

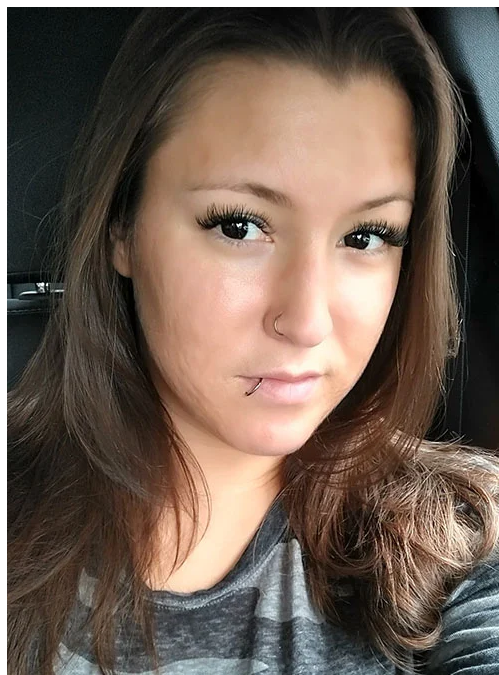


Regis College

Graduate and Professional Career Planning



On the journey with your fellow Regis students and graduates.



STRONG ROOTS MAKE STRONG WINGS

By combining her passions with a strong educational foundation this recent Regis graduate transformed her dreams into reality.

Kirstie Winin, MA in Counseling, '23

Outpatient Clinician, Essential Insights Counseling Center

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

"What is particularly exciting about my new role is that I finally get to do what I have always dreamed of. Helping people to transform their lives by connecting one-to-one in a therapeutic setting has been my vision for myself. In my new role as outpatient clinician, I get to combine my passions for psychology, the brain, holistic health, creativity, and connection in an environment that promotes lifelong learning."

Please share a brief anecdote/story that reminds you of how you're making a difference?

"I recently had a client who struggled with alcohol use. Despite how much they tried in the past, they could not remain sober for any substantial period of time. After I started to work with them, they were able to achieve one year of sobriety and counting! At first, I didn't think I had a huge part to play in their success. However, the client told me that I had made the difference this time around in their sobriety. They told me that my empathic understanding, unconditional positive regard, and willingness to commit to helping them on a regular basis enabled them to conjure up the courage to make meaningful changes in their life!"

How did Regis prepare you for this new role or project?

"Regis prepared me for my new role by giving me a solid foundation in my discipline. My professors had much valuable experience to share as they guided us through classes and internship. Regis also fostered a beautiful community of students and professors alike who I have lasting relationships with now. I have a home there which gives me the confidence to try new things. Strong roots make strong wings."

TAKE 5

Seeking career wisdom? Ask a professional.

Based on her experience, Kirstie offers some inspirational advice for fellow Regis students, soon to be graduates, and alumni. Here, in random order, are 5 of her takeaways:

5: Trust your gut and the energy you feel from potential employers when selecting a job.

4: Process your decision-making when selecting a job with people that support you and have your best interests in mind.

3: Know what your non-negotiables are when you are selecting a job.

2: Interview *them!* Come prepared to interviews with a list of questions - employers love when you ask *them* good questions!

1: Don't sell yourself short. Always know how valuable you are and believe that anyone would be lucky to have you.

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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