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# Division of Student Development

## Visions



### Vice President' Corner

Dr. Geneva Walker-Johnson

Time Flies When You're Having Fun – Or So They Say!

It's hard to believe we are well on our way to the end of the spring semester. But we are! In a little less than two months, the seniors will be preparing for graduation while others of us will be frantically finishing up papers, projects and assignments and asking ourselves, where did the time go? It feels like we just got started with the spring semester and now here we are looking at final exams. While others of us are breathing a sigh of relief having survived another busy academic year, some of our classmates will plan to take courses during the summer session to shorten the time toward earning their degrees. And of course there are the few lucky ones who will take the summer off for some serious R&R!

Time is such a precious commodity. Think about those times when you couldn't wait for something to occur and it felt like time intentionally moved even more slowly. And other times if you could stop or slow down the passage of those precious minutes you would gladly do so.

Does the number 86,400 mean anything to you?

That is the number of seconds you have in a day. Every day, you start out with a fresh batch of seconds to use as you will. They are yours to use as you see fit. No one can take them from you, you can't loan them to a friend and most definitely you can't store them up for that proverbial rainy day.

All you can do with them is use them!

So as you prepare for the end of this academic year, I share with you some food for thought about six truths about time taken from the book *First Thing Every Morning* by Lewis Timberlake.

1. Nobody can manage time. But you can manage those things that take up your time.
2. Time is expensive. As a matter of fact 80 percent of our day is spent on those things or those people that only bring us two percent of our results.
3. Time is perishable. It cannot be saved for later use.
4. Time is measureable. Everybody has the same amount of time...pauper or king. It is not how much time you have; it is how much you use.
5. Time is irreplaceable. We never make back time once it is gone.
6. Time is a priority. You have enough time for anything in the world, so long as it ranks high enough among your priorities.

So tomorrow morning, remember you have a fresh batch of 86,400 seconds at your disposal.

What you do with yours is up to you!

Dr. Geneva Walker-Johnson

## DO YOU KNOW?

There are 140 countries represented here at York

Over 25,000 students have graduated from York since 1971

The Malay word for water is 'air'

Jupiter takes only 9 hours & 55 minutes to rotate !

2520 is the smallest number that can be exactly divided by all the whole numbers from 1-10



# CUNY BIG APPLE JOB & INTERNSHIP FAIR

FRIDAY  
APRIL 4  
2014

## TIPS FOR YOUR JOB SEARCH

Have a job-search plan and keep good records of your contacts and resources.

Your résumé is your marketing tool. Make sure it's updated and well presented. Career Services can assist you with this.

Whenever you send out your résumé, be sure to send it with a personalized cover letter that is well written, brief and effectively highlights the strengths you have that are essential for the position you are applying for.

Don't limit yourself to one single job-search approach; use different methods and resources such as directories, newspapers, online postings, etc. Also remember that networking is a very effective job-search technique. Use your support systems, including family contacts, friends, past and present internships and employment contacts, etc.

Thoroughly research an organization before you go for an interview or plan to see its rep at a job fair.

In an interview, always stress your skills, accomplishments and strengths as they relate to the job you are interviewing for.

When you meet with recruiters, have a 30-second to

two minute-long pitch about yourself containing the most relevant information you want the interviewer to know.

Be flexible and have reasonable expectations about the type of organization, position, and salary you are willing to pursue. If you see the possibility that a full-time job opportunity might eventually open for you at a particular organization, you might want to consider taking a temporary or part-time position with that employer in the meantime.

Relocation should also be an option you fully consider. You may be able to get exactly the kind of job you want by being willing to move. That would give you the kind of work experience you want on your résumé, which in turn could open more doors for you in the future.

Learn how to deal with rejection in your search and how to learn from it. If you get rejected for a job, use the experience to prepare yourself better next time. Avoid feeling sorry for yourself or blaming others. You should always ask yourself: How can I improve for the next time?

Contact Career Services 3M01 to get additional information.

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## Congrats to our Basketball Team!!!



