

# VISIONS



**YORK**College

**FALL/WINTER 2015**

## Dear York College Students,



On behalf of the Division of Student Development I welcome back all of our continuing students and special greetings to our new first-year and transfer students.

As each of you embarks on having a productive and successful semester I encourage you to engage your professors and connect to your academic departments. It is also important to get involved in the numerous programs and activities that are scheduled during this term. Getting the most out of your college experience is dependent on you to be active and engaged both within and outside of the classroom.

There are many student and academic support services available to assist you at the college so please take advantage of them. For example, if you need assistance with writing papers, visit the English Writing Lab or if you are dealing with a personal issue that is distracting you from concentrating on your studies, contact a credentialed psychological counselor in our Counseling Department. Your success is our key goal however it is contingent on you making an effort to get the assistance that you may need.

Please review this newsletter carefully and plan what activities you would like to attend during the semester and bring along one or more of your fellow students. Getting the most out of college is about getting engaged and involved in the life of the institution. Therefore, I encourage each of you to take advantage of the various opportunities available so that you can have a rewarding experience during this term and throughout your entire collegiate experience.

Lastly, I am pleased to announce that **Dr. Jayoung Choi** has been appointed as the Director of Counseling and we welcome her to this new leadership role. In addition, please join me in welcoming **Mr. Larry Eaton** who has joined the Student Development team in the role of Veterans Affairs Manager.

In closing, we wish each of you the best for this semester and remember that your level of input dictates what your final outcomes will be. So, make sure that you concentrate on your studies and have fun and a great time while you are doing so. May you all have a fruitful and productive semester!



Thank you.

Dr. Vincent Banrey

*Interim Dean for Student Development*

## York Student Government Hosts Leadership Retreat



On August 24th-26th, the York College Student Government Association hosted a leadership retreat for the members of the Student Government and the executive officers of student clubs. The retreat was held at the Honor's Haven Resort and Spa in Ellenville, New York, and featured workshops that would assist students in the development of their leadership abilities.

*Attendees at the Leadership Retreat included members of the Student Government and the executive officers of student clubs as well as guest speaker Dr. Damary Rodriguez (seated third from left), Dr. Vincent Banrey, the Interim Dean of Student Development (seated fourth from left) and Mr. Anthony D. Andrews Jr., Assistant Director of Student Activities and Faculty Advisor for the SGA.*

The conference commenced with a discussion on the meaning of leadership and students were asked to give examples of people that they perceived as leaders (past

and present). A workshop followed this discussion on "Full Range Leadership", which was conducted by Mr. Anthony D.

*(continued next page)*



Photo: McAlexander Ciceron, York College/CUNY

### Leadership Retreat *(continued from page 1)*

Andrews Jr., the Assistant Director of Student Activities and the Faculty Advisor for the Student Government Association. In this opening workshop, many leadership styles were discussed, including “transactional leadership”, “transformational leadership” and “authentic leadership”; and students were prompted to explore each style through group discussion. Ms. Marlenis Alvidrez (Student Activities) then organized a workshop entitled “Planning an Event” and discussed how to create a successful event. Afterwards, everyone went to dinner and many students went hiking. The night was completed with many students gathering by an evening fire with special guests Dr. Theresa Rooney (York College Faculty Caucus Chairperson) and Dr. Damary Bonilla-Rodriguez, for an evening of networking and discussion.

The next day Dr. Rooney facilitated a “mock” Faculty/Student Senate meeting and discussed parliamentary procedure. Student Senators were encouraged to assume the roles of faculty members and club leaders assumed the role of student senators. Everyone participated and learned how decisions are made by President Keizs and the governing structure of the college. After a splendid lunch, Ms. Sandra Delacruz (Associate Business Manager) and Rashmi Malesh (Director of Purchasing) conducted a workshop on the paperwork, process and procedures for the expenditure of Student Association Fees. The evening sessions featured workshops by Assistant Dean of Student Development Paola Veras (Group Dynamics) and special guest speaker Dr. Damary Rodriguez. Dr. Rodriguez conducted exciting interactive workshops on group

communication and “authentic leadership” and after dinner, the group gathered for a special private pool party at the indoor pool.

On the final day of the conference, Dr. Vincent Banrey, the Interim Dean of Student Development gave a presentation on the future of Student Development at York College and invited students to ask questions and give input on the plan. The closing session of the conference was led by Mr. Andrews and Dr. Rodriguez and students were asked to summarize what they learned over their three days in attendance. The students talked about the things that they learned and made suggestions for future retreats. At the end of the session, the students returned to the campus and were looking forward to using their newly learned theories and strategies to improve campus life for the entire student body.

