While examining remains from one of the “Top Ten Discoveries of 2009,” Anthropology student Melina Giakoumis discovers her future goals.

MBA student Jeffrey Leyva lands an internship at the United Nations to analyze the hiring methods of Human Resources.
CHOOSING A MAJOR / CAREER COUNSELING
Career counselors are available by appointment to help you choose a major, provide resume critiques, navigate the job search process, and prepare you for interviews. Through the use of assessment tools, counselors can help you identify what area of interest you might consider for your future by matching your interests to occupations.

ON CAMPUS INTERVIEWS
Working with organizations, the Career Center brings employers to campus to interview interested students. Each year, more than 200 corporations, schools, hospitals and agencies visit campus for pre-scheduled interviews with selected candidates or attend our Annual Job and Internship Expo.

INTERNSHIPS
Internships allow students to explore careers, clarify vocational objectives, and develop relevant experience for their résumé, while possibly earning academic credit or pay.

AMERICA READS/COUNTS
This federal work study program encourages Adelphi students to become tutors for local public school children that need help in reading or math. Transportation is provided to some areas.

JOB LISTINGS
If you are looking for on campus employment, work-study positions, full time or part time jobs or internships, the Career Center can help you in three easy steps.

1. Register for PantherZone at www.students.adelphi.edu/career/pantherzone
2. Create a free profile
3. Search jobs and internships that are related to your individual interests and experience.

PRESENTATIONS
Attend workshops on résumé writing, interview preparation, internship exploration and major/career decision making, to develop the skills to succeed. The Career Center provides special presentations for academic classes and student groups. To request a career-related presentation for your group, call (516) 877-3130.

S.W.A.T. TEAM
Through per diem employment on the Student Worker Action Team (SWAT), you can decide if and when you want to work. Short-term, on-campus jobs are announced via email, and positions are filled on a first-come, first-served basis. To sign up to become a SWAT Team member, contact Jonathan Ivanoff at jivanoff@adelphi.edu

NOTE: The Center for Career Development does not guarantee a student or alumnus will obtain an internship or job opportunity.

Email
Students
Email careercounselor@adelphi.edu for rapid replies to your career related questions and to request a critique of your résumé and/or cover letter.

Email internships@adelphi.edu with inquiries regarding internships.

Employers
Send current job postings to us at pantherzone@adelphi.edu

Our Mission
The Center for Career Development is a team of career educators dedicated to the development and implementation of programs and services designed to promote lifelong career management skills for students and alumni.

We collaborate with students, faculty, alumni, university colleagues, and employers to build partnerships that enhance career development and generate career-based experiential education and employment opportunities for students and alumni.
Experiential
Visit the America Reads/ America Counts webpage and apply online to become a tutor:
http://students.adelphi.edu/career/americareads/howtoapply.php

Federal Work Study Students
Become a New Tutor!
Attend ONE of these orientation sessions

Tuesday, January 25, 2:00 p.m.
Wednesday, January 26, 12:00 noon
Thursday, January 27, 10:00 a.m.

All held in the Career Center in Post Hall
Email areads@adelphi.edu with any questions

ON CAMPUS JOBS

NEED A JOB ON CAMPUS?
Complete the online
ON CAMPUS EMPLOYMENT FORM:
students.adelphi.edu/career/students/oncampusjobs.php
then search for jobs on PantherZone:
students.adelphi.edu/career/pantherzone

Over 80 Adelphi student employees participated in a Panthers In Training Workshop last Fall,
to learn workplace etiquette, customer service, FERPA Laws and diversity issues.
Watch the video on youtube: http://www.youtube.com/user/AdelphiUniv
Practice Makes Perfect!

Tuesday, February 22, 2011

5:00 p.m. – 7:00 p.m.

Alumni House
(on Cambridge Avenue)

ANNUAL JOB AND INTERNSHIP EXPO

Wednesday, April 13, 2011

1:00 p.m. – 4:00 p.m.

