



# Stony Brook Serves a Career Center publication

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*Courtesy of Greta Guarton.*

## SB Alumna Gives Back to the Homeless

*by Steven Giugliano*

The Nassau-Suffolk Coalition for the Homeless (NSCH) is a not-for-profit organization that works to eliminate homelessness and improve the lives of struggling Long Islanders. Much of the Coalition’s success is due to the hard work and dedication of executive director Greta Guarton, who has worked with NSCH since 1996.

Guarton, a Long Island native and Stony Brook University alumna, received a bachelor’s degree in psychology from Stony Brook, and a master’s degree in social work from Adelphi University. Guarton always knew a career helping others was what she wanted to do—but it took time before she realized her vocational path. “I had helped people my whole life but it never occurred to me I could make a career out of it,” she said. When Guarton was in school, she found herself involved in almost every community service event.

Guarton explained that the most rewarding part of her job is in human services. “Developing houses and providing homes for disabled and low-income families is what I find most rewarding,” she said. “Community service is important,” she said, “because

there are so many people who are in desperate need. You find yourself helping the poorest of the poor and you’re able to make differences in those people’s lives.”

Guarton explained that being homeless is not what many people believe it to be. For a person to be considered homeless, he or she needs to be living in a place such as a car, on the street, or in an uninhabited building. While a person without a house who is temporarily living with relatives or friends may be considered homeless to many, the government does not classify them as homeless. With this definition in mind, 100 volunteers from the coalition spent 14 hours driving all over Long Island in 2008 counting more than 3,000 homeless people. “In fact, two-thirds of Long Island’s homeless are families and 50 percent are children,” Guarton said.

NSCH also organizes the “Have a Heart for the Homeless Candlelight Vigil,” held every February at Farmingdale State College. At this event, hundreds of community members have the chance to donate clothing, toiletries, and other items to those in need.

*(Greta Guarton article continued on page four.)*

### Inside This Issue:

Greta Guarton, SB Alumna	Cover
Looking for Summer Jobs?	2
On Campus Volunteering	3
How SB Students are Giving Back	3
Volunteering and the Job Market, & Greta Guarton(Continued)	4
Looking Ahead to the Fall: Getting Involved with Community Service	5
Community Service Award Ceremony Winners List	6

## Looking for Summer Jobs and Internships? Look on ZebraNet!

by Christina Positano

Looking for summer jobs and internships can be tough, but the Career Center is here to help! Through the Career Center, students can sign up for ZebraNet, a database of jobs, internships, volunteering and research opportunities, and alumni contacts specifically for Stony Brook students. Approximately 200 internships and more than 600 jobs currently exist in the system. Along with its database, ZebraNet also allows access to MonsterTrak for nationwide listings.

What makes ZebraNet unique is that students can upload up to 15 resumes, cover letters, or reference lists directly to employers their personal account and apply for positions directly through the system. If you're not sure where to start with creating a resume or cover letter, the Career Center has uploaded resume and cover letter packets into the ZebraNet Resource Library (located on the home page) for students to peruse.

Career Center professionals are also available to proofread and critique resumes and cover letters. Located at the foot of the Zebra Path, the Career Center offers comprehensive resume and cover letter review during the summer on Tuesday, Wednesday, and Thursday from 1 to 3 p.m. with no appointment needed. Resume review hours during the year are Monday to Friday from 1 to 4 p.m.

Have your resume ready but can't find what you're looking for through a job search? ZebraNet's employer directory is a unique and great place to look for summer jobs. You can find more than 5,000 contacts at your fingertips. Students can inquire about available positions and obtain information about the company by calling or e-mailing the listed employer.

Networking is also a great way to make contacts in your field of interest, as well as to learn information about what is required to succeed. The Career Contact Alumni Network (CCAN) makes networking less stressful with its extensive database of professionals. Students can conduct informational interviews in person, through e-mail, or over the phone. Not only will you gain new insight, but it's fun too! "I definitely enjoyed it," said Abigail Nicolas, student and career counseling intern at the Career Center. "It's very useful, and I feel like it is an opportunity that should be taken advantage of because you learn so much from it." Talking to someone who is on the frontlines of what you want to pursue can be the biggest perk. "CCAN is the best way to get information from someone who's done what you want to do," said Sheree Newton, a Masters of Social Work (MSW) student intern at the Career Center.

