

CAREER COMPASS

ROAD TO SUCCESS NEWSLETTER

SPRING 2016

SARA KULINS '15:

Protecting our OCEANS



CAREER
CALENDAR

REGISTER FOR THE FOLLOWING
EVENTS ON HANDSHAKE
(adelphi.joinhandshake.com)

AMERICA READS/AMERICA COUNTS orientation sessions to become a tutor (Federal Work-Study needed)
Dates TBD

PANTHERS WITH A PURPOSE orientation sessions (Federal Work-Study and transportation needed)
Dates TBD

HIRE A PANTHER orientation sessions (on-campus employment)
Dates TBD

ON-CAMPUS RECRUITMENT (OCR) seminars
For **graduating** master's degree-level candidates and seniors in education, social work, psychology, speech pathology, business and all arts and sciences majors

Attendance at **one** OCR seminar, below, is required to participate. If selected, candidates will meet with employers in April.

Monday, December 7, 2015 • 3:30 p.m.
Ruth S. Harley University Center, Room 210
Tuesday, January 12, 2016 • 1:00 p.m.
Ruth S. Harley University Center, Rooms 213–214
Wednesday, January 27, 2016 • 4:30 p.m.
Ruth S. Harley University Center, Room 313
Thursday, February 4, 2016 • 5:30 p.m.
Campbell Lounge, Center for Recreation and Sports
Saturday, February 6, 2016 • 10:00 a.m.
Ruth S. Harley University Center, Room 313
Tuesday, February 9, 2016 • 4:00 p.m.
Hauppauge Education and Conference Center
Thursday, February 11, 2016 • 5:00 p.m.
Manhattan Center
Tuesday, February 16, 2016 • 5:00 p.m.
Campbell Lounge, Center for Recreation and Sports
Monday, February 29, 2016 • 6:00 p.m.
Career Center, Post Hall

Register for an event or seminar in advance on Handshake (accessible through eCampus, under the Job and Internship tab at adelphi.joinhandshake.com/login).

(JCFP INFO SESSIONS)

ANNUAL JOB AND INTERNSHIP EXPO
Thomas Dixon Lovely Ballroom, Ruth S. Harley University Center
Friday, April 22, 2016 • 12:00 noon–3:00 p.m.

LEADERSHIP CERTIFICATE PROGRAM events:

Positive Self-Esteem=Confidence=Success
Campbell Lounge, Room 1, Center for Recreation and Sports
Thursday, February 4, 2016 • 2:00 p.m.–3:00 p.m.

Listen First, Talk Later: Improving Your Storytelling for Leadership
Ruth S. Harley University Center, Rooms 211 and 212
Tuesday, February 9, 2016 • 11:30 a.m.–1:30 p.m.

Leadership Styles
Ruth S. Harley University Center, Room 211
Wednesday, February 10, 2016 • 2:00 p.m.–3:00 p.m.

Mock Interview Night
Angello Alumni House
Monday, February 22, 2016 • 5:00 p.m.–7:00 p.m.

Lead and They Will Follow
Ruth S. Harley University Center, Rooms 215 and 216
Tuesday, March 1, 2016 • 5:00 p.m.–7:00 p.m.

Love What You Do
Angello Alumni House
Wednesday, March 2, 2016 • 6:00 p.m.–7:00 p.m.

The Art of Giving Feedback
Hagedorn Hall of Enterprise, Room 218
Thursday, March 3, 2016 • 6:00 p.m.–7:15 p.m.

How to Launch Your Successful Job Search
Angello Alumni House
Tuesday, March 22, 2016 • 6:00 p.m.–8:00 p.m.

How to Network With Alumni and Employers
Campbell Lounge, Room 1, Center for Recreation and Sports
Thursday, April 14, 2016 • 12:00 noon–1:00 p.m.

Student Leadership Conference
Campbell Lounge, Center for Recreation and Sports
Friday, April 15, 2016 • 3:30 p.m.–5:30 p.m.

Etiquette Dinner
Angello Alumni House
Monday, April 18, 2016 • 6:00 p.m.–8:00 p.m.