University Center, 2nd floor

- Obtain a full time, part time job or internship in your field
- Interview with over 80 employers from different industries
- Bring plenty of resumes and dress professionally

For a complete calendar of upcoming events, please visit http://students.adelphi.edu/career/news.php
Candidates must attend one recruitment seminar. Sign up for a seminar today by calling (516) 877-3130 to be considered for interviews.

Why Participate?
• Step-by-step preparation and guidance with resume and interview tips
• Opportunity for many interviews—on the same day—right on campus
• Increased odds of obtaining interviews, since you are only competing with AU graduates
• Feedback from employers on interview performance

UNLOCK YOUR POTENTIAL

ON-CAMPUS RECRUITMENT PROGRAMS:

College of Arts and Sciences
School of Business

Attend ONE seminar below to be eligible:
Friday 12/03/10 1:00 p.m.—3:00 p.m.
Career Center, Post Hall

Wednesday 2/09/11 6:00 p.m.—8:00 p.m.
Hauppauge Center

Wednesday 2/16/11 5:00 p.m.—7:00 p.m.
Career Center, Post Hall

Thursday 2/24/11 4:00 p.m.—6:00 p.m.
Career Center, Post Hall

Monday 2/28/11 6:00 p.m.—8:00 p.m.
Career Center, Post Hall

Saturday 3/05/11 10:00 a.m.—12:00 noon
Career Center, Post Hall

Tuesday 3/08/11 5:00 p.m.—7:00 p.m.
Career Center, Post Hall

Call (516) 877-3130 to register for one of the seminar dates in your field
*Open to Adelphi students and alumni graduating with a bachelor’s or master’s degree

SAVE THE DATE!

If selected for an interview, candidates will be scheduled to meet with employers on:

Long Island Education Recruitment Consortium Out-of-Area Education Recruitment Day
Friday 3/04/11 8:30 a.m.—5:00 p.m. Ruth S. Harley University Center

Interview Day with Local Schools and Agencies
Wednesday 3/23/11 9:00 a.m.—5:00 p.m. Ruth S. Harley University Center

Interview Day with Local Businesses and Organizations
Tuesday 4/26/11 9:00 a.m.—5:00 p.m. Ruth S. Harley University Center
RÉSUMÉ Workshops
Learn how to prepare a professional résumé.
Learn how to use Optimal Resume software.
Location: Career Center, Post Hall

Schedule an Appointment with a Career Counselor
Visit students.adelphi.edu/career/appointment.php
Complete the information online and a counselor will confirm your appointment via email.

INTERVIEW Workshops
Learn how to research for an interview and practice answering the tough questions.
Location: Career Center, Post Hall

INTERNSHIP Workshops
Explore a career from the inside.
Learn how to get an internship and make the best 1st impression.
Location: Career Center, Post Hall

Don’t have time to attend a workshop?
All of our Power Points can now be viewed online!
Visit students.adelphi.edu/career/students/
Click on the area in which you need help, and the presentation will be available.

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Stay on Track...

A STUDENT’S GUIDE TO THE FOUR-YEAR CAREER P.L.A.N.

Freshman Year

**Prepare**
- Assess your values, interests, and skills: What do you want to do? What can you do? Where would you like to do it?
- Explore academic majors: Discuss taking a variety of courses with your academic adviser.
- Join clubs and organizations: Contact the Center for Student Involvement to participate in on-campus organizations.

Sophomore Year

**Learn**
- Understand your options: Talk to your professors about career paths and internships.
- Identify key players in your industry of interest.
- Connect with alumni: Discover networking, shadowing, and mentoring opportunities.

Junior Year

**Act**
- Discover your passion: Make an appointment with a career counselor.
- Attend Center for Career Development workshops and events.
- Participate in résumé-building activities.

