

Building a Career with Experience Internship Newsletter

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The Washington Center

Employer Profile:
Community Care Services

Career Services
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WHERE TO START

- If you are seeking academic credit, meet with the faculty internship coordinator in your department.
- Research internship leads through your department, the internship database and other resources in Career Services.
- Make an appointment with a Career Counselor, (508) 531-1328.
- Prepare a cover letter and resume; have it critiqued at Career Services.

WORK 'N' SERVE EXPO RECAP

On Wednesday, October 21, 2009, Bridgewater State College hosted its annual Work 'N' Serve Expo. Forty-four employers provided information on full-time professional entry level positions, internships, service learning and volunteer opportunities from a wide variety of fields, including communications, education, management and social services. Over one hundred and sixty students attended this year's event, learning first hand from employers the importance of networking.



Coinciding with Sustainability Day, the Expo highlighted several green employers, including first-time Expo participant Beyond Benign, a Warner Babcock Foundation. Their Fellows Program allows students to engage with communities and educate the public on how science and sustainability is part of their everyday lives. Raks Derival, K-12 & Community Outreach Manager, had this to say about the experience: "We had a wonderful time and felt that the event was well organized and very accommodating to recruiters. The students that we interacted with are definitely of high caliber and we look forward to them beginning their internships with us next semester. We look forward to participating again next year."

Immediately following the Expo, faculty and employer representatives attended an Appreciation Reception at which Dr. Howard B. London, Provost and Vice President for Academic Affairs, offered these remarks: "On behalf of the college I want to express my appreciation for the services you have provided to us, specifically to our students. By taking time away from your workplaces and by providing opportunities last year for some 400 student interns and over 2,500 volunteers, you too have played an important role in their education. I know that many of our students have learned invaluable lessons about the importance of volunteerism, or become valued employees of your organizations, something that pays dividends to you, the students, their families and the Commonwealth. We hope in the years ahead that we continue to strengthen even more our shared purposes with you. So on behalf of the college, thank you for your efforts both today and year round, and we look forward to working with you in the future."

The BSC JOB SHADOW PROGRAM

Career Services managed its BSC Job Shadow Program during winter break with 28 students participating. The program is designed to give undergraduate students from all majors short term exposure to an industry or career path of interest. Students have the opportunity to observe employers and alumni in unique work settings for a half day or a full day depending on the organization's preference. The 2010 Job Shadow placements included BTV-9, MEDITECH, Kirkland, Albrecht & Fredrickson, New Hope, the Commonwealth of Massachusetts Department of Environmental Protection, and the Department of Corrections.

By: Ben Cafardo '05
Major: English
Currently employed by Major League Baseball



Start the Domino Effect – A Career Path: Internship to Major League Baseball

Do an internship. You've probably heard this many times from teachers, advisers and parents. Your GPA is important and your academic foundation is vital. That is just the starting point. What separates you from the crowd is your work experience.

In fall 2004, I was working in the Writing Studio at BSC. After months of procrastination, I decided to do a non-credit internship at a production company in Norwood, MA. I knew nothing about the company or what I'd be doing, but I was graduating in 8 months and I needed some professional experience. My internship at Cramer was great. I wrote scripts for Boston College football highlight videos, produced two Boston sports documentaries and directed my own public service announcement. What started as a total shot in the dark ended up putting me on the fast track to a career.

After graduation, I continued at Cramer for six months until I was offered a short-term contract with the New York Times Company as an editor on a series of *Boston Globe* book projects. The domino effect had begun and I was confident it wouldn't end. I wrote, edited, developed content and promoted the projects, all while making new contacts and gaining more experience. I worked hard and suddenly a huge opportunity presented itself. One day I received a call from Triumph Books, a *Boston Globe* publishing partner, with an offer to co-author an upcoming project: an encyclopedia on the New England Patriots. I couldn't believe it. Again, the domino effect.