Toward a First Career
Angello Alumni House
Thursday, April 28, 2016 • 6:00 p.m.–8:00 p.m.

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BRIAN VALENTINE: A NEW CALLING

by Avital Louria Hahn

When Brian Valentine, 38, graduated from the State University of New York at Binghamton in 1999 with a B.A. in economics, he never thought that in 2015 he would be enrolled in Adelphi's Master of Social Work program. Economics was "a good field that paid well," he said. Social work "was the furthest thing from my mind."

After more than 12 years on Wall Street, a tragic death in the family in 2013 unmoored Valentine's life. By then an established credit analyst at Moody's Investors Service, Inc., Valentine sank into grief. Things that once

sustained him, like his work, no longer did. "My life went into a tailspin," he said. "Things were unraveling, and my job was no longer feeding my soul."

He took a leave of absence from Moody's and sought help. A social worker referred him to group

therapy near his home in Cambria Heights, Queens. "Meeting other people with similar problems made me feel that I was not alone," Valentine recalled.

The therapy did more than aid Valentine's emotional recovery. Watching the moderator lead the group opened Valentine's mind to social work as a profession.

"Once I went through that process I had no interest in going back to doing what I was doing," he said. "I realized that I wanted to help people."

Next, Valentine enrolled in Adelphi's School of Social Work, which, he said, "was highly ranked—among the nation's top 50—so I rolled the dice."

Now in his second year, Valentine is

working to maintain the 4.0 GPA he earned last year. He also leads young adult groups at the YMCA in Jamaica, Queens. While working with young adults is a new experience, leading groups no longer is. In his first year at the program, Valentine had an intensive education in real-life social work.

At the suggestion of Adelphi's former director of field education, he interned at St. John's Episcopal Hospital's Continuing Day Treatment Program in Far Rockaway, Queens, leading groups of adults with mental health and substance use issues. The experience proved difficult at first. Some displays of illness were intimidating, and thoughts of the reports he needed to write about each client filled his mind during sessions.

But soon Valentine learned to be fully present with the group and focus on each client. "It was a challenging but a valuable experience," he said. "Going out there, running a group or counseling somebody with a depressive disorder...that actual experience gives you confidence that you can do it."

While Valentine enjoys his current work, his passion to help is evolving, possibly toward a Ph.D. in public policy. Three of his six first-year professors encouraged him to pursue a doctorate, Valentine said. And public policy, said Valentine, is continuously on his mind. Last summer, he followed the advice of his professor, Bernadine Waller, M.A. '10, who is also a counselor in the Center for Career Development, and he applied for the Jaggar Community Fellows Program and interned at an organization that helps entire communities—the National Urban League, where he helped prepare for and also worked at the League's 2015 conference, Save Our Cities: Education, Jobs & Justice.

Organizations like the National Urban League, Valentine said, can effect change on a large scale and promote social justice. And social justice, he said, is "near and dear to my heart."

PATRICK LIVELY: PREPPED FOR LIFE

by Joe McGasko

It's been said that life is like a game of baseball—you step up to the plate, take what life throws your way and, if you've trained well, occasionally you might hit one out of the park.

Patrick Lively is well on his way to that home run. A senior at Adelphi, he is already on a major league path toward a career in business that he has been preparing for since he was young.

"I always had a passion for business," he says. "When I was in high school, I was pretty good at math. But, for some reason, putting a dollar sign in front of the numbers made figuring out problems so much easier. When I started at Adelphi, that carried over right away."

Lively's interest in finance led to an internship this past summer that showed him how to turn his passion into practice. From June through August, he worked 40-hour weeks at Janney Montgomery Scott LLC, a highly respected brokerage firm.

"Working there really sparked my interest and put it through the roof. It was a lot of work, but it was very rewarding."

Lively credits Adelphi's Center for Career Development with helping him acquire the skills that made securing the internship possible.

"I first got involved in the program through [Thomas J. Ward Jr., executive director of the Center for Career Development], my business communications teacher," he says. "I also took the Internship Preparation Seminar, which taught me how to excel at interviews. The career center helped me look at my résumé and format it a better way."

