



NEWSLETTER

Volume XIII, Number 2

Judy Woop Honored as Wonderful Woman of Morris

Recently the Women's Center honored Judy Woop, owner of JW Consultants, Professor of Nursing Education at Caldwell College, and Butler Councilwoman, as our 2011 Wonderful Woman of Morris. Following is the speech Judy shared upon receiving her award.

"I am honored. This part of my professional journey began some 30 years ago . . . at The Women's Center. As I began a new phase in my life, leaving the comfort of hospital nursing and entering school nursing at the high school level in the 1970's, I was introduced to a whole new world. Schools are the microcosms for society, especially high schools.

"Working with adolescents, I realized that many would be unprepared to deal with the complex issues they would be facing in a rapidly changing world and that they would no longer be able to remain isolated in their local communities and raise their children as they had been raised. Identifying young men and women who would need more skills and preparation for life, especially if they did not go on to college or learn other vocational skills, was a sobering perspective, and as I was facing the same challenges with my own family.

"Always one who looked to the experts for guidance, I was traveling uncharted waters. My need to find answers led me to a graduate program in counseling at William Paterson University that fulfilled Continuing Ed requirements, some tuition payments and moved me steps on the guide. And it led me to the Displaced Homemaker program.

"As a state certified counselor, I was credentialed to administer Aptitude and Interest Inventories, and personality profiles (testing). I was involved in teaching and workshops/assertiveness, health related topics, resume writing (What Color is Your Parachute?) before resume.com, group sessions – reflecting on accomplishments, and promoted membership in professional organizations. At the same time, I was broadening my horizons.

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Collaborative Divorce

Not an Oxymoron: Collaborative Divorce is an intelligent and dignified alternative to the traditional divorce process, gaining ground in New Jersey. The practice has grown over the past twenty years world-wide as a cost-effective, confidential and emotionally healthy alternative to litigation. In Collaborative Divorce, children are the priority and focus is on respectful future family relationships. Parties do not go to court until they have an agreement resolving all their issues.

Both parties are represented by a lawyer of their own choosing who offers traditional support, protection and guidance, but who is specifically trained in the collaborative process. Importantly, settlement negotiations take place in meetings with both spouses, their lawyers, and any other joint professionals the case may require. Collaboratively trained child specialists, financial specialists, divorce coaches along with other professionals work as a team to help the parties decide the best possible outcomes for their families. Decisions are not left to a court that may not understand the nuances of that particular family. Self-determination is an important hallmark of Collaborative Divorce. The structured setting encourages trust and objectivity in negotiations with minimal antagonism.

A major criticism of Collaborative Divorce is that if the process fails, the parties must start over with new attorneys. Therefore, both parties must have the mindset to settle their case for the right reasons. Both parties must believe they can restore enough trust in the other to achieve a successful outcome.

For most divorcing couples, the collaborative approach holds great promise for both parties and their family to begin their new lives with a healthy and strong foundation.

For more information on Collaborative Divorce go to www.CollaborativePractice.com and www.NewJerseyCollaborativeLawGroup.com. Also look for future seminars being held at the Women's Center at CCM.

*By Denise A. Wennogle, Esq., Candace R. Scott, LLC,
Morristown, NJ*

“Traveling is one of my favorite things. I was able to attend annual nursing conferences in June after school ended to a different location every year (Boston, Washington, DC, Phoenix, Los Angeles, Orlando and Minneapolis, to name a few), learning how school nurses functioned in rural, city and suburban schools throughout the nation. I also served as liaison from the National Association of School Nurses to the Morris County School Nurses, and president of the New Jersey State School Nurses. My European journeys didn’t begin until the 1980s, and they continue today.

“A resume gives you a format to present your profile for the position you are applying for. It is a written document – part of nursing practice (best practice states, “If it’s not documented, it’s not done”). I was no different than the thousands of women preparing to re-enter the workplace after raising a family, taking care of sick parents, children or other family members, or yourself, after breast cancer and heart disease, or volunteering for Little League, Cub Scouts, Brownies (think of the successful Girl Scout cookie sale or sales promotion in Avon). Didn’t we develop the catch phrase “look good, feel good?”