The York College men's basketball team upset the top-seeded College of Staten Island, 87-84, in a thrilling matchup to win the 2014 CUNY Athletic Conference Men's Basketball Championship on the campus of City College Friday Night. With the win, York now receives an automatic berth into the NCAA Division III Tournament. Michael Woods (Brooklyn, NY/ Baldwin), the CUNYAC Player of the Year, was the best player on the court this evening as well, as he scored a game-high 36 points to go along with four assists, four steals and two blocks. He also came up big in the final minute of play, forcing a steal on the Dolphins final possession and hitting a pair of free throws to secure the victory. He was named the CUNYAC Tournament MVP for his outstanding effort. "Woods had the performance we needed him to have today," said head coach Ronald St. John

York, who was the #2 seed in the tournament, got off to a fast start, scoring the game's first eight points on the strength of three-pointers by Omar St. John (Jamica, NY/ Martin Van Buren) and Donald Rodriguez (Brooklyn, NY/ Franklin K. Lane). In addition, Staten's Island CUNYAC All-Star Jonathan Chadwick-Myers got into early foul trouble, picking up two fouls in the opening two minutes, helping the Cardinals cause. After Staten Island scored the next five points, Woods scored 12 points to spark the Cardinals to a 14-0 run, which gave them a 22-5 advantage with 13:59 left in the first half. Woods connected on a set of three-pointers, one of which resulted in a four-point play. Staten Island settled down a bit though and got back into the game, thank in large part to Will Fonseca, who scored eight points in a five-minute span, to cut the deficit to 25-15. The Cardinals also saw one of its top players, center Jaron Williams (Bronx, NY/ Newburgh Free), get into foul trouble, and Staten Island used the advantage in the post to cut into the deficit.

Staten Island then began to slowly chip into the York lead and trailed by just six points (31-25) after a Javon Cox lay-up with 6:30 left in the half. The two teams went back and forth from there, but the Dolphins closed the half strong and cut the deficit to 40-36 at halftime. Staten Island continued their resurgence

coming out of the locker room and rallied to take the lead in the opening minutes of the second half. An 11-6 stretch put them up 47-46 with 16:40 to go. But as has been the case all year for York, it was Woods and St. John who helped York get back on track. Woods responded with a pair of buckets before setting up St. John on a pair of fast break points on the following two possessions—giving York a 54-47 advantage with 14:35 left.

The two teams continued to go back and forth in an contest full of fast-paced action. A few minutes later a pair of Bloochy Magliore three's put the Dolphins up 66-65, with just over nine minutes left. After York evened up the score, Magliore connected on another three, giving the Dolphins a 72-69 advantage with 7:15 to go. But in a key turning point of the game, with CSI gaining momentum, Rodriguez put York back on top again when he drained a couple three's of his own, following a media timeout, giving York a 75-73 lead with 6:55 to go. "That was truly the turning point of the game," added St. John. "When he hit those two threes that's when we started to settle down."

On the final play of the game, CSI turned the ball over again and York ran out the clock for the win. The Dolphins saw its 24-game win streak snapped with the loss. The defeat also ends their two-year reign as CUNYAC Champs. However, the #18 ranked Dolphins still have a good shot of earning an at-large bid to the NCAA Tournament. The game, which was broadcast live on ESPN 3, definitely made for great television. "We knew it was gonna be a battle and we battled to the end. I'm so proud of these guys. From day one we made this our commitment and we accomplished it. You couldn't ask for a better game to showcase the conference and Division III," added St. John

The championship for York is their fourth in school history (1997, 2006, 2007 were the others). They will be seeking their first-ever NCAA Tournament win next week. The pairings will be announced at NCAA.com.



## Dean's List Reception 2014





# THE PERCY E. SUTTON SEEK PROGRAM AT YORK - 1C08

## Describe the programs and services offered by your office/department.

The Percy Ellis Sutton SEEK Program is designed to reach qualified high school graduates who might not attend college otherwise. The program starts during the summer, with intensive workshops for all matriculating freshmen. During their first and second semester, SEEK Program participants take at least one course together and develop their own informal support network.

The program offers students the opportunity of FREE individual and small group tutoring for all undergraduate level college courses. Tutors are competent and go through rigorous training and periodic individual assessments to ensure that they are offering tutees the best possible academic support.

The SEEK Counseling was designed to provide a full range of academic, personal, career, and social welfare counseling services to students from pre-admission through graduation. Entering students are assigned a counselor, with whom they remain until graduation. The counselor serves in a multiplicity of roles including advocate, advisor, mediator, instructor, and mentor. The SEEK Computer Laboratory offers students FREE use of computers.

## What areas of your office/department would you like to highlight?

Each area of the program is equally important and should be highlighted collectively. The SEEK Program uses a family model and each area supports and enhances the other.

## What is your vision for the office/department?

The Program is going through a transition phase at this time with our SEEK director Dr. Thomas Jordan moving. At the present time, the immediate goal is for the program to continue to give students support and offer stability.

## How does your office support students' educational success?

College Success Workshops are a series of progressive counseling and academic workshops for all SEEK students. The program offers students the opportunity of FREE individual and small group tutoring for all undergraduate level college courses. The program also employs three academic specialists who deliver a wide range of indirect academic and instructional assistance, enrichment, intervention, and support activities for our population of students who are at risk of failure to ensure student success and the completion of college.