Once he had secured his internship, Lively also found it rewarding in ways that he didn't anticipate.

"There was one client who had medical issues. He was going for major surgery and wasn't sure if he was going to make it. We were able to grow his account to help pay the bills and take care of his family. While doctors were operating on his physical life, we helped his fiscal life.

"That's how it became real to me that finance is not just about making money for yourself, but it's also for helping those less fortunate than you. That's really where the passion is for me."

Lively's other passion, one that he shares with Ward, is baseball. He coaches teenagers at a baseball training center part time.

"I love the game of baseball," he says. "And any way I can give back to youth and help develop their game is rewarding for me."

Lively sees many possibilities in his future, from getting an M.B.A. to attending law school. He's already on schedule to graduate from Adelphi a year early. His priorities are simple—work hard and follow his passions.

"For me, the key to success is to do something you love, whether it's baseball or finance. I have a strong passion for both of them, so, hopefully, if I can keep on track like that in the future, I'll have a pretty successful life."



Finance is not just about making money for yourself, but it's also for helping those less fortunate than you. That's really where the passion is for me.

Danielle Maracic '14: A Future in Harlem

by Kurt Gottschalk

I've always worked with kids. I taught cheerleading, I taught gymnastics, tutoring. I also taught at the preschool at Adelphi.

Danielle Maracic '14 was sitting in an open landing just outside her regular classroom on a sunny October afternoon. In her hand she held a rulerlike thermometer

that she was using to teach addition and subtraction with negative numbers to three seventh-grade girls. A large, handmade "We Are the Future" banner covered the two windows facing the street.

"What's the temperature in Alaska at noon?" she asked the girls, who all set about marking their plastic mock thermometers with crayons.

"What do I do to figure out how many degrees warmer is minus nine degrees?" she asked with the soft smile she seemed always to wear. One of the girls started explaining how she would count the numbers upward on the thermometer, while another longingly watched a group of older students pass by between classes. Another student walked by, stopping to give Maracic a gentle hug. Still, it's easier to get them to focus here rather than in the busy classroom she shares with another teacher.

"I just like pulling them out because I think it's easier to work out here where there's less distraction," she explained.

Maracic's students, enrolled in special education, are among the 2,000 who attend the Harlem Children's Zone Promise Academy Charter School in East Harlem, New York, free of charge. And, it seems, they're in the right place. In 2015, the school saw a remarkable 93 percent college acceptance rate among its graduates. But academics isn't the only concern. A Princeton study showed that female students in the school have a 59 percent lower pregnancy rate than their peers not attending the school and that incarceration among males had been reduced nearly to zero.

The Promise Academy is a long way from Maracic's Ridge, Long Island, home. It's also a long way from Adelphi University, where she graduated with a degree in special education, having made the dean's list and membership in both the psychology and education honor societies.

Maracic said she knew she was a teacher from a much younger age. She was already teaching religion classes in her church when she was 13. It was the mother of a close friend, a special education teacher, who inspired her career path. Having struggled herself in school, she was heartened by the teacher's spirit.

"She told us that she always loved it because she got to help kids who didn't follow the normal path," Maracic said. "I liked that because I always got good grades but I had to try."

"I've always worked with kids," she added. "I taught cheerleading, I taught gymnastics, tutoring. I also taught at the preschool at Adelphi."

Adelphi's Ruth S. Ammon School of Education gave Maracic the skills she needed to follow her passion, and the Center for Career Development put her on the right path.

"While I was attending Adelphi, and after I graduated, I utilized the career center online guides and resources," she said. "I reviewed packets on résumé building, interviewing skills and job search strategies. I also utilized PantherZone [now Handshake], the online job search database."

"I wasn't even going to apply to Adelphi, but my cousin went there so I said OK," she said, "and the program turned out to be amazing."

Maracic still spends time at Adelphi, but now she's on campus as an instructor.

