

CAREER COMPASS

ROAD TO SUCCESS NEWSLETTER

Spring 2015

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CAREER CALENDAR

REGISTER FOR THE FOLLOWING
EVENTS ON PANTHERZONE
(career-center.adelphi.edu/pantherzone)

America Reads/America Counts Orientation Sessions to become a Tutor (Federal Work Study)

Center for Career Development, Post Hall

Wednesday, January 28 • 2:00 p.m.–3:00 p.m.

Thursday, January 29 • 5:00 p.m.–6:00 p.m.

Friday, January 30 • 11:00 a.m.–12:00 noon

Panthers With a Purpose Orientation Sessions

Center for Career Development, Post Hall

Thursday, January 29 • 2:00 p.m.–3:00 p.m.

Friday, January 30 • 1:00 p.m.–2:00 p.m.

Friday, February 6 • 12:00 noon–1:00 p.m.

On Campus Recruitment for Graduating Students and Alumni

For students and alumni of the School of Social Work, Ruth S. Ammon School of Education and Gordon F. Derner Institute of Advanced Psychological Studies

Attend **one** seminar below to be eligible for interviews with local and out of area employers in March:

Tuesday, January 13 • 12:00 noon–2:00 p.m.

Ruth S. Harley University Center, Rooms 211 and 212

Wednesday, January 28 • 4:00 p.m.–6:00 p.m.

Ruth S. Harley University Center, Room 313

Saturday, January 31 • 10:00 a.m.–12:00 noon

Ruth S. Harley University Center, Room 313

Monday, February 2 • 6:00 p.m.–8:00 p.m.

Alumni House, Cambridge Avenue

Saturday, February 7 • 10:00 a.m.–12:00 noon

Hauppauge Education and Conference Center

Community Fellows Program

Deadline to apply for a paid summer internship at a nonprofit organization is **March 2**.

Mock Interview Night

Monday, February 23 • 5:00 p.m.–7:00 p.m.

Alumni House, Cambridge Avenue

On Campus Recruitment for Graduating Students and Alumni

For students from the Robert B. Willumstad School of Business and the College of Arts & Sciences

Attend **one** seminar below to be eligible for interviews with employers this Spring:

Monday, February 9 • 5:00 p.m.

Wednesday, February 11 • 2:00 p.m.

Tuesday, February 17 • 4:30 p.m.

Thursday, February 19 • 3:00 p.m.

(Location TBA)

Annual Job and Internship Expo

Tuesday, April 28 • 12:00 noon–3:00 p.m.

Ruth S. Harley University Center Thomas Dixon Lovely Ballroom

Accepted Community Fellows Orientation and Employer and Alumni Appreciation event

Wednesday, June 3 • 8:30 a.m.–2:00 p.m.

Ruth S. Harley University Center, Thomas Dixon Lovely Ballroom

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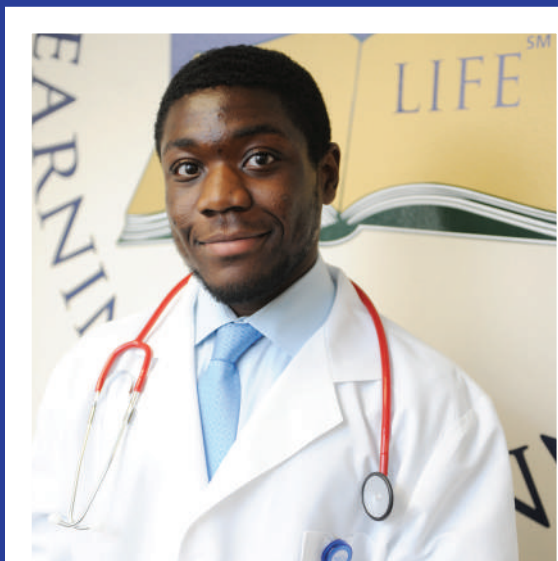
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Services and Resources



MAKE AN IMPACT

Community Fellows have interned at: Alzheimer's Drug Discovery Foundation • Boy Scouts of America • Catholic Charities • Citizens Campaign for the Environment DonorsChoose.org • Fair Media Council • Girl Scouts of the USA • Island Harvest • Long Island Children's Museum • Make-A-Wish Foundation



The Community Fellows Program

Explore and enhance your professional goals and career objectives. Become a **Community Fellow**.