## How does your office/department help students prepare for life after college?

The program starts preparing students for life after college within their first year. We offer financial literacy workshops for all of our students including "how to manage your first pay check" for our graduating seniors. SEEK students receive a discount for graduate school entrance exam workshops. During the Spring 2014 semester, the program absorbed the cost for graduating seniors to attend weekly GRE workshops. The program employs a career specialist who is responsible for evaluating students educational and work backgrounds in order to help them determine what they need to do next to achieve their goals. She also teaches and practices jobs skills such as interviewing, resume writing, and networking

## Who are the staff members in the department?

The program is comprised of an interim director (Samea Belle); Tutor coordinator (Alicia Cesar); office manager (Michele Hardy); three counselors (Tracey Branch, Sharlina Goveia, Robin Mayers-Anselm); two enrollment specialist (Hopeton Allen, Alejandro Navarrete); career specialist (Keshia Cameron); three academic specialist (Avery Brandon, Marcel Crooks, Ariela Florentino); tutors, non-teaching adjuncts, and volunteers.





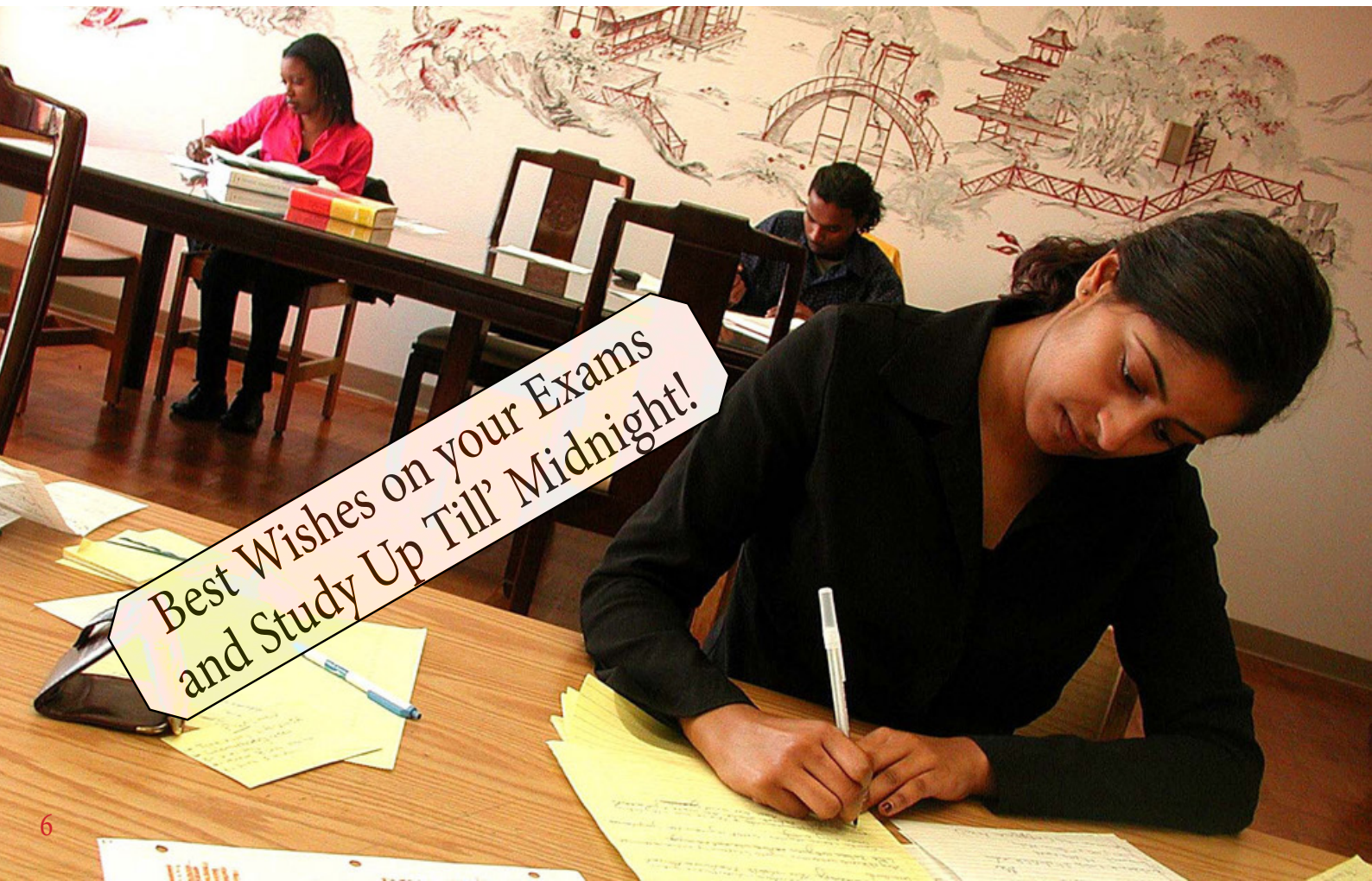
## Congratulations - Nacilia McCarthy

Nacilia McCarthy is the recipient of The Coalition of a Hundred Black Women's Role Model scholarship. She is a junior majoring in Communications Technology and is involved in several Student Development programs and organizations on campus that have played a major role in McCarthy's academic development since the Summer of 2012. While she has gained an abundance of information attending the academic workshops together with her meetings with the counselors at SSS, the support from these meetings has pushed her to go above and beyond academically. Of all the support, she benefits the most from updates given by her counselors. These updates include internship opportunities that apply to her career goals.

The SSS staff felt that Nacilia would be a great candidate for The Coalition of a Hundred Black Women's Role Model program. Subsequently, she was referred to the Career Services Center where she applied to the program. McCarthy states that, "Career Services is a great place for mentorship. Their services exposed me to a lot of opportunities for networking and building



my brand." This week-long program consisted of workshops led by a plethora of successful individuals. In addition to the workshops, she was paired with a mentor at BET and was allowed to shadow him on the set of 106 & Park. To complete this uplifting experience McCarthy was awarded a \$2000 scholarship. "I would have been content with all that I had already experienced that week of spring break, but being awarded first place for a scholarship, pushed my happiness into overdrive."