"I was asked by my graduate supervisor to return to Adelphi to assist other supervisors on how to teach their students best practices," she said. "My supervisor also put me in contact with students attending Adelphi who were interested in tutoring for the teaching certification tests."

"Adelphi was where I began my career as an educator, and while attending I received nothing but support," she added. "There is no greater feeling than being able to return to where it all began and help people who are where I once was."

Take the Internship Preparation Seminar

Internships are a necessity in today's world. It can mean the difference in your career choice, or even in landing a position.

The **Internship Preparation Seminar**, a 1-credit pass/fail course offered through the Center for Career Development, will enable you to achieve better results through a hands-on, interactive approach.

Interested? Contact **Jonathan Ivanoff**, course instructor and associate director of internships, at 516.877.3135 or jivanoff@adelphi.edu.

GET PREPPED!

Graphic design major Nicole Cassano builds her network and expertise at the Redbook offices in the heart of New York City.

Navdeep Singh: FROM PERSISTENCE TO PAYOFF



I'm amazed I'm already an employee at Northwell, through an internship that Adelphi offered. It was meant to be.

by Suzanne Bopp

Early on in his life, Navdeep Singh learned about overcoming obstacles, and the lesson stayed with him. When he was 10 years old, he moved from India to the United States and enrolled in middle school here. The experience was a surprise, he said.

"I experienced a lot of racism, maybe because of my appearance or my accent," he said. "People tried to limit me. I had to get out of my bubble and evolve from that—I wouldn't let anyone limit me."

That idea has provided his motivation ever since. Now Singh is in his junior year at Adelphi University, studying nursing and working part time at one of Long Island's largest healthcare

providers, Northwell Health, formerly North Shore-LIJ Health System, thanks to an internship he found through Adelphi's Center for Career Development.

"It wasn't part of a plan," he said. "One day I walked out of the library and I saw a banner for the Jaggar Community Fellows Program. That was the reason I first went to the career center. At that point, I needed to expand from my academics into more clinical practice and a hands-on internship which could expose me to more opportunities."

The selection process for the nine available internship positions was very competitive.

"Initially I was placed on the waiting list," he said. "I think more opportunities were given to juniors and seniors and, at the time, I was a sophomore. As time went on—I'm not sure how it happened, maybe other people withdrew—I was given the internship at North Shore."

"Though we were impressed with Navdeep's answers during the vetting process, we were hesitant to select him because he was not fully prepared," said Bernadine Waller, M.A. '10, assistant director of experiential learning. "We were concerned. But he was provided with the same instructions as other alternates and continued to shine. When a position opened, I offered it to him with the provision that he represent Adelphi well. By midsummer, I learned that he exceeded everyone's expectations."

During the 10-week internship, he worked on a new health system initiative that aimed to hire more veterans at the facilities.

"I was reviewing résumés, interviewing veterans and making sure their résumé fit the job they'd applied for," he said. "They sometimes struggle a lot coming to the civilian world."

Near the end of his internship, he was offered a job while he continues pursuing his degree at Adelphi.

"I'm amazed that I'm already an employee at Northwell, through an internship that Adelphi offered," Singh said. "It was meant to be. At first I was an alternate intern, then I was placed and it worked out perfectly for me. I loved my internship; it was an exceptional experience."

For Singh, the entire experience has reinforced his belief in the value of persistence.

"Anyone can do anything they put their mind to," he said. "That's the quote I always admired when I felt that my progression and development as an aspiring individual, or even a human being, was being suppressed by either myself or the surrounding environment. That's been going on since middle school—that always motivated me."

CATHERINE PROTO '15: CHASING HER PASSION

by Sophia Conti



Catherine Proto enrolled in Adelphi University's Master of Social Work program shortly after receiving her B.A. in Psychology from Siena College in Albany, New York. While she enjoyed psychology, she pursued social

work out of a desire to look beyond what's in someone's head.

"I wanted to do something that was more involved with the person's environment and not just what was going on in their mind," Proto said. She was drawn to Adelphi largely because of the School of Social Work's reputation, but her family ties to the school and her experiences working on campus during summer breaks also played a role.

