

NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE  
**PAID**  
PERMIT NO. 9  
SMITHTOWN, NY 11788  
CARRIER ROUTE PRE-S

\*\*\*\*ECRWSS\*\*\*\*  
SMITHTOWN POSTAL CARRIER

## Career Exploration Internship Programs:

Through the high school Career Centers, organized by Work Experience and Internship Coordinator Mary Pat Grafstein, students connect with companies to jumpstart their work experiences. Many members of the IAB are geared toward the promotion of their specific industry sector and are looking for particularly inspired individuals to help spark interest in it. In addition, IAB members often offer internships and/or jobs throughout the year, which help build students' skills as they enter a competitive job market. This exposure also fosters responsibility and reinforces leadership qualities. Students can also receive career counseling and self-assessment testing at the Career Center.

## Pitch Perfect:

During the IAB's January meeting, students present a 60- to 90-second elevator pitch about themselves to boost their communication skills. IAB members are on hand to provide constructive feedback.

## Women in Technology:

Last year, the IAB developed a relationship with  
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## Female Power Brunch:

The Career Tracks committee of the IAB plans and implements a women's empowerment brunch for approximately 70 different female students each year. Twelve to 14 guest speakers in different careers present their stories, ranging from authors to small business owners to doctors and lawyers. During the brunch, students have a chance to mingle and connect with the many female presenters to learn more about how they chose their career path.