Senior Year

**Next Steps**
- Finalize résumé and cover letters: For résumé review, email drafts to career@counselor@adelphi.edu
- Brush up on interview skills.
- Familiarize yourself with job search resources: Internet sites, campus recruitment programs, PantherZone, and employer/alumni events.
- Think about and prepare for graduate schools: GRE, MCAT, LSAT, GMAT, etc.
Sophomores and Juniors!
The Center for Career Development
One-credit Internship Course

Get ahead of the competition through:
- Résumé writing
- Workplace etiquette
- Mock interviews
- Personal coaching
- Making connections
- Setting goals

COURSE # 0137-299
You may qualify for a paid internship the following year through the Adelphi Community Fellows Program, as well as initiation into XE—The Honor Society for Experiential Learning.

This course will be taught by Jonathan Ivanoff, Internship Coordinator, Center for Career Development.

Find out more at students.adelphi.edu/career
There were 670 respondents to the internship survey that was conducted on eCampus during the Fall 2010.

Of those respondents:

92.8% plan to participate in an internship during college.

97.7% agreed or strongly agreed that an internship will make them more marketable to employers.

However, only 56.8% are aware of how to get an internship and only 25% of students met with a Career Counselor to talk about it.

TAKE ACTION
Make an appointment today with our Internship Coordinator, Jonathan Ivanoff. Call (516) 877-3130 to schedule.

According to a NACE survey, Students who complete internships receive 20% more in starting salaries than students who don’t intern.

http://www.naceweb.org/so2010/0818/intern_salary/

Congratulations to Lozana Mehandzhiyska!

Lozana was awarded a $200 Apple gift card from the AU Career Center for completing an internship survey and providing us with helpful feedback.
On Wednesday, November 3, 2010, Adelphi University students had a unique opportunity to hear from Lauren Berger, CEO of Intern Queen Inc. Ms. Berger completed 15 internships in her four years of college, and after several years in the workforce, started her own business centered on helping students find internships.

In three separate presentations, Ms. Berger recounted her internship experiences and offered advice on how to obtain and make the most of an internship. Her suggestions had to do with not only traditional issues of internships, such as resume writing and proper attire, but also with less widely discussed topics, such as composing effective cover letters, writing thank-you notes, and even using social networking as an advantage and not a disadvantage.

Other recommendations included taking advantage of internship opportunities in New York City and utilizing Adelphi’s Center for Career Development. Continually, Ms. Berger stressed the importance of an intern-seeking student taking risks. “You have to take initiative and put yourself out there,” she explained while describing how she obtained a position as a freelance writer for Us Weekly magazine while still in college. Ms. Berger offered herself as a future contact for audience members, advising them to utilize her website and their own initiative to achieve success. “The nice thing about our generation is that when people tell us no, we say yes,” she said.

Missed this event? See the full recorded interview on our Facebook page

ASK THE INTERN QUEEN
Q: Hi Lauren,
I’m a freshman, and although I’m still not sure whether I’ll be trying to get an internship this year, I definitely plan to start by next year. Eventually, my goal is to start my own record label. I was wondering if you could give me any advice on how I can start preparing to own my own business, or anything I can do now that would benefit me in the future. I definitely enjoyed your presentation. You do a great job at getting important messages through to students!
Thanks,
Hannah

A: Hi Hannah!
I love hearing from other entrepreneurs and I’m glad you are starting to think about this now. I would absolutely suggest you get an internship ASAP at a record label. You could start off with an indie label and then go onto a larger label. You might want to do a few different internships so that you can learn all aspects of the business (A & R, Publicity, Talent, Etc). If you are going to run your own label it will be very important for you to really understand all aspects of the business. You might even want to consider taking a job after you graduate at a record label, just to make sure that you really understand everything that goes into the making of a label. I would also suggest setting some informational meetings with Record Label Executives that you admire. Go into your career center or alumni center and see if any Adelphi alums happen to work in the music industry – this would be a great place to start. I’d also start a LinkedIn page and that will be a way to see if you are already connected to someone in that business. Make sure to check out the Warner Music Group Spring and Summer Internships. Good luck!
~ Lauren Berger “The Intern Queen”

Got a question? Visit Lauren’s blog on internqueen.com
When I was 15 years old, I started singing after a teacher asked me to join a school musical for an unfilled role. I was also approached by the CEO of a prestigious artist development company who found a recording of my voice, as a result of my experiment with a recording machine. His advice to make my dreams come true resonates with me to this day.