Proto's experience in the M.S.W. program affirmed her decision to pursue a social work degree. "I had two great internships [which] made me passionate about wanting to work in the mental health field," she said.

As her graduation date grew near, however, Proto found the job search overwhelming. Although her family was supportive and didn't pressure her to find a job right away, four classes, an internship and a position with Bridges to Adelphi made the added tasks of creating her résumé, preparing for interviews and actually finding positions in her field seem quite daunting.

"Job searching felt like another class that held even more weight," she said.

But now Proto is a licensed M.S.W. graduate employed by the Catholic Charities Teaching Family Home Program. As a social worker for the

program, she visits three different group homes across Long Island to work with their residents, boys between the ages of 6 and 17 with mental health issues or special emotional needs. She attends treatment meetings with each group home's staff, in addition to consulting with other program social workers at the Catholic Charities home office in Freeport.

How did Proto go from feeling overwhelmed and nervous about the job hunt to confidently securing a position in her field? She thanks the career center.

"I had heard great things about the career center," she said of her decision to make use of their services. She started by attending a seminar for on-campus recruitment in January 2015, where she first met career center staff. Her first

priority was perfecting her résumé, which she did by working with Career Counselor Allison Keibel and sending her résumé and cover letters to the career center's email service, which critiqued her résumé within a few business days.

Next, Proto tackled the always nerve-racking job interview. She attended a seminar covering interview preparation and participated in mock interviews, which prepared her for whatever interviews came her way. Proto also used the career center's job search engine for on- and off-campus employment.

Proto found and applied for three positions and was asked to interview for all three. At an on-campus job fair, Career Counselor Maria Casey encouraged her to speak with a human resources representative from Catholic Charities—a connection that helped her get the position in which she now works. "Maria was always looking out for opportunities for me," said Proto. "And when I got my job, she was as happy as my family was."

Maria was always looking out for opportunities for me. And when I got my job, she was as happy as my family was.

ALEXANDRA WURGLICS: READY FOR TAKEOFF

by Rebecca Endres

Starting out with an internship at the Long Island Cradle of Aviation Museum in Garden City was one small step for senior and aspiring educator Alexandra Wurglics. Interning at the Smithsonian National Air and Space Museum the following summer, and seeing one of her projects become a permanent fixture there, was a giant leap in the right direction.

Wurglics' time interning at the Smithsonian coincided with a huge milestone for the National Aeronautics and Space Administration (NASA): New Horizons, a probe sent out into space almost a decade ago, neared its closest point to Pluto, taking pictures of the dwarf planet and gathering information about its atmosphere.

To commemorate and promote the mission, Wurglics was assigned the task of creating an activity to introduce New Horizons' discoveries to the public.

"Guess That Planet," an interactive game for all ages, tests visitors' knowledge of the planets in our solar system. Museumgoers can guess how recent photos of Pluto are, some of which are from New Horizon. Participants also learn about the surfaces and atmospheres of different planets.

"My supervisor suggested I adapt the activity to make it an official discovery station at the museum," Wurglics explained. "I reworked the wording a bit so it could be presented at any time."

Though her internship ended in August, the activity continues to be presented to countless visitors who pass through the Smithsonian's Steven F. Udvar-Hazy Center in Chantilly, Virginia. "Even though I was home I was able to leave a little bit of my hard work at the Smithsonian," she said. "That was just so incredible."

One summer earlier, Wurglics was interning at another museum, laying the foundation for what was to come. With the help of Adelphi's Center for Career Development, she was accepted into the Jaggar Community Fellows Program. Through the program, she began interning at the Cradle of Aviation Museum in Garden City, which is dedicated to commemorating Long Island's role in the history of flight. There, she helped run activities and projects to teach groups of secondary school children about the sciences.

Museum work was an ideal fit for Wurglics, a history major and anthropology minor in the Scholar Teacher Education Program (S.T.E.P.). Working with groups of children was beneficial for the aspiring educator, and the skills she learned soon carried over into an even bigger opportunity.

