

Student Achievement:
Stephane Labossiere

20th Annual Graduate School Fair

The Counseling Center

Staff in the Spotlight: Jonathan Quash

Summer Orientation 2013

Nevitt Sanford's Challenge & Support

The Game Room

**FALL
2013**



The Division of Student Development

VISIONS

Vice President's Corner

Dr. Geneva Walker-Johnson

Greetings York College Cardinals,

By now, I gather that you are well immersed in your course work, hopefully feeling comfortable with your schedules, enjoying your classes, and successfully balancing the many other priorities that manage to squeeze themselves into your days. Balancing multiple priorities can be challenging and at times rather frustrating. As your Student Development team, we are here to assist and support you in your academic journey.

In case you've heard of us but aren't sure what departments constitute the Division of Student Development, permit me to introduce you. There are twelve departments and programs in Student Development.



(Ebonie Jackson), *STAR Program* (Paola Veras) and the *York College Child and Family Center* (Cynthia Clendenin). All of the departments with the exceptions of EOC and the York College Child and Family Center are located in the Academic Core building.

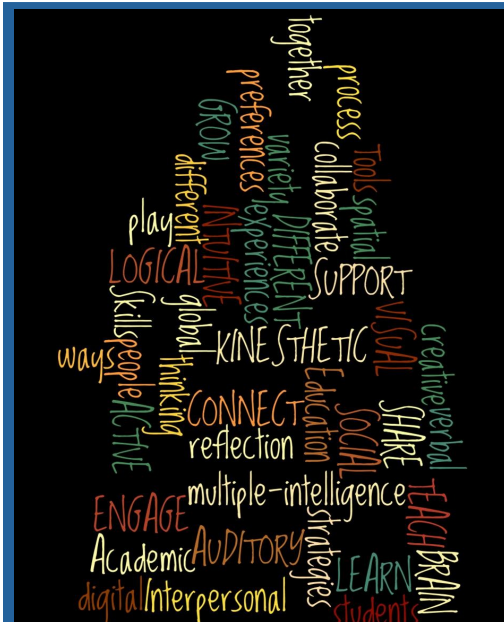
Please be encouraged to stop by, say hello and find out what programs and services the different departments offer. Our commitment to you as Partners in Your Success is to help you to achieve your academic and career goals.

Welcome to Walk-In Wednesdays

Beginning in October, I will have monthly "Walk-in Wednesdays" from 2-3:00p.m. on the 2nd Wednesday of each month in case you want to stop by because you have something on your mind, perhaps a new idea, issue or a concern. Please know that you are more than welcome to come by my office in AC F201 at any time. I have a rather full meeting schedule and there are occasions when you've stopped by only to discover I am not in because I'm at a meeting. Having this time set aside will hopefully make it a bit easier for us to talk.

I have listed them here with the Directors/Manager's names so not only will you know what departments are here but also the names of the directors. *Career Services* (Linda Chesney), *Counseling* (Cicely Horsham-Brathwaite), *Educational Opportunity Center* (Khayriyyah Ali), *Health Services* (Sharon Hawkins), *Jump Start* (Femi Lovelle), *Men's Center* (Jonathan Quash), *ROTC* (LtC Juan Howie), *SSS/YES* (Theresa Curry), *S.E.E.K* (Thomas Jordan), *Student Activities* (Jean Phelps), *Veteran's Services* (Sidney Smith), *Women's Center*

Did You Know?



your brain never loses the ability to learn and change because it's constantly rewiring itself.

<http://www.adaringadventure.com/life-coaching/30-amazing-facts-about-your-brain/>

reframing negative events in a positive light literally rewires your brain... similar to regular meditation.

exercise reorganizes the brain to be more resilient to stress.

<http://www.princeton.edu/main/news/archive/S37/28/70Q72/>

Outstanding Student Achievement

STEPHANE LABOSSIÈRE



Senior Public Health Education

Briefly mention what degree you are pursuing and in what field of study.

I am pursuing a bachelor of science (B.S) in Public Health Education in the department of Health and Physical Education. I also completed a minor in English.

Discuss your involvement in and outside of York College.

