Stepping into hope and change
A free career development seminar for dancers
Thursday, April 8th
Actors’ Equity Building 165 W 46 Street, 2nd floor Audition Center

Make this year count! Get a certification or degree in under a year
Hot careers and exploration Midterm/career exploration/further education
Suzie Jary, moderator 2:45-4:15pm EST
Panelists include Susan Moran of Power Pilates; Joan Volpe of Fashion Institute of Technology; Alison Cramer of Laughing Lotus Yoga.

For more information about the certification programs and class schedule of Laughing Lotus Yoga Center of NY, visit http://www.laughinglotus.com/
POWER PILATES &
CAREER TRANSITION
FOR DANCERS
MATCHING GRANT PROGRAM

ABOUT POWER PILATES
Power Pilates is the leading educator of classical Pilates in the world with 10 training centers in 10 countries supported by more than 7,000 Power Pilates trained professionals.

For 20 years Power Pilates has been dedicated to Pilates training that honors the integrity of the original method developed by Joseph Pilates. Our rigorous training programs are taught by the highest qualified Teacher Trainers in the industry. Combined with an emphasis on the "Art of Teaching," we provide our students with a profound learning experience and the strongest preparation

MATCHING GRANT PROGRAM
Through the Power Pilates / CTFD Matching grant program, eligible dancers may apply for a grant to offset tuition costs with awards up to $4,000.

ELIGIBILITY GUIDELINES (please direct any questions to the Grants Administrator at CTFD)
Financial support is available to current and former professional dancers who can demonstrate earning their livelihood from performing as a dancer. Choreography or teaching dance is not applicable for meeting eligibility requirements.

THE CAROLINE H. NEWHOUSE SCHOLARSHIP FUND
Grants of up to a total of $2,000 for each individual may be awarded to those dancers who are able to provide relevant documentation to meet ALL of the following eligibility requirements:

✓ A performing dance career of 7 or more years. Performing years need not be consecutive or current.
✓ 100 weeks or more of paid dance employment in the United States within a career span of 7 or more years.
✓ Total gross earnings of a minimum of $56,000 arrived at by combining the annual gross income of the 7 highest earning years of a performing dance career.
✓ For work done entirely under union jurisdiction, providing documentation of 100 or more weeks worked in the United States in at least 7 years under union jurisdiction will meet all eligibility requirements. Documentation of additional earnings is not required.

Completed applications must be received by mail or be hand delivered on or before the deadline date. Applications received by fax cannot be accepted. Applications received after the deadline date cannot be considered until the following grant application cycle.

DETERMINE YOUR ELIGIBILITY
Contact Ann Barry, Grants Administrator, at 212-764-0172 x224 to determine your eligibility by phone. After your eligibility to apply for funds has been determined, you must schedule an initial consultation with a career counselor. In New York City, call 212-764-0172; in Los Angeles, call 323-549-6660. For applicants outside of the New York City or Los Angeles area, a consultation can be conducted via CareerLine, our nationwide, toll-free career counseling hotline.

2010 APPLICATION DEADLINES
MAY 5
JUL 7
SEP 1
NOV 3
Hi
JOAN O’CONNELL VOLPE
Managing Coordinator
The Center for Professional Studies
The School of Continuing and Professional Studies
Fashion Institute of Technology
State University of New York

Ms. Volpe’s direct responsibilities include development of marketing strategies for growth of non-credit training, and information outreach to individuals, companies and trade associations throughout the global marketplace. Management includes overseeing development of print media, direct mail marketing, contract client consultation, program development, implementation and promotion, as well as fiscal responsibility. She is currently an Adjunct Assistant Professor for the Fashion Merchandising Management Department at FIT. She is the 2008 recipient of The SUNY Chancellor’s Award for Excellence in Professional Service.

Prior to joining FIT full-time, Joan held a variety of positions in fashion and the related industries. These include retail buying and merchandising for Bloomingdale’s; marketing executive positions on 7th Avenue for Touch of Broadway and Vivianne Woodard Cosmetics, division of Presto Industries. She also served as the founding chairperson and director of cooperative field studies for the Fashion Merchandising Dept., The Berkeley College, New Jersey and New York where she achieved special recognition for contributions to the growth of the fashion division of the college. For several years she ran her own consulting business specializing in marketing and promotional events for regional malls, stores, and manufacturers. Joan has had articles and reports pertaining to fashion marketing and education published and is a frequent panelist and speaker. She holds an M.A. in Media Studies from New School University; a B.A. in English Literature, minor Fine Arts from Caldwell College and certificates from the New York School of Interior Design and New York Advertising Club.