For more information about internships, full- and part-time employment, community service, research opportunities, and CCAN, please stop by the Career Center, or call our front desk at 631-632-6810. Students can also visit [www.stonybrook.edu/career](http://www.stonybrook.edu/career). Click on the "Students" tab underneath the ZebraNet icon on the left side of the page, and then select "Click here to register."

# The secret is out ..

Get your own agent:  
Search for a job/internship of your interest,  
then save your search and make sure to check  
the "e-mail me when new jobs become avail-  
able" box to receive automatic updates.

1

**VISIT OUR WEBSITE**  
[WWW.STONYBROOK.EDU/CAREER](http://WWW.STONYBROOK.EDU/CAREER)  
AND CLICK ON THE ZEBRANET LINK.

2

**REGISTER**  
CREATE YOUR OWN USER NAME AND  
PASSWORD AND START YOUR SEARCH.

3

**SET UP A SEARCH AGENT**  
TO RECEIVE AUTOMATIC UPDATES ON  
NEW JOB AND INTERNSHIP POSTINGS!



# .. ZebraNet is in!

STONY  
BROOK  
STUDENT AFFAIRS

CAREER CENTER  
[WWW.STONYBROOK.EDU/CAREER](http://WWW.STONYBROOK.EDU/CAREER) • 631-632-6810 • MEET US @ THE FOOT OF THE ZEBRA PATH

## On Campus Volunteering Over the Summer

by Melanie Tam

Will you be roaming the campus from June to August during the summer session? In order to fill in the void between classes, it may be difficult to find things to do, since the campus at large is mostly deserted. Many on-campus volunteering opportunities, however, are available and easily accessible for the average Stony Brook student. By staying involved with the community, students can both maximize their time on campus and add rewarding experiences to their resumes. On-campus volunteering opportunities include the Long Island State Veteran's Home, Stony Brook University Child Care Services, and volunteering at the University Medical Center. All of these facilities can be reached by taking advantage of Stony Brook's on campus bus transportation system.



### Long Island State Veterans Home

The Long Island State Veterans Home provides care and services to veterans and their families. Volunteers will assist and care for residents in a variety of areas, which are tailored to fit the students' interests. Volunteers serve as a link between the general community and the home.

Some benefits that volunteers receive are "Vet-Bucks" used to buy meals on campus, and recognition pins and certificates for hours volunteered. A two-hour training session is required to begin volunteering. Shifts (two-hour increments) are extremely flexible and are available seven days a week during mornings, afternoons, or evenings. How to volunteer: <http://www.listateveteranshome.org/volunteers.html>.

### Stony Brook University Child Care Services, Inc.

The Stony Brook University Child Care Services, Inc. is available to all Stony Brook staff, faculty and students, as well as hospital employees and students. Volunteers have a chance to work alongside a professional teaching staff with infants, toddlers or preschoolers. How to volunteer: <http://www.stonybrook.edu/sb/childcare/volunteer.shtml>.



**Stony Brook Child Care Services, Inc.**

### Stony Brook University Medical Center



The volunteering possibilities are endless at the University Medical Center. Volunteers may do anything from greeting visitors or caring for patients to being a part of the staff at the gift shop. Positions are available according to a volunteer's interests. They can work with patients or perhaps in an office environment if they feel more comfortable there. Volunteers are required to devote just three hours

a week for at least eight months. How to volunteer: <http://www.stonybrookmedicalcenter.org/body.cfm?id=30>.

