

# THE NETWORK

**In this issue: Career Center Drop in Hours, Internship Success Stories, Upcoming Events, Recent internships, & Graduate Webinars and Open Houses**



## UPCOMING EVENTS

Register on the CDCN!

**11/07/17**

"Creating Reactions"  
Science Career &  
Networking Event

**11/16/17**

"Making a Difference"  
Psychology Career &  
Networking Event

**11/29/17**

Elm's College Career  
Fair: Shuttle Provided

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**"The best  
way to  
predict the  
future is to  
create it."**

# CAREER CENTER DROP-IN HOURS

Career Exploration, Experiential Learning,  
Connect with Career Communities

The drop-in appointments are 20 minutes and first come, first serve. Shelley and Jennifer 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

Tuesday : 1 pm-2 pm  
Friday : 1 pm- 2 pm



**Kailimi (Shelley) Li**  
Grad Intern



**Jennifer Palase**  
Grad Assistant

*KEEP UP WITH YOUR CAREER CENTER!*  
*@BAYPATHSCLP ON TWITTER AND INSTAGRAM.*

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# REBECCA: ON THE RIGHT TRACK

By KAILIMI (SHELLEY) LI



**REBECCA STREETER**

Rebecca Streeter '17, Biology major, completed an internship at the Centers for Disease Control and Prevention (CDC) in Pittsburgh, PA this past summer. The CDC is a federal agency that protects America from health, safety, and security threats. Rebecca's internship experience has helped her to grow and better herself, both as a student and a future environmental health professional.

Rebecca found this internship opportunity on the USAJOBS website, which is a Federal Government's official employment site. She started the application process in the beginning of February and used the Sullivan Career and Life Planning Center's resume and cover letter templates as a guide to best represent herself. Due to Rebecca's extensive experience within the field and academic achievements at Bay Path University, she got the official offer from the CDC in May. Rebecca received multiple responses from other organizations; however, the CDC sparked her interest the most.

When Rebecca first arrived at the CDC lab, she was warmly welcomed by all the employees. She was able to interact with other interns by attending the training sessions. Rebecca's main duties involved running data, recording dates, and contributing to the development of future publications. For example, she worked on the tensiometer measuring instrument experiments in the lab. This experiment was used to determine the matric water potential in the vadose zone. Besides this, the CDC internship program helped her to expand her knowledge of other environmental health issues and critical thinking skills through various discussions with her colleagues and others interns in the lab.

**“Be Humble. Be Hungry. And Always be the Hardest Worker in the Room.”**



“Participating in this CDC internship has been rewarding, and I’m now more motivated to get my degree and pursue a career in this field” says Rebecca. This internship really helped Rebecca connect the context of public health and its workings in a real world context. She highly recommends this internship to anyone seeking a valuable summer experience. “Not only will you gain lab skills while in a great learning environment, but you will have the opportunity to network with scientists in your field.”



**REBECCA'S LAB FRIENDS**

Rebecca will continue her last semester at BPU, while continuing her in depth biology courses. Due to Rebecca’s dedication and hard work, the CDC offered her a full time position as Biotechnology intern! Rebecca will return to Pittsburgh, PA at the end of December to start her new opportunity!

## AH'LEXUS TEAL: KEEP YOURSELF MOTIVATED

**BY JENNIFER PALASE**



**Ah'lexus Teal,  
Child Psychology Major**

Ah'lexus Teal, a senior Child Psychology major and a former staff member at the the Sullivan Career and Life Planning Center, spent her summer performing an interning at 'Our Piece of the Pie' in Hartford, CT. The mission of 'Our Piece of the Pie' (OPOP) is to help urban youth become financially independent adults. Ah'lexus has been involved with OPOP since the beginning of her senior year of high school. She decided to visit just to say hello, and they offered her an internship! Ah'lexus was excited to start the internship process as a summer intern, where she once spent her younger days!

