Athana Kontinos is the Deputy Director of Covenant House of New York. Covenant House of New York provides services that help young adults obtain the skills and tools needed to develop into productive contributing citizens. She oversees the job retention program, earned-income catering project and training programs.

**Education/Work History**
Athana earned a degree in Political Science at the College of Charleston in 2004. During college, Athana explored internship opportunities which were helpful in focusing her interests. She interned with the Carolina Medical Assessment Center and the City of Charleston’s Crime Scene Unit. Upon graduation from college she worked in the Human resources industry and then for the Food and Beverage industry, saving money to pursue her goal of moving to New York City. In February 2006, Athana began working at Covenant House New York. She moved up the ranks from Vocation Specialist to Job Retention Specialist to Job Retention Coordinator and is now the Deputy Director of Covenant House of New York. In January 2008, Athana earned her Master of Public Administration from Baruch College.

**How the political science degree helped get her to where she is today.**
“My degree at the College of Charleston has helped me in many different ways, but most importantly, it allowed me to become informed of a variety of policy issues and research them. While I do not work directly in the government policy arena, my job is definitely affected by many policies.”

**Advice to current political science students**
“The greatest advice I can give to current Political Science students is to take chances and learn from them. If I had not taken the chance with my first position at Covenant House, I would not be where I am today. Talk to the people around you, listen, think, and debate. Don’t be afraid to question people or processes, because this is how you learn and people recognize your ability to think outside the box.”