



A Program to Help You Succeed in College

# Coaches & Mentors Newsletter



## SPECIAL RECOGNITION EDITION

This issue of *Coaches & Mentors News* is dedicated to special recognition for several of our students who have worked closely with us during their time at Cape Cod Community College. Whether or not they have achieved honors in their studies, each one has achieved personal fulfillment. Many other students come to mind as worthy of recognition too, but those described here are fine examples of determination, courage, and persistence in the face of obstacles to their success. They have been successful, and we feel their example can inspire others. Therefore, the staff members of *Coaches & Mentors* have nominated them for the special recognition they so richly deserve.



### WE CELEBRATE THEIR SUCCESS!



**"The strongest of all warriors are these two - time and patience."**

*-Leo Tolstoy*

#### Samantha Para

One of our most dedicated students, Samantha Para was born in Boston and spent her life growing up in Bourne, MA as the youngest of three children. Her siblings include both a brother and a sister. Both Samantha and her older sister are currently enjoying all of the preparation and excitement surrounding her sister's upcoming wedding this summer.



When Samantha graduated from Bourne High School where she was an active member of the sailing team, we were most fortunate that she made the choice to attend CCCC in the Fall of 2010.

After some career exploration, Samantha seems to have found her passion in working with young school aged children. She is currently taking classes and working hard towards her Associate degree. Her long term plans include a

bachelor's degree with teacher certification with the ultimate goal of becoming an elementary school teacher.

When she is not in class or studying, Samantha looks forward to spending time with her family and friends. One of her favorite traditions which has been ongoing since her Mom's childhood years is an annual family vacation to Ormond Beach, Florida. She and her family typically travel each year by car and make the trip straight through without any overnight stops along the way. In addition to travelling, Samantha also enjoys waterskiing, reading and listening to music of all types, but her favorite is currently country music.

Samantha's favorite sayings include: "Take life one day at a time," and "Girls just wanna have fun!"

**Quote from Advisor and Career Counselor Theresa Bowse:** "Samantha is a bright, charming and conscientious student. She has overcome physical challenges that she has faced throughout her early teen years with strength and grace, and she continues to work hard towards the many goals that she has set for herself. It has been my pleasure to serve as her academic advisor/career counselor and to witness her accomplishments both inside and outside the classroom."





### Mark Detlefsen

One of our highly motivated Coaches & Mentors students, Mark Detlefsen was born in Staten Island, New York and raised as the middle child in a family of three children with an older sister and younger brother. He and his siblings grew up in Orange County, New York, but Mark has enjoyed being a full-time Cape Cod resident for the past five years.



### Jonathan Rouillard

I had the opportunity to meet Jonathan Rouillard in the fall of 2009. To say the least, as I am 5'9", he was one of the few students I needed to look up to. Jonathan was born in Holyoke and then moved to Eastham with his parents and younger brother. At Nauset High School, Jonathan was a three sport athlete, football, basketball and track.

During high school and now, Jonathan has always worked, as a janitor, mowing lawns, shoveling snow, landscaping and cleaning cottages. He just gets it done. His current job is at the Wellfleet flea market, where he does a variety of things. Because of his janitorial work, he has more respect for his surroundings as he knows what it takes to keep a place clean.

Here at Cape Cod Community College, Jonathan has a concentration in marketing. His favorite professors are Michael Bejtlich, Gail Knell and especially Bruce Riley. He appreciated Professor Riley working with him on essays in class. Jonathan is concentrating on completing his work here and is not quite sure what the next steps will be after he earns his associate degree. After his first year, he has seen many of his friends enroll here, after they have attended another college. He likes it here, it works for him.

Jonathan has one stipulation and that is when he travels, he wants to go to places where it does not snow....Puerto Rico, Florida, California and Hawaii...he does not want to shovel snow!!!

Favorite quote "When you fall down, get up."

**Quote from Program Director/Advisor Lois André:**  
"Jonathan, we are so glad that you are part of the Coaches and Mentors Program."

Mark came to Cape Cod Community College with credits from Orange County Community College and began his coursework in the Fall of 2010. After experiencing a 14 year break from education, he decided that it was time to return to the classroom and is currently working towards his A.S. degree in Information Technology, Medical Office Administration.

Since his arrival here at the college, his interest in obtaining knowledge in his field has been his top priority. His enthusiasm for learning was further ignited when through his own efforts, he was able to obtain a cooperative learning experience in the Medical Records Department at Cape Cod Hospital. In his Spring, 2011 semester, Mark spent over 180 hours as a Medical Records Student learning the intricacies of compiling highly detailed medical records. His experience provided him with much exposure to hospital physicians, staff and patients. In addition, further proof of Marks high motivation, during the same semester he volunteered at Spaulding Rehabilitation in the Medical Records Department to supplement his classroom experience and knowledge.

