



CAREER DEVELOPMENT NEWS

MCDA's vision is that all career professionals provide the most effective and efficient services in an ethical manner.

MAY 2022



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MEET THE BOARD



Natasha

Natasha OrtizFortier
MCDA President - 2021-22
Founder of Creative Career Chic

Tessa W. McKenzie
MCDA past President-elect - 2021-22
Certified Designing Your Life
Coach, John Hopkins University



Tessa



Karol

Karol Taylor
MCDA past President, 28+ years of federal service in employee development, and 20+ years as an internal federal career consultant

Dr. Marilyn Maze
MCDA past President, Financial Administrator of the Asia Pacific Career Development Association. 2010 MCDA Lifetime Achievement Award recipient



Marilyn



Viktoriya

Viktoriya Lotkina Selden
MCDA Secretary
Career Assessment and Development Specialist. Vendor to Maryland Division of Rehabilitation Services (DORS)

Natalie Kauffman, MS
MCDA Legislative Chair
35 years NCDA Certified Career Counselor™, FCD-I, NCC, NCCC, GCDF-I



Natalie



Maria

Maria Schaeffer
MCDA Treasurer, Certified Global Career Development Facilitator (GCDF) and Offender Workforce Development Specialist/Instructor (S-I)

Dr. Staci L. Parker
MCDA Newsletter Manager
Organization Psychologist, Certified Professional Coach. Founder, InTouch Holistic Transformation Coaching Service (private practice)



Staci



Jennifer

Jennifer Longmire-Wright
Deputy Director, Administration & Development for FAIR Girls. An award-winning veteran public radio producer, events, media, and development professional

Dr. Kimberly Mills
MCDA Program Chair
Associate Professor, Clinical Mental Health Program, 8 years and practicing Licensed Therapist, State of Maryland, 19 years.



Kimberley



LaTara

LaTara Jones
MCDA Treasurer elect
Adjunct professor at Duquesne University: Strategies Academic Success and Pathways to Success, CDF certified

Rose Howard
MCDA Credentialing Chair, Professional Trainer & Program Manager of Career Development Services for retiring and separating Military members. Licensed Social Worker, Certified Career Services Provider, GCDF, NCDA Master Trainer



Rose



Julie

Julie Neil
MCDA Immediate past President -2020-21, Global Leadership Development Facilitator & Coach. Professional Certified Coach, Adjunct professor, University of Maryland

The MCDA Mission

The Maryland Career Development Association's (MCDA) mission is to promote a forum where career professionals network and share resources to ensure the quality of career services to the standards of the National Career Development Association.

In Memory of Dr. JoAnn Harris Bowlsbey



Many MCDA members remember Dr. JoAnn Harris Bowlsbey who passed away at age 88 on April 11, 2022 in her home in Finksburg, MD. Married for 34 years to Dr. Stan Bowlsbey, a dean of graduate studies and professor of education at what is now McDaniel College, she spent a large part of her life in Maryland and influenced many of our career professionals. She is best known as creator of DISCOVER, a computerized career planning system, which was purchased by ACT, Inc in 1982. She ran the development of DISCOVER in Hunt Valley until she retired. A prolific writer, she co-authored *Career Interventions in the 21st Century*, with Dr. David Reile and Dr. Barbara Suddarth and a popular textbook for career development students called *Essential Elements of Career Counseling: Processes and Techniques* co-authored with Spencer G. Niles and Norman E. Amundson, among many other books and manuals. She developed a career facilitator training program in Japan and worked for Kuder for many years post-retirement. She was a Past President of NCDA and received its Eminent Career Award.

[NCDA News Article](#)

[Wheaton Magazine Article](#)

IN THE SPOTLIGHT



Russell Endicott Associate Director of Career Services - 31 years

He meets with students every day and truly enjoys interacting with them. The communication and counseling skills are very necessary especially when dealing with resumes, cover letters, graduate school essays, change of major, etc. He also utilizes event planning skills as well as interpersonal skills when organizing networking nights, employer panels, mini job fairs, etc. Finally he must utilize his analytical skills when creating the quarterly and annual reports.

What Russell likes most about his career is interacting with and helping the students. We have stellar students at SU and it is a privilege to assist them. In his spare time, Russ and his wife enjoy watching their 4 grandchildren. His grand daughter is 12, his twin grandsons are 3 and his newest grandson is 8 months old. Russell says they are truly blessed to have all 3 of their children and their families in Salisbury with him and his wife.

