THS CAREER CENTER NEWSLETTER FEBRUARY 2025

The THS Career Center has had an exciting and busy start to the 2024-2025 school year!

Check out all the fun and engaging ways we have been learning about careers and postsecondary options!

From career exploration trips to guest speakers, college visits, and mock interviews, our students are getting prepared for their future!









FIELD EXPERIENCES

The Terryville High School Career Center offers field experiences to colleges, businesses, and career events to give students hands-on exposure to potential career paths and post-secondary opportunities. These trips cater to current students' interests and allow students to explore different industries, gain real-world insights through job shadowing, and make informed decisions about their futures.

Visiting colleges allow students to experience campus life and learn about academic programs, while trips to businesses provide a firsthand look at workplace environments and professional expectations. Focused career events further connect students with industry professionals to build networks and develop a clearer vision for their goals.

9/24/24- UCONN Campus: Storrs, CT (College Visit)







THS Career Center brought students to UConn to experience life as a Husky! Students learned about the wide range of opportunities and programs, ate lunch in one of the campus dining halls, and saw college life in full swing! We even ran into some of our THS alumni!

10/4/24- Lauretano Sign Group “Manufacturing Day”: Terryville, CT (Career Exploration/Job Shadow)





THS students had the opportunity to visit and explore careers at Lauretano Sign Group, which is so close to the high school that we walked there! Lauretano Sign Group, hosted a "Manufacturing Day" event and invited local schools to tour their facilities, learn about their company, and meet with career professionals in the industry.

Celebrated annually on the first Friday in October, with events continuing throughout the month, Manufacturing Day or "MFG Day", is a national movement to promote and educate the youth and public on the reality and need of modern manufacturing careers. Thousands of companies and educational institutions nationwide open their doors to students, parents, educators and community leaders.

MFG Day empowers manufacturers to come together and address their collective challenges and build excitement about manufacturing careers to help their communities and future generations thrive. We extend our appreciation to co-owner Matt Lauretano and to all the employees at Lauretano for their hospitality and exposure to manufacturing!

10/16/24- Tunxis CT State Community College: Farmington,CT (College Exploration Visit)





THS seniors visited CT State Community College for an "Explore Tunxis Day" event. Students had the opportunity to meet with professors and advisors in a wide range of content areas including health professions, graphic design/art, business and marketing, computer science, biology, engineering, and human services. It was a comprehensive visit as students were also able to visit the campus library, support services, art gallery, cafeteria, and advising offices. Tunxis is one of 12 campuses in the CT State Community College system.

10/22/24- Sikorsky/Lockheed Martin: Stratford, CT (Career Exploration/Job Shadow)




THS Career Center took flight to Sikorsky Aircraft in Stratford, CT. Students were given an in-depth tour of the manufacturing facility and learned about the history of Sikorsky helicopters, the variety of aircrafts produced, and the wide range of professional career opportunities available within the Lockheed Martin company! A career panel of various types of engineers shared their roles and highlighted experiences in the company.

11/8/24- AIM: Accounting is My Major,
CTCPA- University of Hartford, West Hartford, CT
(Career Exploration/College Visit)





THS Career Center visited University of Hartford to attend AIM (Accounting Is My Major), an event organized by the CTCPA (Connecticut Certified Public Accountants). Students from schools around the state and THS students met with current UHart accounting majors, professors, and professional CPAs to learn all about the education and outcomes of pursuing a career as an accountant!

11/15/24- Bristol Technical Education Center: Bristol, CT
(Trade School Visit)




The THS Career Center took a trip to Bristol Technical Education Center, where students explored a wide range of hands-on trade programs, including: Welding, Automotive, Culinary, Precision Machining, Healthcare, HVAC, and Mechatronics!

THS Students met with instructors, learned about program requirements, and discovered how they can apply to Bristol Tech to attend during their junior or senior year, or even as postgraduates. The visit left everyone excited about the possibilities in the trades!

11/20/24- Women In Bio/Junior Achievement STEM (Science, Technology, Engineering, Mathematics) Job Shadow Symposium at SCSU: New Haven CT (Career Exploration)





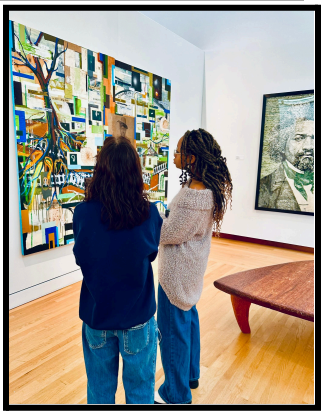
THS Career Center was thrilled to attend the STEM Symposium hosted by Junior Achievement and Women in Bio at Southern Connecticut State University! This exciting event offered our students hands-on opportunities to explore a wide range of STEM careers.

