

NEWSLETTER FROM THE ADELPHI UNIVERSITY CENTER FOR CAREER DEVELOPMENT



#### **FALL 2013**

On-Campus and Off-Campus Employment Opportunities Pg. 4-6

The Mentoring Relationship Pg. 7

Leadership Certificate Program Pg. 8-9

Employers Tell All: AU Community
Fellows are More Than Interns
Pg. 12-13

Alumni Spotlight:
The "Family Business"
Pg. 14

**Alumni Spotlight:** From Intern to Professional at Telemundo

Pg. 15





## Our Staff

#### Thomas J. Ward, Jr.

**Executive Director** 

#### Elaine Boylan

Senior Associate Director

#### Allison Keibel

Associate Director

#### Jonathan Ivanoff

Associate Director of Internships

#### Karen Autry

Assistant Director of Employer Relations

#### Bernadine Waller

Assistant Director of Experiential Learning

#### Maria Casey

Alumni Career Counselor

#### Julianna Viviani

Career Counselor

#### Florence Catanese

Administrative Assistant

#### Lisa Ward

Graduate Assistant

#### Azahah Shaari

Graduate Student Worker

# **Contact Information**

Post Hall, 1 South Ave.

Garden City, NY 11530

Phone: 516.877.3130 Fax: 516.877.3136

#### **Career Questions:**

#### careercounselor@adelphi.edu

**Internship Inquiries:** 

internships@adelphi.edu

**Job Postings:** 

employerservices@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 that 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.

### **Our Services**

#### **Career Events**

Career Fairs (Block Party and Job Expo)

Mock Interview Night

On Campus Recruitment Program

Leadership Certificate Program

#### **Group Presentations**

Résumé

Interview Preparation

Job Search

Internship Exploration

#### **Individual Career Counseling**

Personalized Guidance on Career Paths

Interest Assessment

#### Job Postings on PantherZone

On-Campus Employment

Off-Campus Employment and Internships

#### **Experiential Learning Opportunities**

America Reads / America Counts

Adelphi Mentoring Program

Hire a Panther (Off-Campus Employment)

Panthers with a Purpose (On-Campus Employment)

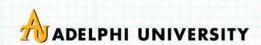
Internship Prep Seminar

Community Fellows Program

# Hours of Operation

Monday - Friday 8:30 a.m. - 4:30 p.m.

Evening appointments available upon request



# Who is Hiring?



Looking for employment on- or off-campus, work-study positions, full-time or part-time jobs—or even an internship?

The Center for Career Development can help.

- LOG ON to CAMPUS (https://portal.adelphi.edu)
- SIGN IN with your Adelphi username and password
- CLICK ON PantherZone under the "Services" tab

You will be redirected to your PantherZone profile. Make sure to update your profile. This will allow you to search for jobs and internships related to your interests and experience. Potential employers may contact you if you give them access to your contact information.

Browse through all listings or do a keyword search based on location, title, or type of work. Don't forget to tag the listed jobs or internships as "Favorites" to have easy access to them later—or select to have new jobs emailed to you!

## **Check out our other online resources:**

"Follow us" on Twitter.com/HIREaPANTHER

"Like us" at Facebook.com/AdelphiCareerCenter

"Watch us" on Youtube.com/AdelphiUniv

"Follow us" on Pinterest.com/HireaPanther



Get AU2GO

to view helpful career-related tips on your mobile phone

m.adelphi.edu





# **On-Campus** Employment

#### Hire a Panther

Hire-a-Panther provides Adelphi students with on-campus experiential learning opportunities. Students work in an array of environments, collaborating with professors on projects ranging from research to social media.

The semester-long internships **pay \$10** an hour. Students work up to **10** hours a week to jump-start their early career success. Whether you are looking for an internship, job or admission into graduate school – *Hire-a-Panther* is a surefire way to help get you the experience you need to get where you want to be. If faculty or administrators would like to partner with us to provide students with on-campus experiential learning opportunities, please contact The Center for Career Development at 516-877-3130.

# America Reads/ America Counts

This federal work-study program hires Adelphi students to tutor local public school children in reading or math. Adelphi transportation is provided to some of the schools.

