SARA KULINS ’15:
Protecting our OCEANS
CALENDAR

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 eduction, 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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Sara Kulins ’15: Protecting Our Oceans
It was a challenging but valuable experience. Going out there, running a group or counseling somebody with a depressive disorder…that actual experience gives you confidence that you can do it.

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 to seek help. A social worker referred him to a 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 30—so I sold 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 YWCA 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 variable 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, 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 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 affect change on a large scale and promote social justice. And social justice, he said, is “near and dear to my heart.”

BRIAN VALENTINE: A NEW CALLING
Danielle Maracic ’14: A Future in Harlem

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 frigid 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.

“It 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.”

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

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

“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 wasn’t 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 appearance or my accent, or the surrounding environment was being suppressed by either myself or the surrounding environment. That’s been going on since middle school—that always motivated me.”
ALEXANDRA WURGLICS: READY FOR TAKEOFF

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, tells visitors’ knowledge of the planets in our solar system. “Museum visitors can guess how recent photos of Pluto are, some of which are from New Horizon.” 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.

“I thought nothing could be better than my internship at the Castle 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.). 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.

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.
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.

“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.”
SARA KULINS ’15:
Protecting our OCEANS

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.”
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:
- Jaggar Community Fellows Program
- America Reads tutor
- Hire a Panther

Complete three in this category:
- Résumé review (required)
- Mock interview
- LinkedIn profile review

**PATH 2**

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

Complete one in this category:
- Jaggar Community Fellows Program
- America Reads tutor
- Hire a Panther

Complete three in this category:
- Résumé review (required)
- Mock interview
- LinkedIn profile review

**PATH 3**

Complete three in this category:
- Welcome Back Block Party
- Job and Internship Expo
- Etiquette Dinner
- Professional etiquette training
- LIERC

Complete one in this category:
- Employer information session
- C.O.A.C.H. event
- Graduate School Preparation
- Mock Interview Night

Complete one in this category:
- Career assessment and evaluation of assessment
- Attend a lecture and write a 500-word reflection

Complete three in this category:
- Jaggar Community Fellows Program
- America Reads tutor
- Hire a Panther

Complete three in this category:
- Résumé review (required)
- Mock interview
- 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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