

**SUMMER
2013**
Part II

in this issue >>>

New Student Orientation 2013

Welcome Student Development New Staff

YORK College



The Division of Student Development

VISIONS

NEW STUDENT ORIENTATION

WEDNESDAY, AUGUST 14, 2013

www.york.cuny.edu/nso

Did You Know?

New Student Orientation is a common tradition at many colleges and universities across the globe.

- * UK & Ireland - "Freshers Week"
- * Austrailia/South - "O Week"
- * Africa/New Zealand
- * Sweden - "Nollning"
- * Indonesia - "Ospek"
- * Thailand - "Rapnong"
- * US & Canada -
"Orientation"/"Week of Welcome"

"Orientation" lasts from 3 days long to as long as 5 weeks (at one college)!

Wikipedia, The Free Encyclopedia. June 13, 2013 at 4:00pm.

Note: independently verified by writer



WELCOME: DR. JAYOUNG CHOI



Jay Choi, PhD
Student Psychological Counselor
The Counseling Center

Describe your educational background?

I received a Ph.D. from the University of Akron, Ohio, in counseling psychology and M.S.S.W. (social work) from Case Western Reserve University, Mandel School of Applied Social Science in Cleveland.

How and why did you choose this particular career?

My reason for becoming a counseling psychologist partly comes from my experience as a young immigrant in a country that was vastly different from my own. At times it was enthralling and puzzling; at other times it was down right daunting. I was intrigued by how people navigate through the complex maze of new world. The famous psychologist Yalom said, *"I...think of my patients and myself as fellow travelers...We are all in this together, and there is no therapist and no person immune to the inherent tragedies of existence."*

In my case, my clients and I are indeed fellow travelers. The goal of counseling is to help the client to better adapt to the given situation. Rather than seeing a client as being psychologically ill, we can view that person as not being able to adapt to the challenges or changes in his or her life. Being an immigrant was to suspend familiar assumptions (because they no longer work) and to question each encounter with open mind and to figure out how best respond to the demand at hand.

What are some highlights of your professional experiences?

I have worked in big and small colleges; I was at the Counseling Center, The University of Akron, a urban university with 28,000 students, and Counseling Center at Hiram College, a small liberal arts college in Cleveland area. More recently, I was a graduate school faculty at Middle Tennessee State University, Professional Counseling Program, and an adjunct assistant professor at St. John's University.

What is the number one skill or practice that has contributed to your career success?

"Stay curious." Staying curious works when I listen to a student, when I confront a problem with others, or when I hear of an interesting learning opportunity. When I stay curious, I can connect with others, learn new things, and keep myself engaged in life.

What are you most looking forward to in your work at York College?

Meeting students! I am very excited that the role of counselor has many different hats at York. Not only I have a chance working with students on coping with and adapting to their life demands but also I can also assist them with in their task of laying the building blocks for their life's work.

Advice for York College students...

"Reach out and ask for help!" As a faculty, I noticed that some students, especially those in need, are hesitant to approach their professors. Rather than seeking advise or help, they are reticent and run into avoidable consequences.

Social psychology researchers found support for called *Benjamin Franklin Effect* - A person who has done someone a favor is more likely to do that person another favor. The story goes that Benjamin Franklin had a formidable rival legislator but he found a way to turn this person around. When Benjamin Franklin learned that this legislator had a rare book in his possession, Franklin cordially asked him to lend him the book for a few days, for which that legislator obliged.

After this small exchange, this rival legislator became more readily helpful towards Benjamin Franklin and they enjoyed a life-long friendship.

Thus, when you feel afraid of approaching a professor, remember that asking a small favor (e.g., emailing with questions or visiting during their office hour) may actually lead your professor more willing to help you and get to KNOW you.

What are your hobbies/interests outside of work?

I think I am a boring sort. I cannot sing, dance, and any thing that requires gross motor skills. What I enjoy instead is listening to people talk (e.g., talk radio, audiobooks). I also love seeing things! - visual arts and scenery.

The goal of counseling is to help the client to better adapt to the given situation. Rather than seeing a client as being psychologically ill, we can view that person as not being able to adapt to the challenges or changes in his or her life.

Who or what inspires you?

Ordinary people inspire me. I know it is a little uninspiring.

My passion in one word is....

"present" - I really do want to live for present.

What is the best advice anyone has given you?

The best advice I've gotten was from my mother who told me, "do not lend money to your friend unless you are prepared not to get it back." - it meant that I shall freely choose to give favors to others without expecting the other person to repay me; it saves a lot of heartaches.

WELCOME: DR. SIDNEY SMITH



*Sidney Smith, PhD
Student Psychological Counselor
The Counseling Center*

Describe your educational background?

I attended undergraduate at St. Francis College where I majored in Psychology and minored in Sociology and Computer Science. I attended Teachers College, Columbia University for graduate school and earned a Ph.D. in Counseling Psychology.

How and why you choose this particular career?