His work history includes instruction of both credit and non credit classes at evening adult community schools in a variety of writing subjects, such as business and grant writing as well as creative writing. When Mark is not attending classes or volunteering in his field, he thoroughly enjoys seasonal sports such as downhill skiing, and boating. His interests also include cooking and computer repair.

Marks Philosophy of Life: "Persistence pays off."

**Quote from Career Counselor Theresa Bowse:**

*"I am amazed at what Mark has achieved in two semesters. He has truly gone 'above and beyond' in securing an excellent cooperative learning experience and in the same semester volunteered at another medical facility. He is extremely determined to achieve his career goals and is willing to go the extra mile to develop his professional expertise. Mark is and will continue to be one of CCCC's success stories and we are proud to have him participating in the Coaches & Mentors Program."*



**Frances Bausman**



Fran was born and raised in a community in upstate New York, where her family lived and worked together with adults with special needs. She went to the local Waldorf School, an alternative school that put much emphasis on the arts. She explains, "I chose not to go to college, wanting to learn from life experience first."

When Fran graduated high school she began working with teenagers and later adults with special needs in communities in Ireland, England, Canada, and New York state.

Later she turned her focus to caring for the elderly in the US and then Scotland. It was here in a small alternative nursing home that she began to take on more of a leadership role, and began to consider returning to school. It was while caring for a couple friends during their last weeks of life that Frans calling became clearer to her.

Consequently, 13 years later, at age 32, she returned to school. Fran has been an outstanding student, and has worked diligently to achieve her goal. She recently learned that she had been accepted into the program, and she will be starting her Nursing courses this fall. Her aspiration is to become a Hospice Nurse.

When asked about her outside her "hobbies" and outside interests Fran eloquently stated: *"I find it hard to separate my life into talents, hobbies, and recreation. My formative working years were in environments where living and work were completely intertwined. I continue to see it as such even though now I go home at the end of the day. I love to read, get my fingers in the earth, walking, traveling and sitting in cafes making and writing cards/ letters for friends and family. I also greatly appreciate times of solitude."*

**Quote from Advisor Kyle Durborow about Frances:**  
*"It has been a pleasure to work with Fran for the past three years. She is an exemplary student and a kind and compassionate person. She is committed to her aspirations and the Coaches and Mentors staff are proud of her hard work and dedication. We know she will be a tremendous asset to the Nursing profession and we wish her the very best in all her endeavors! Congratulations Fran!"*



**David Bowlin**

David Bowlin is a quiet, young man with a very dry sense of humor. What you see with David is one piece of a very caring young man. David was raised in Massachusetts and graduated from Sandwich High School. While in high school, he played sports and currently lifts weights to stay in shape. He lives with his father and stepmother and cares for his two younger brothers who have special needs.

He's worked a variety of jobs and at this time does maintenance at Peters Pond RV Resort in Sandwich. He was also work-study for the Coaches & Mentors program during the Fall of 2010 semester. David is currently working towards his A.S. degree in Information Technology, Administrative Assistant. He admits he is good with computers, loves to read most anything and collects baseball cards and coins.

**David's philosophy of life**

*"Success is peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the best that you are capable of becoming."*  
John Wooden

**Quote from Tutor Judy Andersen:**

*"I've had the pleasure of working with David through each of his math classes. He is the type of student that you always look forward to working with. He always kept his appointments and knew what it was he needed help with. He listened carefully and worked hard. One thing that stood out in my mind was his care for his younger brothers who have some special needs. He took on this responsibility cheerfully and willingly. I wish him the very best as he completes his course work here and plans for his future."*



Coaches & Mentors  
Cape Cod Community College  
2240 Iyannough Road  
West Barnstable, MA 02668-1599

## Coaches & Mentors Staff

**Lois André, Program Director**  
South 234  
508-362-2131 Ext. 4353  
landre@capecod.edu

**Theresa Bowse, Career Specialist/Academic Advisor**  
South 233  
508-362-2131 Ext. 4374  
tbowse@capecod.edu

**Tina Frias, Program Assistant**  
South 232  
508-362-2131 Ext. 4344  
tfrias@capecod.edu

**David Ziemba, Dean**  
*Learning Resources and Student Success*  
508-362-2131 Ext. 4345  
dziemba@capecod.edu

All Coaches & Mentors Tutors are located in the  
Tutoring Center, Technology Building, G-01  
508-362-2131 Ext. 4352

**Judy Andersen, Tutor**  
jandersen@capecod.edu

**Patricia Childs, Tutor/Academic Advisor**  
pchilds@capecod.edu

**Kyle Durborow, Tutor/Academic Advisor**  
508-362-2131 Ext. 4482  
kdurboro@capecod.edu

**Deborah Lochiatto, Tutor**  
dlochiatto@capecod.edu

**Lisa O'Halloran, Tutor**  
lohalloran@capecod.edu

To view this newsletter online, go to: [www.capecod.edu/web/coaches/newsletters](http://www.capecod.edu/web/coaches/newsletters)



**"Be not afraid of growing slowly;  
be afraid only of standing still."  
Chinese proverb**