

EMPOWERING STUDENTS BY...

- Facilitating the development of individual career plans
- Administering and interpreting career assessments
- Relating information about careers and career pathways
- Connecting students to early college programs such as Dual Enrollment
- Easing the transition between high school and postsecondary education or the skilled workforce



How can I find additional information?

Nichole Adkins, M.S.

- Lafayette High School
- adkinsn@tncc.edu
- 757-565-0373 x32217

Susan Generazio, M.S.Ed

- Regional Career Coach, NHREC
- generazios@tncc.edu
- 757-766-1100 x3354

Suzy Lindley, M.S.Ed

- Warhill High School
- LindleySuzy@tncc.edu
- 757-565-4615 x11126

Erin Nobile, M.S.Ed

- Heritage High School
- nobilee@tncc.edu
- 757-928-6100 x17692

Joyce Watson, M.S.Ed

- Bethel High School
- watsonj@tncc.edu
- 757-262-3106



Office of Secondary School Programs
Thomas Nelson Community College
99 Thomas Nelson Drive
Hampton, VA 23666
757-825-3524
www.tncc.edu/career-coach



CAREER COACH PROGRAM



**Helping high
school students
navigate the
pathway
toward their
future careers!**

High School Career Coach Program

What is a Career Coach?

Career Coaches are community college employees based at local high schools. All of TNCC's Career Coaches have advanced degrees and a variety of experience in both education and industry. They help individual students identify and develop written career plans based on the student's interests, abilities, and values. The Career Coach program is designed to empower students to make informed, realistic plans for their futures.

IT IS BETTER TO HAVE A PLAN AND CHANGE IT, THAN TO HAVE NO PLAN AT ALL.



Career Day Expo, Lafayette High School, 2013

What services are offered?

Career Coaches work in a variety of ways to meet the specific needs of the students, faculty, and administration at their designated high schools. A Career Coach Program may include:

- Individual and small group coaching sessions: career assessments, planning and exploration
- Classroom lessons on career exploration, post secondary preparedness for either college, military or the workforce, and job search skills
- Assistance with the college admissions and financial aid process
- Exposure to professional opportunities: guest speakers, career fairs, mock interviews, internships, and job shadowing

"Being able to participate in the Mock Interview event was an amazing experience. I am very grateful for the feedback my interviewer gave me. It will help me prepare for my future."

Heritage High School Graduate, 2013

What resources are used?

The Virginia Education Wizard helps students explore careers and develop academic and career plans for their futures. The Wizard is widely used by Career Coaches, not only as a teaching tool and resource, but also to track the progression of each student's written career plan. Some of the many resources available on the Wizard include:

- Career assessments that help students identify their interests, abilities, and work values
- College Cost Calculator which helps students understand the true cost of college
- Transfer Planner, allowing students to create personalized transfer plans
- FAFSA tutorials and a scholarship database



Explore. Excel. Succeed.