

VISIONS



YORK College

FALL/WINTER 2018



Dear York College Cardinals,

As the fall 2018 semester unfolds, we encourage all of you to stay the course and do well in your classes and in any other endeavors you may be engaged in outside of your courses of study.

It is important that you not only maintain good grades but to also be engaged and involved in the numerous events, programs and student clubs and organizations that are available to you on-campus.

My advice to each of you is to get fully engaged in your classes so that you can make the grade, get engaged in college activities and connect with your peers. Seize each day and make it count.

No matter what you may encounter from here on you are the master of your fate and we are here to assist every student to obtain

their goals. I would like to paraphrase Hemingway when he shared that, "although tomorrow is not promised and has its challenges it is full of opportunities."

Therefore, what you do today, will have a profound impact on what will happen tomorrow and thereafter. So, take hold of today and let it forever change your tomorrow. Be intentional and change your lives forever using York College as your vehicle for transformation.

Thank you and may you each have a very successful semester.

Dr. Vincent Banrey, Vice President
Student Development

New Student Orientation 2018 is a Big Success

On Wednesday August 15, 2018, The Division of Student Development hosted the 2018 York College New Student Orientation (NSO). The event was held in the Health and Physical Education complex. It boasted well over 864 people in attendance with more than 670 freshmen. This was over 150 more than the previous year (500).

The day began with a welcoming address from the Mistress of Ceremonies, Michelle D. Mack who is also the Director of Alumni Services here at the College. The professional services of DJ Zeke, who got the crowd going with his musical selections, giveaways and dance contests, were used to excite the audience. As the program



continued, Dr. Marcia V. Keizs, president of York College was introduced. She charged the students to become the best and the brightest...afterwards formally addressing them as Cardinals for the first time. Their

excitement electrified the room, as students began to feel the York spirit.

Each freshman received a T-Shirt with "Class of 2022" on it, signifying the desired year of graduation, and the acronym S.O.A.R., Strengths, Opportunities, Aspirations and Results. This tied into the already known slogan, "4 to SOAR". We also provided students with information packets that included the latest version of the Cardinal Guide, How to Access the Cardinal App, maps of the campus, information pertaining to Financial Aid and a number of flyers for upcoming events.

(continued next page)



After the main presentation, all were escorted by our new C.L.I.C. Peer leaders, (College Learning Immersion Communities) to different rooms for their breakout sessions. These student volunteers helped to prepare the students for their upcoming college tenure by conducting ice breakers, which allowed the students to ask more specific questions about the college and how they may successfully achieve their goals. This is a new initiative presented by the Provost in order to enhance the First Year Experience (FOE).

Last but not least, everyone was invited to attend the Cardinal Fair and barbecue lunch. During the Cardinal Fair, all new students had the opportunity to hear from faculty about their respective departments as well as meet and speak with student clubs and organizations representatives. The Fair was also set up to showcase the offices and centers within the Division of Student Development. In the end, each of



Staff members of the Division of Student Development that made it all happen.

these groups were there to assist students with their academic journey. All in all, the day was a resounding success.



Pictures reflect the level of students excitement during the New Student Orientation.



Why Study Abroad? What Is It?

BY CHARLES KELLERMAN

Why would anybody go anywhere to study abroad? Well if the results are the reason, then let me explain the results of what happened to me.

The program I got involved with for study abroad was the trip to Moldova for a month. We went this past June 2018. To my knowledge there were about 30 applicants being considered. Only about 15 or 16 of them were allowed in the final cut and then after meeting the qualifications, the limited space and program size determined that 12 would be able to go. So after seeing this, I must recommend that you apply early to the program of your choice. Hopefully, this article will provoke the size and availability to allow more students to go...and maybe more than only one trip per year?

Apply for scholarships, as soon as possible and get those applications in on time.



Charles is shown above working with a few children in Moldova.

You can look for study abroad on York's website as well as go directly to the Scholarship Office on the fourth floor and see Ms. Julissa Contreras.

This has been the most growth inducing journey I have ever taken in my life transcending me spiritually, academically, personally and professionally. I came back a changed person. I learned a lot about myself as well as other people both foreign and domestic.

We are all people so as Plato said, "Be kind, for everyone you meet is fighting a hard battle"...ALWAYS! Also, "Be kind, for everyone you meet is fighting a battle you know nothing about."—Wendy Mass

I learned that it's not always easy to work together as a team but when you do work as a "T.E.A.M.", "Together Everyone Achieves More!"

I learned that sometimes the hardest team member to work with is myself. "If you try, you are not necessarily guaranteed success, but if you do not try, you are guaranteed failure. I think it's almost always worth trying. Sometimes this means you have to face your fears and go beyond your comfort zone. Sometimes the hardest part of that is simply showing up!"