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HEALTH SCIENCES CAREER TRACK GRANT

There is a new federally funded program through which low income individuals can receive **fully funded** support services to pursue a career in Health Sciences. County College of Morris, sponsor of The Women’s Center, has received grant money to fund participation in the following programs:

- HHA (Certified Home Health Aide) NJ Certification
- CNA (Certified Nursing Assistant) NJ Certification
- Medical Billing and Coding
- EHR (Electronic Health Record System Technologist) Certification
- CMA (Clinical Medical Assisting) Certification
- Phlebotomy Technician
- EKG Technician
- Pharmacy Technician

Classes, depending on the program selected, will be held at either of the CCM Randolph or Morristown campuses, or in Denville at the Morris County School of Technology. Most programs will begin in September, and some could start as early as this summer. If you currently receive TANF, GA, or if your annual income falls within 125% to 185% of poverty guidelines established by the federal government, you are eligible to apply. If you would like an application, or more information, please call us at 973-328-5025.

WC Newsletter

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The Women’s Center at CCM
SCC 115, Randolph, NJ 07869

973-328-5025

womenscenter@ccm.edu

www.ccm.edu/womenscenter

Mission Statement:

*To serve the varied needs of
women in their quest for
economic self sufficiency.*

Staff

Director	Melissa Elias
Career Counselor	Mona Witman
Career Counselor	Maureen Haggerty
Job Placement	Michele Coneys
Legal Ed.Coord.	Pat Johnson
Admin. Assist.	Gladys Licker
Admin. Assist.	Betty Squire

The Women’s Center at CCM is a nonprofit organization serving displaced homemakers, single mothers, and other women. It is sponsored by the **County College of Morris**. The program is funded by the **NJ Division on Women** and the **United Way of Northern New Jersey**. The legal education services are funded by a grant from the **IOLTA Fund of the NJ Bar Foundation** and the **Morris County Bar Foundation**.

Upcoming Computer Workshops

- **Word 2 - June 14, 16, 21, 23**
- **Excel 1 – June 28, 30, July 5, 7**
- **Excel 2 – July 19, 21, 2, 28**

REMINDER

FREE LEGAL CLINIC
1st, 2nd, & 3rd WEDNESDAYS OF EACH
MONTH
CALL FOR AN INDIVIDUAL
APPOINTMENT
973-328-5025

Career Corner

JOB HUNTING ON THE INTERNET BENEFICIAL WEBSITES

- I. Skills Assessment - Free Online Career Tests
 - A. Enneagram: <http://www.enneagraminstitute.com/Tests/Battery.asp>
 - B. Myers Briggs Type Indicator: <http://www.personalitytype.com/>
 - C. Occupational Information Network Skills: <http://online.onetcenter.org/skills/>
- II. Career Exploration Sites
 - A. About Careers: <http://about.com/careers/>
 - B. The Riley Guide: <http://www.rileyguide.com/>
 - C. Bureau of Labor Statistics: <http://www.bls.gov/oco/cg/>
- III. New Jersey Job Sites
 - A. Links to Local Companies: <http://www.ccm.edu/studentLife/CareerServices/EmployerSites.aspx>
 - B. Education Jobs in NJ: <http://www.njhire.com/>
 - C. NJ State, County, Local Jobs – Civil Service: <http://www.state.nj.us/csc/>
 - D. Workforce New Jersey: <http://lwd.dol.state.nj.us/labor/wnpjpin/findjob/findjobindex.html>
 - E. NJ Job Fairs <http://lwd.dol.state.nj.us/labor/wnpjpin/content/PostedJobFairs.html>
 - F. Morris County Networking Groups: <http://www.gti.net/mocolib1/ref/jobgroups.html>
- IV. National Job Sites
 - A. Indeed: <http://www.indeed.com/>
 - B. Monster: <http://www.monster.com/>
 - C. Craig's List: <http://www.craigslist.org/>
 - D. Simply Hired: <http://www.simplyhired.com/>
 - E. America's Job Bank: <http://www.jobbankinfo.org/>
- V. Geography, Company, Salary Information
 - A. City Data: <http://www.city-data.com/>
 - B. Zillow Housing Values: <http://www.zillow.com/>
 - C. Glass Door : <http://www.glassdoor.com/index.htm>
 - D. Occupational Outlook Handbook: <http://www.bls.gov/oco/>
 - E. Salary.com Wizard: <http://www.salary.com/>
 - F. Indeed Salary Comparison: <http://www.indeed.com/salary>
- VI. Resumes, Cover Letters and Interviews
 - A. Monster and Career One Stop Templates: <http://www.monster.com>
 - B. Resume templates: <http://www.resumetemplates.org>
 - C. CareerLab cover letters: <http://www.careerlab.com/>
 - D. JobStar Resume Templates: <http://jobstar.org/tools/resume/index.php>
 - E. Purdue U.'s cover letter/ resume workshop: <http://owl.english.purdue.edu/owl/section/6/>
 - F. Job Interview Tips: <http://jobsearch.about.com/od/interviewsnetworking/a/interviewguide.htm>



