

# VISIONS



YORK College

SPRING 2017



## Dear York College Students,

I wish each of you the best during the spring 2017 semester and may you all achieve your goals. As for all of the graduating seniors, I congratulate all of you for coming this far and would like to say that you have a few months to go so that you can proudly say, "I am a York College graduate."

Please use this newsletter to find out about the many events, activities and programs that are being made available for your use as well as support. I also encourage you to read the testimonials of many of your peers who are graduating and to learn and take away a few things that contributed to their success at York College. Some lessons learned are to get integrated, engaged and involved in campus-life at the college. Connect with your peers and identify a staff and/or faculty mentor so that they can support you on your journey. This will enable and empower each of you to understand your intellectual and human potential and

to become self-actualized and passionate engaged learners in a global society.

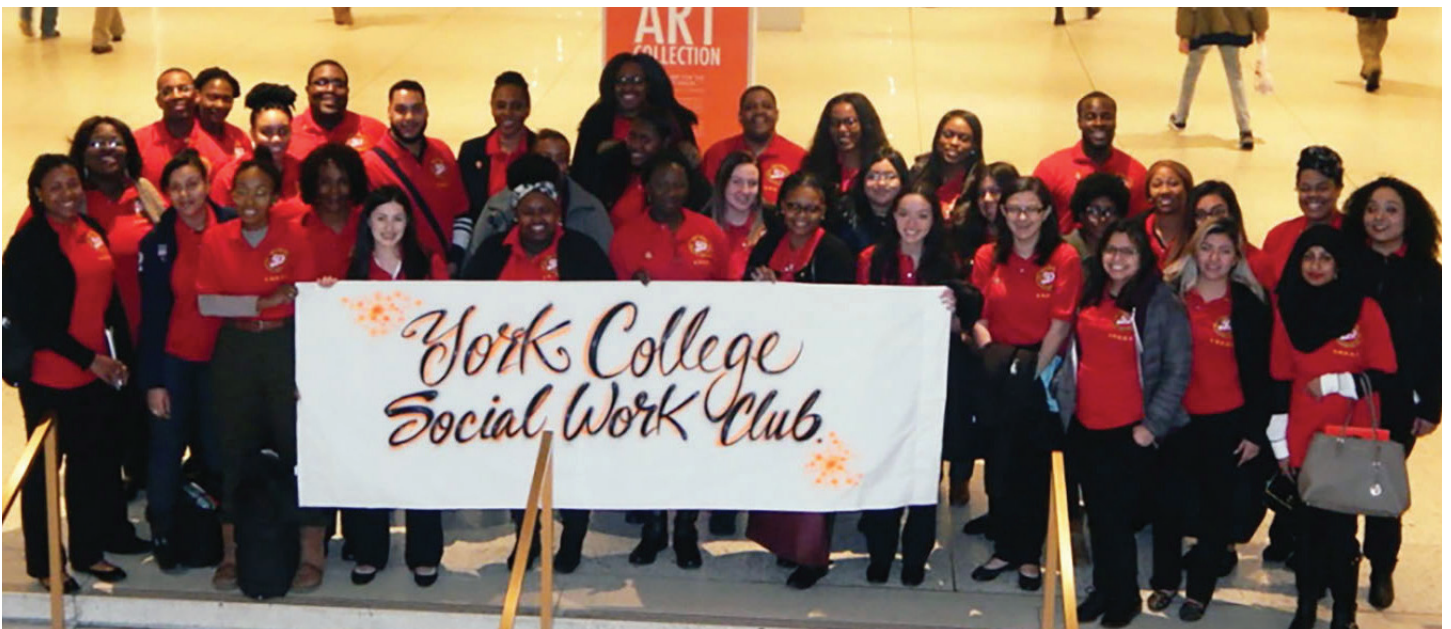
You are all encouraged to take advantage of the many opportunities available at the institution and to get engaged with the variety of student club and organization events, programs and activities offered by the various academic and student development areas and to make sure that you enjoy your academic experience at the college.

In closing, we salute all of the graduating seniors and may all of you have a fruitful and productive semester!

Sincerely,

Dr. Vincent Banrey, Vice President  
Student Development

## YORK COLLEGE SOCIAL WORK CLUB ANNUAL LOBBY DAY IN ALBANY



New York State Assemblywoman Jaime E. Williams, a York College Alumna and former Vice President of the Social Work Club with York College Social Work Students and Social Work club Faculty Advisor, Dr. Selena T. Rodgers. During the occasion, she bestowed a

proclamation onto the Department of Social Work for the exemplary education provided to students, accepted by Dr. Rodgers on behalf of the department.

# Engaging in Study Abroad Opportunities

Four York students, Malika Christopher, Dupah Gobin, Diego Alvarado Mateo, and Sury Valdez, traveled to China during the Winter Session. They were able to visit the powerhouse cities of Beijing, Shijiazhuang and Guangzhou. During their stay in China, they had the opportunity to network with other students, taste traditional foods, learn about industrial systems, and visit many temples. This opportunity helped them to have a much deeper understanding of the culture and history of China.