# TIPS

## FOR FIRST YEAR STUDENTS

### Pay attention to time management!

It may seem as though you have a lot of free time, however, it will get used up quickly. Allow for 2 hours of study time for every hour of class time as well as time to sleep, eat, travel and work.

### Remember that friends and family can be a source of support,

but they are not mind readers. You have to let them know what you need!

### Take care of yourself!

Be sure to eat well, get sufficient sleep and try to exercise regularly.

### Set reasonable goals for yourself

(this is a hallmark of successful students)

### Do not hesitate to ask for help!

There are many resources on campus, all designed to support you

### Recognize that everything is new.

You are not expected to know everything! Give yourself time.

### Get Involved!

Doing so will help you to meet other students and feel at home more quickly.

For additional help, please do not hesitate to come to The Counseling Center (1G03).



# The York College New Student Orientation

BY EBONIE JACKSON

On Wednesday, August 12, 2015 the Division of Student Development hosted the York College New Student Orientation. Over one thousand entering freshmen and transfer students were invited to attend and they streamed in to the Health & Physical Education building in record numbers to join the “Cardinal Nation” as York College Students.

With DJ Hear No Evil, a hearing-impaired DJ, on the set and the York College Cheerleaders there to welcome the students—there was a fun and festive air about the event (even the York College Cardinal made an appearance). This year’s theme was “Creating School Spirit” and with over ninety-six percent (96%) of students responding that they felt “excited about coming to York College” after attending the New Student Orientation, we’d say our goals were successfully met!

Over fifty current York students volunteered to lead the freshmen break out sessions and each academic department sent representatives to talk with students at the Cardinal Fair in the Atrium. There was even a special break out session for parents/ family and another for transfer students. The day ended with a BBQ out on the plaza with music provided by our very own York College Radio station!

In addition to the faculty and staff from the Division of Student Development who worked tirelessly to put the event together, this successful event would not have been possible without key partnerships and assistance from Admissions, Academic Af-



fairs, Public Safety, the Registrar, the Bursar, Student Financial Aid, Institutional Advancement, Facilities Management, the Print Shop and the IT Department.

This year’s New Student Orientation has been hailed as a “game-changer” in

the way we engage and interact with students. We are striving to carry the positive vibes into the Fall semester with the ‘Week of Welcome’ and our regularly scheduled Student Development events.



Photos: McAlexander Ciceron, York College/CUNY



## COMMON READER PROGRAM

# whistling vivaldi

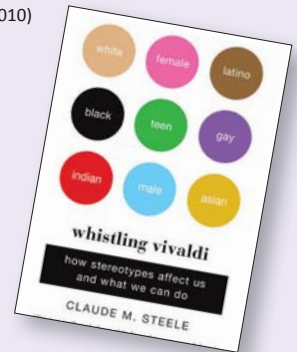
how stereotypes affect us and what we can do

(Claude M. Steele, Norton, 2010)



## dr. claudie m. steele, guest author presentation

**STEREOTYPE THREAT: HOW IT AFFECTS US  
AND WHAT WE CAN DO ABOUT IT**



**Wednesday, November 4, 2015, 4-6 pm,  
Small Theater, Performing Arts Center**

Dr. Claude M. Steele, internationally renowned social scientist and Executive Vice Chancellor and Provost at UC Berkeley, will discuss his theory of stereotype threat, the focus of much of his research and writing throughout his academic career.

## SD110:

**Success in College Course**



"The techniques I learned from this class didn't only sound right ... when practiced they were really helpful!" – Teemattie, Class of 2017

"One of the best classes that I ever took; it transformed my college experience to be much better" – Adam, Class of 2016

**Research shows students who are enrolled in a student success course are more likely to get their college degree.**

### What will I learn in SD110?

- How to make the best out of my college experience
- Where to go for help

- How I learn best
- How to study for tests
- How to manage work and school

- How to connect with professors and others
- How to prepare for my career

DIVISION OF STUDENT DEVELOPMENT



## Join the York College Women's Center Team!

October is  
Breast Cancer  
Awareness  
Month

We need  
you to help  
finish the fight  
against Breast Cancer

Join Team York College Women's Center for the  
**Making Strides against Breast Cancer Walk** in Central Park on

**Sunday, October 18, 2015 at 9am**

Sign up in the Women's Center (AC-3C01)  
or search for "Team York Women's Center"  
online at [www.makingstrides.acsevents.org](http://www.makingstrides.acsevents.org)

Sponsored by the York College Women's Center / Division of Student Development



# Mathieu François: Summer 2015 Participant in the Hispanic Association of Colleges & Universities National Internship Program

Meet Mathieu François: an Accounting senior, with a 3.921 GPA, and – thanks to Career Services, the first ever HNIP intern from York College.