Resources

http://www.makingthedifference.org - The government’s portal primarily for college students. It has a lot of good information for finding a place to serve in the Federal Government that is right for you.
Books Recommended by Chicago CTFD Counselor Maryellen Langhout

**Goal Setting**
Write It Down, Make It Happen, Henriette Anne Klauser, 2005

**Organizing Strategies**
Getting Things Done: the Art of Stress Free Productivity, David Allen, 2002
Ready For Anything: 52 Productivity Principles for Work and Life, David Allen, 2004
Making It All Work: Winning at the Game of Work and the Business of Life, David Allen, 2009
Eat That Frog! 21 Great Ways to Stop Procrastinating and Get More Done in Less Time, Brian Tracy, 2002

**Career Exploration**
Zen and the Art of Making a Living, Laurence G. Boldt, 1991
Refuse to Choose! Use All Of Your Interests, Passions and Hobbies To Create The Life and Career Of Your Dreams, Barbara Sher, 2006
Do What You Are, Discover the Perfect Career for You Through the Secrets of Personality Type, Paul D. Tieger & Barbara Barron, 2007
300 Best Jobs Without a Four-Year Degree, Michael Farr, 2006
175 Best Jobs Not Behind a Desk, Michael Farr & Laurence Shatkin, 2007
Cool Careers For Dummies, Marty Nemko & Paul and Sarah Edwards, 2001
Careers for Non-Conformists, Sandra Gurvis, 2000
How’d You Score That Gig, A Guide to the Coolest Jobs, Alexandra Levit, 2008
Planning Your Career in Alternative Medicine, Diane Boulerice Lyons, 2000
Top 100 Health Care Careers, Saul & Edith Wischnitzer, 2005
150 Best Recession-Proof Jobs, Laurence Shatkin, 2009
200 Best Jobs For Renewing America, Laurence Shatkin, 2009
Great Jobs in the President’s Stimulus Plan, Laurence Shatkin, 2009

**Resume and Cover Letter Writing**
Same Day Resume, Michael Farr, 2007
Quick Resume and Cover Letter Book, Michael Farr, 2008
202 Great Resumes, Jay A. Block and Michael Betrus, 2004
101 Best Cover Letters, Jay A. Block and Michael Betrus, 1999

**Job Searching and Networking**

Best Career and Education Web Sites, A Quick Guide to Online Job Search, Ann Wolfinger, 2009
The Ultimate Job Search, Intelligent Strategies to Get the Right Job Fast, Richard Beatty, 2006
Networking Steps: Learn Networking -- Get Working, Phil Roth, 2009
Seven Days to Online Networking, Ellen Sautter & Diane Crompton, 2008

**Job Interviewing**

60 Seconds & You're Hired, Robin Ryan, 2008
Next Day Job Interview, Michael Farr & Dick Gaither, 2009
Interview Magic, Susan Britton Whitcomb, 2008
The 250 Job Interview Questions you'll most likely be asked ...and the answers that will get you hired! Peter Veruki, 1999

**Handling Job Stress**

Work as a Spiritual Practice, A Practical Buddhist Approach to Inner Growth and Satisfaction on the Job, Lewis Richmond, 1998
Type Talk At Work, How The 16 Personality Types Determine Your Success On The Job, Otto Kroeger with Janet M. Thuesen, 1992

**Transitioning**

Make Job Loss Work For You, Richards Deems & Terri S. Deems, 2010
Start Your Own Business and Hire Yourself, Suzanne Caplan, 2010

**Job Search Sites**

www.indeed.com good search site for job seekers.
www.simplyhired.com another good search site for job seekers.
www.mandy.com international film, TV production resources.
www.getdancejob.com good job search site for opportunities in the dance field.

**Short Term Training and Certificates**
http://www.cuny.edu/academics/conted.html  City University of New York continuing education programs, short term trainings and certifications at all of the CUNY Campuses.

http://www.cuny.edu/academics/conted/green/training-programs.html  training programs in sustainability and green product design, products and technology.

http://www.baruch.cuny.edu/realestate/professional-education/ny-state-re-licensing.html  real estate salesperson license at Baruch College, CUNY

Money and College Financial Aid

www.textbookaid.org  American Opportunity Tax Credit higher education resources.
www.Simplytuition.com  has links to financial aid for college, finance, debt and mortgage.
www.Libertytax.com  site that has calculators for withholding for income tax.
www.Smartmoney.com  good site for spending, investing and understanding money management.

Associations

www.cae-nyc.org  The Center for Arts Education, to restore and sustain the arts in the public school in NYC.

www.nccata.org, The National Coalition of Creative Arts Therapies Associations site, an alliance of professional associations dedicated to the advancement of the arts as therapeutic modalities.