This highly competitive and often life changing program offers **paid summer internships** to nongraduating students (freshmen through graduate students) in all majors to gain valuable experience in the nonprofit sector. These 10-week internships give you the opportunity to **gain on-the-job experience** in your chosen field and to **make a difference** in your community. For more information, visit adelphi.edu/career. Application deadline is March 2.

TREVENA GOULBOURNE '14: IN THE COMMUNITY OF LEADERS

by Cecil Harris



Trevena Goulbourne '14 is an Adelphi University graduate student as prolific as she is ambitious.

Goulbourne is in the Scholar Teacher Education Program (S.T.E.P.), in which students earn a bachelor's degree and a master's degree in five years in the Ruth S. Ammon School of Education. She has a B.A. in History with a minor in African, Black and Caribbean studies and should acquire her master's degree in 2015. A Levermore Global Scholar, recipient of several academic scholarships and member of the honor societies Kappa Delta Pi, Phi Alpha Theta and Sigma Lambda, she has made the Dean's List every semester since 2010. Those distinctions, combined with a can-do spirit, earned her a Presidential Leadership Award.

By landing an internship through the Community Fellows Program in the summer of 2014, Goulbourne broadened her knowledge. The Laurelton, New York, native served as an event marketing intern at the National Urban League (NUL)—the venerable civil rights organization founded in 1910—in New York City. She attended NUL's 2014 convention in Cincinnati and met Rep. Charles Rangel (D-N.Y.) and other members of Congress in Washington, D.C.

Goulbourne, who is pursuing an M.A. in Adolescent Education,

also found a mentor in Shree Chauhan, NUL's senior legislative manager for education and health policy.

"A great thing about the Community Fellows Program is you get to meet a lot of people in your field of interest and a lot of people outside your field," Goulbourne said. "You have so many opportunities for networking."

Networking is a prime benefit of the program—a competitive, paid summer internship for non-graduating students that is open to all majors and allows students to gain valuable experience in the nonprofit sector.



"The National Urban League has been a partner with us for all but the first year of the program," said Bernadine Waller, M.A. '10, assistant director of experiential learning in Adelphi's Center for Career Development.

Community Fellows, which began in 2010, placed 60 students at nonprofit organizations last summer. Goulbourne said she is considering working toward a Ph.D. in Education after an internship experience that was life changing.

"If I could be in the Community Fellows Program every year, I would definitely go for it," she said. "You learn so much about yourself. One thing I learned is that I'm the only person who can limit myself, and I'm definitely not going to limit myself."

**I'm the only person
who can limit myself,
and I'm definitely not
going to limit myself.**



CRYSTAL RUSSELL

MIND OVER

MATTER

by Jordan Chapman

Crystal Russell has always wanted to help people. She received a B.S. in Community Health from the State University of New York College at Cortland, with the goal of becoming a doctor or nurse. But just before her senior year, she had an epiphany. As she made her rounds during a nursing internship at New York Methodist Hospital in 2012, she realized that healing the body wasn't enough.

"I was meeting different patients and each one had a number of different things going on," she said. "We were fixing them physically, but they were going home to [other problems]. It didn't seem right to only fix their physical ailments and leave them to figure out the rest."

It's nice to be in the forefront of social change, political action and getting face time with the people you're doing these things for.

"It's nice to be in the forefront of social change, political action and getting face time with the people you're doing these things for," she said.

