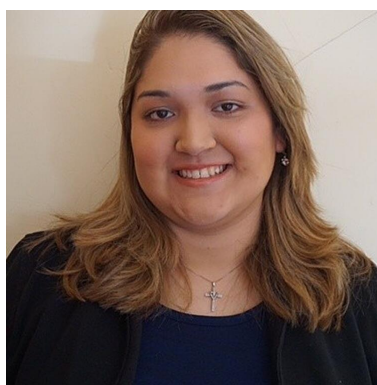


# Regis College



## SI, TRABAJADORA SOCIAL

### On the journey with your fellow Regis graduates

Spanish-speaking social worker **Lesley Ayala MSW '21** gives her clients at Eliot Community Health Services a voice.

---

In January, Lesley Ayala was promoted to clinician at Eliot Community Health Services, where she had served as a case manager. Immediately, the impact of the bilingual social worker became apparent.

**“I had a Spanish-speaking client with OCD and anxiety [who] was on waiting lists to many agencies but needed help asap,” Lesley recalled.**

This client was one of her first after graduating and came in showering throughout the day, unable to leave her apartment or hug her kids. Initially, Lesley thought “This is way above my experience and knowledge,” but, “fast forward, a few months later and she has reduced her OCD rituals, can hug her kids, showers only twice a day, and can go outside with less of a struggle. I

was in a session and she [said] to me, 'I couldn't have done it without you. I didn't think I would ever get help, then I found you. Thank you for not giving up on me.'”

**In her new role, Lesley was well prepared to hit the ground running. “The staff at Regis believed in me when I doubted myself,” she explained.**

“They gave me an opportunity to join the program and follow my dreams to help people in various ways and make a change in the community and in the world. If it wasn't for that opportunity, the knowledge, the staff that showed they cared and supported me, I wouldn't have been able to help this client or any of the ones I currently have. I am thankful for the program that not only prepared me but motivated me and gave me a purpose again.”

---

## TAKE 5

### Seeking career wisdom? Ask a professional.

We asked Lesley 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: Over time, everyone experiences imposter syndrome.** You were hired for a good reason. Believe in yourself and in your potential.
- **4: Advocate for yourself, be open to others.** You won't always agree with your colleagues or supervisor but develop confidence expressing your opinion, while hearing and respecting others to build consensus.
- **3: You aren't expected to know everything.** In job interviews, you can be candid about areas where you may lack experience as long as you convey real passion for the field and a willingness to learn from others. As long as you show you are open, people will guide and support you.
- **2: Self-care is not selfish—it benefits your clients by enabling you to give them your best.**
- **1: Embrace and learn from the different styles of your team.**

**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](mailto:Kaitlynn.arvidson@regiscollege.edu).



**Regis College, Office of Graduate Affairs**  
235 Wellesley Street, Weston, MA, 02493 United States  
[Unsubscribe](#) [Manage Preferences](#)