"I thought nothing could be better than my internship at the Cradle of Aviation," Wurglics admitted. But with the skills she had acquired and added to her résumé, she ended up with the Smithsonian internship.

"We were just so proud of her," said Karen Parish-Autry, assistant director of employer relations at the Center for Career Development. "I was her liaison when she did the Community Fellows Program, and when she told me she was interning at the Smithsonian, I was jumping up and down in excitement for her."

Splitting her time between the National Air and Space Museum in Washington, D.C., and the affiliated Udvar-Hazy Center, Wurglics worked closely with high school volunteers in both centers, helping to train them to interact with visitors. As time went on, she was given more responsibilities.

"My supervisor knew that I want to be a teacher and she let me do an outreach," Wurglics said. "So I went to an incoming third-grade classroom and talked to the kids about the Wright brothers. That was my first introduction to being in a classroom and I'm glad my supervisor pushed me forward."

Wurglics' success epitomizes the goals of the Center for Career Development and its newest initiative, Preparation, Reflection, Experiential Learning, Planning (P.R.E.P.). "We're trying to get students involved early and often so we can build personal relationships and find what their strengths are—giving them personal stepping stones to find their niche," explained Thomas J. Ward Jr., executive director of the Center for Career Development. "We are all very proud of Alexandra."

That combination of hard work and drive has laid a foundation for what's to come for Wurglics.

"I jumped out of bed every day with a smile on my face, ready to work," she said. "I'm certain that the experiences I have developed will propel me on to even greater things."



I went to an incoming third-grade classroom and talked to the kids about the Wright brothers. That was my first introduction to being in a classroom.



PREPARATION • REFLECTION • EXPERIENTIAL LEARNING • PLANNING

SUPPORT EVERY STEP OF THE WAY: THE VISION OF THE P.R.E.P. PROGRAM

by Rebecca Endres

The Center for Career Development has introduced a new program: Preparation, Reflection, Experiential Learning, Planning, better known as P.R.E.P. The program is relevant to students at all levels looking to gain experience in finding employment after college.

Center for Career Development Executive Director Thomas J. Ward Jr. stresses the program's focus on building relationships with students individually. "We want to see what their strengths and weaknesses are, and to assess those," he explained. "Anyone from a freshman whose major is undecided to a senior thinking about that first job after college."

The program is separated into three tracks, and students must complete several programs in each track. Programs and opportunities offered include:

- Internship Preparation Seminar
- Résumé review
- LinkedIn profile review
- Mock interview
- America Reads/America Counts tutor, Panthers With a Purpose
- Jaggar Community Fellows Program
- Campus job
- On-campus recruitment

For students looking for a little guidance any step of the way, the P.R.E.P. Program's focus on leadership and networking is an easy way to get personalized support and experience. More information can be found on their website, career-center.adelphi.edu/students/prep, or by calling the Center for Career Development at 516.877.3130.



MAKE AN IMPACT

THE JAGGAR COMMUNITY FELLOWS PROGRAM

Rachel Voorhees '14:

MAKING MENTORING WORK

by Kurt Gottschalk

When Rachel Voorhees '14 went to Adelphi University's Center for Career Development, she was assigned a mentor who went more than the extra mile. Linda Romano, M.A. '03, at the time director of the Office of Promotion and Outreach, not only taught her how to interview and write an effective cover letter—she also gave Voorhees her first job.

Voorhees graduated with a B.A. in Journalism and Public Relations in 2014. By that point, Romano, her first career center adviser, had moved on to a new job. Little did Voorhees know when she applied for a job as a copywriter at television studio and production company Manhattan Neighborhood Networks (MNN) that their paths would cross again.

Nor did Romano. As she explained during an interview with both women in MNN's offices on West 59th Street in Manhattan, applicants' names are blocked before she goes through applications.

"If the résumé is good, I put a star next to it," Romano said. "Rachel's cover letter was totally sharp. From the opening sentence it really stuck out. It's a challenging time to be a young grad because the jobs now are entry level, but they want you to have experience. So that cover letter is a chance to show your chops."

