



STUDENT PROFILE

A passion for service

Bianca Ciuffredo

Class of 2017

Master of Arts in Mental Health Counseling

by Michelle Marrone

Bianca Ciuffredo has always loved helping others. Already working in the mental health field, her Rivier education adds a richness to her professional and personal life.

Favorite Quote

“Between stimulus and response, there is a space. In that space is our power to choose our response.”

Favorite Movie:

Forrest Gump

Favorite App:

All Trails

If you could do or be anything in life, what would it be?

I think that I would stay right here, where I am at. I am grateful every day, for every experience that I have, and for every other person that I meet.

What drove you to pursue your graduate degree and to choose Rivier University?

I started working for a community mental health agency after receiving my bachelor’s degree and fell in love with the work. I chose Rivier University both for its location and the fantastic reviews of the mental health counseling program that I heard from co-workers who had completed it.

How has your degree program impacted you thus far, personally and professionally?

What do you plan to do once you receive your degree?

I started the Master of Arts in Mental Health Counseling program in January 2014. It is truly tailored to those of us who work full-time. Although my schedule became significantly fuller, the topics we cover in class relate directly to my daily work experiences, enhancing my professional performance, and the program has helped me determine that this is truly my passion. After graduating and receiving state licensure, other goals of mine are to become a licensed alcohol and drug counselor and, hopefully, a certified group psychotherapist.

What do you value or enjoy most about Rivier?

Our professors truly value us as students and future colleagues, and they integrate their professional experiences into our classes. One of the most important elements of client-centered care is obtaining a whole picture of the individual in front of us; culture is usually a crucial part of this. I also appreciate that diversity is a topic that we touch upon frequently.

Who have been your Rivier mentors, and how have they helped you?

I have learned so much from my peers and professors. Rivier faculty members Drs. Royer, Khara, Moquin, Proctor, Langelier, and Instructor Cahill have become my academic and professional mentors.

Rivier’s mission, ‘transforming hearts and minds to serve the world’, invites students to be the best they can be. How has this been evidenced in your experience?

This description of Rivier is absolutely accurate. It is easy to “go through the motions” in our daily lives: get up ... go to work ... go home ... repeat. However, thanks to my Rivier education, I have become better at challenging myself to think outside of the box and take a different path. I have been pushed to lead groups, to speak in public, and to offer my thoughts on political and other issues since beginning this program.

I’m a runner, so I now ask myself “why take the road frequently travelled when there is so much to explore on the hidden paths in the woods?” This has a lot to do with great running partners—peers and professors—who, in the spirit of Robert Frost, encourage me to grow by taking the path less travelled. It truly has made all the difference. 