



Regis College

Graduate and Professional Career Planning



On the journey with your fellow Regis graduates.



TAKING ACTION TO BRIDGE A GAP

Knowledge gained from her doctoral research inspired this recent Regis graduate to take action.

Ann-Marie Denton, EdD, '22, CEO, Mental Awareness For All

While conducting research as an [EdD in Higher Education Leadership](#) student at Regis, Ann-Marie Denton, '22, discovered that only 3% of mental health clinicians in the United States were Black. Motivated by this knowledge, she was determined to take action.

"Researched knowledge gained from the dissertation inspired me to sit for the National counseling board exam, which I successfully passed it in 2022! There's a lack of Black professionals in the field and I felt obligated to assist."

What is particularly exciting about your new role and/or special project?

"It gives me joy to work in the mental health field. I am currently working with children and adults that are experiencing short or long term psychological distress. It is very rewarding to me when a child is able to vocally express their emotions and they are in a safe environment that allows them to thrive."

How has Regis prepared you for success in a demanding field?

"Regis gave me a great foundation on how to be a leader, compassionate and how to engage and build community partnerships."

TAKE 5

Seeking career wisdom? Ask a professional.

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

5: Believe in yourself. Your training, education, experience and, most importantly, your values, will never let you down!

4: It's a journey not a destination. Your path may take unexpected turns, but always embrace your way ahead as a journey.

3: Build meaningful relationships. People are what make the difference so take the time to connect with others and build strong relationships.

2: Opportunity is around the next corner! There will be ups and downs during your career journey but don't get discouraged as another opportunity will arise.

1: Pause and refresh. Always make sure you take time to care for yourself and your mental health.

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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