After a Washington, D.C. orientation, which included professionalism training and a tour of the capital, Mathieu was flown to Bath, NY, where he was stationed at the enormous Veter-

an's Affairs Medical Center complex. The summer 2015 internship was from June—August.

The real-world skills and experience that the VA has added to Mathieu's resume are impressive. They include:

- Payroll processing; Conducting new employee orientations
- Experienced hiring process of GS-Level employees, internal promotions, & succession plans
- Creation of a Fiscal Budget Analysis presentation for 2010-2016
- Shadowed all managers to analyze organizational program systems & managerial processes
- Completed Supervisor Employee Relations Training & Recruiting & Staffing training session
- Participated in EEO disciplinary and compliance meeting in preparation for solutions and audits
- Assessed employee & labor relations, as well as collective bargaining agreements and conflict resolution

At the conclusion of his internship, Mathieu received an offer by his immediate supervisor that he *almost* could not refuse: an \$80,000/year Director of the Bath National Cemetery position.

"You would think that getting an internship from a governmental agency, that I came from an Ivy League school," says Mathieu. "But hard work, determination and networking are the crucial components that you need to be a successful student."

Mathieu, of mixed Haitian and Panamanian ancestry, is hoping that a Deloitte LLP internship (summer 2016), also via HNIP, will come through.

"As a minority, I have to walk the extra mile and work harder to reach my long-term goals."

Indeed, Mathieu has sowed extremely good seeds that he will surely reap in the future. For more on Mathieu's profile, see

the Success Stories page on the Career Services website.

*The HNIP offers paid internships throughout the year: interns are flown to Washington, D.C. for a two-week orientation, then placed at their work sites. Round-trip airfare, housing, roommates, and a stipend are all included.*

## **YORK** College

# 22nd ANNUAL GRAD SCHOOL FAIR

## Is Graduate School For You?



**Getting a BA/BS?  
Now What?  
Prepare for your  
MA/MS/PhD!!!**

- ▶ Meet Admissions counselors from 30+ grad schools.
- ▶ Get connected.
- ▶ Achieve success.



Photo: McAlexander Ciceron, York College, CUNY

## Wednesday, November 4, 2015

### 11am - 2 pm • AC Atrium

**Sponsored by the Counseling Center, Division of Student Development**

**AC-1G03 • 718-262-2272**

# Calendar of Events ~ Fall/Winter 2015

EVENT	TIME	LOCATION	SPONSOR
<b>SEPTEMBER</b>			
<b>28</b> Invisible Illness Awareness Week	10am-6pm	3M02	Men's Center
The Barbershop "Welcome Back & Program Registration"	5pm	2D01	Men's Center
<b>29</b> Invisible Illness Awareness Week	10am-6pm	3M02	Men's Center
Managing Stress: Tools & Tips	12-1pm	1G03	Counseling Center
Test Preparation**	12-1pm	1M06	TRiO SSS/YES
Domestic Violence Workshops	12-2pm	4M06	Health Services
Millennial Scholars Workshop	12-2pm	3M01	Career Services
Book Club: "Knowing Your Value: Women, Money and Getting What You're Worth"	12pm	3B04	Women's Center
Tools for Writing English Essays*	12:30-1:30pm	2D07B	SEEK Program
Majors & Support Services Fair	4-6pm	Atrium	Student Activities
<b>30</b> Invisible Illness Awareness Week	10am-6pm	3M02	Men's Center
Studying How to Study	1-2pm	1G03	Counseling Center
Resume Clinic	3pm	3M01	Career Services
<b>OCTOBER</b>			
<b>1</b> Invisible Illness Awareness Week	10am-6pm	3M02	Men's Center
Book Club Meeting	12pm	3B04	Men's Center
Meet Your Support Team	12-1:30pm	1G02	Center for Students with Disabilities
Carnival & Wacky Olympics	12-2pm	Bassin PAC Lawn	Student Activities
Leadership Programs Information Session	12-2pm	3M01	Career Services
<b>2</b> Invisible Illness Awareness Week	10am-6pm	3M02	Men's Center
<b>6</b> Love Matters: Relationship That Work	12-1pm	1G03	Counseling Center
Orientation Workshop	12pm	3M01	Career Services
Focus 2 Career Workshop	12:30pm	3M01	Career Services
The Great Balancing Act - Prioritizing Commitments and Time Management*	12:30-1:30pm	2D07B	SEEK Program
<b>7</b> Managing Stress: Tools & Tips	1-2pm	1G03	Counseling Center
Resume Clinic	3pm	3M01	Career Services
<b>8</b> Stress Management**	12-1pm	1M06	TRiO SSS/YES
The Art of Interviewing	12-2pm	3M01	Career Services
Girl Talk	5pm	3B04	Women's Center
<b>13</b> Why Wait? It's Time to Not Procrastinate	12-1pm	1G03	Counseling Center
Advocacy Seminar	12-1pm	1E03	Center for Students with Disabilities
Resume Building Workshop	12-2pm	3M01	Career Services
Death by PowerPoint – Creating a PowerPoint Presentation That Won't Put People to Sleep*	12:30-1:30pm	2D07B	SEEK Program
<b>14</b> Health Insurance/Benefit & Awareness Days, HIV Testing & Blood Drives	10:30am-3pm	Atrium	Health Services
Wellness Wednesday: Depression Screening	12-1pm	Cafeteria	Counseling Center
Self-Esteem: If I Don't Love Myself, Who Will?	1-2pm	1G03	Counseling Center
Resume Clinic	3pm	3M01	Career Services
<b>15</b> Resume Clinic	12pm	3M01	Career Services
Women's Empowerment Film Series	5pm	3B04	Women's Center
<b>16</b> 10th Annual BMI Conference	8am-6pm	John Jay College	Men's Center
<b>18</b> Making Strides Against Breast Cancer Walk	9am	Central Park	Women's Center
<b>19</b> Film Series – "41st & Central"	6pm	3B04	Men's Center