Right now, she's getting one-on-one time with the women and children at Catholic Charities Diocese of Rockville Centre's Regina Residence, a service that provides a structured living environment to help young women, ages 14–20, and their children maintain continuity and consistency in educational and employment activities and to balance the responsibilities of parenting with other areas of their lives.

Now in her second year in Adelphi's M.S.W. program, Russell is focusing on areas that are important to her, that will help her impact society as a whole.

"[The girls are] trying to figure out who they are, who they want to be, where they want to be and, on top of that, they're moms. They have to mesh the two lives together," Russell said. "It's a complex environment." It has broadened her scope of work and experience considerably. Under the supervision of a full-time social worker, Russell conducts group therapy and plans events and outings for the girls in residence.

After completing a 10-week summer internship at the residence through Adelphi's Community Fellows Program, she was hired on a per diem basis through the Fall 2014 semester, allowing her to continue to apply her course work in a real, practical setting.

Some days are easier than others. Russell's Community Fellows internship introduced her to an age group she'd never before had the opportunity to work with.

"It can be challenging," she said. "You have to be friendly enough so that they can confide in you, but you have to be stern enough so they can learn to live independently," she said, noting that the experience is helping her learn how to strike the delicate balance between counselor and confidante. It's a complex environment that encourages growth and provides her with more fulfillment than her work as a healthcare provider did.

"You can't snap your fingers or put it in a cast and it's solved," she said, comparing her previous studies as a nurse. "It's more involved," she said. "It's usually not just [the person]. It's their environment as well. Do they have people around? Do they have support?" That's where she hopes to step in and make a difference.

MALCOLM WEBB: LENDING A HAND TO FUTURE GENERATIONS

by Efe Tancy



*"Be the change that you want to see in the world."
—Mohandas Gandhi*

Malcolm Webb is a great example of how ambition and a positive attitude can change lives, and it shows in his passion for working with the youth in his community. Currently earning a B.A. in Psychology, with a minor in Spanish, and working to apply for a Master of Social Work, he's taking deliberate steps toward changing not only his own world, but also the world of everyone with whom he comes in contact.

Webb holds social responsibility in high regard, a feeling that derives, he explained, from growing up as the oldest child in a single-parent home. He said he didn't have many people to look up to, and it was that absence that led him to want to be a role model for the youth he works with now.

Youth Enrichment Services (YES) in Suffolk County gave him that chance over the summer of 2014, when he worked with 10- to 15-year-olds as a social and emotional youth counselor through Adelphi's Community Fellows Program.

"Developmentally, when [these kids are] younger, we need to help mold them," Webb said. "I go to these programs and activities and I try to be that bigger brother."

YES instills positive values in area youth while teaching teamwork and the critical skills needed to develop a healthy lifestyle and promote future success in college, work and life.

**Knowledge is infinite.
The world is a big open
book. Why not utilize it
when you can?**

"I feel you need a strong support system in whatever you do," he said. He tried to relate to them on a personal level. "I told them if they're having a bad day to come talk to me, take a seat, we'd walk around... we made friendships," he said, noting a common, and disturbing, thread in each of the kids he worked with. "They would always tell me how people thought of them as screwups, but I'd tell them everyone makes mistakes," Webb said. "We all have responsibilities, we all have things to do. Why look back 10 years from now wishing I'd done something different?"

"I try to guide, teach, learn and tell them my door is always open," he said, and emphasized that the door remains open. He still stays in touch with a few of the teens he impacted.

"I want everyone to be comfortable, because I know how it feels to be uncomfortable," he said. He takes that philosophy with him in everything he does, including his work as an assistant track coach for elementary school students and his time as team captain for Adelphi's STEP dance team.

