



Regis College

Graduate and Professional Career Planning



On the journey with your fellow Regis graduates.



A NATURAL TRANSITION

A Wealth of Experience (and a doctoral degree class) led **Lise McKenzie, EdD '23**, to the Next Level.

How did Lise McKenzie, EdD '23, become the new Director of the Department of Transitional Assistance Quincy office, managing more than 45 staff members who provide the delivery of services including cash benefits and food assistance to low-income individuals and families in Quincy and more than 20 surrounding towns?

One look at her resume tells a big part of the story. With clinical and management experience from Community Caseworker for the Department of

Youth Services and Social Worker for the Department of Children and Families to Human Services Coordinator for the Department of Mental Health, and Psychotherapist with the Healthy Girls and Women Institute, Lise had an ideal background. But her education also led her to the opportunity.

With an undergraduate degree in English (minoring in secondary education) and multiple master's degrees in criminal justice and family therapy, Lise had the academic credibility even before she decided to pursue a doctoral degree in education. But she wanted to teach a clinical course and further her leadership skills and "specifically chose the [EdD in Higher Education Leadership] program at Regis due to the amount of support offered while writing the dissertation, as well as offering the leadership concentration."

Before even completing her Ed.D., Lise's career development class proved to be a game-changer, providing her with valuable insights into her skills, interests, and values. Armed with the knowledge gained from assessments and a professionally critiqued resume, Lise aced her job interview!

"I ultimately used my updated resume edited by the professor as well as the information from my assessments to prepare for job interviews and gain the position as the director of the Quincy DTA office."

TAKE 5

Seeking career wisdom? Ask a professional.

With such a deep reservoir of experience, Lise offers some inspirational advice for fellow students (soon to be graduates) and alumni. Here, in random order, are 5 of her takeaways:

5: Take a deep breath. One self-care technique I learned in my outpatient clinic is a simple breathing exercise called "Smell the flowers, blow out the candles."

4: Affirmative Incantation. Every Sunday, I start with an affirmation I use to help me get through the week and share with my clients. Here is one I got from a classmate in my EdD program and I placed on a vision board and wake up to every morning: "Trust the Process."

3: Walk and chew gum (simultaneously)! You can do more than one task at a time. I have a passion for leadership as well as clinical

work, so I do both..

2: Be a true believer. If you believe in your organization's mission and vision statements, you are more likely to be happy within your position and support the organization in working towards achieving their goals.

1: Lead by example. Another affirmation given to me by a classmate, which I stand by: “The leaders we want are the leaders we should be.” I strive towards acknowledging, praising, and thanking those who work with me.

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 M. Arvidson, Ed.M. Director, Graduate and Professional Career Planning at Kaitlynn.arvidson@regiscollege.edu.



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