#### New tutors, apply by visiting:

http://students.adelphi.edu/career/americareads/

In addition, attend <u>one</u> orientation session at the Career Center in Post Hall:

Friday, September 6, 2013 at 1:00 p.m. Monday, September 9, 2013 at 1:00 p.m. & 3:00 p.m. Tuesday, September 10, 2013 at 12:00 p.m. & 2:00 p.m.



# Panthers with a Purpose

The *Panthers with a Purpose* program partners Adelphi University students interested in gaining valuable insight and experience, with non-profits across Long Island and New York City.

The *Panthers with a Purpose* program attracts students from various disciplines. The semester-long internships **pay \$10** an **hour for 10-15 hours a week** to complete projects that aid in the sustainability of the nonprofits in the advocacy, communications, education & enrichment, and environmental sectors.

Got a car? Got work-study? To get involved, attend <u>one</u> orientation session at the

orientation session at the Career Center in Post Hall:

Thursday, September 5, 2013 at 2:00 p.m. Friday, September 6, 2013 at 3:00 p.m. Thursday, September 12, 2013 at 4:00 p.m.



Be sure to create your profile on PantherZone to see all on-campus and off-campus jobs by visiting:

students.adelphi.edu/career/pantherzone

- Check the SWAT member box to get emails about per-diem employment opportunities on-campus
- Sign up for upcoming workshops under "Career Fairs and Events"

# Follow the Yellow Brick Road Student Worker Training:

2:00 p.m. - 3:00 p.m., UC 213/214 Learn the brains, heart, and courage needed to be successful on your job, in this fun *Wizard of Oz*-themed training.

#### **Information Sessions:**

Between 11:00 a.m. - 3:00 p.m. UC 213/214

- America Reads/Counts Program
- Panthers with a Purpose Program
- Hire a Panther Program
- Community Fellows Program

#### **Additional Services:**

- Student Financial Services will be available on-site to answer your workstudy questions.
- Get a professional headshot picture taken for your LinkedIn profile between
   1:30 p.m. - 3:30 p.m.

JUST SHOW UP AND BRING YOUR ADELPHI ID CARD!

# SAVE THE DATE!

# HELP WANTED

EMPLOYERS ARE LOOKING TO HIRE YOU FOR ON- AND OFF-CAMPUS JOBS.

# Attend the WELCOME BACK BLOCK PARTY

Wednesday, September 4, 2013

11:00 a.m.-2:00 p.m.

Thomas Dixon Lovely Ballroom Ruth S. Harley University Center

#### WHY SHOULD YOU ATTEND?

On-the-spot interviews
On- and off-campus employment
Volunteer and leadership opportunities
Internship possibilities
Networkina



# **Accounting Recruitment**



#### How I Secured Internships at Marcum LLP and Ernst & Young

During my senior year, I obtained two internships, both through Adelphi. I was selected to participate in the Moxxie Network. During my first year as a Junior Moxxie member, I was matched with a mentor who was a CPA at Marcum LLP, and I was able to secure an internship there for a few months during tax season. I have renewed my membership in the Moxxie Program, and was recently informed that I am one of the first mentees to receive the Purple Pump Award for my achievements in the network.

Through Adelphi's Accounting Recruitment program, I received two offers from the Big Four firms to intern this past summer in Tax Services. I selected an internship with Ernst & Young, and have been working there since June. It has been the most incredible and rewarding experience during which I traveled to Chicago, Orlando, and towns across Long Island. Every single day, I was given hands-on projects at work, and learned more than I ever expected. Near the end of the internship, I accepted a full time offer from Ernst & Young and will be starting in the Long Island office in the fall of 2014.

My advice to undergraduate Accounting students is simple... get involved! Recruiters love looking at resumes filled with extracurricular activities and work experience, and

this also speaks to your time management skills. Also, participation in Accounting Recruitment is a must. I would not have had the opportunities I was given this past year if I did not participate. Get involved in the Accounting Society and the other business organizations on campus even as a freshman; it's never too early to get involved!