Voorhees let out a little laugh at the compliment. "I learned how to write a cover letter from Linda," she said.

While her title is copywriter, Voorhees is applying the communications skills honed at Adelphi to a variety of tasks.

"I'm doing social media, scheduling tweets, writing Web stories," she said.

And those opportunities will only increase as the department grows. According

to Romano, who is the network's first director of marketing, the copywriter job demands someone who can multitask across various platforms.

"Today you're going to be writing tweets; tomorrow you might be writing copy and working an event," she said.

MNN provides free classes in digital production and editing as well as the facilities and equipment to make a show and the opportunity to broadcast it. And with four channels and 13,000 hours of content being created every year, they don't have a problem with having enough to put on the air and on the Web. Their problem is letting people know it exists.

"I'm trying to engage people; there's so much content on social media all the time," Voorhees said. "I'm trying to keep pushing our name and our content as much as possible."

And all of it came because of the initial Adelphi connection.

"When I was just starting my senior year, I went to the career center, where they pair you with a mentor, and they matched me with Linda," Voorhees said. "It's really great how things have come full circle for me and how Adelphi has connected me to Linda and the job."

In a sense, Romano is continuing her mentor role today. While she was pleased to bring her old mentee aboard, she said that she wants to see Voorhees build her skill set and go on to apply them somewhere else.

"I keep telling her to keep clips together," she said, as she turned to Voorhees. "There will come a point where it will be obvious that you can continue to learn here, or not."



THE JAGGAR COMMUNITY FELLOWS PROGRAM, led by Adelphi's Center for Career Development, provides an opportunity for Adelphi students to explore and enhance their professional goals and career objectives. This highly competitive, and often life-changing, program offers paid summer internships to students in all majors to gain valuable experiences in the nonprofit sector.

Deadline: March 1, 2016

Contact the Center for Career Development at **516.877.3130** or **communityfellows@adelphi.edu**.

SARA KULINS '15: Protecting our OCEANS

by Michele C. Hollow

While the scenery in New Zealand differs greatly from Long Island, where she grew up and attended Adelphi University, Sara Kulins '15 is still surrounded by water. She prefers it that way. Her days are now spent researching the effects of climate change on kelp forests at Leigh Marine Laboratory, a satellite campus of The University of Auckland, located on a tiny peninsula.

"Basically, I upgraded to a bigger island by coming to New Zealand," she said.

In New Zealand, Kulins is studying how kelp react to changes in light and temperature. She expects to become a marine biologist after she finishes her Ph.D. When she is not at the lab, she works at Goat Island Dive, a local dive shop. She just received her rescue diver certification and joined the lab's touch rugby team.

An avid runner and hiker, Kulins enjoys being outdoors and in an environment where she is constantly learning. In her sophomore year, she worked as the education and outreach coordinator at Sunken Meadow State Park on Long Island. She learned about the opportunity through Adelphi's Center for Career Development. "Adelphi is about making good connections," she said. "I loved being in a role where

I could educate and show people, on hikes and with a hands-on approach using a small aquarium touch tank, what creatures live in Long Island Sound."

In her position at Sunken Meadow, she was able to teach people about the importance of salt marshes. Each step along the way prepared her for her current position at the lab.

"Adelphi provided me with incredible opportunities, which I fully took advantage of," she said. "The internships, research and field trips were the most valuable to me and led me to where I am now."

She also credits the career center for her internship at Sweetbriar Nature Center, a private not-for-profit corporation in Smithtown. "It was a positive experience that I got through the [Jaggar] Community Fellows Program, which is through the career services department. I learned so much from everyone there and made professional connections. Each experience and interaction I had over my four years at Adelphi had a part in helping me to find what I'm most passionate about."

While studying at Adelphi, Kulins received the Horace McDonell Fellowship, which provided her with the opportunity to pursue full-time research for the summer. In this program, she investigated the

prevalence and distribution of an invasive species called rizhocephalan parasites, which are barnacles that infect and destroy native mud crabs. This research took place at the University of the Sunshine Coast in Queensland, Australia. "Here, I was able to study abroad during my bachelor's program," she said.

