

Regis College



CARPE PER DIEM

On the journey with your fellow Regis graduates

Sylvia Chojnowska, Masters in Counseling Psychology '22 made the leap from intern to per diem clinician at Arbour Counseling Services.

“When I was an intern, I noticed a lot of the issues our clients were facing were about social media,” Sylvia writes, “which inspired me to create a psych-ed group about developing healthy habits with it. My site not only encouraged me to make it, but helped me fine tune it. I’ve run it a few times now, and many of our teen (and even adult) clients appreciate the tips and opportunity to discuss the impact social media has had on them.

For some time, I did not think I could handle running groups and just being a clinician in general. However, my professors encouraged me to take the chance and continue on the clinical track, and I think I am all the better for it.

The Regis community and staff helped me find a sense of confidence in myself and my skills I do not think I would have had otherwise.”

TAKE 5

Career counsel from the counselor

We asked Sylvia to share what she learned in order to obtain her current position and will help her remain effective on the job. Here, in random order, are 5 of her takeaways:

- **5: Per Diem is a perfectly valid option.** Job hunting is hard, however, any opportunity for experience is always a good thing. If you get the offer for per diem, then don't be afraid to take it. If you're lucky, there is always the chance of it becoming full time too.
- **4: Criticism is important.** While it stinks to hear we could have done something better, we need that criticism to know how to better ourselves.
- **3: SELF-CARE IS IMPORTANT!** If there is one thing I have learned this past year, it's to make time for self-care. To quote Dr. M [Associate Professor and Director of Graduate Counselling Programs Karen Miranda] "You can't pour from an empty cup." If you do not give yourself some time to relax and focus on something that isn't work, you'll end up stressing yourself out and not have the energy to do the work you need to.
- **2: You might end up somewhere you don't expect.** I'm sure a lot of you have an idea of where you'd like to go, which is good that you know your interests. At the same time, don't be afraid to try something new. You might find a new interest or talent.
- **1: Try to keep a separation between work and home life and leave any burdens you might have from work in the office.** It's tempting to do some extra work at home, but sometimes you have to give your mind and body a break.

DO YOU HAVE A NEW JOB with your present employer or another organization? If you would be willing to share more about how you got there, including advice for your fellow Regis graduates, contact Kaitlynn

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