EVENT	TIME	LOCATION	SPONSOR
<b>OCTOBER (CONTINUED)</b>			
<b>20</b> Mindfulness for Better Focus	12-1pm	1G03	Counseling Center
Orientation Workshop	12pm	3M01	Career Services
Focus 2 Career Workshop	12:30pm	3M01	Career Services
Health & Nutrition*	12:30-1:30pm	2D07B	SEEK Program
<b>21</b> Slow Burns & Short Fuses	1-2pm	1G03	Counseling Center
Resume Clinic	3pm	3M01	Career Services
Dinner with the Director*		Card. Dining Room	SEEK Program
<b>22</b> Resume Clinic	12pm	3M01	Career Services
"Take Back The Night" Poetry Slam & Candle Light Vigil		Atrium	Women's Center
How to Best Utilize "York College Resources"*	12:30-1:30pm	2D07B	SEEK Program
Guidance Counselor Reception*		Card. Dining Room	SEEK Program
<b>26</b> The Barbershop "Supporting Young Fathers"	5pm	3B04	Men's Center
<b>27</b> Mini Career Fair	11am-3pm	Atrium	Career Services
Beat Your Test Anxiety Beast	12-1pm	1G03	Counseling Center
Navigating the Links	12-2pm	3M01	Career Services
CUNY LEADS Job Developer Seminar	12-2pm	1M07	Center for Students with Disabilities
What Do I Really Want to Be? – Reflecting About an Intended Major*	12:30-1:30pm	2D07B	SEEK Program
<b>28</b> Tie Ceremony	12pm	3B04	Men's Center
Wellness Wednesday: Healthy Body; Body Image	12-1pm	Cafeteria	Counseling Center
Study Hard, Sleep Hard: How to Get A+ in Sleeping	1-2pm	1G03	Counseling Center
Resume Clinic	3pm	3M01	Career Services
<b>29</b> Resume Clinic	12pm	3M01	Career Services
Hands Only CPR	12-1:50pm	4M05	Health Services
Book Club	12pm	3B04	Women's Center
<b>NOVEMBER</b>			
<b>3</b> Love Matters: Relationship That Work	12-1pm	1G03	Counseling Center
The Livescribe Echo Smart Pen Workshop	12-1pm	1G02	Center for Students with Disabilities
Orientation Workshop	12pm	3M01	Career Services
Focus 2 Career Workshop	12:30pm	3M01	Career Services
Being a Student Parent*	12:30-1:30pm	2D07B	SEEK Program
<b>4</b> 10th Annual Men's Conference	10am	Bassin PAC	Men's Center
The 22nd Graduate School Fair	11am-2pm	Atrium	Counseling Center
Resume Clinic	3pm	3M01	Career Services
Common Reader Program - Author Presentation with Dr. Claude M. Steele	4-6pm	Bassin PAC	Academic Affairs
<b>5</b> Book Club Meeting	12pm	3B04	Men's Center
Financial Literacy**	12-1pm	1M06	TRiO SSS/YES
Socail Media Info Session	12-2pm	3M01	Career Services
Girl Talk	5pm	3B04	Women's Center
<b>10</b> "Mapping Your River" Workshop	10am-2pm		Women's Center
Slow Burns & Short Fuses	12-1pm	1G03	Counseling Center
Orientation Workshop	12pm	3M01	Career Services
Focus 2 Career Workshop	12:30pm	3M01	Career Services
Library Information Workshop	12:30-1:30pm	1G02	Center for Students with Disabilities
Career Presentation Preparation*	12:30-1:30pm	2D07B	SEEK Program
<b>11</b> Wellness Wednesday: NET-Healthy – Do & Don'ts on Social Media	12-1pm	Cafeteria	Counseling Center
Self-Esteem: If I Don't Love Myself, Who Will?	1-2pm	1G03	Counseling Center
Resume Clinic	3pm	3M01	Career Services



