



Newsletter of the HVRHS Career Experience Program

Winter 2018

Mission Possible: The “Why”

The mission of the Career Experience Program at HVRHS is to create authentic career awareness and educational opportunities for students that complement their academic coursework and connect them with supportive people and organizations in the local community.

Career Cafes: Brewing Up Connections

We have a wealth of resources in our local community. The Career Experience Program is gathering information about professionals in our area, student interests, and resources within the school. We are starting to offer programs, such as the Career Cafe, to engage students and help them become **career aware**.



Marketing and accounting professionals Kimberly Rock and Jennifer Weigel share their career stories during January's Career Cafe

Career Cafes are venues for members of the local professional community to tell their career story to interested students.

These events also allow students to build their local professional network as they progress through high school and future educational and career plans.

In January, after multiple snow-day reschedulings, Kimberly Rock, director of marketing and communications at Bard College at Simons Rock and Jennifer Weigel, finance manager at McGee Media spoke to students about their career paths, finding a college major that interests you, taking risks and being bold, building on strengths, and creating a network.

Career Experience will be planning more Career Cafes in the spring. Hopefully Mother Nature won't interfere!



Visit the school website, come to room 134, email moneill@hvrhs.org or follow us on Twitter [@hvrhsedu](https://twitter.com/hvrhsedu).

Shadow Opps:

Job Shadows Offer Insights into Careers

A job shadow is an educational program in which students learn about a particular occupation or profession. This enables them to see if it might be suitable for them.

In job shadowing, a school partners with a for-profit or nonprofit organization to provide an educational opportunity for a student. This allows the student to observe an experienced professional perform a given job by accompanying, or shadowing, them for a half or full day. The student can also ask questions about a given career path and the education and training required for it.

Job shadowing also allows students to :

- Connect with community members who are also employers. This allows students to build a professional network.
- Ask questions of a professional in an informal setting
- Practice soft skills

The Career Experience program has started shadowing relationships with several local employers. If you're interested in participating in a shadow or providing a shadow experience for students, contact Dr. Mary O'Neill at moneill@hvrhs.org or visit her in room 134.

Sticky Note Tip: One aspect of professional success that makes a person stand out is the thank-you note. Developing a "gratitude process" will pay off. A nicely written note thanking someone, highlighting some aspect of how they helped, and asking to "leave the door open" for future questions will make an impression that lasts. Try it! It works!

Job Shadow Experience:

On the Road with Northern Dutchess Paramedics

On a cold February morning, HVRHS student Luis embarked on his, and the school's, first job shadow with Andrea Downs, Field Manager of Northern Dutchess Paramedics in Millerton, NY.

Donning his fluorescent green emergency vest, Luis spent the day riding with Downs to calls throughout the Northwest Corner. His favorite stop--the simulation lab at Sharon Hospital, where emergency service professionals learn new skills.

Luis learned about safety protocols with equipment and patients, and how NDP interfaces with medical and fire professionals in area towns.



Downs and Luis preparing for their day in the field

Sticky Note Tip: Careers with projected future growth are service oriented. This makes soft skills, emotional intelligence, and communication skills even more valuable!

Source: [Bureau of Labor Stats: Growth Occupations](#)

In-School Workshops

Career Experience is hosting student seminars and workshops during Flex block. Students can sign up to learn more about topics such as soft skills, interview techniques, career fields, and how to think about a career as a valuable part of creating meaning in one's life.

Workshops include:

- Career Match with Author Ann Bidou
- Soft Skills
- Interview Skills
- Dress for Success
- Feelin' Free with Life Coach Stephanie Stanton
- Happy: It's More than an Emoji

For information on future workshops, visit the HVRHS homepage or email moneill@hvrhs.org



Career Match author Ann Bidou explores personality "colors" with students. Bidou is also proprietor of Toymaker's Cafe in Falls Village and regularly hires HVRHS students

Sticky Note Tip: Professional networking starts **now** for high school students. There are many professionals and volunteers in the local community willing to share expertise and knowledge--and their professional contacts. These personal connections make all the difference for finding a career and landing a job.



Students work with Canaan-based Life Coach Stephanie Stanton to identify images that make them feel free--exploring how they want to FEEL can help them figure out what they want to DO

Intern Profile: Abby

One of the benefits of the Northwest Corner is the wealth of local history. At HVRHS, students in History 11H/ECE United States History are mining the foothills for it. Last year, this class recorded oral histories of HVRHS alumni.

This year, Department Chair Peter Vermilyea approached the Career Experience Program with an internship proposal between that program, Daniel Bolognani of the Upper Housatonic Valley National Heritage Area, and Judith Monachina of the Oral History Center at Berkshire Community College. Oh, and he also had the HVRHS student who would bring them all together: Abby.

The internship team has been working with Abby to cull the taped interviews for themes, write a script, pull audio clips, and prepare a podcast for airing later this year on WHDD.

These school-community partnerships are key to building relationships for students. Abby will leave HVRHS with valuable and transferable career skills along with the beginning of a professional network in a field she loves--history.