



Newsletter of the HVRHS Career Experience Program

Winter 2019

Master Classes Tie Curriculum to Careers

Fall 2018 brought with it a new Career Experience Initiative called Master Class. The goals of the program are to:

- Tie curriculum and academic skills with ones needed to be successful in life, as workers and citizens.
- Introduce students to members of the local community who have chosen to live and work here.
- Offer students an insight into career paths and the education and training needed to be successful.

The Career Experience Program is grateful to the community members who shared their time, talent, and wisdom with our students.

Take a look at the breadth of careers students were introduced to....

Sticky Note Tip: The purpose of education is not only to produce content knowledge and careers-related skills. It's also to produce citizens. Read Eleanor Roosevelt's [Good Citizenship: The Purpose of Education](#)

Accounting: We Will Go!

Dr. O'Neill's accounting class hosted Master Classes with a wide variety of professionals engaged in careers that require or benefit from a strong background in accounting. □



Karen Riccardelli, founder of Canaan-based Riccardelli Accounting shared her love of tax accounting, her emphasis on client service and ethical conduct, and some advice about home offices for tax purposes-- don't have a bed in it!



Attorney Keith Marks, executive director and general counsel of Ascendant Compliance Management spoke to accounting students about the growing field of regulatory compliance, expanding your skill set with each new job, and the choice to live and work locally.



Attorney Barrie Prinz, associate general counsel of Deloitte spoke to students about being a creative writing major in college, bringing her legal training to accounting ethics, and creating a career where she can live and work locally--and be a yoga teacher!



David Shillingford, founder and president of Pegasus Analytics talked with students about how his past military career still helps him take failure in stride and learn from it, the value of working outside of comfort zones, making creative connections between people and ideas, the importance of supply chain in today's business, and the use of data to solve problems.

Sticky Note Tip: In today's economy global is local. Cultivating a global mindset is a top priority. According to [Harvard Business Review](#), leaders with a global Mindset know about cultures and political/economic systems in other countries. They are passionate about diversity and comfortable with being uncomfortable in unfamiliar environments. They build trusting relationships with people who are different from them by showing respect and empathy and by being good listeners.



Jane Williams and John Fiorello of the Entrepreneurial Center of Northwest Connecticut discussed with students the traits of an entrepreneur, iterative design of ideas, and the importance of being able to keep your own financial books.



Monica Corbett, marketing and consumer insight professional, conducted a focus group with students to show them how companies gather information to inform product marketing decisions.



Two Twelve Consultants Lauren and Mark Trager spoke to students about different types of business organizations, from sole proprietorship to LLC.



From top to bottom: Artists and designers Natalie Will, Thorunn Kristjansdottir, Caroline Alexander, and Jodi Luby.

Starving Artists--NOT!

Art teacher Warren Prindle approached the Career Experience Program with a request--tie his curriculum in computer painting and colleague Janet Johnson's photography class to careers in art.

Career Experience sprung into action to create four Master Classes, finding talented local professionals who are artists, photographers, graphic designers, marketing and branding professionals, and entrepreneurs.

They're all taking a background in art and making it work for them (click on the links below and see for yourself). These professionals included:

- Natalie Will, founder of mavisBlue.com graphic arts and branding company.
- Thorunn Kristjansdottir, founder of [Thorunn Designs](http://ThorunnDesigns.com) and [Main Street Magazine](http://MainStreetMagazine.com).
- Caroline Alexander, founder of [Alexander Designworks](http://AlexanderDesignworks.com) and [Berkshire Food and Travel](http://BerkshireFoodAndTravel.com)
- Jodi Luby, founder of [Jodi Luby Company](http://JodiLubyCompany.com)

Students learned about creativity, taking calculated professional risks, learning the practical side of running a business, trusting one's instincts, and that a love of art can be satisfying and financially rewarding. □

Sticky Note Tip: Careers in manufacturing are on the rise, and Connecticut is part of that growth. With an abundance of local manufacturers, high school-educated students can find living wages, benefits, tuition reimbursement, and welcoming workplaces. Curious? visit [My Next Move: Jobs in Manufacturing](http://MyNextMoveJobsInManufacturing.com) to see the array of manufacturing careers. Planning to head into the workforce after graduation? Make an appointment with Dr. O'Leary to discuss possibilities in the local manufacturing sector.

Global History Students Travel to Africa Without Leaving the School

Career Experience proposed a collaboration with Social Studies instructor Caitlin Messina to create a Master Class trip by bringing local resident Barrett Prinz, chief legal officer of [One Acre Fund](#) to describe his work creating capacity and sustainable agriculture for small-hold farmers in nine African countries.

He spoke with over 80 freshman global history students in this in-house opportunity.

Prinz's presentation explored global history themes in the curriculum and summer reading regarding the history of agriculture, use of technology, feeding populations, and other topics.