# **Accounting On-Campus Recruitment**

Register on *PantherZone* for one of the seminars listed below.

(Click 'Career Fairs & Events' tab, then Workshops, then Search.)

Selected candidates will be granted interviews for F/T jobs and internships.



Wednesday, September 4, 2013, 1:00 p.m. Accounting Society Meeting, Hagedorn Hall, 219

Thursday, September 5, 2013, 5:00 p.m. *Career Center, Post Hall* Monday, September 9, 2013, 4:00 p.m. *Career Center, Post Hall* Tuesday, September 10, 2013, 6:00 p.m. *Career Center, Post Hall* Friday, September 13, 2013, 1:00 p.m. *Career Center, Post Hall* 

After attending one of the seminars above, email your resume draft to careercounselor@adelphi.edu for a counselor's review.

Allow two business days for a response.

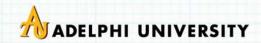
Resume review deadline: Thursday, September 19, 2013 before 4:30 p.m.



#### **Accounting Society Networking Social**

Thursday, October 3, 2013, 6:00 p.m. - 8:00 p.m., *Alumni House*RSVP to AccountingSociety@adelphi.edu

# **Mentoring Program**



The Adelphi University mentoring program pairs students with alumni who are willing to share their professional expertise and advice on making the most of the college experience. The Mentor's role is to motivate, encourage, guide and support students through these critical transformative years. The goal is for the Mentors and Mentees to form a mutual, trusting relationship in order to share business information, professional experiences and networking suggestions that can be difficult to find elsewhere.

#### **Objectives:**

- Familiarize the students with working in a professional setting
- Encourage student involvement in internships, part-time jobs and volunteer work in order to gain valuable experience and develop transferable skills to help prepare them for the transition from college to career
- Help students set long-term career goals and short-term learning objectives
- Encourage self-confidence

#### To sign up to be a mentor, contact Karen Autry at autry@adelphi.edu



#### A Student's Perspective

I got involved with Adelphi's Mentoring Program for many reasons. With the hope of one day becoming a medical doctor, I was puzzled by the many ways to achieve this goal. As a college student, I sought accurate guidance to set me on my path.

Part of life is about taking risks and meeting new people, but success can also depend on who you know. Through Adelphi's Mentoring Program, I have gained a life-long friendship, effective advice and guidance that has helped prepare me for my career.

Meeting Mr. Meekins was a joy. He did not just offer advice; he was proactive and really set the tone of our relationship to be as comfortable as possible. He was sincere, helpful, and most of all, understanding. He was even of help to me with school work. He went above and beyond my expectations as my mentor and really played a crucial part in my life. This opportunity was a great experience. Moving forward, I have established attainable career goals and know what to do to successfully execute them.

#### Benefits of Being a Mentor

Mentoring has a special place in my heart since it has affected me profoundly -- and positively -- during my education. Effective mentoring allows students to think outside the academic box and to learn from those with real world experience. When I learned of the opportunity to offer my own insights to other ambitious Adelphi students, I readily seized it.

It's amazing how serving as a mentor can be almost as beneficial to the mentor as the mentee. Supporting Vanessa as she pursues her goals is refreshing for someone like me, who often gets caught up in the daily routines of life. I am reminded of how important it is to prioritize, to aspire and to follow my own heart.

The ability to mentor effectively is truly essential for leaders and managers in today's business world. I look forward to honing this skill to benefit Vanessa, future Adelphi students and others in my professional and personal life.







# Leadership Certificate Program



The Leadership Certificate Program gives students and alumni the opportunity to improve their leadership abilities over the course of two semesters, within one academic year. Through a collaboration between the Center for Student Involvement, the Office of Alumni Relations and the Center for Career Development, workshop facilitators present on topics such as: communication, group dynamics, personal development and attitude. By attending six workshops, participants can earn a Leadership Certificate. Students who attend additional workshops can distinguish themselves as either Gold or Platinum Certificate recipients based on the number of extra workshops they attend.