The cultural experience in Beijing such as the Great Wall, Tiananmen Square and the Forbidden City as well as the lectures on China's telecommunications innovation and education, showcased how advanced China was becoming, yet was able to maintain historical paraphernalia. Shijiazhuang gave the students the opportunity to witness a tea ceremony, listen to cultural music, view traditional dances, witness a Kung Fu performance from one of the participating students and visited the Longxing Temple, which gave us insight into ancient Buddhist monastery. Guang-



*From left to right: Sury Valdez, Malika Christopher, Dupah Gobin and Diego Alvarado Mateo at Tiananmen Square in Beijing and in the back is the Forbidden City.*

zhou provided them with not only some much-needed sunshine, but with information about zodiac signs, various festivals and craft skills. The students were able to participate in a handicraft project where they designed, painted and sewed a leather wallet, purse or business card holder. This taught them not only about the time and effort that goes into producing a leather product but gave them a new appreciation for what they purchase in the future. The students also enjoyed their visit in the Shawna Ancient Town, which has a history of over 800 years. It had rows of houses, old streets and long alleys, which did a great job at showing the features of the ancient style of China. Another favorite was their visit to the Chen Family Temple which now serves as Guangzhou's Museum of Folk Arts and Crafts. It showed the most characteristic of Guangzhou architecture.

Last but not least, the students from Hebei College of Industry and Technology and Panyu Polytechnic, are what truly made the experience worthwhile. Their hospitality, humor and patience was much appreciated. Together, they were able to discuss cultural norms, practiced, language skills, and perfected the art of eat-

ing with chopsticks. Overall the students were compelled to face issues from a different perspective, by exploring ideas differing from the Western ideology.

## PERSONAL EXPERIENCE

**Malika Christopher** This trip was life changing and essential for Malika. Being her first international experience, it strengthens her resolve as a Political Science Major. The tours of Forbidden City and Longxing Temple were her favorite as its intricate beautiful architecture of these relics left her in awe to be able to stand in sites of such historical significance. The trip allowed her to explore how the ancient and modern cultures collide in today's society. As a Caribbean American, she was able to interact with locals and counter Chinese perceptions of what it means to be such. She will always cherish the friendships she's made, the sites she's seen and will continue to travel to different countries and work to improve relations between the U.S. and the rest of the world.

**Dupah Gobin** Change and living in China was indeed a learning experience for



*From left to right: Malika Christopher, Diego Alvarado Mateo, Sury Valdez, and Dupah Gobin at Guangzhou Panyu Polytechnic College.*



Dupah. This trip made her an incredibly more well-rounded student leader that allowed her to create meaningful, lasting friendships. It gave her a different perspective on life and most importantly, it gave her a story to tell. As a Biology/Pre-Med student, who is self motivated, this study tour left her with new attitudes and new ways of thinking that better enable her to connect with others from a different cultural background. This experience allowed her to learn something new about herself and served as a catalyst for increased maturity. The highlight of the China trip was the impressive attractions of the Ancestral Temple of the Chen Family. The temple features various superb carvings, showcasing nature and the great achievements in the art of carving in Guangdong province. This study abroad experience allowed Dupah the opportunity to view the world and its issues from several perspectives. She returns with greater vigor for academic pursuits and a renewed interest in life-long learning.

**Diego Alvarado Mateo** Exploring and learning is one of the incredible gifts life has to offer. This Study Abroad program to China for Diego has given insight into various cultural aspects and what it means to be a global citizen, which would be useful to his future career in medicine and as a person he can apply it into his daily life. The visit to the Great Wall, the Forbidden City, Guangzhou Tower, Pearl River, and other interesting places was a great way of connecting with the ancient



*From left to right: Xu Kai (Coordinator in China), Malika Christopher, Sury Valdez, Zhang Lianxu (President of Guangzhou Panyu Polytechnic College) Diego Alvarado Mateo, and Dupah Gobin at farewell ceremony in Guangzhou.*

and modern cultures of China. This experience has not only encouraged Diego to keep learning, exploring and pursuing his goals, but has allowed him to create new friendships from China and the United States as well.

**Sury Valdez** One short journey filled with countless extraordinary moments, is how I could nearly depict this program with words. Although, there are moments, feelings, and friendships that were made that I cannot possibly arrange to best ex-

plain just how iridescent this experience was. From completing the Great Wall climb, to knowing some of the deepest secrets of our Chinese friends, left me in total reverence. Often times in the business world we discuss the differences of culture and how that plays a vital role in a firm's dynamic. But to experience it is quite different. The ability to now understand how our Chinese partners view business, friendships, partnerships, and cultural differences has presented me with a much more holistic sense, and a new perspective that I shall now view when completing my international business studies. Although I left China, I hold the memories close to my heart, my new-found knowledge close, and my passion is ignited more by the people of China.