“I am a person who is so fortunate to work in higher education, especially Salisbury University, and having the privilege to work with our talented SU students.”



Maxine Rush Counselor - 20 years

Maxine is a Trainer, she provides college and career readiness, and is a virtual and in-person presenter. She is also an Advisor, who offers guidance, to her students to solve problems.

She like to read, travel, listen to sermons, and just chill with family and friends.

What Maxine likes most about her career is seeing people reach their career goals, outreach and community interaction.

She describes herself as “outgoing, articulate, ambitious, tenacious, and a professional Worker Bee.”



**Mother’s Day is
Sunday, May 8**



Huda Muhammed Senior Program Officer - 9 years

Huda feels that she is “a connection source between clients and employers to all clients who need services but lack the connections.”

One of the best parts of her career is helping refugees and immigrants secure better jobs.

Huda oversees innovative, national career upskilling programs that leverage partnerships with corporations and human services agencies to build meaningful career pathways. She brings significant experience in workforce development for new American populations, having previously worked at a national nonprofit organization and government office to provide employment services to all eligible refugees. In addition, she has three years of international experience working with the UNHCR organization to provide services to displaced refugees (Youth and adults)

Outside of her career, Huda likes to shop and attend community events to meet new people.

Thank you for your service to the Helping Professions

Newsletter Article Submissions

MCDA welcomes article submissions on topics of interest to the career practitioner community. We are seeking articles that address emerging trends, best practices (especially as we navigate these uncertain times) and training opportunities.

For best consideration, please submit articles (maximum length 600 words) by the 15th of the month prior to the desired month of publication. The newsletter will be published monthly, on the 1st of the month. For questions or article submissions, please email: Dr. Staci L. Parker, MCDA.Newsletter@MDCareers.org

Maryland Career Development Association (MCDA)
915 Russell Ave, Suite B,
Gaithersburg, MD 20879

CREATING A MORE MEANINGFUL LIFE



When we spend our lives merely surviving, life can start to seem a little empty and *pointless*. Nevertheless, this is exactly how many of us live: we work for eight hours or more a day and then we come home feeling too tired and exhausted to do much of anything with our time. So, we sit and watch TV. The same thing repeats and repeats and the most excitement we have is a holiday once a year to look forward to. Is that really living? Here are four simple changes that can make your life more meaningful.

Learning: Constantly learning is a great way to give life more meaning and direction. Ultimately, one of the things that the brain craves most is growth. If it isn't challenged to learn and grow, then it will shrink and we will become set in our ways.

Make it your job to constantly be learning new skills and pursuits. That can be related to your career, a hobby, or even a new language!

Relationships: Likewise, relationships are one of the things that we really need to be happy. If you don't have meaningful relationships, then you'll have no one to share your experiences, your challenges and your triumphs with.

A truly 'meaningful' relationship goes beyond friends of friends that you only ever meet in a group. This is someone that you can have a deep heart-to-heart with and who has a long and storied history with you.

Challenge: What's also necessary for life to feel meaningful is challenge and to some extent, risk. Have you ever been in a situation that was truly life and death? Or perhaps that put you in a situation where you were close to accomplishing something truly amazing?

These are the moments that the brain focusses and engages with the world. These are the moments when we learn and when we realize the worth of what we have. It puts things in perspective and creates stories. Don't shy away from the things that test you!

Travel: Finally, everyone should seek to have some travel in their lives. This doesn't mean you have to backpack across the desert – but simply being able to experience new sights and new people is important to keep your mind open and your experiences varied. If you don't have the budget to go away, then come up with an adventure you can enjoy a little closer to home.

READY TO START YOUR ONLINE COACHING COURSE?

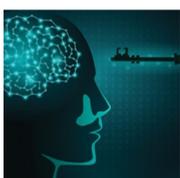


There are four things you will need to be clear about before you can start this process - but that's the case for anything you want to create for people to purchase - on or offline. It's simple, but not simple. So before you do anything...and I mean anything, put a lot of thought into these things:

1. Where you sell - this is your online 'store front' provided by your chosen online platform. **2. How you sell** – examples are your marketing through email, social media, advertising, or other marketing tactics.