Students connected with incredible professionals from Yale New Haven Hospital, Medtronic, Pratt & Whitney, Halda, the Regional Water Authority, Bio-Techne, and SCSU. Together, they dove into real-world applications of STEM, exploring topics like environmental sciences, biomedical equipment engineering, neuroscience, radiology, pharmaceutical research and development, and even had the opportunity to design a prosthetic leg!

There was a wide range of inspiring volunteers and organizations that came together to make this day unforgettable. The event was even covered by the local news! See link below!
https://www.wtnh.com/news/connecticut/new-haven/stem-symposium-encourages-girls-to-explore-science-tech-careers/

1/3/24- New Britain Museum of American Art: New Britain, CT (Career Exploration-Job Shadow)





The THS UConn Drawing class, along with students passionate about pursuing art careers, recently had the exciting opportunity to visit the *New Britain Museum of American Art*.
During the visit, students toured the museum with a docent, exploring artistic interpretations and styles from various exhibits. They also had the privilege of meeting with the museum directors to learn about the diverse range of careers in the art industry and in museum exhibitions.

These talented juniors and seniors, many of whom plan to pursue art degrees, asked insightful questions and gained valuable guidance for their future in the arts. It is wonderful to see our students inspired and engaged as they take steps toward their creative careers!

1/24/25- International Institute of Cosmetology: Plainville, CT (Career and Program Exploration)





The Career Center had an exciting visit to the International Institute of Cosmetology (IIC).
Prospective hairstylists and makeup artists had the opportunity to tour the school, explore its impressive full-scale working salon, and sit down with current students and staff to learn all about the cosmetology program.
Founded in 2002, IIC has built a strong reputation for producing successful and talented stylists. This visit was an inspiring glimpse into the possibilities for our future industry professionals!

UPCOMING CAREER CENTER TRIPS... (tentative)

3/5/25	Women in Business-AXA XL Insurance Company, Hartford CT-Job Shadow and Career exploration of insurance industry career options
3/7/25	Junior Achievement's Innovation Challenge (held at CCSU)- Career Exploration and team-building experience for students interested in business, entrepreneurship, and marketing.
3/27/25	Career Fair at Thomaston High School Open to juniors to meet with a wide range of career professionals
4/8/25	Central Connecticut State University (CCSU) -College visit for juniors and seniors
4/30/25	Construction Career Day hosted by Associated Builders and Contractors of CT, Wallingford, CT- Hands-on Career Exploration of construction field and trades
5/14/25	Hartford Stage; Romeo & Juliet Performance- Hartford, CT- Literature, Theater and Performing Arts Career Exploration
5/15/25	Manufacturing ConneCTion Fair at the CT State Capitol-Hartford, CT Career Exploration and networking for engineering, manufacturing and STEM fields (early dismissal day- students will need transportation home when we return to THS)

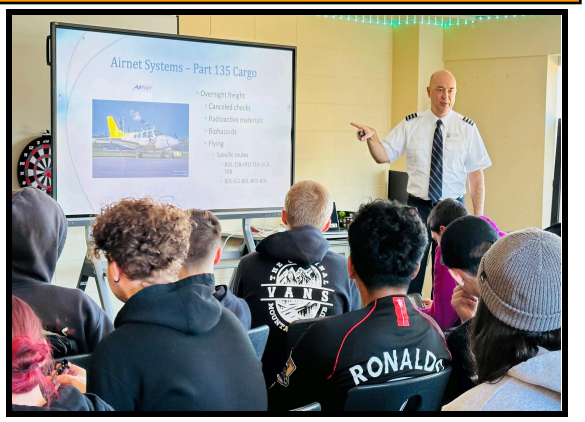
LUNCH 'N' LEARN GUEST SPEAKERS

Throughout the year the Career Center hosts Lunch 'n' Learn guest speaker presentations. During these events we invite career professionals to visit the career center and share their experiences and knowledge in a specific career field of interest.