## RECOMMENDATIONS

Our recommendation to any student nervous about being in a country they have no language proficiency in or one that is "too far", is to just do it! You will leave the experience an even better person than you were going in. You will be not only more educated; but learn so much about a cultural different from your own. It will be an experience you will remember and regret if you don't for a lifetime. When in doubt, one should remember the mantra, "Life begins at the end of your comfort zone!"

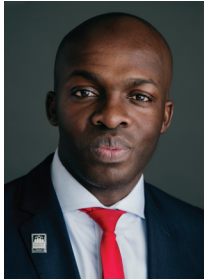


*Students, professors and sponsors that participated in handicraft leather making at Guangzhou Panyu Polytechnic College*

# Achieving Success at York: Student Stories

## ALITY AGHEDO

My name is Ality Aghedo and I am majoring in Geology. The reason why I chose to attend York College was because the distance between my house and York College attracted me, and I was lucky to be accepted to York College because it re-arranged my educational goals.



The scientific research exposure/opportunities available at York College have been the main aspects of my experience at York College. In addition, I have had the opportunity to study abroad in various countries such as China, Hong Kong and Australia, and I was also able to participate in a summer international research internship in Bahia, Brazil. In addition, through Career Services and the Thurgood Marshall College Fund (TMCF) I was able to attend the TMCF Leadership Institute in Washington, D.C. in November 2016. This was truly an eye-opening experience because I was able to network with CEO's, fortune 500 companies and other top performing students from around the country. And, just a few days ago, I was awarded the TMCF Department of Energy Scholarship in the amount of \$7,400, to be used to help defray my educational expenses at York.

In terms of how it has enabled me to be successful I would say meeting my research mentor, Professor Nazrul Khandaker. He has been one of the biggest breakthroughs in my achieving my educational goals. He taught me how to become competitive and a dedicated research scholar. These experiences directly affected my critical thinking skills and exposed me to different schools in the world.

In terms of what advice I would give to other students is to be dedicated to their school work, focus on the main goal and manage their time very well because time management is the key to a successful student. To the students who are struggling with grades, my advice is, do not give up! Keep trying and ask for help and advice from student services, a professor or your mentor.

## CHEVANIE BAILEY

The fall 2016 semester ended with the CSD staff bidding a fond farewell and congratulations to Chevanie Bailey. She was a Biology major and knew she made the right decision when she first entered York. Chevanie stated "York is an accredited institution with a multitude of majors. Secondly, it is close to home, which for me, was very important because when I had low moments, I always had the support of my family." Chevanie, with much appreciation, details the support she also received at York. "Most of the professors care about your education and want you to be successful in their courses, so whenever I was unsure about something, I would always ask for clarifications. [And] I think the support I received from the people at CSD and the accommodations were paramount to me getting a Bachelor's degree." Chevanie, who was awarded the prestigious USS Donald and Mary Ellen Passantino Students with Disabilities Scholarship for Academic Excellence, was also active on campus. "Join clubs so as to network. Join support groups. Utilize resources that have been set up to help you," she said. And Chevanie encourages other students to follow her example: "I set small goals for myself that eventually lead to me achieving the big goals. You must realize that life will not always go as planned but once you are able to adapt to changing circumstances, you'll be fine."

## LEAH CHANCE

It seems like only yesterday that I was sitting at my college orientation, preparing for the next chapter of my life. I was excited, as well as nervous of all that I would encounter at York College. I chose York College because I was so familiar with the school. I knew where everything was located and I was known by some of the staff members. I also loved the fact that York is so diverse. However, I worried about making friends. Would I do well in my classes? Would I be able to graduate within the four years?



Well today, four years later, I can say thanks to God and my new family, TRIO SSS, I will be graduating in June 2017, with a bachelor's degree in Mathematics. It has not been an easy journey but my advisors, tutors, and friends from TRIO stood by my side to help me make it.

I started the TRIO program by an invitation from my former advisor. She was so excited while explaining the program and its benefits to me that all I wanted to do was join in. Once I was approved, I was unaware of everything I would gain from it. Many times when the library was full, I was able to go to the TRIO SSS center and use the computer as well as study. I was able to print homework assignments for free. Not only was TRIO SSS there for resources but they were also there to lend an ear. Many times I was able to talk to Ms. Christina, Ms. Curry, Ms. Landrina, Mr. Walter and my new lovely advisor, Ms. Campbell. They were there to talk about school related issues, as well as outside issues. They gave great advice and assisted me in any way they could. I really love this program, and I will forever be grateful to be a part of the TRIO family!

To all my peers who are still working on their degrees and chasing their dreams, I tell you to FIGHT and know that YOU CAN DO IT! There will be many times you stay up all night. Many times you may shed tears. Many times when you want to give up. However, as I was reminded by my best friend, and now I remind you that you can never throw in the towel! You may not see it now, but I promise you all that it is worth it in the end. You will be proud to say that YOU did it. So keep your head up and fight to the finish line!