Upcoming Job Club Topics

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|---------|--------------------------------|
| June 24 | Summertime Job Hunting |
| July 15 | Steps to Overcome Age Barriers |
| July 29 | Resume Writing Tips |
| Aug. 5 | Cover Letter Writing Tips |
| Aug. 19 | Interviewing Tips |

Job Club meets twice a month on a Friday from 10 to 11:30 at the Women's Center for any woman looking for a job. This informal group discusses a variety of issues that lead to a successful job search. Our Job Club is a great way to network and meet other women. All of this free help is available by calling 973-328-5025 and reserving your place.

“Like we were wasting our time! Where is the credit for life experience? Negotiating with insurance claims for medical bills, financial planning (using SSI, disability, food stamps, etc.). Where are the education credits for child care – developmental disabilities, dealing with chronic illness, life threatening allergies? And the increases in pay for being on call 24/7?”

“So, in career counseling, we want to put the client’s best foot forward because you only have “a minute to win it.” We put experience, job skills, education, accomplishments and salary requirements on paper for Human Resources to critique. And our references . . . who are you going to call? “Ghostbusters” – there really are limited options. Your friends, children, teachers.

“My career/profession/job does not define me! Thank goodness, or I would have pigeonholed myself into a little cubby and never taken flight over the cuckoo’s nest.

“And so enter politics. I remember my involvement in the passage of the certified school nurse bill (PL 1999) and my conversations with Senators and Assembly members as president of the NJ State School Nurses, and how important it was to have this bill passed to insure quality care of children in our schools. They needed to listen to the experts (school nurses) and not those in opposition (paid lobbyists), and I realized we needed more politicians who would listen and not be swayed by special interest groups.

“Why become involved in politics? Because we should. And I could. I always tell the story of how I visited my husband’s grave when I thought about running and tapped lightly and said, “Don’t get up Bob, I have something to tell you.” I remember asking for my children’s support when I first entered the political arena, and continue to pay attention to their oversight.

“I love my children and my grandchildren more than life itself, there is nothing I would not do for them. And nothing that they would not do for me. We are a family circle . . . a circle of my life.

“Nursing was and is my base – a hands-on learning experience/training/education. The beginning years enabled me to build a strong base, realize the endless possibilities for my life’s direction, and as I was often reminded . . . I could always get a job!

“Life experiences/peak experiences/ anger and heartbreak . . . the good and the bad, life and deaths are all part of the process, and that is when your family support embraces you. They are your most important resource! As women, we are the life givers, partners, caregivers, mothers, nurses, teachers, and hands-on molders for the next generation.

“Put that on your resume . . . mine is still evolving. In September of 2010, I set out on another excellent adventure – Judy Woop’s Computer Corner. A relatively new idea, using the latest technology concepts in education. A user friendly computer center for learners of all ages! A women’s business (mine), it’s green (paper free), local residents and students can walk to the corner, creates new jobs (consultants), and combines my online teaching with colleges and universities around the world (and yes, the University of Dublin is still part of the Celtic “tiger” roar). This way, I can continue to travel (through Skype) for as long as I can surf! The possibilities for women are endless!

“And so, I accept this award today for all the women who have traveled the road, walked the walk, and talked the talk, and for those about to do it all over again.”

**The Women’s Center at CCM
County College of Morris
SCC 115
Randolph, NJ 07869**

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