I entered college with the intention of majoring in Computer Science. After taking an introductory Psychology course my freshmen year, I was hooked. I was fascinated by the mind and its inner-workings. I was also intrigued by the notion that we as people possess such untapped potential when studying the mind and its capacity to grow, develop and change. I chose Counseling Psychology as my field in graduate school because of its focus on one's inner strengths and research that spotlighted the need for continuing strides in areas of social justice. The career I've chosen also allows you to pursue many avenues of interest. You aren't necessarily pigeonholed into a specific job path. Psychology offers a plethora of opportunities in many different fields.

What are some highlights of your professional experiences?

While there have been many, I think there are two that undoubtedly stand out. The first would be working in the Intensive Personality Disorder Program at Bellevue Medical Center.

Working with individuals in this population was both challenging and rewarding. This position helped me to hone my diagnostic skills as well as opened my eyes to the struggles of a population that so frequently, are dismissed and ostracized in society.

The second was my time working with Veteran students at John Jay College. I was amazed by their personal stories, their resolve, and their drive to achieve. I was especially affected by those who seemed to rise above circumstances that most would struggle to fathom. Their determination not only made me want to see them succeed, but also pushed me to go the extra mile and strive for something greater in my work at the college.

What is the number one skill or practice that has contributed to your career success?

I would have to say perseverance. I had a Biology Professor in college who said something to the effect of 'the difference between those who earn a doctorate and those who don't, is their level of resolve'. I think that this notion can be applied to many areas of my life. In the moments I've succeeded, I know that a large factor in that success is related to my level of determination. Conversely, in the moments I've fallen short of my goals, I look first to my level of commitment when trying to understand what transpired.

What are you most looking forward to in your work at York College?

Working with undergraduate students again. It's hard to explain, but undergraduate students have a spark/curiosity that is sometimes lost in the transition to graduate education. It is refreshing to work with students who are in essence taking their first 'voluntary' steps in their academic journey.

Advice for York College students.

Keep an open mind. I know that many students feel the need/pressure to know what your career is going to be. I would say that while this is an admirable undertaking, it is important to realize that nothing is written in stone. You have the ability and the opportunity to take in as much information in as many

areas as you'd like. If you come across a subject area that peaks your interest, don't think that that path is closed to you because it doesn't fit your 'predetermined path'. It may not end up being your career or even your major, but it will definitely be a notch in your intellectual arsenal.

What are your hobbies/interests outside of work?

Photography, tinkering with technology, reading science fiction, and the New York GIANTS.

Keep an open mind. I know that many students feel the need/pressure to know what your career is going to be. I would say that while this is an admirable undertaking, it is important to realize that nothing is written in stone.

Who or what inspires you?

My Mom.

My passion in one word is....

Family.

What is the best advice anyone has given you?

Don't sell yourself short. When you encounter something in life that scares you, take a step back and ask yourself whether you are afraid of failing, or afraid of succeeding. That answer could point you in a direction you may have overlooked.

INSPIRATION

Quotes from *"The Last Lecture"*

- ☑ Showing gratitude is one of the simplest yet most powerful things humans can do for each other.
- ☑ When there's an elephant in the room, introduce him.
- ☑ Experience is what you get when you didn't get what you wanted. And experience is often the most valuable thing you have to offer.
- ☑ Luck is where preparation meets opportunity.
- ☑ Get a feedback loop and listen to it. ... Anybody can get chewed out. It's the rare person who says, oh my God, you were right. ... When people give you feedback, cherish it and use it.
- ☑ Find the best in everybody.... Wait long enough, and people will surprise and impress you. It might even take years, but people will show you their good side. Just keep waiting.
- ☑ Follow your passions, believe in karma, and you won't have to chase your dreams, they will come to you.
- ☑ When we're connected to others, we become better people .
- ☑ The questions are always more important than the answers.
- ☑ A good apology is like antibiotic, a bad apology is like rubbing salt in the wound.

"The lecture really was for my kids, but if others are finding value in it, that is wonderful. But rest assured; I'm hardly unique..."

<http://www.cs.cmu.edu/~pausch/>

<http://www.cs.cmu.edu/~pausch/Randy/oldRandyPage.html>

http://www.goodreads.com/author/quotes/287960.Randy_Pausch



THE LAST LECTURE

PROFESSOR RANDY PAUCH

a computer science professor at Carnegie Mellon University (Pittsburgh, PA), gave his last lecture on September 18, 2007. He recounted outstanding moments from his life, the outstanding people he had encountered, and the lessons learned along the way.

Division of Student Development: Offices & Programs

The Division of Student Development

2F01

718-262-2152

Career Services	3M01	The STAR Program	1G02
Child & Family Center	160th Street	CUNY LEADS	1G02
Counseling	1G02	ROTC	2F01
EOC	Archer Ave	Student Activities	1E01
Health Services	1F01	TRiO Student Support Services	3E03
Jumpstart	1E01	TRiO York Enrichment Services	1G02
Men's Center	3M02	Veteran's Affairs	1G02
The Percy Sutton SEEK Program	1C08	Women's Center	3C01

Sonya Forrester

Coordinator, Layout & Editor