



# Regis College

Graduate and Professional Career Planning



On the journey with your fellow Regis graduates.



## PROVIDING HOPE TO THOSE IN NEED

Having a strong sense of herself first has empowered

**Francine Abdalla, MSW, '21** to help others.

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Soon after graduating from Regis' Master of Social Work (MSW) program, Francine Abdalla '21 founded the [Nitasimama Foundation](#), an organization that works to support children and families in Zanzibar.

“When a child and their family walk through our doors, we create a space where they can feel safe, unashamed, loved and cared for,” said Abdalla, who

is currently working as project manager and social worker at the foundation.

“The foundation creates and implements programs that are highly specialized in meeting each child where they are, ensuring that no child is left behind.”

Partnering with local schools and non-government organizations (NGOs), the Nitasimama Foundation provides services such as tutoring support, counseling and medical support, empowerment services, and basic needs assistance to help improve academic, health, and behavioral outcomes for children and families in the region.

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

Regis helped me understand who I am as a person, and my world view. I strongly believe that one must first have a good sense of self before helping others. One of the biggest lessons I have learned at Regis, is while I still hold my own world view, I do not project it on my clients. Regis taught me many theories that govern human development throughout the life span. These theories help me to understand human behavior, physically, socially, emotionally and cognitively. Having this as my foundational knowledge has guided my intervention with all my clients and increased my competencies.

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## **TAKE 5**

### **Seeking career wisdom? Ask a professional.**

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

**5: Do not limit yourself** and your ability to just one population.

Venture out, dive into the "ocean" around you until it sits right with you.

**4: See obstacles as opportunities** for learning opportunity and growth.

**3: Be patient on your journey to success.** Sometimes it may take years to see the fruit of your labor; so be patient, hang in there, and true success will find you.

**2: Spend time on yourself!** Social work is a high burnout career. Make sure you give back to *yourself*, because if you are burnt out, you will feel like giving up.

**1: Find a counselor and a process.** Working in Africa, I have seen and heard many horrible stories, being able to process helps you to persevere for success.

**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).

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