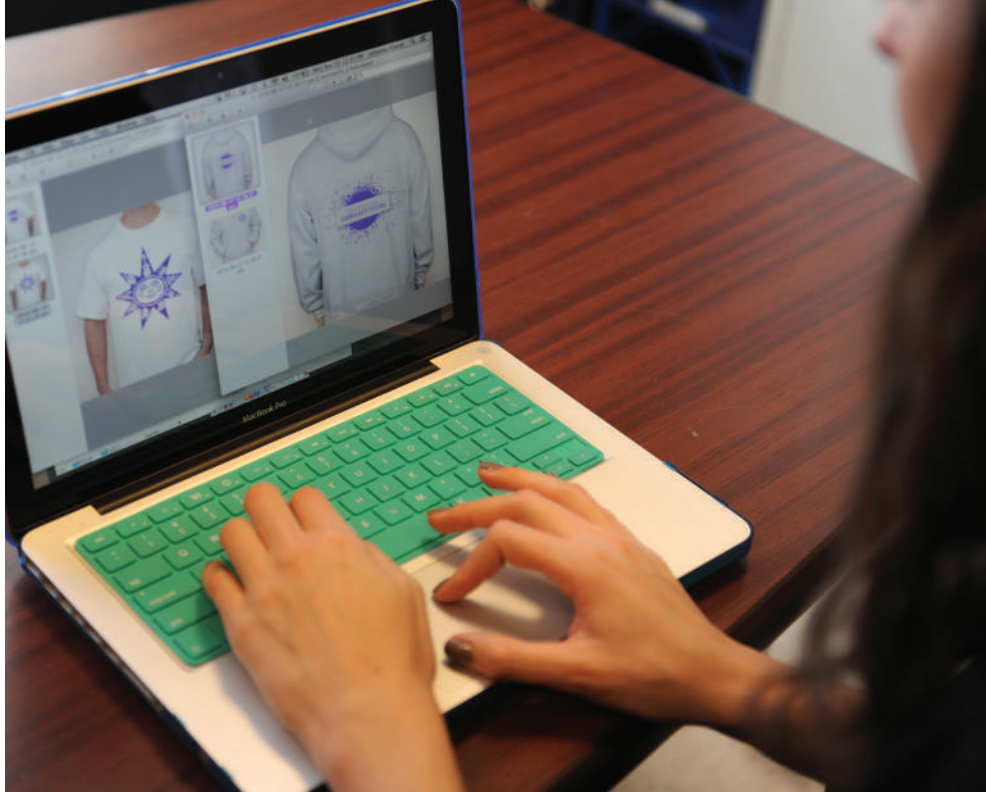
This internship experience not only illustrates his acute awareness of the future generation, but it's also an important checkpoint in Webb's career path. Along with his aspirations to receive a Master of Social Work, he's begun the process to become a Nassau County police officer. He hopes to combine that work with his studies to better help the youth in his community.

"Knowledge is infinite," Webb said. "The world is a big open book. Why not utilize it when you can?"

by Ela Schwartz



“ I knew it was a great way to capitalize on my abilities and help me realize if I wanted to be in the nonprofit world.”



Julianna Claase spent her summer working as a graphic designer for the Huntington Arts Council. She helped promote and market the nonprofit company's Summer Arts Festival.



1 dream kitchen
15 real ideas

Take the Internship Preparation Seminar

The Bronze Chain

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

PREPARED!

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



DAN ZIDER: MAKING IT COUNT

by Jordan Chapman

**It's not so much the classes you take,
it's the hands you shake.**

If 80 percent of success is just showing up, when Dan Zider first set foot on Adelphi soil he was ahead of the game, but simply graduating wasn't enough. He had a plan, and it was time sensitive.

"You can never get time back, which is why you should hit the ground running," the finance major said, and that's precisely what he did.

In three years, Zider completed internships with Bank of America

Merrill Lynch, UBS, The Bank of New York Mellon Corporation, Morgan Stanley and Bloomberg L.P. Talk about a résumé booster.

Zider said his days at Merrill Lynch had him working 25 hours a week while handling a 17-hour course load at school.