When I was 16, I started playing the piano for the first time. I learned about and developed a great love for classical music including: Chopin, Liszt, Beethoven, Bach, and Mozart. Exploring and absorbing all genres of music is a lifelong endeavor of mine.

Participating in many shows, plays, musicals and talent events, I was chosen to sing the national anthem for the Go Green Summit in Carlyle on the Green with Key Note Speaker Tom Suozzi. Some of my accomplishments include Runner-Up in Singing with the Broadway Stars for Neil Berg’s 101 Years of Broadway and in Miss Teen Long Island Nationals, where I was also Miss Photogenic Runner-Up.

At Adelphi, I participate in music recitals, Broadway revues, talent shows and perform as part of the Ballroom Dance Club. When I was 18, I started pursuing songwriting through a strange, blessed incident. It was a week or so before my freshman year here in Adelphi, and I had to take a break. I sat on the piano bench, practicing and pressing a number of chords, when a song came to me. It was my first song ever and it was called “How Much I Love.”

Since then, I became a member of a number of songwriting organizations in New York City. Just this past September, I attended a songwriting conference in Nashville, an experience that changed my view of songwriting forever. Exposed to great music and craft, I met many amazing people with whom I still keep in contact. Their dedication and respect for music inspired me and deepened my already intense love for music, songwriting and the industry in general. In fact, it’s now music that gives me life: I dream in music, I breathe music, it is music that my heart pounds for and animates me. My dream job is to be a performance artist and hear my songs played everywhere. With every day that passes, I know I am getting closer and closer to it.
ADELPHI UNIVERSITY
COMMUNITY FELLOWS PROGRAM

With students finding it difficult to obtain good jobs and internships in the summer, Adelphi University developed a critical program that provides internship / fellowship assistance to students going into their junior and senior years.

Focused on the nature and importance of the non-profit sector to the overall economy and society, students selected for this program will be matched to work at key non-profit organizations in the region this upcoming summer 2011.

Supported mostly by the generosity of donors, Friends of the University and President Scott, the program, operated by the Center for Career Development in conjunction with Adelphi University's Center for Non-Profit Leadership, offers 10-week fellowships at $3,000 per student.

Application Deadline is March 1st to be considered.
See application instructions on the next page.

“The greatest advantage that Katie brought was her insight into her peers’ needs, thoughts and methods of communication. She is in the age group that we target for our programs. Katie helped us develop social media communications through YouTube and Facebook, updated our website to be more user-friendly and reformatted our E-newsletters.”
- Cheryl Davidson, Long Island Works Coalition complimenting AU Fellow, Katie Correa

ADD WORTHWHILE EXPERIENCE TO YOUR RESUME THIS SUMMER

Contact Jonathan Ivanoff at jivanoff@adelphi.edu or (516) 877-3130 to see how you can become an AU Community Fellow this summer

Visit http://www.youtube.com/AdelphiUniv for videos capturing the 2010 Community Fellows on site at their internships.
Who is eligible to apply and what are the selection criteria?
- Current Adelphi University sophomores and juniors who have completed at least 45 credits
- Minimum G.P.A. 3.0
- Have a record of volunteer, community service and/or prior internship experience
- Secure the recommendation of at least one Adelphi University professor

What are the requirements of the program?
- Complete a one-credit Nonprofit Internship Seminar during the spring semester
- Be available to work at a selected nonprofit for a minimum 30 hours per week for 10 weeks during June–August
- Serve as a campus ambassador for the program

What kind of positions in the non-profit sector are offered?
(e.g. environment, public health, government, urban development, education)
- All areas in the non-profit sector are considered except those with direct political or religious undertakings