## How are Stony Brook Students Giving Back this Summer?

"Over the summer I plan to go to France for two weeks through an organization called La Sabranenque to take part in a restoration project. From this experience I am looking to learn sustainable building practices, improve my French speaking skills, learn about the French culture, and meet people from all over the world. I found out about this organization through the Stony Brook website. I have never participated in this before, so I am very excited!" – **Anna Ceraulo-Jalazo**

"For four weeks this summer, I will be volunteering in conservation projects overseas in New Zealand in

an effort to help preserve the indigenous wild life." – **Dan Burns**

"I will be participating in Big Brothers Big Sisters (BBBS) community service program in Brooklyn, NY. I will mentor a student on one-to-one basis, and will assist him in defining his future goals. I am also planning to help organize college planning workshops specifically for Pakistani-American community with help of a friend, Saif Ahmed. We also plan to work on a youth mentoring program similar to BBBS but mainly geared towards recent immigrants from Pakistan." – **Zeeshan Mughal**



## Community Service and the Job Market

by Rebecca Newman

Having trouble finding a job or an internship this summer? Think about volunteering with a local organization that fits your career interests, or even just for fun. You may not be getting paid, but you'll gain valuable skills that you can transfer to any occupation. You can also make connections with amazing people.



In my experience, volunteering has been extremely accessible and beneficial. Volunteering enables you to “get your foot in the door,” or gain exposure to a company that may not be hiring at the moment. If you enjoy working with people and impacting the lives of others, you will find volunteering extremely fulfilling. Volunteering at an agency on a consistent basis enables you to see the positive changes in the groups you work with. You can really see the way their faces light up when you walk into the room, or if they have improved in skills you are helping them develop.



Volunteering also has the potential to change your career path. After I volunteered at a residential treatment facility over this past summer, my life was changed. I worked with children who had been taken away from their parents. All of these children had been hospitalized for severe mental disturbances. Every day, I thought about the kids I worked with. I thought about the terrible conditions that brought them to the facility and what could be done to help them. I made it a goal to learn as much about their various disorders and issues inside and outside of the classroom. I fully intend on working in a similar facility upon graduating and entering the workforce.

Although it should not be your primary motivation, community service work also looks great on a resume. It will make you stand out from the average job/grad school applicant who hasn't reached out in the community. You will also undoubtedly acquire valuable skills necessary for any type of employment, as well as gain a good reference from your supervisor.

Doing some sort of volunteer work or community service is invaluable. It provides personal, as well as professional, enhancement, and is also a fun activity.

If you are interested in volunteering over the summer, visit the Career Center to discuss your options. You can also go to [www.volunteermatch.org](http://www.volunteermatch.org) to find local volunteering activities in your area.

## Greta Guarton Article, Continued from Page One

Guarton reminds people that anyone can become homeless. “It’s important to realize that these [homeless] people are just like you and me,” she said. “[They are] families like yours and mine who need help.”

“It’s important to absolutely reach out,” Guarton said, referring to college students looking to volunteer or pursue a career in social services. “Try while you’re in college. It might be a great experience.”

For more information about Nassau-Suffolk Coalition for the Homeless, visit their website at [www.nsch.org](http://www.nsch.org).

**Turn to page six for the winners of the Community Service Award Ceremony!**

# Looking Ahead to Fall: Get Involved with Community Service

by Cody Campbell



For many students, reality is approaching as quickly as the fall semester. Rising seniors are in crunch time: with only two semesters left, they are rapidly running out of time to gather the experience needed to be able to compete in a challenging job market. Thoughtful juniors will be scrambling to find work-study programs, jobs, and internships that can compliment their education, giving them a step up on their fellow classmates that are going to wait until their senior year or until after graduation to begin accumulating job experience. Today's job market demands more than just a bachelor's degree and a good G.P.A.

A great way to improve your resume and stand out among other job seekers is to get involved in community service work. There's always an added bonus of the good feeling that accompanies serving your community and helping those in need. Finding this experience, though, is sometimes seemingly elusive. Everybody knows where to go to look for jobs:

ZebraNet, Monster, craigslist, etc. But where does one go to find volunteer work?

Stony Brook University, Long Island, and the greater New York City area are teaming-up with community service opportunities. A great way to get involved on campus is to join a club. Stony Brook has everything from the Sikh Student Association to the Protestant Campus Ministry. There is truly something for everyone. Circle K puts "students in leadership roles," both on and off campus, linking them with organizations that are in need of volunteers, says its president, Manny Shokralla. The Society of Physics Students hosts "bi-weekly seminars in which guest speakers can share and discuss their particular field of research with the students," says Jude Safo, the Club's president.