EVENT	TIME	LOCATION	SPONSOR
<b>NOVEMBER</b> (CONTINUED)			
<b>12</b> Resume Clinic	12pm	3M01	Career Services
Test Anxiety Workshop	12-1:30pm	1E03	Center for Students with Disabilities
Landing Your 1st Speech: Tips for Being an Effective Speaker*	12:30-1:30pm	2D07B	SEEK Program
<b>14</b> Annual Health Fair collaboration with Alpha Kappa Alpha	9:30am-3:30pm	Atrium	Health Services
<b>16</b> Film Series – “Bastards of the Party”	6pm	3B04	Men’s Center
<b>17</b> Why Wait? It’s Time to Not Procrastinate	12-1pm	1G03	Counseling Center
Domestic Violence Workshops	12-2pm	4M05	Health Services
ACCES-VR Information Session	12-2pm	1M07	Center for Students with Disabilities
Orientation Workshop	12pm	3M01	Career Services
Focus 2 Career Workshop	12:30pm	3M01	Career Services
Dealing with Life and the Unexpected*	12:30-1:30pm	2D07B	SEEK Program
Women’s Empowerment Film Series	5pm	3B04	Women’s Center
<b>18</b> Love Matters: Relationship That Work	1-2pm	1G03	Counseling Center
Resume Clinic	3pm	3M01	Career Services
<b>19</b> Resume Clinic	12pm	3M01	Career Services
Women of Excellence Leadership Workshop/Dress for Success Panel Discussion	12-2pm	3M01	Career Services Women’s Center
<b>23</b> The Barbershop “Graduate School Workshop”	5pm	2D01	Men’s Center
<b>24</b> Orientation Workshop	12pm	3M01	Career Services
Focus 2 Career Workshop	12:30pm	3M01	Career Services
Annual SGA Thanksgiving Dinner	12-2pm	Atrium	Student Activities & SGA
	4-6pm	Atrium	
<b>DECEMBER</b>			
<b>1</b> World AIDS Day	9:30am-3:30pm	Atrium	Health Services
Study Hard, Sleep Hard: How to Get A+ in Sleeping	12-1pm	1G03	Counseling Center
Book Club	12pm	3B04	Women’s Center
Orientation Workshop	12pm	3M01	Career Services
Focus 2 Career Workshop	12:30pm	3M01	Career Services
<b>2</b> Beat Your Test Anxiety Beast	1-2pm	1G03	Counseling Center
Resume Clinic	3pm	3M01	Career Services
<b>3</b> The Book Club	12pm	3B04	Men’s Center
Resume Clinic	12pm	3M01	Career Services
Avoid the Finals Meltdown – Don’t Crash and Burn Now!*	12:30-1:30pm	2D07B	SEEK Program
Girl Talk	5pm	3B04	Women’s Center
<b>8</b> Managing Stress: Tools & Tips	12-1pm	1G03	Counseling Center
ADA Seminar	12-2pm	1M07	Center for Students with Disabilities
Orientation Workshop	12pm	3M01	Career Services
Focus 2 Career Workshop	12:30pm	3M01	Career Services
<b>9</b> Wellness Wednesday: Relaxation – A Relaxed Mind is a Productive Mind	12-1pm	Cafeteria	Counseling Center
Resume Clinic	3pm	3M01	Career Services
Women’s Empowerment Film Series	5pm	3B04	Women’s Center
<b>10</b> Resume Clinic	12pm	3M01	Career Services
<b>16</b> Study Up Til Midnight	6-9pm	Atrium	Student Develop.
<b>17</b> Study Up Til Midnight	6-9pm	Atrium	Student Develop.
<b>21</b> Study Up Til Midnight	6-9pm	Atrium	Student Develop.
<b>22</b> Study Up Til Midnight	6-9pm	Atrium	Student Develop.

\* Open to SEEK students only

\*\* Only open to TRIO SSS/YES students



# YORK STUDENTS ENJOY INTERNSHIP IN GREECE

Two York College, CUNY Aviation Management students had the summer internship of a lifetime and have returned to campus filled with gratitude.