HOW DO I APPLY?
- Register on PantherZone: students.adelphi.edu/career/pantherzone
- Visit the Resource Library in PantherZone for application instructions/forms
- Submit completed forms to Jonathan Ivanoff in the Center for Career Development located in Post Hall no later than March 1, 2011
A LIFE DEDICATED TO RESEARCH

By Melina Giakoumis

In my sophomore year, I declared Environmental Studies as my major at Adelphi, and from there, the department guided me to my job as a research assistant in the Forensic Anthropology lab on campus. In the lab, I document archaeological human remains, working with the raw data that was obtained in the field by Adelphi’s Director of Environmental Studies, Professor Anagnostis Agelarakis. Performing statistical analysis on this data, I prepare the projects for publication, which includes provision of a historical and cultural context. After working with data in a laboratory setting, I was able to present on my own research project at the Archaeological Institute of America’s Annual Meeting in Anaheim, California in 2010.

After familiarizing myself with the laboratory and publication protocol of forensic research, I was eager to experience the fieldwork component and I traveled with the “Adelphi in Greece” faculty-led program. On the incredibly beautiful and hospitable Greek island of Crete, I lived and worked for three weeks in Eleutherna, a small but picturesque mountain village which is home to a major archaeological site. Adelphi students comprised the Forensic Anthropology Team, and were solely responsible for studying the human remains at the site. Working abroad with remains that were thousands of years old was a wonderful opportunity, and I could not refuse when I was asked to join the team for a second year. As a more practiced Forensic Anthropology student, the next summer I was appointed Crew Chief, and was given responsibility for the field laboratory. The second field session also allowed me to examine the remains of Iron Age Priestesses which Archaeology Magazine named one of the “Top Ten Discoveries of 2009.”

For the rest of my summer 2010, I worked as an intern for Archaeology Magazine. Writing for the online division under the direct supervision of the Senior Online Editor, I was able to publish several feature pieces as well as perform and transcribe interviews. Also, I was active in researching the current events in archaeology and anthropology. I was trusted with a great deal of responsibility by my superiors, and I felt privileged to work independently on my own publications. This summer, I will continue to experience field research abroad when I travel with the “Adelphi in Australia” program to investigate biodiversity and tropical ecosystems in the Australian rainforest and Great Barrier Reef.

Knowing now what it means to lead a life dedicated to research, I have decided to pursue it as a career. I am applying to several programs in Ecology and Evolutionary Biology, and hope to receive my PhD so that one day I will be able to give undergraduates the same wonderful research experience that I was lucky enough to experience.
MY INTERNSHIP AT THE UNITED NATIONS

By Jeffrey Leyva

Being a part of an organization like the United Nations was far from my imagination. I dreamt of working at the UN but I didn’t have the belief before that I could actually do it. One summer, a friend of mine came over and was browsing the recruitment page of the UN, and led me to the internship program. Jumping at the chance, I applied for the position. However, I received a letter saying that I was not selected. Disappointed, the idea of having an opportunity to become part of the United Nations became an all-consuming desire, and I knew that I had to try again the next time the position opened.

In January of 2010, I decided to ask for guidance and suggestions from the Center for Career Development to improve my application and cover letter before I re-applied. Anxiously waiting another response from the UN, I busied myself by continuing my MBA and working as a fencing club manager and assistant coach. Then one day, I nervously read another letter that was sent to me… and this time I got accepted!

The internship was for three months from August to October. Together with other interns, we were tasked to fix a newly launched UN Careers Website. Our primary goal was to create an outreach inventory of the UN and its departments and discover the best methods to attract qualified applicants. Our team was able to recommend the most efficient and least expensive method. However, we faced obstacles and constraints so we decided to personally gather information by getting the statistics and trends of accepted applicants before finally drafting our recommendations.

Our mere resourcefulness and willingness to work with what was available to us, impressed our supervisor. We were then given the rare opportunity to present our work to all the human resources directors of the UN. It was exhilarating to know that our efforts produced something worthy of their consideration. Being an intern and experiencing life within the UN made me want to stay, and it was one of the reasons why I really gave my best during my internship.

