



PATHFINDER

A CAREER CENTER NEWSLETTER SERIES
FOR SUFFOLK'S GLOBAL STUDENT COMMUNITY



ABOUT THIS ISSUE

BY AKI VIVEKANANDAN

Here is your simple truth. Your time at Suffolk is not just about showing up to class and hoping your future magically works itself out. You picked Suffolk because something about this place felt like it could move you closer to the opportunities you want.

But do you actually know what the education you are paying for comes with? Be honest. Can you name three campus resources without Googling? If yes, you are already ahead. If not, that is exactly why we are publishing this.

In this issue, you'll hear from students who have actually used Suffolk's resources and found real value in them. Their stories are gentle reminders that you don't have to figure everything out on your own and that there is support waiting for you the second you decide to reach for it.

PATHFINDER: ISSUE 3

TABLE OF CONTENTS

Working Together: How Suffolk Supports You • P. 2

Voices From the Journey:
Macarena Torti • P. 3

Message to Pioneering
Pathfinders • P. 4

Voices From the Journey:
Spriha Paudel • P. 4

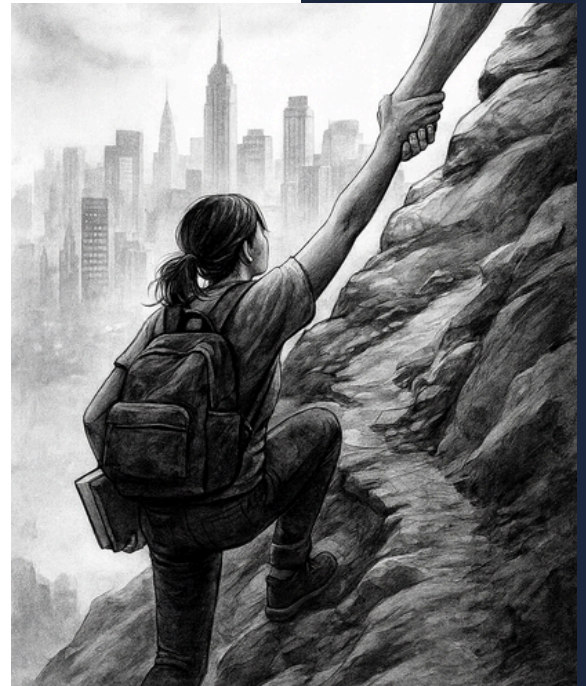
Voices From the Journey:
Charlotte Gray • P. 5

Upcoming Events • P. 5

WORKING TOGETHER: HOW SUFFOLK SUPPORTS YOU

As someone who was once in your seat (literally), I want to give you the perspective I wish someone had given me. Your staff genuinely care about you. Shocker, I know. You might think I'm saying this because it's my job. But here's the truth: I chose to work here specifically because I believe in what this place can do for students like you. I see the planning that goes into programs, the back-and-forth about how to make your experience better, the amount of time spent trying to make things clearer for you. I wish I had known the extent of this care when I was a student.

Trusting a system doesn't mean turning off your brain. It means staying curious enough to understand how it can actually work for you. Let me break it down, feeling like you need to have everything figured out before you show your work in progress to staff is a paradoxical loop that keeps you stuck.



You don't need to have it all together to ask for help. That's literally the point of having support systems. If you take away anything from this, your biggest superpower is questioning "why." When you see a department or an office at Suffolk, ask yourself or the staff: Why does this exist? Why will using this department benefit me?

This question changes everything. It gives you a lens that helps you understand what to expect from each space and look past one frustrating experience to see the bigger mission. When you realize that these institutional structures exist to support you, you start developing real ownership of how to navigate them. You become strategic. You ask better questions. You stop second-guessing whether you belong in these spaces.

I know it's hard to trust when you've spent your entire life trying to "secure your future." Your twenties feel like you're trying to do everything while still confused about how to get there. As your future/career coach, I'm going to repeat this until it sinks in: you do not need to do this alone. We're not asking you to blindly trust the process. We're asking you to engage with it curiously, ask questions, and let us show you how these resources can actually work for your specific goals.

If the difference between doing all this alone and actually cruising through with the built-in support comes down to one small step, take that step. It will save you months, if not years. Had you attended that internship workshop, maybe you would be talking about that one internship you've been manifesting since last Summer. Okay yes, I'm a little optimistic, but can you honestly say it's impossible? You can't. Because you then you would've known that title is too general to be a program here.

There are like fifteen different workshops, events, and drop-in hours that could help depending on what you actually need. See? Asking "why" and "what's available" beats assuming every time.

So here's something easy. Explore one resource on campus each month. Attend one program. Go to a random academic building even when you don't have class there and get to know a different department you've never interacted with. Whether you're a first year or a grad student who's basically living on caffeine and deadlines at this point, small actions build momentum.

Every student here has access to the same ecosystem. The difference is how you use it. Start by noticing what excites you. Pay attention to conversations that make you feel awake. Your interests are not a distraction from building a career; your interests are the trail map. When something sparks your curiosity, follow it. And ask someone how that interest can turn into opportunity.