For Career Experience, Prinz discussed the non-profit sector as a combination of earning a living *and* serving a purpose; the role of NGOs (non-governmental organizations) and non-profits in the developing world; and the importance to an organization of vision and mission statements and core values.



Barrett Prinz discussing how One Acre Fund's financial partnerships with small holder farmers can change lives and feed the planet.

Dr. O'Neill followed up with a visit to Ms. Messina's classes to discuss with students the definitions of vision and mission statements and core values. Individuals can use these organizational tools to research "fit" with an organization and aid in defining what a successful employee "looks like". □



Prinz explaining how women play a vital role in agriculture in Africa and contribute to a family's ability to grow food for themselves, sell the surplus at market, and plant the seeds of self-sufficiency.

The “Why” of One Acre Fund

Mission We serve smallholder farmers. In everything we do, we place the Farmer First. We measure success in our ability to make more farmers more prosperous.

Vision We envision a future in which every farm family has the knowledge and means to achieve big harvests, support healthy families, and cultivate rich soil.

Core Values

Humble Service	Hard Work
Continual Growth	Family of Leaders
Dreaming Big	Integrity

Manufacturing Opportunities in Our BackyarD

Becton Dickinson (BD), the Northwest Chamber of Commerce, and the DOL Apprenticeship Office manufactured a wonderful opportunity for 16 students to go behind the scenes at BD and listen to a career panel of employees.

Matt Koehler and his BD colleagues went out of their way to make this an engaging experience. Students learned about opportunities at the company and in manufacturing in general. These include competitive salaries and benefits, retirement, tuition reimbursement, and supportive work environments.



Students listening to the career story of Franchesca Neris (pictured above left) and Matt Koehler (right) as well as those of Edin Babic, Jeanine Hodgkiss, Mike Vidal, and Brendan McDonald.

Employees described beginning work at BD with a high school diploma and obtaining bachelors and masters degrees while working at BD through online programs at colleges and universities.

Each one demonstrated pride in their work of improving the lives of others through safe and reliable syringes and other medical devices. □



Ann Bidou, co-author of **Career Match: Connecting Who You Are With What You Love To Do** helping students apply personality profiles to character development in Lori Bucco's creative writing class.

Students Developing Characters and Themselves

Sometimes serendipity can produce amazing results.

You might know Ann Bidou as the co-proprietor of Toymakers Cafe with her husband Greg. What you might not know is that she is also co-author of *Career Match*, which uses a color-coded personality assessment to help individuals understand themselves and what kinds of careers they might be suited for.

While at HVRHS to conduct a student career match session, Dr. O'Neill introduced her to creative writing teacher Lori Bucco, who was in the midst of conveying curriculum about character development.

Two weeks later, Bidou returned to HVRHS to apply *Career Match* methods to fictional characters, helping students gain insight into the characters they created to develop plots that rang true and were internally consistent. □

Wanted: Internships, Job Shadows and Part-Time Employment for Students

The Career Experience Program can help students interested in exploring new careers or obtaining part-time work.

Dr. O'Neill works with students to identify career interest areas and then researches opportunities, makes connections with local employers, both in the for-profit and non-profit sectors, and creates an internship or job shadow.

Robin Beaujon, coordinator of the College and Career Resource Center (CCRC), is the resource for part-time employment. Local employers list opportunities with her that are posted via the bulletin board outside the CCRC and an email blast to all students.

If you're an employer and you'd explore creating a student internship, email moneill@hvrhs.org.

If you're an employer with a part-time position you need filled, email rbeaujon@hvrhs.org.

While we can't always guarantee a shadow, internship, or job candidate, we are working hard to meet student and employer needs. □

Save the Dates

Wednesday, April 24th: Financial Reality Fair

All seniors will attend the Fair at Torrington High School to simulate the financial realities of career and education decisions. Funding for this trip is through a grant from Northwest Connecticut Community Foundation.

Wednesday, May 8th: HVRHS Careerapalooza 2019

The biennial career fair will be held during the lunch blocks. Students will be exposed to careers and the paths to them with the help of local professionals.



Entering the Workforce After Graduation? Help Us, Help You

Are you graduating in June and entering the workforce? Attending college locally and want a position to help pay for school?

If the answer's yes, let Career Experience help you. We can work with you and your School Counselor to implement your HVRHS exit plan.

Dr. O'Neill and Ms. Beaujon can help you:

- Make sure your resume is complete and error free
- Write a compelling cover letter
- Conduct a job search and make connections with employers in the local community
- Work on interview and soft skills you'll need to make the best impression
- Ease anxiety about the next step after graduation

Let's do this together! □

Gratitude Works

The entire HVRHS community is grateful to local community members and employers for sharing their expertise. These valuable partnerships show students how to make connections, create a fulfilling career, and manage the twists and turns of a career path. Thank you!