As a student at York, I am involved in many activities: I am proud to be an SSS (Student Support Services) student. I am the Student Ambassador for Thurgood Marshall College Fund (TMCFF), a 2013 BEEP scholar, a College Assistant, a Research Fellow for the Collaborative Research Group on Health Policy & Promotion (CRG-HPP), and a member of the National Society of Leadership and Success. In addition, I am the first president of Eta Sigma Gamma, the only national society for health educators in CUNY. Lastly, I belong to many professional organizations such as:

- Society for Public Health Education (SOPHE)
- National Urban League- Black Exchange Program (BEEP)
- Public Health Association of New York City (PHANYC)
- New York City Nutrition Education Network (NYCNEN)

How has being at York helped shape your life?

Being at York has contributed to the successful student that I am today. Academically, I was fortunate to have been mentored

by Dr. Nicholas Grosskopf and Dr. Mitchell Brodsky. They really pushed me to be the best version of myself. Moreover, what I like about York besides my professors is the individual attention which a student could barely find at other CUNY campuses. This close attention has allowed me to grow as a young adult and become a future leader in the field of public health.

Maintaining a good G.P.A and still being involved in other activities is something most students cannot balance. How do you manage your time?

There are two things that I do on a regular basis that keep me focused. First, my weekly calendar is probably one of my most important tools that I use because it allows me to write down my activities, assignments on a weekly basis. Being organized is critical to student success and I would highly recommend all York College students to have a weekly calendar where they can write down all their plans that they need to accomplish. Overtime, one will quickly realize whether he or she is

My drive and determination to excel as a first-generation and minority student is what motivates me.

proficient and focused. The second step is to create an Academic Action Plan. This plan is what I created with my mentor when I was a freshman. Basically, it is a list of goals that the student creates. But there is a specific deadline by when the goals need to be accomplished. For example, if a student wants to become a doctor, he or she will need to go beyond taking regular classes. The student will need to be involved in activities, do volunteer work, research, shadowing, have a mentor, to name a few. The Academic Action Plan forces the student to look at all the aspects of his or her profession and tailor it to the personal and professional goals. My goal is to help students create this Academic Action Plan.

What motivates you as a student?

My drive and determination to excel as a first-generation and minority student is what motivates me.

Most of the time students like me do not complete their college education for various reasons. Sometimes they do not understand how important it is to make the most out of college. I decided to be the best I can be, because I understand and appreciate the value of education. Honestly, it is beyond classroom. Education is about amazing people one meets, the activities that one can participate in, the research one can do to expand his or her knowledge, a mentor one can obtain, the staff members who are dedicated to your success. Once a student realizes the invaluable opportunity that he or she possesses to be a college student that is when the accomplishments and success will follow. As a senior, I can proudly say that I exceeded my own expectations thanks to all the opportunities that were given to me as a York College student.

What are your short term goals and the steps you plan to take to achieve them?

My short terms goals are to complete an internship in the field. I am applying to Summer Public Health Scholar Program (SPHSP) at Columbia University, The Future Public Health Leaders Program (FPHL) Michigan School of Public Health (Spring 2014) and the Project IMHOTEP Morehouse College School of Public Health Institute. My goal is to get as much experience as possible not only in order to enhance my resume/CV, but to learn the skills, network, and stand out from the competition in the real world. I was accepted to study in China for the winter 2013-2014 with Brooklyn College. I cannot wait to learn Chinese, be exposed to another culture, and to expand myself personally through this experience. Lastly, I am going to continue to look for scholarships and fellowships in order to pay for my education as a graduate student. During my time at York, I won 6 scholarships totaling \$16,000 in addition to my regular financial aid package.

What are your future goals and the steps you plan to take to achieve them? (meaning after graduating from York, further education, career etc.).

After graduating, I plan to work for one of the health organizations in the city. For example, the NYC Department of health and mental hygiene, Public Health Solutions, or City Harvest. In addition to work, I plan to attend graduate school. *Continued on page 5...*

2013 ANNUAL Graduate School Fair

Are you planning on pursuing a Masters, JD, MD, MBA, or Ph.D., after completing your bachelors degree?

Yes – then the graduate school fair is for you!

Not Sure – attend the fair to get more information!

Meet representatives from various graduate and professional programs in the NYC and tri-state area with programs such as:

- Accounting
- Social Work
- Business (MBA)
- Physician Assistant
- Education
- Law
- Nursing
- Public Administration
- Occupational Therapy
- Psychology
- Counseling
- Medical/Dental School
- Criminal Justice

Wednesday, November 6th 2013

Atrium

11:00am to 2:00pm

 ADELPHI UNIVERSITY

Baruch MONROE
COLLEGE COLLEGE

The City University of New York

DeVry University 

CUNY SCHOOL OF LAW



The Counseling Center



Describe the programs and services that are offered by your office?