## Staff in the Spotlight: Sharlina Goveia, Counselor

Number of Years at York: 15

1. What is your educational background?

I have a Master of Social Work from Adelphi University and a Linguistics B.A. from The University at Buffalo/ SUNY.

2. Describe your role in the department that you work.

As a SEEK counselor I help students navigate through their educational journey at York, advocate for them and teach them how to be advocates for themselves. This is a skill they can utilize outside of the college.

3. Who or what inspires you?

Seeing students reach their goals and realize their potential. Many of our students have not had the support needed to see the strength and power they have inside of them.

4. Advice for York College students.

Don't worry about finishing quickly finish strong! If you finish strong you will meet all time constraints and put yourself in a position to be competitive after you complete your Bachelor's Degree.

5. What is one of the main lessons you have learned?

Documentation is key. When you keep a record of your accomplishments and activities you can see your successes.



**Career Services 3M01**

Linda Chesney, Director  
Randy Punter, Senior Career Specialist  
Ben Drepaal, Career Specialist  
Sara Garcia, Career Specialist

***Child and Family Center 160th Street***

Cynthia Clendenin, Manager

**Counseling Center 1G03**

Dr. Cicely Horsham-Brathwaite, Director  
Dr. Jayoung “Jay” L. Choi, Counselor  
Nicole Benjamin, Counselor

**Educational Opportunity Center (EOC)**

Khayriyyah Ali, Director

**Health Services 1F01**

Sharon Hawkins, Director

**Jumpstart 1E01**

Femi Lovelle, Site Manager

**ROTC 2F01**

Ltc Juan Howie, Director

**The Percy E. Sutton SEEK Program 1C08**

Sameea Belle, Interim Director  
Tracey M. Branch, Counselor  
Alicia Cesar, Academic/Tutoring Coordinator  
Sharlina Goveia, Counselor  
Robin Mayers– Anselm, Counselor

**Center for Students with Disabilities 1G02**

Paola Veras, Disability Services Manager  
Lisa Maycock, Disability Accommodation Specialist  
Starr Ferrens, Disability Accommodation Specialist  
and

**CUNY LEADS 1G02**

Dr. Truett Lee Vaigneur, Jr., Advisor

**Student Activities 1E01**

Dr. Jean Phelps, Director  
Anthony Andrews, Assistant Director

**TRiO**

Student Support Services (SSS) 3E03

Theresa Curry, Director  
Olivia Chatoorang, Assistant Director  
Landrina Theus, Counselor  
Christina Urbistondo, Retention Specialist  
and

**York Enrichment Services (YES) 1G02**

Vanessa Georges-Corley, Academic Coordinator  
Clelia Ramos, Retention/Grad School Advisor  
Omefa Prass, Counselor

**Men’s Center 3M02**

Jonathan Quash, Director  
and

**Women’s Center 3C01**

Ebonie Jackson, Manager

**Vetern’s Affairs**

Dr. Sidney Smith III, Manager

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Judy Singh, Assistant Coordinator & Editor

[york.cuny.edu/student-development](http://york.cuny.edu/student-development)