#### Past Leadership Certificate Recipients from the 2012-2013 Academic Year

Brenda Avila
Bethann Balalaos
Maya Bishop
Kisha Brewer
Nicole Brown
Christa Ciuffo
Michelle Consorte
Diana Desimpliciis
Martha Giraldo Riordan
Andrew Gobran
Prudencia Gordon
Krysten Harris
Alyssa Hesse
Brianna Hungerford
Yvonne Ioli

Shirley Joseph
Michele Kentros
Amily Koshy
Madalina Lipan
Dana McDonough
Monique Mohammed
Jency Paul
Gary Petrowsky
Nicole Scher
Nicole Simon
Gisha Varghese
Joseph Weiss
Nicole Weiss
Jie Yan

Shayla Clarke Hilary Ferguson Michael Manzo Erika Panzarino

Gold

Francesca Petralia Clementine Tousey

#### **Platinum**

Crystal Crann Johnny Cruz Carmen Elizondo Amanda Espinosa Alison Tummolo



For more information, visit

adelphi.edu/ leadership





# Mock Interview Night

Monday, September 30, 2013

6:00 p.m. - 8:00 p.m. Alumni House Do you get nervous just thinking about going on an interview?

Get evaluated on your performance and receive pointers to ace that next interview!

Employers and alumni offer helpful and honest feedback on your appearance, presentation, ability to answer the question, and confidence.

#### For Students:

## From Burnt to Bounce: How to Turn your Inner Eeyore into a Tigger

### Monday, November 18, 2013

1:00 p.m. - 2:00 p.m., University Center Room 201

Presented by Maria Casey, Adelphi University Alumni Career Counselor and Founder, MHC Enterprises and LeaderMom

Learn add-water strategies for managing stress and burnout to put the bounce back in your step (or tail)!

#### For Alumni:

# Working Moms' Time Out (No Chicken Fingers Allowed)

# Monday, November 18, 2013

6:00 p.m. - 8:00 p.m., Alumni House

Presented by Maria Casey, Adelphi University Alumni Career Counselor and Founder, MHC Enterprises and LeaderMom

Join other working moms for a discussion of challenges, successes, and leadership strategies to help achieve the ever-elusive work/life balance.

### **Mentor: A Career Accelerator**

Wednesday, December 4, 2013

6:00 p.m. - 8:00 p.m., Alumni House

The road to success is different for every traveler, but nearly all who excel in their careers can point to the invaluable presence of a mentor who helped them along the way. What does it take to be a good mentor or mentee? How do mentoring relationships get started? How can they be developed into a long-term and mutually beneficial relationship? Our panel discussion addresses the best practices of mentoring, from making that first connection to becoming a mentee or mentor at any stage of your career. Participants in the Adelphi Mentoring program will share their experiences, and how and why you should get involved.

Sign up for all Leadership Certificate Programs through *PantherZone* under the "Career Fairs and Events" tab.

# Internship Prep Seminar

# One-credit Internship Course

Get ahead of the competition through



Résumé writing • Workplace etiquette
 Mock interviews • Personal coaching
 Make connections • Setting goals

This seminar offers a functional framework for Adelphi students preparing for an upcoming internship. The seminar consists of workshops (both online and in-person) and opportunities for reflecting on topics that link classroom learning to their on-site work experiences.

Course Number: 0137-299

Participants will be better prepared to apply for the Summer 2014 Community Fellows Program, a full-time paid summer internship program that runs from early June through early August.

# MAKE AN IMPACT

The Community Fellows Program

The Community Fellows Program, through the support of Adelphi's Center for Career Development and the Long Island Center for Nonprofit Leadership, provides an opportunity for Adelphi students to explore and enhance their professional goals and career objectives by offering paid summer internships to undergraduate students in all majors to gain valuable experience in the nonprofit sector.

#### REQUIREMENTS

- Sophomore/junior class standing (in good standing with the University)
- Minimum 3.0 cumulative GPA
- Demonstrate previous volunteer experience
- Complete application process
- Submit one letter of recommendation from a University professor

APPLICATION DEADLINE: MARCH 1

For more information, visit students.adelphi.edu/cfp

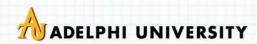


In the
Summer of 2013,
our Adelphi
Community
Fellows
completed over

17,000 hours

at
Non-Profit
Organizations!