Dianna Rodriguez and Thinley Wongmo both received internships at Athens International Airport under the supervision of Hellenic American University.

The students, now entering into their lower and upper junior year respectively, spent two months living in an apartment on the campus of Hellenic American University, both report that the whole experience was the opportunity of a lifetime for them.

"It was amazing, I didn't want to come back home," said Rodriguez. "They treated us like family. We cried when we were leaving."

For the internship Wongmo, a native of Tibet, was assigned to "Passenger Services" while Rodriguez interned in the aviation unit. They were also given projects to complete at the University and each earned three college credits toward their degrees at York.

"The internship gave me an idea of how much [more] I have to learn; and helped me [appreciate] what I have learned in college," said Wongmo who added it wasn't just about the work, but the people as well.

The study abroad in Greece experience was facilitated by Dr. Triant Flouris, provost at Hellenic American University. Dr. Flouris once served as director of the CUNY Aviation Institute at York College.

"They are precious and we are doing our best in taking care of them," Flores noted in one report to Dr. Chun-Pin Hsu, current director of the Aviation Institute at York, proving his point with a photograph of the two smiling students flanking him.

Asked if they were impacted by the Greek financial crisis, the students gave a resounding "no." They explained that their apartment at the university in Athens was near the Constitutional Square where the protests took place but it only happened at nights; but for the benefit of tourists, nothing seemed amiss in the daytime.

Their experience was according to Wongmo, "Transformative!"

Both students expressed gratitude to Athens International Airport, which in addition to the internship and discount coupons for food, funded all their ground transportation; and Dr. Hsu, their York mentor.

"I am glad that the CUNY Aviation Institute can move a further step toward inter-



nationalization," said Dr. Hsu. "This success teaches us that everything can happen if you have faith and are willing to put efforts into it. Dr. Flouris and I started this internship project about 10 months ago and we spent a lot of efforts in getting governmental approval and finding financial supports."

Dr. Hsu added that he appreciates Hellenic American University and Athens International Airport's "generous support to make this internship possible and hope more enterprises can be inspired by our enthusiasm in helping our students and financially sponsor us so we will be able to deliver more success stories."



## CHILD AND FAMILY CENTER

### Footsteps For Your Child's Success

Now Accepting Applications for UPK  
(Universal Pre-K)!



Students, Staff, Faculty &  
Community are Welcome



Call 718-262-2930

for more information and registration packets



Play, Learn and Grow...Together!

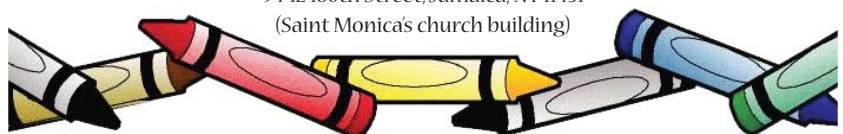
AVAILABLE TO STUDENTS BORN IN 2011

- ★ UPK child must be 4 years old by Dec. 2015 ★
- ★ High Scope Curriculum Aligned with Common Core Standards ★
- ★ Qualified Early Childhood Teachers ★ Outdoor Play / Garden ★
- ★ Excellent Learning Environment for children ★

Monday to Friday 8:00 am to 5:00 pm

94-12 160th Street, Jamaica, NY 11451

(Saint Monica's church building)



# Four Students From the Center for Students with Disabilities (CSD) Earn Scholarships and Define Excellence at YORK!

BY DR. TRUETT VAIGNEUR

How does one define a successful student? When there is a superb GPA and we see their name on the Dean's List? When they are motivated and perhaps on campus every day, working hard at their major and full of school spirit? And of course students are called successful when they earn recognition, for example on the basketball court or in their artistic passions.

Yet by any definition, the following students are successful: excellent GPAs, regularly on the Dean's list, motivated and recognized, each student adds a unique success story to York's ever growing list of scholars. Richard Holmes, Marco Loureiro, Chevanie Bailey, and Latif Shahumad are excellent examples of how one would define successful students.

Additionally, these students are role models because in the face of many obstacles, they have demonstrated a high level of willpower and determination. Not just making exceptional grades, but earning scholarships in the process. Chevanie Bailey and Marco Loureiro have won The USS Donald and Mary Ellen Passantino Students with Disabilities Scholarship; Richard Holmes and Latif Shahumad were granted The Matthew Goldstein Scholarship. These are two prestigious scholarships within the CUNY system offered to students with disabilities, and currently York's Center for Students with Disabilities is proud to proclaim they have been awarded to CSD students.