Usually our guests will display pictures, slideshows, or props to help students gain a better understanding of their career. Many guests share personal stories that also help to illustrate their own journey. After the presentation students are provided with lunch and can continue to ask questions to learn more about the career.

Commercial Pilot: FedEx- Rafal Rogalski





THS Career Center hosted an inspiring Lunch 'n' Learn featuring Rafal Rogalski, a seasoned commercial pilot with over 30 years of experience, who currently flies for FedEx. Rafal, an Embry-Riddle Aeronautical University graduate, shared insights on the qualities essential for a successful piloting career, including dedication and discipline.

Pilot Ragalski also discussed the various pathways and opportunities in aviation and emphasized the importance of networking, both in aviation and any career path. Students left motivated and informed about the rewarding journey a career in piloting can offer!

Health Professions:
Nursing, PT/OT, Radiology, Exercise Science, Pre-Chiropractic, Pharmacy, and more!





We were excited to host a Healthcare Lunch 'n' Learn where students explored exciting opportunities in the nursing and health professions! A huge thank you to our guest speakers:

- Dr. Edith Ouellet – Registered Nurse and Executive Director and Chair of Nursing at the University of Hartford
- Dr. Linda Dahlin – Director of Health Sciences
- Samantha Seger – Graduate in Exercise Science and Regional Admissions Counselor

Together, they shared valuable insights on preparing for careers in healthcare and what to expect in this dynamic field. From neonatal nursing and radiology to respiratory care, physical therapy, occupational therapy, and beyond, the possibilities are endless! We're grateful for their expertise and drive for inspiring the next generation of healthcare professionals.

Construction Careers: Downes Construction





THS Career Center hosted a Lunch 'n' Learn featuring Downes Construction Company from New Britain, CT. Students had the opportunity to hear from John Fraioli, VP of Field Operations, and Nicole DeMayo, VP of Business Development, about careers in the construction industry and carpenters union. Also visiting was a current carpenter, Michael Feliciano, who actually acquired his position with Downes after a similar presentation at his high school just a couple years ago!

Downes Construction has built hospitals, schools, museums, and police stations right in our community and is always looking for new talent! Students with genuine interest in pursuing this growing field were invited for a follow-up site visit and job shadow with potential for an apprenticeship within the company.
Thank you to Downes for providing this opportunity for our students to build their future!

Detective/Law Enforcement:
New Haven & East Windsor PD

…Coming Soon!

Military Presentations

At the THS Career Center, we're committed to providing students with valuable career insights, including opportunities in the military. Throughout the year, we host focused branch meetings to educate students on the benefits and options available in military service.

So far this year, we've welcomed representatives from the Marines, Army National Guard, and Navy, giving students a firsthand look at what each branch has to offer. Stay tuned for more opportunities to explore your future!







CAREER CLASSROOM PRESENTATIONS

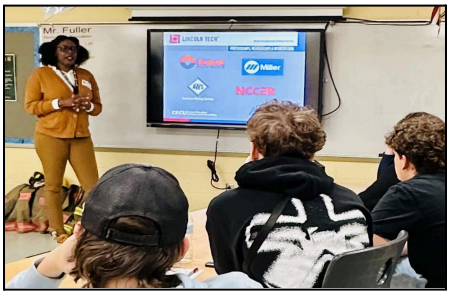
Interviewing Strategies: Brian Falcone, Superintendent of Plymouth Public Schools and Michael Hults, Principal of Terryville High School, meet with juniors and seniors to provide advice and tips on how to prepare for an interview.

Road To Success: A Plan for Life After High School; Dian Wilson and Paul Jette, U.S. Army veterans and admissions counselors from Lincoln Tech, give students a bold and realistic overview of career salaries, expenses, and life budgeting.

Interviewing, Resumes, and Cover Letters: Kate Frederick, from Post University, gives a presentation to juniors and seniors emphasizing the importance of preparing for interviews. She also highlighted the “do’s and don'ts” for resumes, cover letters, and public speaking.

Public Health Careers: Hannah Jack, Americorps Ambassador, speaks to students about the wide range of careers involved in public health such as: emergency preparedness coordinators, epidemiologists, health education specialists, program evaluators, etc.









Mock Interviews in the Career Center

Students in our Career Exploration classes spent time honing their professional interviewing and work-readiness skills while researching the careers that most interest them. They created polished resumes and cover letters, prepared answers to common interview questions, and practiced mock interviews with their teachers, career counselor, and peers.