The Counseling Center offers a variety of services that are aimed at helping York College students succeed. Our services include personal and academic counseling, crisis and emergency services, psycho-educational workshops (e.g. managing test anxiety, stress management), consultation for faculty and staff and, targeted intervention for students on academic probation.

What areas of your office would you like to highlight?

For some time people have associated the Counseling Center as the place where first-year students go to for advising, however, we assist students in many other ways. Many people do not know that we offer personal counseling and that the Counseling Center staff has a wealth of experience counseling students at this and other colleges. Some of the most common issues students come to discuss are relationship and family concerns, adjusting to college, academic struggles or because they are feeling anxious or down. Sometimes students visit our office because they are doing well in school and want to discuss strategies for relieving stress to help them maintain or increase their academic performance.

What is your vision for the office?

Our goal is to interact with each student in a way that recognizes their individuality and cultural heritage so that we communicate a sense of respect for who they are. By communicating respect for students we believe we are better able to partner with them to identify the changes they want to make in their lives. On a larger scale the vision for the Counseling Center is for it to be a place where students by virtue of their interaction with us feel supported, empowered, challenged and confident about their ability to navigate life after college.

What special programs are offered by your office?

Two new initiatives are happening in the Counseling Center. One is that we along with Academic Advising are partnering with faculty members to pilot the Cardinal Pulse early-alert system. Cardinal Pulse is used to identify high performing students and students who are struggling to provide them with enhanced resources on and off campus. Another new program that will be fully operational in spring is "Don't Cancel Class" which allows faculty members to have a counselor present a psycho-educational workshop in their class rather than cancel because of unavoidable conflicts such as religious observances or to allow the professor to present at a professional conference.

How does your office support students' educational success?

Student success is at the core of everything we do. Counseling plays a documented role in helping students who are dealing with personal issues alleviate stress and improve mood so that they can better focus on academics. Also, the counselor's in the center teach Student Development courses such as SD 110: Success in College which as its name suggests helps students learn college related life-skills such as time management, goal-setting, critical thinking and study skills.

If you could change one thing about the, what would that be and why?

Many students do not know that the Counseling Center exists on campus and if they are aware of us often they associate us with academic advising much like guidance counselors. We are working to expand student's conceptions about the support the Counseling Center can provide them. One key approach is that we now have a liaison for different constituents on campus who is responsible for providing outreach to a particular community. For example Dr. Jayoung Choi is the liaison for International Students. In her role she will reach out to that population to keep them updated about events and new initiatives offered by our office and offer workshops on relevant topics.

The other liaisons are:

- Dr. Cicely Horsham-Brathwaite- Faculty
- Dr. Sidney Smith- Division of Student Development

Who are the staff members in the department?

The staff members of the Counseling Center are:

Director of Counseling:

- Cicely Horsham-Brathwaite, Ph.D.

Student Psychological Counselors

- Jayoung "Jay" Choi, Ph.D.

- Sidney Smith III, Ph.D.

Manager, Office of Veterans Affairs

Office Staff:

- Fanny Gamboa

The Counseling Center is located in room 1G03 in the Academic Core building and can be reached at 718-262-2272

Staff in the Spotlight: Jonathan Quash



Jonathan Quash
Director York College Men's Center/Adjunct
Lecturer in Performing and Fine Arts

What is your educational background?

I am a graduate of York College, with a B.A. in Music. I attended graduate school at City College of the City University of New York, and continuing my graduate studies in Higher Education Leadership at Capella University.

How and why DID you chose your career?

I chose Higher Education Leadership because I have a passion for helping people and I find my greatest comfort in leadership positions.

I am very excited to be part of Student Affairs within CUNY. I feel it has the greatest potential to make significant changes in the lives of the students that need it the most.

What are some of your hobbies/favorite past times?

My favorite hobby is fishing, both freshwater and saltwater.

Describe your role in the department that you work?

I am currently the Director of the York College Male Initiative Program, part of the CUNY Black Male Initiative Program. I also happen to be an Adjunct Instructor in the Department of Performing and Fine Arts, as well as the Department of Continuing and Professional Studies.

What is the best part about working at York College?

I feel the best part about working at York College is the feeling of accomplishment when helping those that are in need. Additionally, I truly enjoy the people and the family atmosphere that we share. Just as in every family, there are up and down moments, but at the end of the day we come together as one.