The Matthew Goldstein scholarship carries the namesake of former CUNY Chancellor Matthew Goldstein, during his fourteen years of service to the University he was a devotee of CUNY's students with disabilities. This scholarship is awarded to students registered with CSD, in good academic standing, and eligible to participate in "ADA TAP". The USS Donald and Mary Ellen Passantino International Students and Students with Disabilities Scholarship awards students who have achieved high levels of academic success and leadership on campus, only two students per campus receive this scholarship each academic year.

However, beyond academic and leadership skills, the students also represent diversity and future success stories. Latif is a

Social Work major who is committed to his education as reflected in his 3.8 GPA. He has not let a diagnosis of sickle cell disease and diabetes mellitus hinder his progress. Richard, a Communications Technology major with a 3.6 GPA, is an active member of York's community and is involved with the Helping Hands Club and performing at numerous events on campus to include those sponsored by CUNY LEADS. Richard stated that a lot of his success has been due to relying on CSD: "The Center for Students with Disabilities has truly helped me in being a better student for the fact that some of the courses I've taken, I could never keep up on a level that some professors give for other students. However, being I'm a student with a disability, I was given extra time and different accommodations which truly evened the playing field for me."

Marcos a Geology major with a 3.4 GPA is also involved on campus: Jumpstart (Team leader), CCSD (York Representative), YES/SSS Trio, Undergraduate Fellows Program, and York's Debate Team. He recognizes that much of his achievements in college have been because of his involvement, "I have become successful by socializing and meeting people and establishing professional relationships with people, also my hard work and

my will to succeed and getting high grades." Being awarded the scholarship was a huge step for him, "I feel delighted because with the scholarship I have a sense of financial security." Additionally, he also credits CSD, stating: "It has helped me because the people at CSD are motivating and helping me with any problems that I may have." Chevanie agrees with Marcos, she also states CSD is very motivational and helpful. "They have bridged the gap between our limitations and our aspirations," she said. Chevanie, a Biology major with a 3.6 GPA, is dedicated to her education and advises other York students: "You have to be prepared to invest time into your studies. Also you should network and participate in extracurricular activities."

Chevanie, Marcos, Latif, and Richard recommend for students to investigate scholarship opportunities and apply to as many as possible. All scholarships are important and helpful to students because it opens the door to concentrate on college, your life and future, as opposed to the hindrance of worrying about money and tuition. As Chevanie stated when asked how she felt upon hearing the news she was one of the students chosen for the scholarship: "I am stocked! I was a bit hesitant to apply at first but, in retrospect I am happy I did."



*Clockwise from top left: Richard Holmes, Chevanie Bailey, Marco Loureiro, Dr. Truett Vaigneur and Tracy Urena. Latif Shahumad not pictured.*

Photo: McAlexander Ciceron, York College/CUNY

## 2015 Women's Forum Fellow

Kerstin Miller arrived in the United States from Germany twelve years ago and she quickly realized that education is a key to success. With this in mind she enrolled in the SUNY Educational Opportunity Center (EOC) affiliated with York College and promptly attained her high school equivalency diploma. In fact, she still continues to work at the EOC assisting other students to earn their equivalency diplomas. Kerstin immediately applied



and was accepted to the Percy E. Sutton SEEK Program at York and embarked on her journey to obtain a college Bachelor's degree in Psychology. She has continued to forge ahead and is now in her fourth semester, maintaining a 4.0 GPA. Determined to be successful, she applied to the Women's Forum Fellow's Program and was awarded a \$10,000 scholarship. Family and time management head her list each day. Her mother-in-law

requires nearly constant care; between three part-time jobs, home and school, Kerstin's own health has suffered and requires daily treatment. In spite of feeling overwhelmed at times, she keeps her eye on the future.

With a major in psychology, this determined woman plans to become a counselor, therapist or advisor in an adult learning center, answering the voice within her that what she enjoys most is having meaningful conversations with people.

*"People often ask me how I manage all [that] responsibility and I tell them that I am taking life day by day. I am a very determined person, and I believe that we all can grow into certain life situations and after the task is done we grow from the result."*

Photos: McAlexander Ciceron, York College/CUNY

# TIPS FOR RETURNING STUDENTS

**Think about what you would like to change,**  
and set new goals to improve your performance and experience.

**Keep in mind that struggling is not a sign of weakness or failure!**

It is often a part of the growth process, and it can be very positive, even if it is uncomfortable.

**Identify what did, and did not, work well last semester.**

**Be reasonable and patient with yourself.**

Change does not happen overnight.

**Do not repeat strategies that have not worked in the past.**

Try something new!

**Do not overschedule yourself.**

Allow sufficient time!  
Things usually often take longer than expected.

**Ask for help if you need it!**

There are many resources on campus....all here to support you!

For additional help, please do not hesitate to come to The Counseling Center (1G03).