As a final culmination of interviewing preparation, the THS Career Center held official mock interviews! Local professionals and Career Center business partners volunteered their time to simulate real-world interviewing scenarios. Students dressed in professional attire, presented their best selves, and practiced interviewing for the specific careers they aspire to pursue after graduation! We're proud of our students' dedication to this process and so grateful to our business community for helping prepare the next generation of talent!











Career Symposium

This January THS hosted its first Career Symposium!
Juniors and seniors in the Career Exploration Capstone classes proudly presented the culmination of their career research and hands-on experiences.

At the event, each student showcased a trifold display featuring:

- **Visual representations of their chosen careers, research, and job shadows**
- **Discoveries of personal strengths, growth areas, and major takeaways**
- **Reflections and Postsecondary Plans (college majors, trade schools, military, and more!)**

The Career Exploration Capstone or C.E.C. is a comprehensive course designed to prepare students for their futures and the success of this first symposium is proof of their hard work and dedication!

Way to go, THS students! Your future is bright!










INFORMATIONAL INTERVIEWS

Throughout the year students can contact the Career Center to arrange "Informational Interviews". Informational Interviews are an opportunity for students to learn about a particular career by "interviewing" a professional. The career counselor will help students to schedule and conduct these interviews in the Career Center.

Prior to the interview, students prepare a list of questions and either meet in person or virtually to learn more about a career. Below are some of the informational career interviews we have done this school year!

Veterinarian

Dr. Emily Elliot, Chippens Hill Veterinary Hospital, Bristol CT







Dr. Elliot is always willing to meet with our students, whether to discuss a career in veterinary medicine or provide an in-person job shadow. Dr Elliot's former profession as a high school English teacher is evident as she finds joy in teaching students about her career path and providing them with a realistic and honest overview of a career in veterinary medicine.

Clinical & Forensic Psychologist:

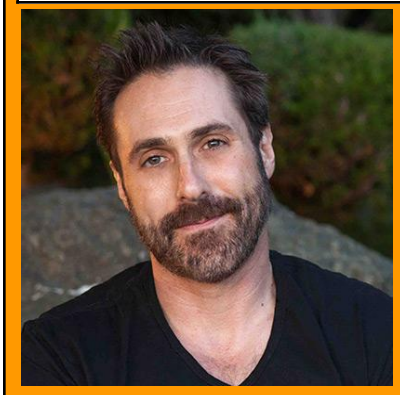
The Office of Dr. George Geyson; Glastonbury, CT



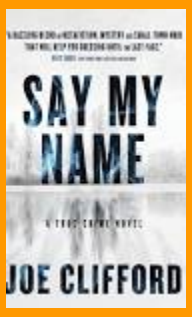
Dr Geysen is a Clinical and Forensic Psychologist. He works with adults and couples with problems such as loss, anxiety, depression, and stress. Dr. Geysen is also a consulting psychologist to the courts and state agencies. He is routinely contacted by attorneys for his expertise as a forensic psychologist to conduct psychological examinations for the courts. He also assists law enforcement agencies for recruitment selection and the Department of Corrections and Social Services for psychological testing.

Published Author/Artist:

Joe Clifford, Los Angeles, CA











Joe Clifford is a native of Berlin, Connecticut who currently resides in California. Joe was happy to meet with us virtually to share his journey to becoming a published author. Joe is the author of many published and popular books including: The One That Got Away, Junkie Love, and the Jay Porter Thriller Series. He is also editor of the anthologies Trouble in the Heartland: Crime Fiction Inspired by the Songs of Bruce Springsteen; Just to Watch Them Die: Crime Fiction Inspired by the Songs of Johnny Cash, and Hard Sentences, which he co-edited.

Child Life Specialist:

Vanessa Slebonick, Connecticut Children's Medical Center



Vanessa Slebonick works as a Child Life Specialist at Connecticut Children's Medical Center (CCMC). Child life specialists are healthcare professionals who help children and families navigate the process of illness, injury, disability, trauma, or hospitalization.

Child Life Specialists are an integral part of the healthcare team, as they provide additional support resources to children and families to help process the often stressful situation of an illness or injury. They use a variety of techniques to help children feel more comfortable and in control during stressful situations. Vanessa was excited to meet with our high school students and share her passion for her career.