# Community Fellows Program





# Congratulations to the 2013 Adelphi Community Fellows!

Katie Andrews	The Early Years Institute
Olivia Autry	Cedarmore Corporation
Josary Banda	Make-A-Wish Foundation
Danielle Barth	Lighthouse International
Cally Benison	Garden City Bird Sanctuary
Stephaney Blackwood	Leadership Training Institute
Courtney Brady	National Multiple Sclerosis Society
David Brosnan	Walt Whitman Birthplace Assoc.
Jasmine Brown	Girl Scouts of Nassau County
Nicole Chiaramonte	Long Island Children's Museum
Christine Chin	Visiting Nurse Service of NY
Kristina Cotroneo	Island Harvest
Marisa Dabie	SCO Family of Services
Catherine Dalton	Catholic Charities Diocese of RVC
Adam Deitchman	SCO Family of Services
Joseph Diaz	Visiting Nurse Service of NY
Jasmin Dinanath	American Diabetes Association
Rebecca Farina	PATV Public Access Television
Jacqueline Ferro	Make-A-Wish Foundation
Tyvon Foster	South Bronx United
Erica Goolnick	YAI/ NIPD
Chianne Green	Community Counseling & Mediation
Elise Helmers	Walt Whitman Birthplace Assoc.
Britney Hernandez	Ctr. For Science Teaching & Learning
Alyssa Hesse	Long Island Children's Museum
Rahat Jalil	Visiting Nurse Service of NY
Evan Lahtinen	Walt Whitman Birthplace Assoc.
Brittany Larkin	Catholic Charities Diocese of RVC

Women's Fund of Long Island
Long Island Children's Museum
National Urban League
Harlem RBI
Catholic Charities Diocese of RVC
Fair Media Council
Abilities Inc. at the Viscardi Center
AHRC Camp Loyaltown
Global Kids
Visiting Nurse Service of NY
Five Towns Early Learning Center
National Urban League
A Better Chance
National Urban League
Island Harvest
Catholic Guardian Society & Home Bureau
Harlem RBI
Friends of the Bay
Global Kids
Community Counseling & Mediation
Fair Media Council
Long Island Children's Museum
Five Towns Community Chest
Long Island Children's Museum
Island Harvest
SCO Family of Services
AHRC Camp Loyaltown
AHRC Camp Loyaltown
AHRC Camp Loyaltown



# Community Fellows Program

# Employers Tell All: AU Community Fellows are More Than Interns

The Center for Science Teaching & Learning, Fair Media Council, and Long Island Children's Museum

Having partnered with Adelphi since the inception of the Community Fellows Program (CFP) in 2010, these three dedicated non-profit organizations have hosted several interns at their site, providing extraordinary experiential learning opportunities for Adelphi students. We asked them to discuss how their organization and their community has benefited from this partnership with Adelphi, and they had very positive things to say about our interns.



One of the biggest challenges facing career development professionals is providing students with internships that will provide meaningful work experience, allowing them to strengthen their skills and recognize their value. Nonprofit organizations are an excellent match for this goal as we frequently face the uneven equation of human resource scarcity, yet we have an abundance of meaningful work. Adelphi University recognized this "perfect match" when developing its Community Fellows

Creating internship opportunities that are truly a "win-win" is important to LICM. As an educational institution, LICM has created internships to ensure that students walk away armed with relevant skills that will set them apart in the workplace.

## Long Island Children's Museum

JULIA PIROZZI, Volunteer Manager
AUDREY O'MALLEY, Staff Manager
AIMEE TERZULLI, Director of Education
MAUREEN MANGAN, Director of Communications and Marketing
JAMES PACKARD, Theatre Manager
IRENE JIMENEZ, Early Childhood Manager
ERIK SCHURINK, Director of Exhibits
AMY BASS WILSON, Art Director/Graphics Media Manager

Over the last three years, positions have been established in our Exhibits, Theater, Education, Marketing, and Graphics departments, as well as our bi-lingual kindergarten readiness program. Since 2011, fourteen Adelphi students have worked with Museum staff on such varied projects as preparing children for the expectations of kindergarten, the development of family theater programming, leading guided tours, research, and graphics development for new exhibits.