**MR. LARRY D. EATON-VCO** is the newly appointed Veteran Affairs Manager at York College-CUNY. Mr. Eaton previously served for over 5 years as a recruiter/admissions counselor as well as a Veteran Affairs Officer at Medgar Evers College. He helped to develop a culture that created and promoted a smooth transition from military life to civilian living. In his tenure he created Veteran Affairs Clubs, a council of Coordinators to assist the Veteran population at MEC other CUNY schools as a whole. He also facilitated annual Trips to Washington DC to expose student veterans to the Capital and to give them the opportunity to see firsthand the government they swore to protect and serve. Mr. Eaton is an experienced leader with the skills to manage a persons, or business organization's day-to-day operations, financial literacy and ongoing educational mission. As a results-oriented leader, he has proven success in promoting and marketing the educational experience to all military personnel.



## DIVISION OF STUDENT DEVELOPMENT DIRECTORY

### DIVISION OF STUDENT DEVELOPMENT MAIN OFFICE

Room AC-2FO1A (718) 262-2331  
Dr. Vincent Banrey, *Dean for Student Development (Interim)*  
Randolph Punter, *Assistant Dean for Student Development (Interim)*  
Paola Veras, *Assistant Dean for Student Development (Interim)*

### ARMY ROTC

Room AC-3H01D (718) 262-3774  
LTC Richard Gussenhoven, *Military Science Instructor*  
Office Hours: Mon. - Thurs. 9am - 4pm

### CAREER SERVICES

Room AC-3M01 (718) 262-2282  
Linda Chesney, *Director*  
Office Hours: Mon. & Wed. 9am - 5pm,  
Tue. & Thurs. 9am - 6pm & Fri. 9am - 2pm

### CHILD AND FAMILY CENTER

94-12 160TH STREET (718) 262-2930  
Cynthia Clendenin, *Manager*  
Office Hours: Mon. - Fri. 9am - 5pm

### COUNSELING CENTER

Room AC-1G03 (718) 262-2272  
Dr. Jayoung "Jay" Choi, *Director*  
Office Hours: Mon. - Fri. 9am - 5pm

### HEALTH SERVICES

Room AC-1F01 (718) 262-2050  
Marva Frederick, *Manager*  
Office Hours: Mon. - Wed. 9am - 5pm,  
Thurs. 9am - 6:30pm, & Fri. 9am - 5pm

### JUMPSTART

Room AC-1E01 (718) 262-2269  
Sabrina Persaud, *Site Manager*  
Office Hours: Mon. - Fri. 9am - 4:30pm

### MEN'S CENTER

Room AC-3M02 (718) 262-3772  
Jonathan Quash, *Director*  
Office Hours: Mon. - Fri. 9am - 6pm

### QUEENS EOC

158-29 ARCHER AVENUE (718) 725-3403  
Khayriyyah Ali, *Executive Director*  
Office Hours: Mon. - Fri. 9am - 5pm

### STUDENT ACTIVITIES

Room AC-1E01 (718) 262-2285  
Dr. Jean Phelps, *Director*  
Office Hours: Mon. - Thurs. 9am - 6pm  
& Fri. 9am - 5pm.

### THE CENTER FOR STUDENTS WITH DISABILITIES

Room AC-1G02 (718) 262-2191  
Lisa Maycock, *Disability Accommodations Specialist*  
Office Hours: Mon. - Thurs. 9am - 6pm  
& Fri. 9am - 5pm

### THE PERCY E. SUTTON SEEK PROGRAM

Room AC-1C08 (718) 262-2300  
Sameea Belle, *Director*  
Office Hours: Mon. - Thurs. 9am - 5:30pm  
& Fri. 9am - 5pm

### TRIO STUDENT SUPPORT SERVICES (SSS)

Room AC-3E03 (718) 262-2423 or (718) 262-2426  
Theresa Curry, *Director*  
Office Hours: Mon. - Thurs. 9am - 6pm  
& Fri. 9am - 5pm

### TRIO YORK ENRICHMENT SERVICES (YES)

Room AC-1G02 (718) 262-2423 or (718) 262-2274  
Office Hours: Mon. - Thurs. 9am - 6pm &  
Fri. 9am - 5pm

### VETERANS AFFAIRS

Room AC-4G03 (718) 262-5298  
Larry Eaton, *Manager*  
Office Hours: Mon. - Fri. 9am - 5pm

### WOMEN'S CENTER

Room AC-3C01 (718) 262-2008  
Ebonie Jackson, *Manager*  
Office Hours: Mon. - Fri. 9am - 5pm



### DIVISION OF STUDENT DEVELOPMENT NEWSLETTER PRODUCTION TEAM:

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