRIL 17, 2018 | 2 P.M. — 3 P.M.

MSEd/EdS in Reading & Literacy Instruction Webinar  
APRIL 23, 2018 | 5 P.M. — 6 P.M.

Hot Topics in Creative Nonfiction: Don't Give Up: How to Write  
Your Book a Little at a Time  
APRIL 24, 2018 | 12 P.M. — 1 P.M.