Although my internship has since ended, it didn’t mean that my dream of becoming a permanent part of the organization was also gone. Right after the internship, I was asked by our UN internship supervisor to work for him as a consultant. At the same time, I have received an offer from a director to be his temporary assistant at the UN in Geneva. Currently, I am leaning towards accepting the offer to work in Geneva since I want to experience working in a different country. If I decide to go to Geneva, finishing my MBA would be my priority. Adelphi’s Graduate School of Business was very generous to allow me to take some MBA courses in Geneva if I choose.

In conclusion, I just want to say that hard work does bear fruits. Having a definite idea to pursue and the determination to pursue it has led me to success. I dreamt of being a part of the UN and the opportunity came from a friend who just browsed over the Internet and showed it to me. I acted on that chance and now I have the break for which I was waiting.

From here, my advice would be to always be on the lookout for opportunities that are waiting to be grabbed. Lastly, I would like to thank my friend who helped me, the caring staff in Adelphi’s Center for Career Development and United Nations. For without you, the opportunity would not have been possible. Thank you.
By Nikita Rayani

In the fall 2010 semester, I was privileged to obtain an internship at Estee Lauder. Every Friday from 8:30am to 5:00pm, I worked in the Material Science lab where I learned to analyze various color capture images using different computer software to obtain data used to analyze the effectiveness of a whitening cream, dark-circles, and the yellowness of skin. This information can be used in the cosmetic industry to further enhance their products. Furthermore, I was acquainted with various instruments that are used to check hydrophobicity, surface tension, and many other techniques used to examine cosmetic products.

This experience was extremely educational, and allowed me to consider a career in the industrial science field which I had not considered before. The people I encountered during my experience were extremely pleasant, accommodating and welcoming. Everyone treated me with respect, listened to my input, and helped me when I needed help. Estee Lauder is a great place to learn, apply what you’ve learned, and flourish in an industrial research setting.

Congratulations to the AU interns:

Krupa Brahmbhatt, Dan Guo, Wenqian Liu, Theju Mannath, and Nikita Rayani
Omnilearn is an educational consulting company that empowers teachers through professional development workshops and in-class lab services. After meeting with a school’s principal and staff, the company customizes workshops to help achieve the academic and curricula goals of their partner schools. Services include:

- Differentiated science labs to the PreK-12 sector as a means to strengthen state-mandated math and ELA performance indicators.
- Everything teachers need to deliver dynamic, interdisciplinary instruction: training, in-class modeling, assistance, content, assessments, equipment.

Adelphi Alumna, Jane Powell, hires Adelphi Interns to work with Omnilearn

Cassandra Roland:
Cassandra has worked as a lab technician at the East Woods School in Oyster Bay as well as in two of our partner schools in Brooklyn. Working on her RN degree aspirations, she has been setting up labs, assisting children and researching answers to their questions in the Advanced Learning in Science Program. Additionally, she has also participated in a professional development workshop for teachers in Brooklyn as well as assisting in the execution of multiple hands-on labs.

David Caccavo:
Dave has transitioned from his MBA/CPA background and is now focusing his energy on leading and assisting with science lab execution at the East Woods School. David is pursuing a degree in education and he has really enjoyed Omnilearn’s hands-on approach to science. His favorite Omnilearn projects have been building baking soda rockets and researching carbon fiber improvements to a student-made hovercraft. David has also been an exceptional asset to the company by bringing in multiple web resources that we have incorporated in lab demonstrations. David feels that the best part of the company’s philosophy is that it allows the student to be part of the learning process.

Khushali Pandya:
With a background in Biology and Zoology, it’s no surprise that Khushali’s favorite classroom moments are centered on working with animals. Most notably, Khushali helped students explore the anatomy of a snake and a pig by leading group dissection labs. Khushali’s goal is to help students understand the way that human interference is creating problems for animals and the environment. As an international student from India, the children have also been interested in learning about Khushali’s unique background.

www.omnilearncorp.com
Join over 6,000 Adelphi students and alumni who have already hit the mark!