The experience I was gaining was good, but I was 25 and realized I needed to think more long-term. I updated my resume and started sending it out everywhere from Hollywood production companies to NFL teams. I got a few calls back, but none better than the one from The Walt Disney Company. I received a one-year contract as a public relations consultant at Disney's mega sports complex, ESPN Wide World of Sports in Florida. It was the best year of my life! As part of my job, I had the opportunity to manage PR for the Atlanta Braves Spring Training. I met lots of people and made lots of connections which helped lead to a full-time job offer with Major League Baseball. I packed my things, headed to the Big Apple and started writing and creating content for our website, organizing media and community events and traveling.

The Patriots book came out this fall. I'm not sure where my career will lead, but I do know how important it is to use the college years and the years thereafter to build a resume and enhance job experience. Aim high and apply often. Before I landed my MLB job, I must have applied to 50 places. A resume that includes Major League Baseball, The Walt Disney Company, New York Times Company, a New England Patriots Encyclopedia and a New England sports documentary might sound like it's the result of some ahead-of-the-class intuitive vision I had at Bridgewater State College, but in reality it just happened. The *domino effect*. One project led to another, one job catapulted me to the next. Work hard to perfect your craft and master responsibilities at each internship, part-time job or freelance and volunteer opportunity -- and meet everyone. Network: ask questions, be excited, and be hungry! Compete. Start your own domino effect.

Employer Profile:



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www.communitycareservices.org

Community Care Services, a nonprofit human services agency, has been meeting the needs of families throughout Massachusetts and Rhode Island for more than a half a century and now expanding into Connecticut. Since its inception in 1952, Community Care Services has grown to over 30 different locations with 48 unique programs.

Community Care Services is committed to maximizing the potential in all of us.



Community Care Services





By: Miriama Roc, Esq., '00
Major: Psychology and Sociology, with a concentration in Criminology
Placement: Office of Corporation Counsel, Juvenile Section
Fall 1999



Participating in The Washington Center for Internships and Academic Seminars (“TWC”) was an eye opening experience which I cherish to this day. As I reflect on my experience, approximately ten years ago, I hold on to three things: my mind set as I was applying to TWC, my duties and challenges as an intern, and my growth since the completion of the internship program.

As a young adult, I applied to TWC knowing that I wanted to someday be a juvenile defense attorney and hoping to gain guidance on how to pursue that goal. To my surprise I was placed in the Juvenile Section of the Office of Corporation Counsel (“OCC”), which prosecuted alleged juvenile delinquents. At OCC, I worked with an attorney who handled solely homicide and sexual assault cases. I was fortunate enough to work with an attorney who was smart, passionate and dedicated about his work. We worked on intense and high profile cases.

I was assigned to a number of cases which I assisted in the preparation for trial. I was given the opportunity to interview witnesses, review evidence and crime scene reports, prepare subpoenas, file motions and observe counsel at hearings. I met and/or worked with police officers, defense attorney(s), judge(s), FBI agent(s) and child advocacy agents.

One of my biggest challenges was coping with the victims and internalizing their stories. To this day, I can recall photos and stories of certain crimes which we investigated in preparation for trial. Due to my personality and my inability to disassociate my work from my personal life, I ultimately decided not to become a criminal attorney.

Nevertheless, the joy I got from helping those victims and the positive feedback I received for my work did confirm my desire to become an attorney. At OCC, I gained practical skills on case management, trial preparation and being diligent, which I continue to use today as a practicing attorney in Florida.

“As a young adult, I applied to TWC knowing that I wanted to someday be a juvenile defense attorney and hoping to gain guidance on how to pursue that goal.”

Outside of OCC but still part of TWC, I attended academic seminars and lectures. I participated in workshops designed to build my professional and academic skills. I was able to network with other TWC students nationwide. In my spare time, I explored parts of Washington D.C., Virginia and Maryland. The TWC program helped me grow intellectually, academically and culturally.

Shortly after completing my internship with TWC, I graduated from Bridgewater State College with honors. I then obtained a job as a legal assistant at a healthcare insurance company. Within a year I was promoted to a paralegal position. I retained that position when I entered in to the evening division of New England School of Law in 2002. By 2006, I graduated law school and relocated to Florida where I obtained my license to practice law. Subsequently, I was admitted into the U.S. District Court in the Southern District of Florida and the Middle District of Florida.