Her daily responsibilities as an intern included going to different sites, recording data into software, answering phone calls, interacting with parents, and preparing for events. She worked Monday through Thursday, where she counseled various adolescents with behavioral issues, ranging from 14 to 18 years old. She treated them as adults and in return they acted like adults. Ah'lexus learned that the students trusted her more and more over time. In addition, Ah'lexus was able to step out of her comfort zone. She wanted to give the youth one of the best experiences of their lives.



**Ah' Lexus with her team members**

**“And suddenly you know...It’s time to start something new and trust the magic of beginnings.”**

Due to her hard work and dedication, Ah'lexus landed a job at OPOP as a case manager! Her new role will involve hands on experience with the Department of Child & Family (DCF) youth. She will help assist children find their path to economic independence. Specifically, Ah'lexus will teach them math and resume building. She also got invited by the organization to attend the United Healthcare Workshop to further her education within the field. At the event, Ah'lexus was able to learn extensively about the healthcare system. The knowledge she obtained at the workshop and at her internship will help Ah'Lexus grow as a professional.

Ah'lexus is excited to begin her journey as a Case Manager at ‘Our Piece of Pie’ in May, 2018.

# NIPAO: INTERNSHIP IN THAILAND

BY KAILIMI (SHELLEY) LI

Nipao Muangsomboon, Forensic Psychology major, was a Clinical Psychology intern for five weeks at Bhumibol Adulyadej Hospital in Bangkok, Thailand this past summer. Bhumibol Adulyadej Hospital is one of the largest general hospitals in the capital city of Thailand, which is also associated with Chulalongkorn University in Thailand. The goal of Nipao's internship program was to provide psychology interns with a diverse and in-depth training experience that prepares them to function as independent practitioners. Below, Nipao shares what she learned as an intern and how her experience confirmed her career path.



**NIPAO MUANGSOMBOON,  
FORENSIC PSYCHOLOGY**

Since there is no Forensic Psychology major in Thailand, it was extremely difficult for Nipao to find any relevant internship. Her mom suggested for her to apply to a psychology internship in a hospital. Nipao followed her mother's guidance. After applying for the position, the hospital contacted her immediately to start the application process. First, she talked with hiring committee members at Bhumibol Adulyadej Hospital, which was then followed by a phone interview. She also met with supervisors, doctors, directors and other group members during the application process. On her second interview, Nipao was offered the internship!

Nipao's internship training took place within the context and spirit of the clinical model. During her internship, she had chance to observe clinical psychologist's in real life situations. She assisted and educated patients during drug abuse treatment sessions, while providing them with incentives to remain abstinent. Nipao modified their attitudes and behaviors related towards drug abuse, while increasing their life skills to handle stressful circumstances and environmental cues that may trigger intense their craving for drugs.

The internship program was aimed to help Nipao explore and develop early career in research, clinical work, and education. One of the main assignments she worked on at Bhumibol Adulyadej Hospital was the Mental Status Exam (MSE).



The MSE is a cognitive-based assessment that she used to obtain a comprehensive cross-sectional description of the patient's mental state in order to make an accurate diagnosis as well as formulate coherent treatment. In addition, she consulted with patients with panic disorder and Attention Deficit Hyperactivity Disorder (ADHD). People with panic disorder may have sudden and repeated panic attacks of overwhelming anxiety and fear. Patients with ADHD may experience limited attention span, troubled relationships, and difficulty at school or work. During the consulting session with these patients, Nipao performed comprehensive psychological assessments, utilized research and theory to inform clinical practice, and developed the attitudes and skills needed to support these patients.

**“Always remember to fall asleep with a dream and wake up with a purpose.”**

Nipao's internship experience was an amazing informative journey into the life of the psychology field. This internship has taught her a great deal about what clinical psychologists do and the impact that they have on people's lives. She was introduced to many knowledgeable professionals and resources, which she would not have learned about without this internship. At the same time, she is setting her sights on pursuing the master's degree within this field.

Advice to future interns, “Always express passion about the jobs you're given. if you feel a question may not be the best, still consult with someone because it will show your willingness to learn.”