## MARIELA DELACRUZ

I decided to attend York College because it was conveniently located for my commute.

I was introduced to the TRIO Student Support Service Program (SSS) during my freshman orientation in 2012. Immediately after the New Student Orientation,





I went to the TRiO SSS office and signed up for their program. TRIO has been my biggest support system throughout my college journey. They helped me transition from a high school student to college student. Through their support, I went from a scared girl who had just graduated high school to an independent, self-empowering individual.

My academic counselor helped in all my endeavors and was the voice of encouragement when I felt frustrated. She taught me how to advocate for myself. As a social work major, I learned I wanted to work with college students after I obtain my master's degree. The workshops were always useful and informative. For example, I learned how to manage a sav-

ings account and how to build credit. As I'm approaching the final months of my journey at York College, I'm reflecting on my achievements and my challenges. I wouldn't have been where I am today, if it weren't for the TRIO SSS program. As a potential cum laude honor student, TRIO SSS has not only provided me with academic support, but also with emotional and social support. I wholeheartedly recommend this program.

My recommendation to students is, don't be afraid to ask for help. Find a support system within your school and community.

### GIANNI GUSTAVE

My name is Gianni Gustave and I graduated in December 2016 with a Bachelors degree in French Studies and Business Adminis-



tration. My journey with CUNY started in the Spring of 2011. As I was starting the new year, I had to decide between a couple of CUNY institutions in Brooklyn and Queens. This decision prompted me to call my aunt

who attended York College a couple years back in order to get some insight from her experience. I had also spoken to my mother's friend who was an executive at an Immigration center that serves the Haitian community and had known the Director of Admissions at York then. Shortly thereafter, my parents and I agreed York would be the ideal fit. Till this day, I am truly grateful to the Director of Admissions at York, who guided me through the admission process.

Over the years, I created a community for myself and ensured that it would support the future generations that followed.

The day that truly turned around my college experience was when I reached out to the Career Services Center for guidance. I came in with an open mind to find a career path that aligned with my values. There, I was welcomed with open arms by the entire staff. Not only did they encourage me to apply to internship and scholarship opportunities, they persevered with me through many application attempts until I was granted the opportunities I pursued. I had been advised by the staff for two years however, my hard work became fruitful only during the second year. Additionally, I lead and coordi-

*(continued next page)*

## Career Services



**Partners in Your Success**

Most of our graduating seniors say farewell at the end of the Spring semester. Career Services reminds you to begin your job search before you graduate (even as early as the semester before graduating). We have tools for updating your resume, job searching, interviewing, and more. It is never too early to pay the office a visit.

### Final Tips As You Fully Enter the Marketplace

#### Secure References

- Before faculty leave for the summer, secure open letters of recommendations or permission to use faculty for references—get contact data
- Do the same for internship / volunteering references

#### Join!

- If you join a professional association in your major/career, while you are still a student, the cost will be 0 or very low. Ask faculty to recommend associations.

#### Update Your Resume

- Review all of your achievements since the last update and include experiential activities, academic achievements, memberships
- Attend a bi-weekly resume clinic: bring a hard copy of your resume for you to edit

#### Practice Interviewing

- Interviewing resources are accessed on the CS website and by logging into your CS account
- Schedule a mock interview with a counselor

#### Job Hunting

- In your CS account, search the jobs database
- Click 'Career Advice' in 'My Profile', to explore industry-specific databases for industry trends (usjobs.gov; indeed.org; LinkedIn, <http://www.americas-jobexchange.com>, etc), and salaries

#### Weekly Workshops

Tues.	12pm	Orientation (a summary of CS resources)
	1pm	Focus2 (survey your career strengths- a good tool for freshmen)
Wed.	3pm	Resume Clinic
Thurs.	12pm	Resume Clinic

#### Interviewing

See the CS website for self-help tools avail 24/7  
Log into your account for additional resources under 'My Account', Career Advice  
Schedule a mock interview with a career counselor

**Career Services is located in 3M01; Ext. 2282**

**Hrs.: 9-5; Tues. & Thurs. open til 6pm. No weekend hours**

**[www.york.cuny.edu/student-development/career-services](http://www.york.cuny.edu/student-development/career-services)**

nated various student activities on campus with my fellow college mates where we put together entertaining and informative events on campus. I mentored many of my fellow students who sat, planned and executed these activities. Those students went on to become leaders for the clubs I established on campus.

Under the advisement of the Career Services staff, notably Sarah Garcia, I was able to recognize the skills I acquired throughout my experience and capitalize on them to further help me in pursuing my ideal career.