It was in Australia that she learned about the research lab in New Zealand, which is her ideal place.

"The travel bug that I naturally have is combined with my passion for marine science," she said. In New Zealand she gets healthy doses of both.

"Adelphi is a great place to grow and learn in a positive environment," she said. "It gave me the opportunity to connect with a vast network of people, even reaching to the other side of the world."



"I love the outdoors — everything about it. So it's only natural that my love for nature drives me to protect it."

P.R.E.P.

PREPARATION • REFLECTION • EXPERIENTIAL LEARNING • PLANNING

Take advantage of all that the Center for Career Development has to offer. Get your future on track for success with the P.R.E.P. Program!

Select one path to complete:

PATH 1

Internship Preparation Seminar Take one of the sections:

- ☐ #137-299

Complete one in this category:

- | | |
|---|--|
| <input type="checkbox"/> Jaggar Community Fellows Program | <input type="checkbox"/> Panthers with a Purpose |
| <input type="checkbox"/> America Reads tutor | <input type="checkbox"/> Campus job |
| <input type="checkbox"/> Hire a Panther | <input type="checkbox"/> Internship |
| | <input type="checkbox"/> Volunteerism* |

Complete three in this category:

- | | |
|---|--|
| <input type="checkbox"/> Résumé review (required) | <input type="checkbox"/> On-campus recruitment |
| <input type="checkbox"/> Mock interview | <input type="checkbox"/> LinkedIn profile review |

PATH 2

Leadership Certificate Program (To learn more, visit adelphi.edu/leadership.)

Complete one in this category:

- | | |
|---|--|
| <input type="checkbox"/> Jaggar Community Fellows Program | <input type="checkbox"/> Panthers with a Purpose |
| <input type="checkbox"/> America Reads tutor | <input type="checkbox"/> Campus job |
| <input type="checkbox"/> Hire a Panther | <input type="checkbox"/> Internship |
| | <input type="checkbox"/> Volunteerism* |

Complete three in this category:

- | | |
|---|--|
| <input type="checkbox"/> Résumé review (required) | <input type="checkbox"/> On-campus recruitment |
| <input type="checkbox"/> Mock interview | <input type="checkbox"/> LinkedIn profile review |

PATH 3

Complete three in this category:

- | | |
|--|---|
| <input type="checkbox"/> Welcome Back Block Party | <input type="checkbox"/> Employer information session |
| <input type="checkbox"/> Job and Internship Expo | <input type="checkbox"/> C.O.A.C.H. event |
| <input type="checkbox"/> Etiquette Dinner | <input type="checkbox"/> Graduate School Preparation |
| <input type="checkbox"/> Professional etiquette training | <input type="checkbox"/> Mock Interview Night |
| <input type="checkbox"/> LIERC | |

Complete one in this category:

- | | |
|---|---|
| <input type="checkbox"/> Career assessment and evaluation of assessment | <input type="checkbox"/> Attend a lecture and write a 500-word reflection |
|---|---|

Complete one in this category:

- | | |
|---|--|
| <input type="checkbox"/> Jaggar Community Fellows Program | <input type="checkbox"/> Panthers with a Purpose |
| <input type="checkbox"/> America Reads tutor | <input type="checkbox"/> Campus job |
| <input type="checkbox"/> Hire a Panther | <input type="checkbox"/> Internship |
| | <input type="checkbox"/> Volunteerism* |

Complete three in this category:

- | | |
|---|--|
| <input type="checkbox"/> Résumé review (required) | <input type="checkbox"/> On-campus recruitment |
| <input type="checkbox"/> Mock interview | <input type="checkbox"/> LinkedIn profile review |

*For volunteerism, discuss your activities for consideration during your intake session.

Start and finish at any point during your Adelphi career.

All participants who complete the P.R.E.P. Program will establish connections with employers and have a chance to serve on the center's Student Advisory Board.

Registration is required. Schedule an appointment with a career counselor by contacting **516.877.3130** or **careercounselor@adelphi.edu**.

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