I currently work at the Law Office of Bonnie L. Canty, P.A., where I am engaged in the general practice of law with an emphasis in consumer and bankruptcy law. With the assistance of my support staff, I handle the bulk of the consumer bankruptcy cases in this office. I also train support staff and other attorneys in this office on consumer bankruptcy related matters. I am an active member of American Bar Association, Florida’s Association of Women Lawyers, Haitian Lawyers Association and National Association of Consumer Bankruptcy Attorneys.

I thank God and I am beyond grateful for the opportunities and experiences that TWC afforded me. I was truly impressed and pleased with the skills and knowledge I received at the OCC and TWC. For these reasons, I would encourage anyone who has the opportunity to participate in this internship program to do so. If not for any other reason, you should participate in TWC to help you figure out what you do and do not like in your anticipated career industry.

Best of luck in your future endeavors!

Application Deadlines

Summer 2010 = February 26, 2010
 Fall 2010 = May 12, 2010

Visit www.twc.edu for scholarship and application information

News & Events

Be a Summer Intern

It's time to start thinking about your summer options. Make an appointment with a Career Counselor today. February and March are prime months to start searching for an internship!

Try FOCUS

Undecided about choosing a major? Consider using FOCUS an online based career system that allows you to learn about which occupation best suits your interests. Contact Career Services for more details.

Annual Job Fair

Wednesday, April 7, 2010

1 – 4 PM

Campus Center Ballroom

Mark your calendar.

Be sure to get your resume critiqued by a Career Services staff member sometime before the fair.

Experiential Learning Symposia

Wednesday, April 21, 2010

9 AM – 12 Noon

Moakley Center

Featuring poster displays and oral presentations from students who participated in any form of experiential learning outside of the traditional classroom.

Recent Happenings

Metro South Chamber Breakfast

John Paganelli and Debra London, Office of Career Services, with Jenna Stephenson and Ed Minnock, Office of External Affairs, attended the October 22nd Metro South Chamber of Commerce breakfast meeting in Brockton. During a panel session, John and Debbie provided information about Bridgewater State College's internship program.



Massachusetts Biotechnology Education Foundation Visit

In December, the Career Services Office coordinated a campus visit with folks from the Massachusetts Biotechnology Education Foundation. Suzanne Grillo, Manager of Program Outreach, and Bob Ross, Director of MassBioEd's BioTeach Program enjoyed a day which began with a tour of BSC's CityLab, after which they engaged in an informative meeting with Career Services staff members John Paganelli and Debra London, BSC's Director of Regional Outreach Diana Jennings, and several faculty from the Departments of Biological and Chemical Sciences. Immediately following the meeting our guests had the pleasure of dining with 7 of the college's most outstanding students majoring in the sciences. Lunch was provided by the Office of External Affairs.

The Tinsley Public Service Internship Award and Luncheon



Sasha Monahan, Adrian Tinsley, president emerita and Kathleen Lynch

Bridgewater State College President Emerita Adrian Tinsley returned to BSC just before the holidays to recognize and honor Sasha Monahan '10 and Kathleen Lynch '09, recipients of the Tinsley Public Service Internship Award for summer 2009. A luncheon was sponsored by Institutional Advancement and Alumni and Development Programs on December 10th.

SPECIAL THANKS

A special thanks to Ben Cafardo and Miriama Roc, Esq. for submitting articles about their internship experiences. Another special thanks to Community Care Services for agreeing to be featured in our Employer Profile section.

We're looking forward to working with all new employers who recently listed their internship openings with us.

BSC CAREERLINK

View over 200 internship opportunities through Career Services BSC CareerLink on-line system. Search for internships by career field, as well as paid and non-paid opportunities.

www.bridgew.edu/careerservices/careerlink.cfm

JOB SEARCH QUICK TIPS

Given the current economy, Career Services suggests the following tips:

- Have cover letter and resume critiqued
- Invest in one nice suit
- Research each organization's website
- Be flexible regarding location
- Follow-up with a thank you in writing
- Be proactive and remain positive