Visit Dr. Moldovan in the Social Work Catalyst for Global Wellness:

The Center for Interdisciplinary Social Development in AC-3A0C

Visit "The Den" created by members of the 2018, Moldova 12, with and blessed by Ms. Julissa Contreras in the Scholarship Office on the fourth floor who always says, "Adventure Awaits!"

Wherever you go, whatever you do, keep pushing and go forward!

#Nevergiveup

Good Luck to you ALL!



York Social Work students known as the Moldova 12 are pictured above with their faculty mentor Dr. Vadim Moldovan (pictured center in rear) and their social expert counterpart students from the Universitatea Internationala.

MALE INITIATIVE WELCOMES NEW STAFF!



AARON SAMAROO
Mentoring Coordinator

Aaron is an Education major here at York College and he coordinates the mentoring program for the Male Initiative Program.



KEVIN CARABALLO
Outreach Coordinator

Kevin majors in Social Work here at York College and he is also the Male Initiative Program's outreach coordinator.

York Nursing Students Volunteer in Haiti

For the sixth consecutive year, York College nursing students have taken time out of their summer to volunteer their burgeoning healthcare skills in Haiti.

Once in Haiti, the students work alongside healthcare professionals for the service learning experience they will never forget.

“They get on-the-ground experience in providing care and education to an undeserved, under-resourced population,” said Dr. Margaret Alexandre, York College faculty mentor who organizes and supervises the annual study abroad experience with students.

Dr. Alexandre’s students do basic nursing care for children and adults at the Centre de Sante de Carries. It is one of the few free healthcare facilities in the area. The clinic is funded by various faith-based missionaries and organizations.

This year’s group of eight nursing students from the class, Nursing 450, once again participated in hands-on care and preventive training to residents visiting the clinic. Training included hand hygiene to prevent transmission of disease, high blood pressure and self-breast exam. At the elementary school nursing students provided education on dental care and male and female hygiene.

The York Nursing group, which was in Haiti from June 9th to the 17th, distributed dental and hygiene kits to the students. They spent time with groups on opposite sides of the age and health spectrums. They enjoyed volunteering at the local orphanage—including playtime with the children; and worked on arts and crafts. They also had the opportunity to work with the nannies at the

orphanage and provided post-stroke care training to the care providers at the senior home.

But it wasn’t all work and no fun for the dedicated trainees. These nursing students made time to immerse themselves in the Haitian culture, people, sites and especially the delicious cuisine for which Haiti is known.

The students who participated were Christine Bastien, Desiree Chase, Mavis Frimpong, Brittany Fullerton, Aerren Kublal, Philip Mangey, Darien Trinh and Allysha Veeria, along with their faculty member, Dr. Margaret Alexandre, whose dissertation was, “The Lived Experience of Traumatic Amputation for Haitian Adults.”

“The Haiti trip has helped greatly in solidifying the instructional and informational teaching of the York College Nursing Program,” says Philip Mangey. “It was a very practical experience on how to navigate the spectrum of the different socio-economic statuses as well as cultural diversity in action all within a foreign language.”

Mangey added that the experience has prepared him “to be able to function within the healthcare arena of New York City.

Queens has been described as the most culturally diverse place on the planet and as such we need to be culturally competent to provide effective services,” he further explained. “Haiti has helped to make things clearer for me; that healthcare is a simple need and there is no reason to take a simple process and make it complex.”

Indeed, Mangey found so much value in the experience, it has transformed his thinking.



Left to right: Allysha Veeria, Mavis Frimpong, Christine Bastien, Brittany Fullerton, Desiree Chase, Dr. Margaret Alexandre, Aerren Kublal, Darien Trinh, & Philip Mangey

“I plan on using this experience as foundational knowledge on how I pursue Nursing in the US and most importantly, it has birthed a great desire for foreign healthcare need,” he says. “It may not resonate well with most people if I say I will focus on foreign nations but in reality with the growth of commerce and technology the world has become a small global village. We have to be cognizant of our neighbors’ need and able to meet them timely because this safeguards our health and security in the US.”

Christine Bastien was equally moved by the experience.

“My expectations of Haiti were met and surpassed,” she says. “I have found my motivation and have seen where possibilities can lead. I have seen how a welcoming community can impact someone and create this opportunity for mutual progress.”

Allysha Veeria also discussed the import of the trip not only for its healthcare value, but for helping a new language skill as well.