My biggest advice to current York students is to seek guidance from your elders

on campus and be leaders among your fellow college mates. Most students fail to realize that the Faculty and Staff are the most impactful resources on campus by far and my success is the living proof. I cannot stress enough how instrumental Dean Punter from Division Student Affairs and Sarah Garcia from the Career Services have been to my academic and professional success. Furthermore, students often overlook how empowering leading a student club is. Presiding over a student club at York was one of the biggest challenges I have encountered on campus; however not only had I felt empowered when I was shaping students into leaders; I learned a

great deal about communication with different stakeholders.

### SARAH-MARTINE HILAIRE

My name is Sarah-Martine Hilaire and my major is Movement Science with an emphasis on Athletic Training.



When asked what compelled me to enroll at York College well, my mom applied for me to this school at the last minute. Although I was accepted only to

## The York College Women's Center



Welcome to the York College Women's Center! We provide supportive services for the growth and development of women as they pursue academic and life-long goals. In

addition we provide resources and support for women to empower themselves and others. These services are available to students, alumni, faculty, staff and the surrounding community regardless of gender, age, ethnicity or religion.

So... What does this mean for you? Broken down into its simplest form we do three (3) things:

### What We Do

1. Promote LEADERSHIP and MENTORING opportunities for women so they have the tools they need to be successful.
2. Raise awareness about WOMEN'S HEALTH & REPRODUCTIVE EDUCATION.
3. Promote awareness, education and prevention of DOMESTIC VIOLENCE & SEXUAL ASSAULT.

### Why We Do It

Now more than ever women must learn to use their voices to advocate for themselves. College women face many challenges:

#### Did you know:

- Women only **earn .79 cents for every dollar** a man earns. The wage gap is real and must be overcome.
- Between 20% and 25% of college women and 4% of college men report being **sexually assaulted during their college years**.
- 1 in 3 women in the United States have experienced some form of **physical violence by an intimate partner**.
- The **leading cause of death in women is Heart Disease** (not breast cancer) and 90% of women have one or more risk factors for developing heart disease.

### How Can YOU Become Involved

It's Easy! As always, all members of the student body - men and women - are welcome to participate in all of the women's center's activities and events. Follow these simple steps:

1. Come see us in the Women's Center - Room 3C01 in the Academic Core Building
2. Sign up to receive important updates and information on our e-mail list
3. Check the flat screen TVs AND the YC Cardinal App. We always post important events and activities in both places
4. Like Us on Facebook so you can stay aware of important developments and women's issues.
5. Drop in to an event. There are several events we offer each month:
  - *Girl Talk*: This informal round table discussion is a safe haven for all to express their feelings on issues that affect them.
  - *The Women of Excellence Leadership Workshop*: We partner with successful women from various fields of study and bring them to the York College community to share their experiences with students.
  - *The Women's Empowerment Film Series*: Each month we screen a film by and about women depicting women's struggles and triumphs on a global scale.
  - *The Women's Center Book Club*: FREE books are available for students covering provocative topics that students get together as a group to discuss.
  - *Domestic/Intimate Violence Awareness*: The Women's Center has a Peer Advocacy Domestic Violence Program know as **YorkSAVES**, (**York Students Against Violence Educating Students**). This program offers a training workshop followed by a class presentation on Domestic/Intimate Partner Violence.

SUNY, she wanted me to start with a CUNY school first.

As for what aspects of my experience at York have assisted me in completing your degree, I honestly have to say it was soccer. I love my team. I started playing as a freshman. My family wanted me to transfer to another school, but the bond I had with my teammates and knowing that we would improve encouraged me to stay. I have always stayed on top of my work, especially as an athlete. As an athlete, I have learned so much when it comes to maintaining a positive attitude/mindset, learning how to deal with failure, to work hard to achieve your goals, to work as a team, to make sacrifices and learn discipline.

In terms of what I think has contributed toward me achieving my goals, I would have to say that my family has influenced me greatly in achieving my goals. They have always been by my side. My dad lives in Haiti. Despite us being so far from each other, he would help with homework and explain to me anything I had a question about (math, biology, chemistry and much more). I am thankful for having parents that care about me and make sure that I have a bright future ahead of me. Because of their support, I am supposed to be graduating in Fall 2017.

As for what advice I would give to other students in terms of how to be successful, I would say first be yourself and know what you want in life; choose a major in which you have an interest. If you don't know then take a variety of classes during your freshman and sophomore years so you get exposed to different fields. As an athlete, I would also advise others to join a team because of the advantages that comes with being a student-athlete, such as early registration for classes, free gear, team bonding, athletic awards and so much more. You also learn about time management and understanding your responsibility as a student and an athlete.

### **IRSHAAD ISHMAIL**

My name is Irshaad Ishmail and I am an English Literature major.

When asked why I chose York College to pursue my degree I have two simple reasons and they are that my elder brother was a student here and it was close to home. In retrospect these shouldn't have been reasons to choose a college, but it worked out for the best.



What assisted me in being successful while attending York was being a part of a fraternity like PEK, which helped me throughout the years in the completion of my degree. In addition, interacting with students who, semester after semester, studied hard and attained straight As is an effective source of motivation. My fraternity brothers also challenged me to be a better student.