**Bhumibol Adulyadej Hospital  
Bangkok, Thailand**



**NIPAO'S CLINIC SESSION IN  
THE HOSPITAL**



**NIPAO'S PATIENT HOME  
VISITING SESSION**

# Upcoming Events

## Internship Reflection Sessions:

Monday, December 4, 2017- 9:30 AM - 10:30 AM

Tuesday, December 5, 2017 - 3:30 PM - 4:30 PM

Thursday, December 7, 2017 - 9:30 AM - 10:30 AM



SULLIVAN CAREER AND  
LIFE PLANNING CENTER

## Everyone is welcome!

### Workshop: THE BUSINESS & INNOVATION EXPO OF WESTERN MASS

Location: 1277 Main St,  
Springfield,  
Massachusetts 01103,  
United States

Time: November 2,  
2017, 7 am- 5 pm

### Career Fair & Networking Events:

"Creating Reactions" (Science)

Tuesday, November 7, 2017, 4:00 PM - 6:00 PM

"Making A Difference" (Psychology)

Thursday, November 16, 2017, 6:00 PM - 8:00 PM

Elm 's College Career Fair: Shuttle Provided

Wednesday, November 29, 2017, 11:45 AM - 2:45 PM

Professional Dress Encouraged.  
Order your business cards today!

RSVP ON THE CDCN!

MY BAY PATH PORTAL > WELCOME PAGE > CDCN BUTTON



# Recent Internships

**Ashley Gaudenzi:** Morris Group, Windsor, CT

**Ashley Seiferheld:** Walgreens, Chicopee, MA

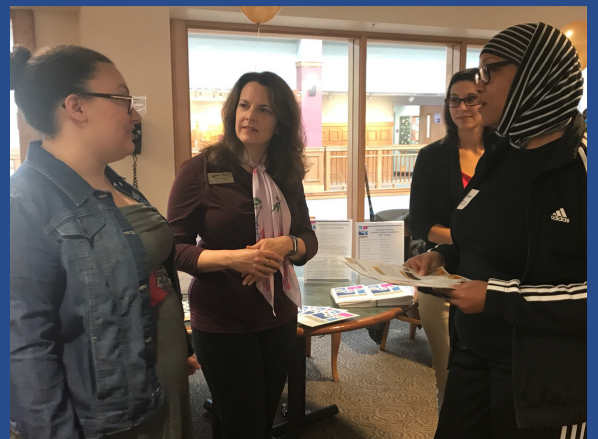
**Fatimah Alghamdi:** Saudi Services Company, Saudi Arabia

**Samantha Burns:** YWCA of Western Massachusetts, Springfield, MA

**Victoria Sadoski:** Holyoke Medical Center, Holyoke, MA

**Ysabel Garcia:** Behavioral Health Network-Crisis, Springfield, MA

**Zain Aldawaleebi:** Shoe Steps Company, Saudi Arabia



# Graduate Program Webinars & Open Houses

Learn How to Pay for Graduate School Webinar

NOVEMBER 1, 2017 | 12 P.M. — 1 P.M.

Hot Topics: Graduate Business and Nonprofit Programs  
Webinar with Dr. Tom Loper

NOVEMBER 6, 2017 | 12 P.M. — 1 P.M.

5th Annual Cybersecurity Summit: Building a Cybersecurity  
Ecosystem

NOVEMBER 9, 2017 | 8 A.M. — 9:15 A.M.

MS in Higher Education Administration and Certificate in  
Enrollment Management Webinar

NOVEMBER 9, 2017 | 1 P.M. — 2 P.M.

MFA in Creative Nonfiction Writing Webinar

NOVEMBER 14, 2017 | 12 P.M. — 1 P.M.

Master of Occupational Therapy Programs Open House

NOVEMBER 14, 2017 | 6 P.M. — 8 P.M.

Master of Occupational Therapy Webinar

NOVEMBER 15, 2017 | 12 P.M. — 1 P.M.

Applied Laboratory Science & Operations Webinar

NOVEMBER 17, 2017 | 12 P.M. — 1 P.M.