What many people don't know is that ZebraNet, a Career Center website, isn't just for jobs: it's a fantastic resource to search for community service opportunities, both on and off Long Island. When searching for job prospects, why not, instead of clicking "part-time" or full-time" in the drop down box, choose "volunteer"? The opportunities available may not help you get extra spending cash for the weekend, but it will give you a nice advantage in that competitive job interview.

For commuter students, or those that just feel like getting off campus every now and then, [www.idealists.org](http://www.idealists.org) provides an almost unlimited source of volunteer opportunities all over New York (and internationally as well). It provides a resource for water conservation organizations in Rwanda, HIV/AIDS research groups in New York City, and national philanthropic endeavors, among other things.

If all of this fails to secure you that much needed community service internship or volunteer opportunity, the Career Center is located at the bottom of the Zebra path. The Career Center is full of good advice, and a variety of community service and job workshops that will certainly benefit anybody in need of professional assistance.



## The Community Service Award Ceremony Winners

by Taryn Kutujian

On Monday, April 20, 2009, Stony Brook University held its Community Service Award Ceremony that honored faculty, students, and staff who engage in service activities all throughout the year. A number of diverse organizations and individuals were honored with Excellence in Community Service awards, Outstanding Community Service Project awards, and Distinguished Recognition awards. The award ceremony was co-hosted by Lambda Theta Alpha Latin Sorority, Alpha Epsilon Delta: The National Health Pre-Professional Honor Society, and Epsilon Sigma Phi Sorority.

Winners were chosen in their respective categories by the Community Service and Service-Learning Committee. Thank you to all Stony Brook administrative members who supported the event, and to all Stony Brook community members who devote their time to others all year long.

### Excellence in Community Service

*Alpha Epsilon Delta, The National Health Pre-Professional Honor Society*

*Diego Acero*

*Gregory Schepps*

*Mina Shokralla*

*National Society of Collegiate Scholars*

*PuiShanKosina Wong*

*Ruksana Rangwala*

*Sana Hashmi*

*Society for Hispanic Professional Engineers*

*Srinivas Pentyala, Ph.D.*

*Student Health Advisory Committee*

### Outstanding Community Service Project

*Alpha Phi Delta Fraternity – Charity softball tournaments to benefit the Starlight Children's Foundation*

*Alternative Spring Break Outreach – Hurricane Ike outreach in Galveston, Texas*

*Golden Key International Honor Society – Bi-lingual coloring books campaign for Stony Brook Hospital*

### Distinguished Recognition Awards

*Active Minds*



Some of the winners from the Community Service Award Ceremony.

*Amber Choudhry*

*Amir M. Mirzaei*

*Amna Vahidy*

*Anand Shukla*

*CHILL Peer Educators*

*Christine Vargas*

*Community Service Club*

*Epsilon Sigma Phi Sorority*

*Institute of Electrical and Electronic Engineers*

*Jack Beneskenazi*

*Jason Lee*

*Jennifer Dellaposta*

*Kappa Alpha Psi Fraternity*

*Lambda Theta Alpha Latin Sorority*

*Maria Pasqualo*

*Nathalie De Los Santos*

*National Residence Hall Honorary*

*Phi Beta Sigma Fraternity*

*Pre-Med Society*

*Rita Dano*

*Rohan Rao*

*Shek-Man Tsui*

*Shonto Olander*

*Sigma Delta Tau Sorority*

*Sindhura Kunaparaju*

*Student Athlete Advisory Committee*

*Zeeshan Mughal*

## Submit Your Articles!

The AmeriCorps VISTA Program encourages students, faculty, and staff to get involved with community service activities. Our publication is the place to share your stories with the Stony Brook community! Submit articles and photos, share information about projects, and list upcoming events. Please send all submissions to **Taryn Kutujian, VISTA Coordinator, Career Center**, at [stonybrookseves@gmail.com](mailto:stonybrookseves@gmail.com). Be sure to include your name, phone number, and email address.