3. What you sell – it's the range of your products or services. The fourth thing you want to be clear on is, perhaps, far more important than the other three. In fact, knowing this component helps you identify where, what, and how you sell. If you don't know what the answer is, then attend the MCDA Webinar discussion on Saturday, June 18 @ 12noon, est. Click the link above and reserve your seat.

SUCCESS MINDSET—WHAT IS IT AND HOW DO YOU GET ONE?



If you're interested in achieving more with your life, then you might have read a few self-help books. And if you've done that, then there's a good chance you will have come across the phrase 'success mindset'. But what exactly does this mean? And is it really possible to start achieving more in your life, simply by changing your mindset? Let's take a closer look...What Does a Success Mindset Entail?

The success mindset, as the name suggests, is the type of mindset and beliefs that will place you on track to accomplish more. This is the set of beliefs, the attitude and the conviction that is required to really go out there and get what you want in life. And yes, it really is the mindset that is the most important factor here. Think about those people in your life and in the media who are highly successful and effective. What is different about them compared with everyone else? There are possibly a few factors but the most important things are: A) They know exactly what they want out of life, exactly where their passions are and exactly who they are B) They have the unstoppable energy and determination to go out there and make it happen. C) Whatever you do, do it with passion. So that is what it means to have a 'success mindset' and hopefully, it has also given you a big clue as to what you need to do to get there. In order to have a successful mindset, you need to find your passion and know yourself. When you can do that, then suddenly everything is going to fall seamlessly into place. You'll find that you have plenty of energy when you truly love whatever it is you do!

PUT YOUR BUSINESS OUT THERE - ADVERTISE IN MCDA NEWS

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MCDA CONFERENCE SUCCESS



The annual MCDA conference after a three year hiatus, due to the COVID crisis, returned and delivered better than ever! MCDA members registered in anticipation of networking with colleagues, earning NBCC - approved Clock Hours, and collecting tools to utilize in their own careers. The conference was took place on Thursday, April 28, 2022 on MCDA's virtual platform on Zoom (creating a covid safe environment). The Conference was a wonderful opportunity for professional development! The theme of the Conference was "**Pivot: Your Next Career Move**" with dynamic speakers who brought a wealth of knowledge and valuable content. Dr. Sharon Givens, president of NCDA, researcher, licensed psychotherapist, career counselor, professional trainer and academician was the keynote speaker. She received rave reviews for her message. On the list of presenters, was: Ronda Ansted: Pivot to a Private Practice: Setting Yourself Up for Success, Karen James Chopra: Helping Clients Survive and Thrive in a Hot Job Market, Courtney E. Gasser: Empowering Your Clients through Social Justice: Utilizing Psychology of Working Theory (PWT) with Marginalized Populations, Karen Litzinger: Help Clients Pivot from Negative Emotions to Job Search Success, Lee Richmond: Dealing with Trauma in Career Conversations, and Eileen Snyder: Private Practice: How to Achieve Flow.

Concluding the career and counseling development conferences, amongst the connecting organizations, the National Career Development Association (NCDA) will be hosting its conference in Anaheim, California on June 27-29, 2022. Gregg Brown, a sought-after change and future of work strategist, author, and speaker will be delivering the keynote. Mr. Brown will be joined by two other keynote speakers: Dr. James L. Moore III, vice provost for Diversity and Inclusion and chief diversity officer at The Ohio State University, and Scott Pulsipher, former President of Western Governors University. To find out more about the upcoming conference click on [NCDA Conference](#).



UPCOMING EVENTS

DATE/TIME	EVENT
5/9/2022 - 1pm	MCA Spring Networking Event
5/10/2022 - 12pm - 1:30pm	May 10 Bi-Weekly VIRTUAL Spirituality Peer Support Group for Counselors and All Helping Professionals
5/14/2022 thru 5/15/2022	SAIGE-MD Annual Conference
5/24/2022 - 12pm-1:30pm	May 24 Bi-Weekly VIRTUAL Spirituality Peer Support Group for Counselors and All Helping Professionals
5/25/2022 - 7pm	SAIGE-MD LGBTQ+ Professional Development Group
5/27/2022 - 6pm	MACES Supervision Series #4 Clinical Supervision Evolution & Future Directions: Round Table Discussion

MCA SPRING NETWORKING EVENT

JUNE 6, 2022

1PM



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