I would say that there were three factors that contributed to my achieving my goals in the last four years. The first was having a supportive family. The second was having mentors such as the Director of the Men's Center, Professor Quash and lastly, putting in hard work.

As for what success means to me, I would say that you need to figure out what "success" means personally and then chase after that like there is no tomorrow. For me, success means having enough time to spend with my family, and having enough money to live a life free of financial stress. That's my end goal. That's my version of success, but perhaps for you it might be different. I haven't reached that goal as yet but I'm hoping higher education, networking, and hard work gets me there one day. Success varies in meaning depending on the person. Figure out what it means to you, and while you're trying to attain it—what motivates your definition of success. And, don't be afraid of that definition or you changing what that means to you along the way.

### **CAVNON KENTON**

Cavnon Kenton, a recent graduate who is now one of York's esteemed Alumni, offers the following: "The only advice I can give to other students is that they focus on their goals and think about how to prioritize their time in order to achieve their goals." Cavnon was a Computer Science major here at York, and got encouragement from his mother to apply. "My mother went to the college and encouraged me to attend York. She also told me how supportive the faculty and staff are in helping students achieve their highest level of success" said Kenton, who was active on campus and also awarded the Matthew Goldstein Scholarship. He attributes his success to

"...the one-on-one time spent with my professors on the material, the time spent in the Tutoring Center, with friends and classmates, and the resources from the YES program and Center for Students with Disabilities."

### **MATTHEW LeBRIS**

My name is Matthew LeBris and my major is Business Administration with a focus in entrepreneurship and I also have a



minor in Accounting. If you ask me what compelled me to enroll at York College, I would have to say that my original goals were to attend Baruch after graduating from Queensborough Community College with my Associates degree. However, by the grace of God I was redirected down a path that landed me at York.

As for what aspects of my experience at York have assisted me in completing my degree, I would say it has been the never-ending support received from administrators and faculty while at York. Their guidance, encouragement and ability to understand a student's situation was what kept me pushing toward my goals when the going got tough.

Overall, what has contributed to me achieving my goals has been my fight for wanting to succeed. This is mainly what has kept pushing me toward reaching the degree. A fear of failure also kept my boots strapped for whatever was thrown my way.

As for what advice I would give to other students in terms of how to be successful, I share the following points: keep pushing, have faith, believe in yourself, self-educate and don't let anyone tell you that you can't.

### **EDD PAUL**

Edd is a Communications Technology (Television) major at York College, and



will be graduating June 2017. Currently he serves as a College Assistant in the Student Health Services Center. Edd has made York College his institution of higher learning

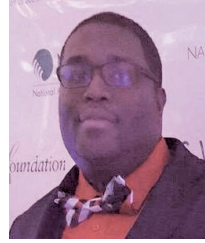
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mainly due to its proximity to his home and based on recommendations from his family members. Night classes at York College was an essential option that provided Edd the opportunity to pursue his career goals, thus allowing him to work and support himself financially while in school. He actually wished that the night class offerings could be expanded. Other aspects of York College services that assisted him in the accomplishment of his educational goals included the Library services, especially the extended hours during finals and Career Services' resume workshops. Edd recommends that all students, regardless of their academic level, take advantage of the various services offered throughout the campus, particularly from the Advisement Center, and the health insurance events provided by the Student Health Services Center. As Edd embarks on his new journey this June, he has great appreciation for the solid education that he has received at York College and looks forward to propelling into the future. We wish Edd all the best in his endeavors.

### DURRELL WASHINGTON

My name is Durrell Washington and I am a Social Work major at York College.



When asked what compelled me to attend York College my answer is that York College is one of the best schools in New York City offering an undergraduate degree in Social Work.

As for what aspects of my experience at York assisted me in completing my degree, I would say that I was surrounded by some exceptionally supportive staff and faculty within the Social Work Department, the Men's Center, and the Student Development Office. Also, being heavily involved in student activities such as the CUNY York College S.W.E.E.T. (Social Work, Empowering, Encouraging Together) Club and serving as the Vice President, the Male Initiative Program, and the Social Work Departments Academic Advisory Board, and serving as a mentor and guide to lower-level

social work students has helped me to stay focused and obtain my degree.

I think what contributed most toward me achieving my goals was the support and guidance I have received from my family, my mentor Dr. Selena T. Rodgers, and other faculty and staff such as Dean Paola Veras, Mr. Jonathan Quash, and Ms. Isabelle Hubert just to name a few. In addition, the support from my fellow York Scholars who have all helped in showing me the importance of education and personal growth, has contributed to achieving my goals and being able to graduate from York with Honors.

My advice to other students in terms of how to be successful, I would first tell them to surround themselves with other students who are either as motivated as they are, or who can help them to navigate through their program of study. I would also advise students to individuals that would serve as their mentors. Mentorship goes a long way in helping to spark motivation, and serves as a professional advisor. Also, getting involved in student activities can help with gaining access to resources to help make college life easier.