"That was a semester that I knew if I could do that, I could do anything. It's all time management," he said. "You have to learn preemptive strategy," which comes with on-the-job or internship experience,

something he attained via networking and talking to people.

"It's not so much the classes you take, it's the hands you shake," he said, admitting the corny nature of such a line, but he tells it to other students because—trite or not—it's entirely true. Zider attained his first internship with the help of an alumnus—who requested to remain nameless—who happened to be working at Merrill Lynch when he applied, and he only connected with him by introducing himself and speaking to students

in Delta Sigma Pi, Adelphi's business fraternity.

"With his help and a lot of training, I was able to get the internship and be put up for a couple months to get experience," he said. Voilà! That was the beginning. "What each internship taught me? Everything I need to know."

Zider found himself in huge open-air floors acting as an assistant learning the basics and, later, learning how to use derivatives and practicing client sales one-on-one. Even lunch and coffee breaks were fair game for learning his trade. He'd use downtime to walk the hallways to listen to people talking. He wanted to hear people speak to one another, what words they used, how they used their hands, what they laughed at and what they didn't; everything was up for grabs and he used his greatest commodity—time—to his advantage.

"You need to know how to speak to people," he said, and that includes asking questions, "but never ask the same one twice—never, ever."

"When I graduate, it's all about 'How do I feel when I shake Adelphi President [Robert A.] Scott's hand—did I get enough out of this,'" he asks himself. But why? "I'd like to be the go-to guy," he said. He's well on his way.



STEPHANIE LERNER: MAKING AN IMPRESSION

by James Forkan

Stephanie Lerner, an Adelphi University senior and math major, has parlayed her Summer 2013 research and data analyst internship at the Women's Fund of Long Island (WFLI) into not only a Community Fellow of the Year award but also a three-year WFLI board of directors term.

Named a junior board member in January 2014, Lerner said she is the youngest on the 16-woman board, as well as its first student.

While interning at WFLI, she did data research for the organization and created infographics that tell the Long Island-specific story of the status of women and girls. She noted it "recognized the importance of data in determining where to direct their funding."

WFLI was so impressed with her internship that she was approached by the then-president of the board, Andrea Malone, to consider joining the board. "I was in awe—to be able to continue my involvement with an organization that I had fallen in love with was an honor and an offer I could not refuse," she said.

In addition, Lori Duggan Gold, G.C. '08, M.S. '12, Adelphi's vice president for communications as well as vice president of the WFLI board, "advocated for my membership as a junior board member," Lerner added.

As a gender studies and political science minor at Adelphi, Lerner said, "I have grown passionate about women's issues and now I had the opportunity to put what I had learned into effect and make a change in the Long Island community."

I was in awe—to be able to continue my involvement with an organization that I had fallen in love with was an honor and an offer I could not refuse.



When asked about issues she has been involved in since joining the board, Lerner pointed to "many issues women and girls are facing on Long Island. As an organization that funds other nonprofits, the Women's Fund sees a variety of issues come forward," she said, "including sex trafficking, domestic violence, female gang violence and countless others that many believe are problems that could not happen in suburban Long Island."

Her biggest contribution to the board thus far, Lerner said, is her involvement with Girls Fund of Long Island, an initiative in which Long Island high school girls from various backgrounds are brought together to share their common interests in women's issues and to launch community service projects.

Lerner's WFLI ties have her thinking outside the box about ways she could apply her math expertise. Citing both her math major and her minors, she said, "I feel that everything I have studied has come into play at WFLI. My minors have helped me realize the political

nature of women's issues and the different views that exist in rectifying these issues that women face. ...Prior to that internship, I had no idea how exactly I was going to use my math skills in a profession," she said. "I didn't know any math majors who had gone on to something other than becoming a teacher or professor."

Through her WFLI and insurance internships, she added, "I realized that I was good at analyzing data and using the data to tell a story and explain its significance."

