



## FOR IMMEDIATE RELEASE

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### ST JOSEPH HIGH SCHOOL'S CAREER DAY FEATURES MORE THAN 35 GUEST SPEAKERS AND 100 SESSIONS

**OCT 18, 2017—TRUMBULL, CT**— St Joseph High School, striving to be Southern Connecticut's premier college preparatory school, held a **Career Day on Wednesday, October 18, 2017**, offered to all Junior and Senior students. Career Day is one element of the FUTURES program at St Joseph High School and is part of the school's overall commitment to college readiness. The goal of the program is to encourage students to explore career interests by meeting professionals in the fields they intend to pursue. In addition, all students were given a business etiquette class that included direction in self-presentation, business attire, interviewing skills, the importance of a strong on-line presence, and networking.

Guest speakers represented a multitude of public and private industries, answering questions, offering advice, and sharing networking tips to students in four breakout sessions and a roundtable lunch.

"Our students ought to know what opportunities are out there and what they need to know to get there," remarked **Head of School, Dr William Fitzgerald**. "The best way to do that is by talking to those who are in those fields right now. Hence, Career Day."

The full day of activities kicked off with **Dr Donald E Gibson, Vice Provost for Academic Affairs at Fairfield University**, who currently teaches courses in Leadership and Teams, Human Resources, and Management. During the day, students met with professionals in four different fields, and engaged in a business lunch with the presenters of their choosing. The event's closing speech was given by **Kevin McSpirit, Director of Projects at Odin Marine**, an international ship-brokerage company. Mr McSpirit is a former officer with both the Navy and the Merchant Marine, and is the founder of Power Through Principles, a NFP program in life skills and character development for urban youth.

**35 professionals spent the day with St Joseph High School students, offering over 100 sessions. A few of our guests included:**

A more recent St Joes graduate, **Lauren Fabrizi '09**, who discussed the steps she took after finishing St Joes and attending Syracuse University to pursue a career in journalism. Taking jobs across the country and far from home, Fabrizi worked within the field until eventually landing right back in Connecticut, working as a **reporter for News 12 Connecticut**.

**Dr Sheldon Yessenow, a dedicated veterinarian** who has run the Oronoque Animal Hospital in Stratford since its founding in 1982, and continues to offers his services for stray pets and animals displaced or affected by natural disasters. Dr Yessenow cared for 9/11 search and rescue dogs, and also assisted animals injured after Hurricane Katrina.

Among the business speakers, students were thrilled to meet **Ken Martin '95, Owner/Operator of Colony Grill, LLC**, which operates multiple Colony Grill restaurant locations throughout Connecticut. Prior to focusing on entrepreneurship, Martin completed hospitality and wine studies at the French Culinary Institute in New York City.

These are just three highlights from a long list of accomplished individuals who donated their time to speak with St Joseph students. St Joseph High School faculty and staff are grateful to each of them for sharing their knowledge and expertise with SJHS upperclassmen.

A full list of speakers can be viewed on the SJSHS website: [sjcadets.org/careerday](http://sjcadets.org/careerday)

Additional photos can be viewed and downloaded from the SJHS Smug Mug page: [sjcadets.org/smugmug](http://sjcadets.org/smugmug)



**Lauren Fabrizi '09**



**Dr Sheldon Yessenow**



**Ken Martin '95**

### **About St Joseph High School**

St Joseph High School (SJHS) strives to be the premier college preparatory school in Southern Connecticut. The school provides a learning environment that embraces the Gospel values of the Roman Catholic faith and promotes a commitment to family and community. SJHS prepares young women and men to realize their potential, helps them to excel in higher education, and provides a foundation to guide them throughout their lives because where you go to high school matters. St Joseph High School is a member of the National Association of Independent Schools. [www.sjcadets.org](http://www.sjcadets.org)

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