## EIGHT TIPS TO REDUCE STRESS

### 1 Take Care of Yourself:

Good Nutrition,  
Exercise, Sleep &  
Relationships

### 2 Be Kind to Yourself:

Think Positive  
Affirmations Daily

### 3 Be Thankful:

Has Calming Effect

### 4 Laugh:

It's Good for  
the Heart



### 5 Meditate:

Proven to Help  
Focus and Clarity

### 6 Write:

May Find Positive  
Angles Amongst  
the Stressors

### 7 Get Outdoors:

Can Improve Mood

### 8 Make a Change:

Remove Yourself  
from the Source of  
Tension



## STUDENT DEVELOPMENT WELCOMES NEW STAFF!

### Amira-Maria Mills

Disability Accommodations Specialist / Center for Students with Disabilities

We are delighted to announce the appointment of Ms. Amira-Maria Mills to the position of Disability Accommodations Specialist at the Center for Students with Disabilities! She is a familiar face, as she has worked at York since 2012 in several offices; The Center for Students with Disabilities, Student Development, and Veterans Affairs. Ms. Mills is passionate about working with students and is well known for her dedication, customer service skills, and teamwork. She is helpful to others, goes above and beyond expectations, and has been instrumental in supporting student success throughout the years.

Please join us in welcoming and wishing Ms. Mills continued success!



### Amy O'Connor

Head Athletic Trainer / Intercollegiate Athletics

We are very happy to welcome Amy O'Connor to the York College family in her position as Head Athletic Trainer. Amy brings a wide range of experience in her new role from both the professional level and Division I, II and III levels. In 2015 and 2016, Amy served as the Assistant Athletic Trainer at Queens College. Prior to Queens College, O'Connor was a Physiotherapist at Maidenhead Rugby Football Club in Maidenhead, England and was also a Sports Therapist and Rehabilitator at Perfect Balance Clinic in London, England.

O'Connor also served as an Assistant Athletic Trainer at Monmouth University in New Jersey in 2012 and was an Athletic Trainer at Morris Catholic High School in New Jersey from 2009-2011.

O'Connor holds a Bachelor's Degree in Athletic Training from Montclair State University. She is also a certified athletic trainer in both New York and New Jersey and is a certified strength and conditioning specialist by the National Strength and Conditioning Association.

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# Student Activity Fees Referendum Proposal

## To the Student Body of York College,

The Student Government Association (SGA) Election is taking place April 20-21, from 9:00AM to 9:00PM in the Academic Core Building Atrium. Please take the time to vote for your candidates of choice as well as the Student Activity Fees Referendum that will be on the ballot.

The Student Activity Fees Referendum Committee, propose to the student body of York College, to amend the current Student Activity Fee, which now amounts to **\$67.15** per full-time student and **\$47.15** per part-time student per semester. The present University Student Senate Fee is **\$1.45** per student. Through this referendum, we respectfully ask the students of York College to bring to reality, the suggested increase of **\$5.00**, which will make the fee **\$72.15** per full-time student and **\$52.15** per part-time student per semester. In addition, the University Student Senate fee will remain at the present amount of **\$1.45** per semester per student and also for the summer. **Please be aware there has been no increase in fees since 2010.**

In addition, the summer Student Activity Fee is presently **\$10.00** and will increase to **\$15.00**. These funds will be used to support the Annual Student Leadership Conference and the training of student leaders.

YORK COLLEGE ASSOCIATION								
Student Association Fee Breakdown								
Earmarked Areas	Present Student Association Fee			Earmarked Areas	Proposed Student Association Fee			Allocating Body
	Summer	Full Time	Part Time		Summer	Full Time	Part Time	
Budget Committee	\$ 10.00	\$ 28.15	\$ 18.15	Budget Committee	\$15.00	\$ 21.15	\$ 11.15	College Association
Athletic Department	-	21.00	14.00	Athletic Department	-	23.00	16.00	College Association
Study Away/Aboard Program	-	4.00	4.00	Study Domestic/Aboard Program	-	4.00	3.00	College Association
YC Radio Station	-	3.00	3.00	YC Radio Station	-	4.00	4.00	College Association
Association for Performing Arts	-	3.00	2.00	Association for Performing Arts	-	2.00	2.00	College Association
Student Government*	-	5.00	5.00	Student Government	-	6.00	6.00	College Association
Recruitment and Mobilization	-	3.00	1.00	Recruitment and Mobilization	-	-	-	College Association
Child and Family Center	-	-	-	Child and Family Center	-	5.00	5.00	College Association
Game Room	-	-	-	Game Room	-	3.00	3.00	College Association
Student Clubs	-	-	-	Student Clubs	-	4.00	2.00	College Association
<b>Association Fee</b>	<b>10.00</b>	<b>67.15</b>	<b>47.15</b>	<b>Association Fee</b>	<b>15.00</b>	<b>72.15</b>	<b>52.15</b>	
<b>University Student Senate</b>	<b>1.45</b>	<b>1.45</b>	<b>1.45</b>	<b>University Student Senate</b>	<b>1.45</b>	<b>1.45</b>	<b>1.45</b>	University Student Senate
<b>Total Fees</b>	<b>\$ 11.45</b>	<b>\$ 68.60</b>	<b>\$ 48.60</b>	<b>Total Fees</b>	<b>\$16.45</b>	<b>\$ 73.60</b>	<b>\$ 53.60</b>	