Aside from WFLI, Lerner has been the underwriting intern for Philadelphia Insurance Companies in Garden City, New York, since August 2014, a position that ties into her career aspirations following her graduation. Lerner just passed her first actuary exam and hopes to become an actuary with an insurance company.



Stephanie Lerner was recognized as a recent Community Fellow of the Year.

IBM CAMPUS RECRUITMENT PROMOTES ALUMNI CONNECTIONS

by Jordan Chapman

For two consecutive years, Bill Fuessler '79, partner with IBM Global Business Services, has brought recruitment opportunities back to his *alma mater* in the form of IBM's Consulting by Degrees, a two-year training program for entry-level consultants.

The two-day recruitment process introduces students to the positions they're applying for via an information session, followed by a day of interviews. The event has given countless students the opportunity to train, prepare and

work, preparation and a healthy dose of nerves.

"I had interviewed with a bunch of different companies, but IBM—Big Blue—was coming to campus," Lander said, speaking of his preparation. "It was a little intimidating," he said, which was a cue that he needed more prep time to better leverage his chances. He dug in and began conducting research on the company, and after learning of the recruitment format—four back-to-back 30-minute

said. Plus, "Adelphi's liberal arts program is very conducive to this program, because we're looking for well-rounded folks," he said.

Students who can think from the left side of the brain and who aren't afraid to be inquisitive and front and center are the ones who will stand out in the interview process.

"We need people who are outgoing," Fuessler said. "The thing with consulting is, you can't be one who sits back and is too introverted. ...I think the key thing is that you have to be comfortable moving outside your comfort zone."

Lander continues to fit this model. Throughout his first year on the job, he's maintained a dialogue with Fuessler, which is a quality potential Adelphi hires should see as a great benefit to their continued education after graduation; the connection between alumni and recent graduates is one that can be cultivated.

"Steven has reached out to me a number of times," Fuessler said, noting that first starting out at IBM can be a daunting experience because it's no small company. "I was impressed by him doing that. ...He felt confident enough and he wasn't intimidated," he said.

Not only will an out-of-the-box outlook help the chances for interviewees in the IBM recruitment process, it's a skill Fuessler and Lander both endorse because it means a person can think quickly and adapt.

"Every day is a different challenge. Every day is a different solution," Fuessler said. "There is no easy path. I can't tell you in five years what the market will bring and what it will take to be successful. You have to always be on the lookout and always open to change. ...Those who don't adapt are the ones who quickly get swept aside."

"I had interviewed with a bunch of different companies, but IBM—Big Blue—was coming to campus. I always saw myself in a big corporate environment. ...IBM is a great company. —Steven Lander '14"

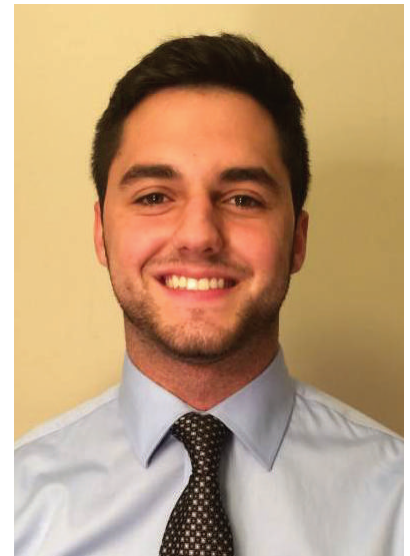
experience the actual interview process, while still others have been offered the chance to begin their careers in a world-class company, working for world-class clients.

In April 2014, Steven Lander '14 was sitting at a desk studying business management with a specialization in finance. Before the end of May, he received his job offer from IBM and, less than four months after graduation, he was working with Morgan Stanley, an IBM client, as a strategy and analytics consultant in the financial risk and fraud sector.