Target your career and search for opportunities ranging from internships to full-time jobs on PantherZone.

- Search job listings 24/7
- Sign up for On Campus Recruitment interviews for seniors and alumni
- Become a SWAT team member
- Explore Internship postings via internships.com

Don’t misfire… register today by visiting:

students.adelphi.edu/career/pantherzone

Online resources make your job hunt easier.
For a complete listing of other internet sites to use to find job postings, visit: http://students.adelphi.edu/career/students/internetres.php
The Communication Sciences and Disorders program at Adelphi University provided me with the necessary training and knowledge, enabling me to achieve my goals and be the successful speech-language therapist that I am today. Specifically, my experience with the two in-house clinical internships and the two externships were most beneficial, as they offered first-hand experiences and an opportunity to work with clients with varying disorders.

Towards the end of my second year in the program, I visited the Career Center and worked with a career counselor on a regular basis. I received a great deal of support at the center, where they provided me with advice, resources and helped me format my resume. In addition, I attended many workshops regarding topics such as resume writing, job hunting, and the interview process, which were all beneficial towards my career.

Currently, I work as a Speech-Language Therapist –CFY at the Reece School, a special education elementary school located in Manhattan. I provide Speech-Language therapy for children with a range of disorders including Autism, Learning Disabilities, Speech-Language Impairments and Emotional Disturbance. Each session is 30 minutes long, individually or in a group of two, and takes place in my speech room. I collaborate with a team of three other Speech-Language Therapists, one of whom is my supervisor. In order to complete my Clinical Fellowship Year, my supervisor observes one of my sessions each week. At the end of the session, she provides me with constructive feedback and suggestions for new techniques and strategies to achieve the students’ goals. I love my job and feel this school was the best fit for me to advance in my career.

As a Psychology major, it can be challenging to find a position that will suit your needs and the company’s needs. However, this major is flexible and opens up a variety of opportunities when applying for positions. Last year, I lost my job in the middle of the semester while working towards my Master’s Degree. As soon as this happened, I went to the Center for Career Development at Adelphi University and worked with a counselor who was extremely supportive, understanding and helpful. We worked on building my resume, cover letter and developed a strategy to look for positions. It was difficult at first not earning any income, having several bills to pay and attending school at the same time. However, I attended the workshops provided by the Career Center and learned that other people were in the same predicament as me. I used the information I learned at these workshops and applied it to everything I did, to find a suitable position that I would make me happy. Some companies and agencies returned my phone calls and others did not. After attending several interviews, and not finding anything that interested me, I kept applying and looking to find what I needed. At the end of my three month search, I did!

Presently, I am working full-time at the agency known as P.S.C.H, which stands for Promoting Specialized Care and Health. This agency works with DD and MH populations across all ages, and I am currently a Supervisor overseeing staff and consumers. My role includes training staff and teaching therapeutic techniques. Providing case management to about 20 clients, I conduct parental education and perform data collection.

Having attained several skills while working with this population, I developed patience, compassion and understanding towards individuals who have gone through traumatic experiences. Although this population can be challenging, this agency provides support which is extremely vital in maintaining balance in a difficult environment. After working at this agency for only a few months, I have been offered a promotion to work with 35 clients strictly with a Mental Health diagnosis. I am looking forward into moving up within this agency. Currently, I am pursuing a Master’s Degree in Mental Health Counseling at Adelphi to be more marketable and serve clients to the best of my ability.

“What I learned in my job search experience is not to give up or be discouraged by any employer. Use that experience to better yourself for the next interview.”
Sophomores and Juniors!
The Center for Career Development

One-credit Internship Course
Get ahead of the competition through

- Résumé writing
- Workplace etiquette
- Mock interviews
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This course will be taught by Jonathan Ivanoff, Internship Coordinator, Center for Career Development.

You may qualify for a paid internship the following year through the Adelphi Community Fellows Program, as well as initiation into XE—The Honor Society for Experiential Learning.

Find out more at students.adelphi.edu/career

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