

**Teaching  
Career  
Readiness**

# Project SEARCH®

## At the University of Rochester Medical Center (URMC)

**Newsletter**  
**Winter 2019**

### COMMUNITY EXPERIENCES

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The interns at Project SEARCH® have opportunities throughout the year to participate in a variety of community activities. In December, they volunteered as bell ringers at Marketplace Mall for the Salvation Army Red Kettle fundraiser. The interns greeted customers and collected donations to support the Salvation Army’s efforts to provide services and assistance to families in the Rochester area. Staff and interns enjoyed lunch together at the food court following the bell ringing. In January, several of the interns and program staff traveled to the Roberts Wesleyan transition class to speak to students there about Project SEARCH®. The interns had attended this classroom program prior to coming to Project SEARCH®. This was a wonderful opportunity for them to share information about the program with the transition class. Each student prepared a presentation about different aspects of Project SEARCH®. The interns did a great job, were happy to reconnect with friends and staff in the transition class and served as great ambassadors for the Project SEARCH® Program at URMC. See page 3 for our interns’ reflections.

### MEET THE STAFF:

#### Katy Connolly, Transition Specialist



Katy Connolly is our Transition Specialist at Project SEARCH® and this is her 4<sup>th</sup> year at Monroe 2 BOCES and her 4<sup>th</sup> year of supporting the interns at Project SEARCH. Katy’s job involves helping the interns make connections to the “adult” world so that they can realize their post-school goals. Katy is a Certified Rehabilitation Counselor and she has worked in various capacities supporting individuals with disabilities including as an ACCES-VR Counselor, private insurance/rehab practitioner and various positions in behavioral health. Katy says her favorite part of Project SEARCH® is graduation and seeing all the progress and growth that the interns make from the time they start to the time they leave. She loves Project SEARCH® because she feels strongly that work activity in any capacity can greatly improve the quality of a person’s life. When Katy is not working at BOCES, she enjoys spending time with her family and friends, traveling and watching movies.

#### Matt Davis, Employment Specialist



Matt Davis is our Employment Specialist from the Arc of Monroe. Matt has been with the Arc of Monroe since 2016 and this is his second year supporting the interns at Project SEARCH®. Matt’s job consists of developing internship sites for the interns, job coaching and overall support of the Project SEARCH® program. Prior to working for the Arc of Monroe, Matt worked for Crestwood Children’s Center as a Youth Care Professional. Matt says his favorite part of Project SEARCH® is seeing the interns grow and develop at their job sites as they learn new skills and behaviors to be successful. When Matt is not busy working at Project SEARCH®, he enjoys watching sports, attending Red Wings baseball games and going to concerts.



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# In the Spotlight



Hi, I am Maria and I am the newest member of Project SEARCH®. I wanted you to know a little bit about me.

I have been at Project SEARCH® for the last 2 months and I think it is cool. It was nerve racking when I first started because I did not know what I was looking for. The program is like a family. I mean it feels like it anyway. My first internship is in the Food and Nutrition Department doing stock orders. One part of my job is putting straws, knives, spoons and forks in napkin packets. The second part of my job is filling orders from an order form. I pull a variety of items (i.e. cereal, condiments, plastic utensils, crackers, juices, milk products) and place them on a cart and bring it to the place that the order came from. When I am not in Project SEARCH®, I volunteer at the Golisano Children's Hospital in the Brother and Sister's program. In the Clubhouse, my job is to watch and play with the siblings of patients. I clean when there are no kids. Also, I volunteer at St. John's Nursing Home where I shred paper and help with art class in the morning. My favorite hobby is crocheting. Depending on my mood, I can crochet for hours. The amazing part is that I taught myself how to crochet. I crochet dolls, octopus, reindeer, turtles, eggs and penguins. My favorite book is Percy Jackson/ Heroes of Olympus as well as Magus Chase.

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## Are You Being.....

# SMART?

### S.M.A.R.T. Goals

In Project SEARCH®, every Monday we do something called S.M.A.R.T. Goals. S.M.A.R.T stands for specific, measurable, achievable, realistic and timely. When creating a S.M.A.R.T. Goal, you have to be specific about your goal. Measurable means you can show proof that you are trying to get your goal. Achievable is that it is possible to get that goal. A goal that is not too hard but not too easy, something that is a challenge. Realistic means to be something that's possible. The last one is Timely. You have to decide on a certain amount of time and have a deadline. S.M.A.R.T Goals can be short term or long term. In Project SEARCH® we work on our goal for the entire week. If we are not able to reach our goal, we continue to work on it. When we meet our S.M.A.R.T. Goals, it does not mean you are done with them, but you can still use them and keep working on them. We keep track of our S.M.A.R.T. Goal by writing them on the white board and checking them off every day by saying "yes" or "no". My advice for people who want to achieve their S.M.A.R.T. Goal is to always try your best and never give up on it no matter how hard it is or how long it takes. Keep trying! By Bi'ron

### SMART Goals

Every Monday, we start by doing our SMART Goals. SMART goals help us to achieve goals and remind us to work on it. A SMART goal should be Specific, Measurable, Achievable, Realistic, and Time-bound. To make a goal specific, the five "W" questions must be considered: Who is involved in this goal? What do I want to accomplish? Where is this goal to be achieved? When do I want to achieve this goal? Why do I want to do this?