It was a game changer—and a well-deserved one—but his success didn't come without hard

interviews, including one case-study interview—he read books on that specific kind of interview. "This way I was able to express interest in the company and know what they look for," he said. "I went in well prepared...the Center for Career Development really sat me down. They made time for me."

It's the kind of one-on-one preparation and hands-on education that Lander received at Adelphi that mirrored Fuessler's own education while he was here. "The connection is still there," Fuessler said. "I want to give the students who, like me back then, don't have these kinds of opportunities all the time. It's a way of giving back," he



Steven Lander '14



Bill Fuessler '79

LEADERSHIP CERTIFICATE PROGRAM

SPRING 2015 EVENTS

Thursday, February 5 **How to Grow Square Tomatoes or Skills for Success in Working with People**
12:00 noon–2:00 p.m.
Campbell Lounge
Presenter: Jack Chambers

Wednesday, February 11 **How to Toot Your Own Horn—Using Influence to Get a Seat at the Table**
6:00 p.m.–8:00 p.m.
Alumni House, Cambridge Avenue
Presenter: Carol Ann Caccioppoli

Monday, February 23 **Mock Interview Night**
5:00 p.m.–7:00 p.m.
Alumni House, Cambridge Avenue

Thursday, February 26 **Positive Self-Esteem=Confidence=Success**
2:00 p.m.–4:00 p.m.
Campbell Lounge
Presenter: Kathleen Flynn-Bisson

Tuesday, March 3 **LinkedIn Power Hour**
11:00 a.m.–12:00 noon
Campbell Lounge
Presenter: Maria Casey

Tuesday, March 10 **College to Career: Essential Things You Need to Know**
2:00 p.m.–4:00 p.m.
Campbell Lounge
Presenter: Lori Bizzoco

Tuesday, March 31 **Etiquette Dinner**
6:00 p.m.–9:00 p.m.
Alumni House, Cambridge Avenue
Please RSVP by commenting on MyAULife event wall

Monday, April 13 **Developing Your Personal Brand**
6:00 p.m.–8:00 p.m.
Ruth S. Harley University Center, Room 313
Presenter: Frank Gallucci

Thursday, April 16 **The Importance of Emotional Intelligence (EI)**
2:00 p.m.–4:00 p.m.
Blodgett Hall, Room 109
Presenter: Neil Halloran

Thursday, April 23 **How to Work a Career Fair**
6:00 p.m.–8:00 p.m.
Campbell Lounge
Presenter: Debbie Fischer

Cosponsored by the Center for Career Development,
Center for Student Involvement and the Robert B. Willumstad School of Business.
Register for all events on eCampus under MyAULife or find out more
information on adelphi.edu/leadership.

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.

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SERVICES AND RESOURCES



PANTHERZONE— 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.

1. Log on to **portal.adelphi.edu**.
2. Sign in with your Adelphi username and password.
3. Click on PantherZone under the Services tab.

Alumni can access PantherZone by visiting **students.adelphi.edu/career/pantherzone**.

When you are redirected to your PantherZone profile, make sure to update it:

- Search for jobs and internships related to your interests and experience
- Allow potential employers to contact you with opportunities
- Browse through all listings or do a keyword search based on location, title or type of work
- Tag listed jobs or internships as favorites to have easy access to them later
- Have new jobs emailed to you
- 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

CONNECT WITH US

Check out our other online resources:

Follow us on **twitter.com/HIREaPANTHER**

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Follow us on **instagram.com/HireaPanther**

Follow our blog at **career-adelphi.blogspot.com**



For more information on our valuable resources, such as the Leadership Certificate Program, Internship Prep Seminar and others, visit **adelphi.edu/career**.

RÉSUMÉ REVIEWS

Email your résumé, or cover letter, to **careercounselor@adelphi.edu** for a critique and receive a response within two business days.

SCHEDULE AN APPOINTMENT

Call **516.877.3130** to arrange an individual meeting to discuss your future.