Before beginning, Community Fellows are introduced to the Museum, its culture and the role of play as a vital educational tool. This summer's Fellows who worked on a grant-funded puppetry festival took part in a performer-led workshop. During the daylong workshop, they were introduced to genres of puppets, cultural nuances and storytelling techniques, and participated in program development activities.

For many interns, this is their first work experience. The review, selection and orientation process that Adelphi has built into the Fellowship program prior to placement is an important first step to establish workplace expectations. Fellows come to the Museum ready to go!

LICM builds on that workplace training by creating opportunities to help interns develop valuable social skills such as teamwork and cooperation. These are attributes central to the Museum's culture and learning philosophy, and highly prized by employees in all industries.

The Museum's approachable environment and unique career experiences are the reasons most often cited by Fellows for seeking out positions at LICM.

Current Fellow Nicole Chiaramonte agrees. "I've always been interested in the museum field and knew that I would be given a lot of experience that would help me become a teacher." Her experience has included working on guided field trips, managing volunteers, coordinating resources and leading a daily puppet-engineering workshop—experiences that have already produced important professional results. "I'm so much more comfortable speaking before groups and confident in talking to parents about how they can help their children," Nicole says. "I'm getting great ideas that I will use in my future classroom."

Score that a Win-Win! ~ Julia Pirozzi

Program.





Adelphi has been an extraordinary resource for the Fair Media Council. As a nonprofit organization dedicated to creating a media society, FMC is constantly changing and evolving, and having a fresh influx of talent every year actually helps keep us innovative and challenges us to recreate ourselves. Our interns from the Adelphi Community Fellows Program (CFP) not only work here, but also serve as a litmus test for us to study their media habits.

#### Fair Media Council

JACI CLEMENT, Executive Director LISA GIOIA, Communications Coordinator

I don't consider our CFP students as interns; I treat them like full-fledged employees and give them their own projects and individualized goals for achievement. If you wanted to call this a tough-love household, you'd be correct. Taking the time to teach them communication and media techniques are skills that will benefit them no matter what profession they ultimately pursue. Just as important is for them to gain an understanding of how everything they do impacts the organization and their fellow coworkers. I purposely give them projects that force them to think, problem solve and troubleshoot—because those are the greatest skills found in the best workers in the global workforce. If I can get them to develop these habits, they can do anything they want with their lives.

My CFPs have coordinated events featuring some of the biggest names in the media industry, have dealt directly with my board of directors—all of whom are outstanding community leaders—and influenced our branding and marketing efforts by designing logos, brochures and talking to our audience via a variety of social media channels.

They've generated sponsorships and ticket sales, researched information to compile our annual guide to metro-area media and learned how to publicize and promote programs such as FMC's Media Savvy Teacher Award program.

The best advice I can give any student is to simply hand down what my father told me: In order to be successful in any career, you need to understand business. To do that, start reading business publications and the business section of newspapers. You'll not only gain insight into how business works and who the major players are, but you'll gain an understanding of how the world really works. When my dad told me this, he also asked me to do him a favor. He asked to me to start reading the Wall Street Journal everyday. At the time, I was in the fourth grade. Reading that newspaper and others, every day, was and still is the greatest educational experience of my life.

~ Jaci Clement

# Center for Science Teaching and Learning

RAY ANN HAVASY, President/Director

The Center for Science Teaching and Learning (CSTL) has enjoyed a great relationship with Adelphi University concerning the Community Fellows Program (CFP). The students that we are assigned are extremely enthusiastic and well prepared. In fact, we have hired two of our past Adelphi interns and they are now working on a global science competition!

For CSTL, the CFP program allows us to expand our staff as we get ready for the next school year, so it is very timely. The interns do not work on mundane projects; they are involved with exciting international programs. In fact, people involved with this program have been to Singapore, California, and many other interesting places. They meet professionals in global STEM (*Science, Technology, Engineering, and Mathematics*) corporations and help to develop signature programs. Additionally, Adelphi students have worked with Long Island-based corporations and organizations to plan STEM programs for students. The students from Adelphi have great experiences here, and we certainly appreciate their help and enthusiasm. We look forward to hosting more students in the future!