Working together doesn't mean Suffolk carries you. It means Suffolk meets your effort with structure and clarity so your momentum goes further. You have the freedom to explore. Suffolk has the tools to support you. When both pieces come together, you stop being the passenger asking, "Are we there yet?" You become the one behind the wheel, choosing the route, setting the pace, and actually enjoying the ride.

VOICES FROM THE JOURNEY

Suffolk University's many resources have played a key role in my academic and professional growth. Applying for on-campus jobs through Handshake has been one of the most valuable experiences, especially working in a department that aligns closely with my major. It has allowed me to stay connected with professors, assist with research projects, and gain insight into my future career paths. I also encourage students to apply for scholar positions in the spring semester, which provide both meaningful work experiences and scholarships.

Beyond academics, programs like the Journey Leadership Program have helped me grow as a leader, and I'm excited to travel to Florida with them for the Winter Break Trip. Founding the Nepali Student Association (SUNSA) and serving as the International Senator-at-Large in the Student Government Association have strengthened my sense of community and accountability. **The more you give to Suffolk, the more Suffolk gives back.** Don't hesitate to visit office hours, connect with the Career Center for resume or LinkedIn reviews, and take advantage of resources like the Career Closet or free headshots. It also means so much to stop by Career Center events to gain valuable insight into today's workforce, network, and build your professional circle.



SPRIHA PAUDEL
BS IN COMPUTER
SCIENCE
CLASS OF 2026
HOME COUNTRY: NEPAL

MESSAGE TO PIONEERING PATHFINDERS

If you're an alum reading this, hey! You've been here. You've had the same questions, the same "what am I even doing" moments, the same late-night spirals about internships, visas, majors, careers, all of it. You know exactly what it feels like to build a future one uncertain step at a time.

Which is why your voice matters more than you might think. Your perspective. Your encouragement. Your "yeah, I've been there" honesty. When you share something you learned the hard way, point a student toward a resource that helped you, or even just reassure someone that confusion is normal, you instantly become part of the support system that once carried you.

Your story didn't end when you graduated. If anything, you just unlocked the "I actually know what I'm doing... sort of" chapter. And now you get to pass a little of that forward. It doesn't have to be a big mentorship commitment or a formal anything. It can be a five-minute conversation. A quick message. A single moment of "you've got this."

That's how the next generation of Pathfinders finds their footing. One small, generous gesture at a time.

VOICES FROM THE JOURNEY- TIP FOR SUCCESS

GoinGlobal is a comprehensive career resource that is free and accessible to all Suffolk students through Handshake. It provides everything you need to identify employment opportunities in the U.S. or abroad, including career guides, global job and internship postings, an employer directory, and an H1B Visa directory.

One particularly useful section is the U.S. Career Guide, where you can find top hiring companies for international students, job search engines and networking tips. When you click on "Country Guides", select the U.S. flag and find insights from identifying employers that align with your goals, to securing a job and staying in the U.S. This guide also provides information on professional associations, corporate and trade groups, and strategies for one-to-one networking - all essential components of a successful U.S. job search.

Don't forget to check out the "Living There" section, which offers practical information about sustaining yourself financially and adjusting to life in the U.S. once you land that job.



MACARENA TORTI
BS IN ECONOMICS
CLASS OF 2026
HOME COUNTRY: PERU

VOICES FROM THE JOURNEY



CHARLOTTE GRAY
MBA, MSM
CLASS OF 2023
INTEGRATED MARKETING
MANAGER AT OOFOS
HOME COUNTRY: ENGLAND

Navigating the CPT and OPT process was one of the most intimidating parts of beginning my career in the U.S., and Suffolk's support made all the difference. The ISSO team guided me through every step – from understanding eligibility to preparing and submitting my applications – and they provided more resources than I ever expected.

What meant the most, though, was how personal the support felt. They were always there to answer questions, talk through decisions, or simply act as a sounding board when I wasn't sure what to do next. In moments of a, they consistently stepped in with clarity, encouragement, and reassurance, helping me feel grounded and confident.

I never felt like "just another student." Suffolk took the time to understand my situation and made sure I was putting myself in the best position possible. Their guidance didn't just help me secure opportunities – it helped me believe in my ability to pursue them.

ACTIVATE YOUR CAREER PLAN FOR INTERNATIONAL STUDENTS

**APPLICATIONS NOW OPEN!
DEADLINE: JANUARY 25TH**

WHAT IS ACTIVATE YOUR CAREER PLAN FOR
INTERNATIONAL STUDENTS?

This dedicated cohort program is specifically designed to help international students navigate the U.S. job market and articulate their unique value.

DURATION: 02/03/26- 3/17/26; from 11AM-
12:15PM

LOCATION: CAREER CENTER; 1ST FLOOR, 73
TREMONT



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EMAIL ME: To be featured
in the next issue and for
feedback.