By Mamata

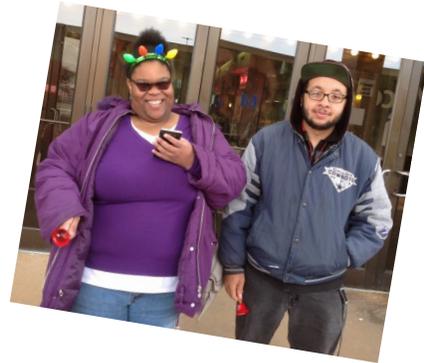
# Community Experiences—Intern Reflections



## Bell Ringing for the Salvation Army's Red Kettle Drive

Salvation Army by Jamel

In December, we went to the mall and rang the bell for the Salvation Army. People put their money in the red bucket as donations. We gave away candy canes and we held the door for other people. I like giving back to the community because it made me feel good. I would do it again because it's fun. We also ate lunch and walked around the mall.



Salvation Army by Michael

We volunteered for the Salvation Army this winter. What we did when we volunteered was ring the bell to raise money for the Salvation Army. I dressed warm because it was cold. We raised money for a good cause. The thing that I disliked was the cold. After we rang the bell, we ate lunch, then we went back to Strong Hospital.



Salvation Army by Shayna

On December 20<sup>th</sup> 2018, Project SEARCH® volunteered to ring bells at Marketplace Mall for the Salvation Army by the food court. We got to the mall by taking the RTS bus. We split up into 2 groups. The 1<sup>st</sup> group rang bells from 9:30am - 11:00am and the 2<sup>nd</sup> group rang from 11:00am - 12pm. It was fun because we sang Christmas carols, rang bells, held open doors inside and outside and passed out mini candy canes to shoppers and kids. We dressed up wearing festive hats, reindeer antlers and necklaces that looked like Christmas lightbulbs. Then we took the RTS bus back to Strong. Overall, I would do this again but maybe do it when the wind is softly blowing.

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## Roberts Wesleyan Presentation



Back to Roberts Wesleyan by Brandon

I liked going back to Roberts Wesleyan to talk about Project SEARCH®. Some of the students might be interested in attending Project SEARCH® and I wanted to tell them about the importance of being on time. I talked about my first internship site in hospital stores and about transportation. I wanted to tell the Roberts students all about Project SEARCH® and how much I like the program.

Project SEARCH® Presentation by James

I went back to Roberts Wesleyan for a presentation during Project SEARCH® this year. Going back to Roberts was great! I got to see my old friends and my old teachers and told them about my new program. I told them about Food and Nutrition Cold Food Prep and S.M.A.R.T. Goals. When I told them about Cold Food Prep, I explained how I put Jell-O's, peaches, melons and pears in 28 containers on each tray. When I told them about S.M.A.R.T goals, I told how S.M.A.R.T stands for Specific, Measurable, Achievable, Relevant, and Time-bound. We went to Bill Gray's for lunch. I had chicken fingers with fries and ice-water. I like Project SEARCH®.

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For more information about Project SEARCH®, please contact Kaitlyn Richardson, NYS Project SEARCH® Coordinator, Strong Center for Developmental Disabilities:

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For more information, contact Nicole Littlewood at Monroe 2-Orleans BOCES (585) 617-2439.  
nlittlew@monroe2boces.org.

Check us out -  
We're on the Web!  
[www.projectsearch.urmc.edu](http://www.projectsearch.urmc.edu)

## Upcoming Events at Project SEARCH® March & April

- 3/7 Project SEARCH® Tour
- 3/21 Last day of 2nd internship site rotation
- 3/22 No Program
- 3/25-3/28 Workshop Week/Skill Building
- 3/27 Field trip to Volunteers of America Working Wardrobe
- 4/2 Start of 3rd internship site rotation
- 4/8 Superintendent's Conference Day—No Program
- 4/15-4/19 Spring Recess—No Program

## SAVE THE DATE!

Project SEARCH® at URM  
Class of 2019

Graduation and Celebration of  
Achievement

June 20, 2019  
12:30 – 2:00 PM

Saunders Research Building  
Atrium  
265 Crittenden Blvd.



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## Interns on the Job Second Internship Rotation



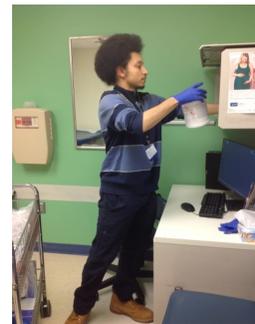
Maria - Stock Orders



Bi'ron-Catering



Anthony - Porter



Jamel-AC-6



Michael -Totes



Shayna-NICU



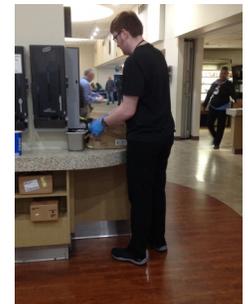
Nick-Equipment Transport



James-Café 601



Mamata-Child Care Assistant



Brandon-Café 601



Matt-Cold Food Prep