~ RayAnn Havasy



## Alumni Spotlight

# The "Family Business"

As a teen, I would gather my younger cousins to play school. They were my students and I was their teacher. I remember one of my cousins being very smart, and I used his strength to help me with my other cousins. As an entrepreneur, I continue to create healthy outlets to express my longing to make an important contribution to families and communities by teaching and promoting strengths-based programs.

In 1999, I received my Family Development Credential (FDC) from Cornell University after attending an intensive class on Empowerment Skills for Family Workers. This course enriched my life and helped to bring my career journey into perspective. It moved me to start my own business to empower children and their families.

During my 17 years with the EOC of Nassau County Head Start Early Childhood Development Program, I earned credentials in Family Development, and became an FDC instructor in 2001. I was elected President of the Long Island Region (2004-2011) and Board Secretary (2006-2011) and served as an active member of the Family Development Association of New York State. I graduated from Briarcliffe College (2005) where I studied Business Administration and from Adelphi University (2012) where I studied Social Work. While interning at Roosevelt High School, I began the process of registering my business with Nassau County. I was on the path to successfully bringing my goals to fruition.

After completing an internship with the Power Brain Training Center, I decided to serve as a volunteer for their comprehensive wellness program that uses yoga as its central catalyst. I conduct adult yoga classes to enhance physical health, emotional well-being, and mental clarity where participants experience the brain/body connection. As a Brain Education Certified Instructor, I assist children with improving focus, confidence, creativity, and memory.

In 2012, I founded the Family Development Institute (FDI) to help families identify their strengths and develop a plan to achieve their own goals for healthy self-reliance. FDI is committed to building and sustaining healthy communities by promoting family support, empowerment, and building strong community partners.

Our first community partner was the Hempstead Hispanic Civic Association after-school program, with weekly brain education classes for elementary school children. Our second community partner was Kennedy Park/Recreation Center in Hempstead, with weekly brain education classes with elementary and middle school children. I also had intern youth workers. Glen Cove Child Day Care/Head Start program also welcomed the FDC program into their facility to credential their front-line family workers.

Both Family Development and Brain Education are registered with Nassau BOCES, allowing Nassau County schools to request professional development training for staff and/or character building workshops for students. The Family Development Institute and the Family Support Initiative are collaborating to offer the "Family Development for Leaders" to supervisors, managers, and leaders in Nassau and Suffolk counties.



FDI offers the Family Development Credentialing Program at Molloy College's Continuing Education Department. The Molloy College FDC class of 2013 already discussed the possible need for a support group. Currently, FDI is recruiting for our second class at Molloy College for front-line workers and planning our first FDC class for leaders in Spring of 2014.

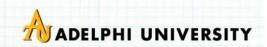
In addition to my role as Founder and CEO, I conduct annual outreach and recruitment. I attended the Jackson Main Health Fair and the Hempstead Middle School Career Day two years in a row. Just recently, I engaged youth with a "Path to Success" take-home packet. I merged family development goal-setting techniques and brain education brain/body activities, to identify strengths, supportive people, goals and steps to achieve them. The students learned new skills through brain-challenging activities.

I have learned that in every moment I am what I am (Joy!), and even when I am not – I can choose to be, again. Dr. Wayne W. Dyer said "meditation gives you the opportunity to come to know your invisible self. It shatters the illusion of your separateness." I intrinsically believe that all people and all families have strengths.

Adelphi University has played an important role in my career. I have fond memories of my professors, great internships and being a member of the Long Island Center for Nonprofit Leadership roundtable. This past June, Ms. Schanica Pickens, Student Affairs Coordinator for the School of Social Work at Adelphi, invited me to be a part of the Social Work Career Expo to share my experiences in creating a business. I met some really inspiring alumni and current students who were interested in FDI. We have kept in touch and I look forward to providing a family development presentation.

Advice for students: "Live your dream and find ways to express your creative self, because this is the only way to live fully."