What keeps you enthused about your career?

I think the one thing that keeps me enthused about my career is that no two days are the same. Each day presents new challenges and new accomplishments, which is something that I truly value.

What's the number one skill or practice that has contributed to your success?

I think being a people person has helped me be the person I am today. I have a background in sales so being a people person comes naturally, but I still get a great deal of satisfaction in being able to meet new people everyday.

ABOUT THE MEN'S CENTER

The purpose of the York Male Initiative Program and Men's Center is to provide a system of support, through various resources, that contribute to the improvement of enrollment and graduation rates of under represented populations, and particularly male students. The other main goal is to provide various systems of support that lead to continuous satisfactory progress towards degree completion. The cornerstone of the program is our Mentoring Program, in which students have the opportunity to interact with other role models on our faculty/staff, and in the college community.

Outstanding Student Achievement: STEPHANE LABOSSIÈRE continued...

I am a prospective student at Teachers College, Columbia University in the fall of 2015. After presenting my research there, spending my summer doing volunteer work with some of my future professors, being affiliated with one of their organizations, it was natural for me to consider Columbia as the next chapter.

Professionally, I plan to become the president of my own organization. Primarily dedicated to promote health program that will reduce the risk of chronic diseases that our society currently faces. After establishing myself as a leading expert and professional in the field of public health, I plan to expand my image and vision internationally. My professional goal in life is to help eradicate many of the health issues associated with nutrition, obesity, HIV/AIDS, child health to name a few. I am proud to say that York College gave me the basic tools that I need in order to fix the many obstacles I am going to face in the future.

Nonetheless, one thing that is certain is that York College will forever stay with me because of the opportunities that it gave me and I am truly grateful to the City University of New York and York College.

What advice would you give to students who aspire to have the same successes?

I would highly suggest that students to simply take action. I want students to take action for themselves and their future. They need to realize that success itself does not simply come from the place or school they go to.

Success is what they do on a daily basis. If a student aspires to be successful like myself, he or she certainly needs to have a mentor in a respective department, and this mentor will help them walk in the right destination to achieve success.

Being involved in the campus activity, belonging to a professional organization, applying for multiple scholarships in order to defray the cost of college on a yearly basis, doing research in order to expand, and contribute to the body of knowledge in your field are what students need to be involved in to excel comprehensively.

In addition, it is important that the people in their entourage are positive and will motivate them to excel. Last but definitely not least, students need to realize their self-worth. They need to realize that they can be and have what they want in life if they believe that they are more than they ever dreamed possible. Success comes from students themselves and they alone. Therefore, it is up to a student to create an Action Plan for himself or herself and achieve the goals they want for themselves.

Summer Orientation 2013



On Wednesday August 14th 2013, we welcomed over 500 new students and their parents to the York College community. The event was fun, informative and awesome! Thank you to all the continuing students who volunteered their time to greet, guide and educate our new students. Thank you to the faculty and staff who represented their academic departments by providing information to students about York's majors, minors and special programs. The Division of Student Development looks forward to working with you again next summer!

Student Development Theory Nevitt Sanford's Challenge & Support

Development Through Readiness, Challenge & Support

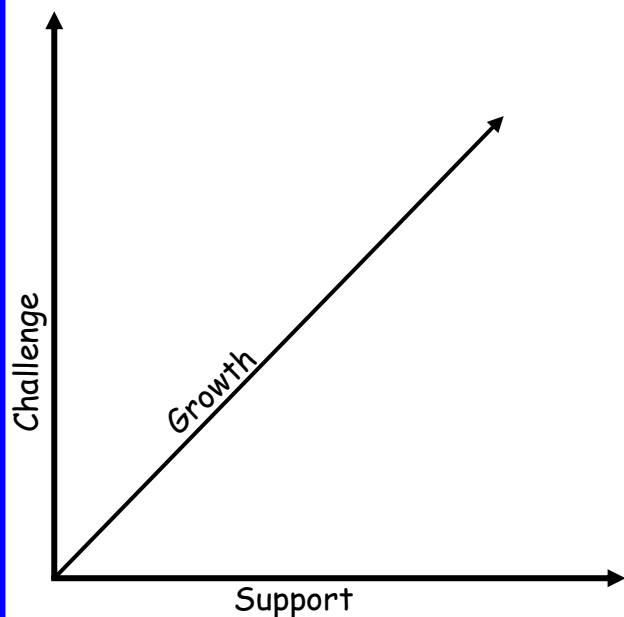
According to Nevitt Sanford's theory, growth and personal development occurs when a person demonstrates readiness (physical and psychological) to accomplish a specific task. The person's ability to successfully manage and accomplish said task depends on having a balance between the challenges and support.

