



ST. MARY'S ACADEMY

Today's Young Woman. Tomorrow's Leader.

FOR IMMEDIATE RELEASE

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St. Mary's Academy Welcomes Alumnae to Career Day

Portland, Ore. –**February 1, 2011** – St. Mary's Academy proudly welcomes over 50 alumnae for its annual Career Day this Friday, February 4 beginning at 11 a.m. Alumnae in professions ranging from judges and a bank president to a playwright and a professional chef will participate in two hour-long sessions aimed at educating students on their professions.

"Our college-prep curriculum gives students the skills to be successful in college, but this day is designed to give students the opportunity to network with alumnae who give in depth insight of their professional experience," said St. Mary's Academy President, Christina Friedhoff. "This is only one example of how our involved alumnae give back to St. Mary's."

Students will begin the day with a half hour assembly with human resources consultant, Amy McGeachy, where students will be educated on how to take full advantage of the day and to use it as a launching point for future career explorations. McGeachy will also train students on how to best embark on self-discovery, which students will use to determine if certain career paths interest them.

Next, students will attend two sessions (one before and one after lunch) based on their preferences given to the Alumnae Department. Each session will be led by a group of panelists in which students will be given a quick introduction on the participants then have the opportunity to ask questions. Alumnae attendees are encouraged to share how their St. Mary's education continually helps them in their current profession, their education and background, the rewards and challenges of their work and additional traits and attributes needed for success in their work.

An afternoon reception held in the Student Commons will further serve as an opportunity for students to network with alumnae.

Sponsored by the Alumnae Development Department, this bi-annual event creates opportunities for students to create personal contacts with professionals and fellow St. Mary's alumnae. The event also encourages and inspires professional alumnae to stay connected with and invest in their alma mater.

Some of the 50 alumnae participants include:

Malia Wasson, *President of U.S. Bank for Oregon and Southwest Washington*
Honorable Judge Anna Brown, *Federal Judge, U.S. District Court*
Tifani Parrilli, *Immigration Attorney and Partner at Parrilli Renison LLC*
Drew Martin, DVM, *Surgical Veterinarian*
Teri Mariani, *State of Oregon Sports Hall of Fame Member*
Sherri Murrell, *Women's Basketball Head Coach for Portland State University*

(more)

Alumnae participants continued:

Leah Bolstad, *Assistant U.S. Attorney*

Judge Alicia Fuchs, *Multnomah County Circuit Court Judge*

Rose Bond, *Nationally-recognized Artist*

Tress Prefontaine-Lukowski, *Artist and Art Teacher*

Chris Aanderud, *Elementary School Principal*

Erin Couch, *Architect at Clark/Kjos Architects*

Kathleen Hutchinson, M.D., *Pediatrician*

Caprial Pence, *Renowned Chef*

Rachel Andrew, *Portland Police Detective*

Claire Willett, *Grants Manager for Oregon Ballet Theatre and Accomplished Playwright*

For additional information or questions, please contact Crystal Ghassemi, Director of Communications, at 503-724-8589 (cell) , 503-721-7715 (direct office) or crystal.ghassemi@stmaryspdx.org.

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About St. Mary's Academy

Founded in 1859 by the Sisters of the Holy Names of Jesus and Mary, St. Mary's Academy is an all-female Catholic high school and Oregon's oldest continuously operating secondary school. The student body represents a diverse background of young women from over 30 urban, suburban and rural communities in Oregon and southwest Washington. St. Mary's Academy is distinguished by its development of the whole person, and is the only school in the state to receive three U.S. Department of Education Blue Ribbon Schools awards. For more information about St. Mary's Academy, please visit: www.stmaryspdx.org.