Forensic Scientist/Pathologist:

Beth Goodspeed, Lasell University





Beth Goodspeed is a forensic scientist and the Chair of the Forensic Science Department at Lasell University. Beth worked for 23 years in crime scene response with the Massachusetts State Police Crime Laboratory and has expertise in bloodstain analysis, gunshot residue distance determination, crime scene response, and trace evidence screening. She has two Bachelor's degrees from University of New Haven in Forensic Science and Chemistry as well a Master's in Criminal Justice from Westfield State.

Detective/Criminology

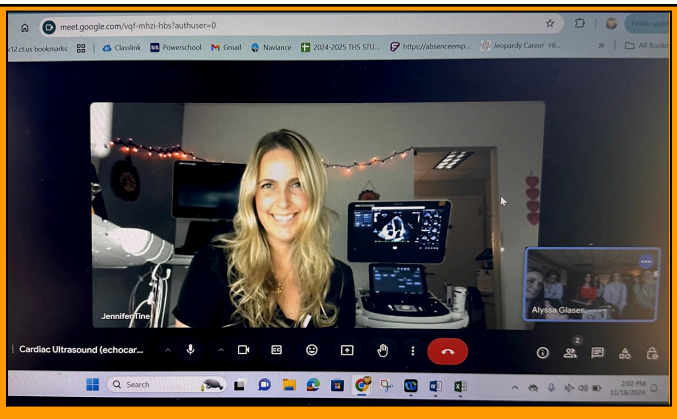
Reginald Simmons, Julie Schnobrich-Davis,CCSU Criminal Justice Department



Julie and Reginald were excited to meet with prospective students pursuing degrees in criminology and the path to becoming a detective. They spoke of their own experience in the field of Criminal Justice, expectations of the program, as well as the many careers that are available to CJ majors.

Cardiac Sonographer

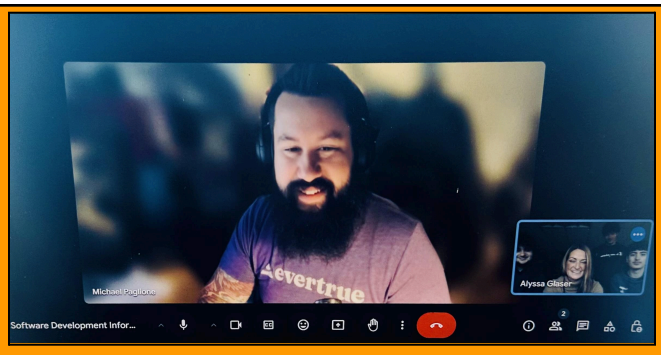
Jennifer Tine; Middlesex Hospital, Middletown, CT



Jennifer Tine is a Cardiac Sonographer at Middlesex Hospital. Her first profession as a veterinary technician led her to pursuing her current career after she witnessed an ultrasound of her own cat who was diagnosed with a cardiac condition. Jennifer not only loves capturing life saving images of the heart but truly enjoys being a positive support for her patients.

Software Developer/Engineer

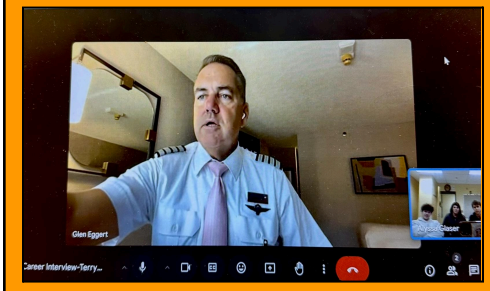
Michael Paglione, Evertrue; Boston, MA



Michael Paglione has applied his lifelong skills as a musician with his retail experiences to become a creative and impactful software engineer/developer for Evertrue. A full-stack developer like Michael, creates both the visible parts of a website (like the design, buttons, and layout) and the behind-the-scenes parts (like servers, databases, and code that make it all run). They work on both the front-end (what users interact with) and the back-end (the systems that manage data and operations). This means they can build and maintain an entire website or application from start to finish.

Commercial Pilots:

Glen Eggert, Brady Wolf, and Rodolfo Cruz







Glen Eggert and Brady Wolf are both pilots employed with American Airlines. Rodolfo Cruz is a military trained pilot who is currently a commercial pilot for FedEx. Each pilot provided insight into his unique career path, varied background, and training; but all of them shared the same passion and love for aviation!