# Alumni Spotlight





#### From Intern to Professional at Telemundo

Adelphi has opened up the doors to my career, to say the least. I enjoyed every business and marketing class I took while pursuing my undergraduate degree at AU, but one course in particular had a major impact on my life. When I came across Mr. James Riley's course, "Life in Financial Markets," I immediately signed up. Little did I know, this one credit, 50-minute per week class would lead me to where I am today.

Part of the syllabus for the course was to go beyond the classroom and interact with professionals in different areas of expertise. One day, we had the privilege of going to visit the NASDAQ, where I met Guy Adami, one of the original "Fast Money Five" on CNBC. After keeping in contact with Mr. Adami and seeking his advice on my career, he was able to put me in touch with those who are now my Telemundo family.

Thanks to Mr. Riley, Mr. Adami and some networking on my part, I was able to get an internship with NBC Universal in their Hispanic Enterprises & Content Division (Telemundo National Sales Organization). In 2010, I interned from June to August, and was hired on the last day of my internship as a National Sales Assistant on a part-time basis. I supported the Director of Sales, along with four Account Executives for about 1 ½ years. When I saw a position was going to open a month or so before graduation, I jumped on the opportunity. I was hired as the Executive Assistant to the Senior Vice President of the Telemundo Station

Group, and am glad to say I've been in this position for over a year now. My daily tasks vary and I'm able to take part in planning exciting projects and events. Most recently, I worked on the Latin Billboard Awards which was not only an excellent learning experience, but a fantastic opportunity to network and mingle with media professionals from across the country. Needless to say, there is never a dull moment here and I look forward to the next step of my career at this outstanding company.

There is no doubt that working and going to school full-time is a challenge, but if you manage your time the right way and stay determined, you'll go far. There are a few things that I still keep in mind every day: Have confidence, believe in yourself and don't get discouraged. If you doubt yourself, others will too. Surround yourself with people who will encourage you; my family and friends have blessed me with support and believe in me as much as I believe in myself. Never be afraid to ask questions and don't get intimidated! Remember, even the big bosses had to start somewhere. Going to Adelphi was one of the best decisions I've made and I'm forever grateful for the professors and lifelong friends I've made along the way.

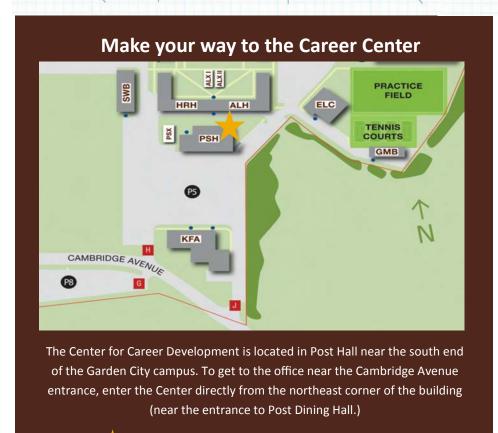
#### A Panther For Life!

- Connect with Alumni
- Discover Alumni Benefits
- Attend Upcoming Events

# Visit alumni.adelphi.edu to learn more

The Office of Alumni Relations
Linen Hall, Lower Level
Adelphi University
516.877.3470





THE CENTER FOR CAREER DEVELOPMENT

#### **CAMPUS DIRECTORY**

Alumnae Hall ALH Alumni Annex 1 & 2 ALX I & II Alice Brown Early **ELC Learning Center GMB Grounds Maintenance Building** Harvey Hall HRH **KFA** Klapper Center for Fine Arts PSX Post Hall Annex **PSH Post Hall** Social Work Building **SWB** 

#### **CONGRATULATIONS!**



Save the Date: Job & Internship Expo Wednesday, April 23, 2014 12:00 p.m. - 3:00 p.m. University Center, 2nd floor



Pictured from Left: Tom Ward, Executive Director,
Center for Career Development, Esther Goodcuff,
Associate Vice President for Enrollment Management and
Student Success, Angela Ramos, HR Manager, Marcum
LLP, and Dr. Lauren Mounty, Vice President For
Enrollment Management and Student Success