- Too much support leads to complacency and limited growth
- Too many challenges may cause frustration

Challenge and support can come from a variety of sources both inside and outside of the classroom ex the Vice President for Student Development's office, academic departments, the counseling center, classroom. Can also be intrinsic (originating from within) or extrinsic (arising from the outside) of self.

Individuals excel when:

- they are supported in a way that is related to the situation
- they are faced with challenges that meet their readiness



Sanford, N (1968) *Where Colleges Fail*. San Francisco, CA. Jossey-Bass
<http://imjoeboe.wordpress.com/2011/04/28/challenge-support/> retrieved Oct 3, 2013

Congratulations

Sheener Bailey Briggs!

Recipient of The 2013 Edna Beach Political Awareness Scholarship

In 2010, in commemoration of the 40th anniversary of the New York Coalition of One Hundred Black Women, a scholarship was established in the name of Coalition founder Edna Beach. Edna's desire to make a difference was the impetus for the genesis of the Coalition. To honor her commitment to changing the status quo, the Coalition awards The Edna Beach Political Awareness Scholarship annually at its Founders Day.

The scholarship is awarded to a female college sophomore or junior who demonstrates strong academic achievement and leadership qualities through involvement in student government, civic, or volunteer activities with a strong emphasis on political awareness.

Contributed by Linda Chesney, Director for the Career Services Center

Center for Students with Disabilities (CSD)

We changed our name, but not our mission!

The STAR (Specialized Testing & Academic Resources) Program has a new name,
Center for Students with Disabilities (CSD)!

We have changed our name, but continue to offer the same comprehensive services to students with disabilities at York. The renaming occurred because the staff, students, services and physical space at CSD have advanced, adding a new diversity and atmosphere to the office that can only be characterized by an appropriate definition, which is a *CENTER!*

CSD offers a wide range of supportive services to students with disabilities, such as reasonable accommodations, supplemental academic advisement, personal counseling, career counseling, as well as a testing and computer lab. CSD also opens the door for students to experience extra-curricular activities, on and off campus, and serves as a resource to faculty/staff as well as the York College Community.

Please come visit our remodeled space; we are still located in AC-1G02. You can also contact us at 718-262-2191. We look forward to our continued work with students with disabilities and promoting Disability Awareness at York!

Contributed by Paola Veras, Manager for Center for Students with Disabilities

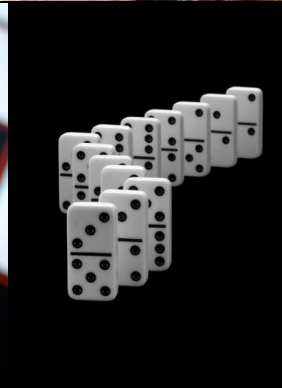
THE GAME ROOM 1F20

The Game room is a place for entertainment, socializing and relaxing. We have household games such as scrabble, monopoly, dominoes and chess. There are two TV's and sofas if you choose to "kick back and relax" while watching sporting events or TV shows. If you like to listen to music we have a stereo system where you may connect your iphone or android smartphones. The game room has a pool table for billiard players as well.

There are multiple gaming consoles such as PS3, Xbox360 and Nintendo Wii for gamers to play. Tournaments will be held during the semester under different categories for pool, dominoes and videogames.

The Game room is located in room 1F20 and hours are:

Mondays	11am to 6pm
Tuesday	11am to 5pm
Wednesday	11am to 5pm
Thursday	11am to 7pm
Fridays	Closed



Division of Student Development: Offices & Programs

The Division of Student Development

Career Services	3M01
Child & Family Center	160th Street
Counseling	1G03
EOC	Archer Ave
Health Services	1F01
Jumpstart	1E01
Men's Center	3M02
The Percy Sutton SEEK Program	1C08

2F01

The STAR Program
CUNY LEADS
ROTC
Student Activities
TRiO Student Support Services
TRiO York Enrichment Services
Veteran's Affairs
Women's Center

718-262-2152

1G02
1G02
2F01
1E01
3E03
1G02
1G02
3C01

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www.york.cuny.edu/student-development