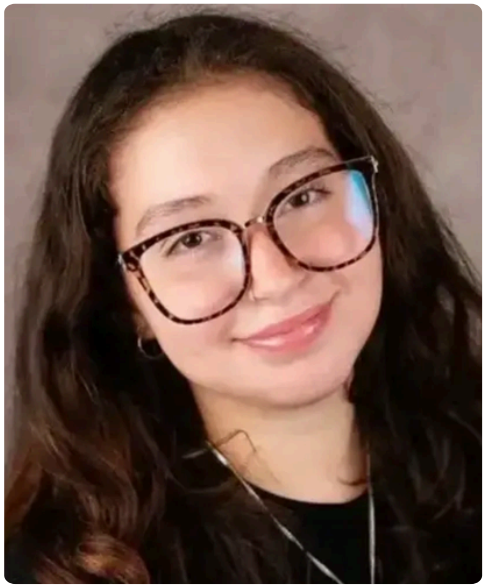
Goodwin University
Magnet School System
Scholars' Alumni Association

ALUMNI NEWSLETTER
SOARING EAGLES

APRIL 2026



Alumni Profile:
Talayeh Rivera, Class of 2022

Talayeh came to Goodwin University Magnet School System (GUMSS) in her middle school years from the East Hartford Public School District. So, when she began her high school journey at CTRA, she had grown accustomed to the variety of experiences she was afforded being a GUMSS scholar. She recalls the reaction of her friends who did not attend GUMSS when she shared with them her experiences at CTRA, "I would tell them that we went to farms, [that] we had a boat and they were just like - 'No way!"

When talking about another advantage to which Talayeh was privy while attending CTRA she stated:

"So, I am a Latina and I grew up Chirsitian. So, I met people from different religions, from different backgrounds. One of my best friends that I still come in contact with, he is a Muslim from Bosnia, and we would just talk about our different perspectives...I think that that's one of my most beautiful experiences - just engaging with people that didn't look like me, that didn't grow up like me."

Upon graduation from CTRA, Talayeh entered the University of Hartford (UHart) to study environmental engineering. There she realized another advantage of attending CTRA - taking college level courses, tuition and text book free, "I was so thankful 'cuz everyone in my engineering courses, they had to take writing and all of that and I didn't have to do that."

Following her first semester at UHart, Talayeh transferred to Central Connecticut State University (CCSU) to pursue her passion for helping others, "...I realized that [engineering] wasn't for me. I always wanted to do more with the world, I always had advocacy and love for people."

Taleyeh earned her bachelor's degree in social work from CCSU in 2025. She is currently enrolled at UCONN working towards a master's degree in social work.

Talayeh's story is yet another testament to what is possible when a dedicated scholar is nurtured and supported by a dedicated educational community.

Talayeh, we wish you all the best in this next chapter of your education journey.

Talayeh's alumni profile can be viewed on the Goodwin University Magnet School System YouTube channel!

Capstone Reminder: May 15, 2026

Capstone Day is coming! Thanks to the many alumni who have signed up to serve as judges.

Please plan to arrive at CTRA Main Office between 11:30AM - 11:45AM.

Come Home to Work

We're looking for a Recruitment and Marketing Coordinator. To apply click here. (Please include resume, unofficial transcripts and (3) professional references) Salary $75,000

GENERAL PURPOSE:
The Recruitment & Marketing Coordinator will support and drive the marketing, recruitment, and enrollment process by establishing and developing robust content and relationships with prospective families, students, staff, and other external and internal stakeholders. The coordinator's primary focus will be on recruiting students based on the district's capacity and the Sheff v. O'Neil stipulation regarding marketing and enrollment goals.

MARKETING:

- Develops a comprehensive calendar of activities and resources to engage prospective families

- Identifies potential volunteers or supporters to develop or maintain a volunteer database
- Generates creative media content for school/district social media platforms
- Co-Leads the planning and execution of events, etc.
- Assists in maintaining and developing school/district websites

RECRUITMENT:

- Researches and captures baseline data and benchmarks surrounding transition grades
- Establishes and maintains relationships with local school districts
- Proactively recruits prospective students with support from schools and district staff to establish and monitor ambitious enrollment goals
- Identifies new concepts and systems to increase applicants
- Facilitates a coordinated approach to outreach activities on behalf of GUMSS and collaborates with faculty and staff
- Conducts informational sessions for prospective students and families
- Organizes and conducts ongoing outreach for PreK3-Grade12 educational partners; provides information on student success programs and services; coordinates campus and site tours and visits to PreK3-Grade12 educational partners and community agencies.
- Collaborates in developing and implementing the onboarding process and completing the success steps for prospective students, including registration, the summer program,
- and the first school day.
- Tracks and maintains accurate attendance/participation records for recruitment meetings, workshops, and parent meetings
- Recruits, trains, and maintains a group of staff, parents, and student volunteers to serve as ambassadors for the school in interactions with families and public events
- Develop electronic and hardcopy content to distribute to a variety of stakeholders
- Partners with the Alumni Specialist to develop creative and compelling projects to further the goals of the district and the Sheff region

JOB QUALIFICATIONS:

- Bilingual (Spanish) Preferred
- Experience working in a technical school system is preferred
- Bachelor's degree required
- Outreach/Recruitment experience required
- Marketing experience required
- Experience in volunteer coordination

If you have any questions please reach out to jacosta@goodwinmagnetsystem.org.



The Importance of Self-Care

In these trying times, self-care isn't a luxury—it's a necessity. Taking time to care for your mind and body helps reduce stress, improve focus, and strengthen emotional resilience. When we pause to recharge, we show up more present, patient, and energized in our daily lives. Taking even small moments of intentional care can make a meaningful difference. Below are a few simple relaxation techniques you can gently incorporate into your routine.

Relaxation Techniques & Exercises

1. Deep Breathing (2–5 minutes)
Sit comfortably and inhale slowly through your nose for a count of 4. Hold for 2 seconds, then exhale through your mouth for a count of 6. Repeat several times. This signals your nervous system to slow down and relax.

2. Progressive Muscle Relaxation
Starting at your feet, gently tense each muscle group for 5 seconds, then release. Slowly work your way up through your legs, shoulders, arms, and face. This helps release physical tension you may not even realize you're holding.

3. Mindful Pause
Take one minute to focus on your senses. Notice:

- One thing you can see
- One sound you can hear
- One thing you can feel in your body
- This quick grounding exercise can calm racing thoughts and bring you back to the present moment.

4. Gentle Stretching
Roll your shoulders, stretch your arms overhead, and slowly move your neck side to side. Pair your movements with slow breathing to deepen the sense of relaxation.

5. Mental Reset
Close your eyes and imagine a place where you feel safe and calm—a beach, a forest, or a cozy room. Spend a few moments visualizing the details and breathing steadily.