NOTE: \*Of the amount allocated to Student Government, \$2.00 is earmarked for student clubs.

## Proposed Referendum Overview

The York College student body reserves the right to accept or reject this referendum. This referendum is to increase funding to the multiple programs that students can be a part of and benefit from, i.e., York College Association, York College Student Government Association, Student Clubs and Organizations, the Child and Family Care Center, Game Room, the Association for Performing Arts Fund, York College Radio Station, Athletics, and Study Domestically/Study Abroad Program. If approved by the student body, the increase will go into effect fall of 2017.

Below, we are presenting to you a formal break down on the new proposed earmarking of the fees:

- York College Association Budget Committee will receive **\$21.15** per full-time and **\$11.15** per part-time student. This funding supports Administrative Services for the College Association, New Student Orientation Program, student insurance, Pandora's Box, use of facilities, auditing fees, attorney fees, student community relations advocacy, undergraduate research, etc.
- The Athletics Program will receive a **\$23.00** per full-time and **\$16.00** per part-time student. The funds will allow the Athletics Program to maintain operations, acquire uniforms and equipment for the teams. In addition, the funds will also be used to support the York College athletic teams at local, regional, and national meets like National Collegiate Athletic Association (NCAA) and the Eastern Collegiate Athletic Conference (ECAC).
- The York College Child and Family Center will receive **\$5.00** per full-time and **\$5.00** per part-time student. The funds will be used to support the overall operation of the Center.
- The York College Study Domestic/Abroad Program will receive **\$4.00** per full-time and **\$3.00** per part-time student.



The funds will be used to assist students so that they can participate in experiential learning travel opportunities domestically and abroad.

- The Game Room will receive **\$3.00** per full-time and **\$3.00** per part-time student. The funding for the Game Room will be used to pay for two part-time staff persons and to replenish gaming equipment and supplies for the various systems in use.
- York College Radio Station, known as YCRadio.org, will receive **\$4.00** per full-time and **\$4.00** per part-time student. These funds will be used to pay a full-time staff person to manage the station, music licensing fees and support the overall operations of the station.
- York College Association for Performing Arts Fund (APAF) will be receive **\$2.00** per full-time and **\$2.00** per part-time student. These funds are used to support engaging guest speakers, performing artists and other types of entertainments oriented events on-campus.
- The Student Government Association will receive **\$6.00** per full-time and **\$6.00** per part-time student. The funds will be used to support Student Government events, programs and operations.
- Student Clubs and Organizations will receive **\$4.00** per full-time and **\$2.00** per part-time student. This proposed increase in funding is intended to better support student clubs and organizations on-campus so that they can stage activities, programs and events. The allocating body for student clubs and organizations would be via the formation of a Club Council.

This concludes the rationale for the **\$5.00** increase in the Student Activity Fee.

### The Student Activity Fees Referendum Committee

Thank you.

**Dr. Vincent Banrey**, Vice President - Student Development

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**DR. ANTHONY ANDREWS**

Please join us in congratulating Dr. Anthony D. Andrews, Jr. for obtaining his Ed.D. in Executive Leadership from St. John Fisher College in Rochester, New York!

Dr. Andrews attended local public schools before graduating from York College with a B.A. in Political Science and Baruch College where he received a Masters in Public Administration. In 1994, Dr. Andrews became employed at York College (CUNY) where he is currently the Assistant Director of Student Activities, and an Adjunct Professor of Political Science. He is a union delegate for the Professional Staff Congress, and is responsible for administrating the York College Chapter of the National Society of Leadership and Success, which he established in 2009. Additionally, Dr. Andrews serves as the Faculty Advisor for the Student Government Association, as the Disaster Relief Coordinator, and is the Coordinator of Voter Registration. Over the years, he has overseen many projects, including the creation of the Game Room and YCRadio Station.

Let us all celebrate Dr. Andrews' monumental achievement!



**DIVISION OF STUDENT DEVELOPMENT DIRECTORY**

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 Randolph Punter, *Assistant Dean for Student Development (Interim)*  
 Paola Veras, *Assistant Dean for Student Development (Interim)*

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**DIVISION OF STUDENT DEVELOPMENT**  
 94-20 Guy R. Brewer Blvd.  
 Jamaica, NY 11451