“Haiti and the residents taught me an abundance of knowledge from the moment I landed,” says Veeria, president of York’s Nursing Club. “I’ve learned a decent amount of a new language—Creole. It was easy to pick up because everyone around us spoke it; and I could communicate on a basic level with them. This new skill-set I’ve obtained can be expanded on and will be able to assist me in my nursing career if I have to communicate with patients or medical professionals who speak creole.”

Veeria says her “take away from the trip” is a newfound appreciation for humanity and the nursing profession.

“It is how you treat someone during their darkest times that sets the benchmark,” she says. “As nurses, every day we work to raise that benchmark. In Haiti, we came in with our set standards and they had their set expectations from us. In my opinion, our team exceeded both the benchmarks we’ve set and their expectations of us. When you have a great team and a great team leader, anything can be done.”

COUNSELING CENTER

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what we do... Being a college student is exciting but can also be challenging. Let professional counselors assist you to successfully meet these challenges!

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www.york.cuny.edu/student-development/counseling



to schedule an appointment...

Visit us in AC 1G03 or call us at 718-262-2272

DIVISION OF STUDENT DEVELOPMENT



STUDY UP 'TIL MIDNIGHT



DECEMBER

17 | 18
19 | 20

Sponsored by
Divisions of Academic Affairs and Student Development

Konichiwa, hajimemashite. Watashinonamaeha Starshima.

BY STARSHIMA TRENT

Arigatō gozaimashita. If you didn't understand that I said Hello, Nice to meet you, my name is Starshima. Thank you very much. How many people can say that they had their dream come true visiting another country? Well I can. I finally had the opportunity and the luxury to study abroad in the country that I love the most (other than America) Japan. I've wanted to go to Japan since I was a kid. I grew up on their culture such as; food, anime, manga, music, and religion. I went over to Japan over the summer during July and August. The name of the program that I was a part of is called the Council on International Educational Exchange or CIEE. The courses that I took were Beginning Japanese and Japanese Pop Culture. I learned how to read and write in Hiragana, Katakana and Kanji, as well as speak in Japanese. I also learned the basics and origins of how Japanese pop culture became a worldwide phenomenon. I learned how J-Pop, Fashion, Food, Anime and Manga were created.

Aside from taking classes, I had a wonderful time sightseeing all around the city such as Shibuya, Shinjuku, Harajuku, Akihabara Nikko and Yokohama. A breath-taking experience is that I brought my first kimono and got to wear it to an actual traditional tea ceremony. When I was there I ate so much Ramen, Udon Noodles, Rice Balls, Gyoza and Sushi. Their food is delicious with a capital D. Another great experience was being in a Japanese Onsen or another word, Hot Spring, and taking

many amazing tours around the country. Lastly, I got to visit a skyscraper and overlook the entire city. From there I got to see Mount Fuji as well as Tokyo SkyTree and Tokyo Tower. I will never forget all 108 of my friends that I met including my two favorite interns and the program faculty who was generous, kind, giving, supportive, loving, and protective. My experience was unforgettable and blissful and I can't wait to go back to Japan again.

I highly recommend to anyone who is interested in following their dreams and studying abroad to visit the York College Scholarship Office and meet with Ms. Ju-



lissa Contreras in Academic Core Building, Room AC-4DA1.

It's never too late! And always know that there is no such thing as "impossible," instead you say that "I'm Possible."

Arigatō gozaimashita. (Thank you very much)



SCHOOL OF ARTS & SCIENCES FALL 2018 EXPO



YORK College NY

ARTS & SCIENCES
DISTINGUISHED LECTURE

Resistance Rap

WITH SPEAKER & PERFORMER
Francesco Carlo, aka Kento

12:30pm • AC-2D01



Thursday, December 6 **10am-2pm • Atrium**

Annual World AIDS Day Event



Break Free Spiritually and Physically
Educate Yourself. Get Tested!
Free & Confidential HIV Testing

Thursday, November 29, 2018
Atrium, 10:00 AM - 3:00 PM

Hosted by Student Health Services Center
Division of Student Development
AC-1F01, (718) 262-2050



Achieving Success at York: Student Stories

SAADIAH MOHAMED KUTI

Mrs. Kuti is a psychology major, and her ultimate goal is to become a counselor and help children and adults to find success and independence in their lives. She has been a very active member of York's campus community, working with the Helping Hands Club, Muslim Association Club, and very visible within the psychology department.

She speaks very highly of her psychology professors, "Professor Jennifer Campbell is like a role model to me—I really enjoy her classes. I have taken a total five classes with her; because of her I am more aware of American society," she says.

Mrs. Kuti was awarded the very recognizable Matthew Gold-

stein Scholarship, which is a scholarship for students with disabilities. She states, "I felt proud. It encouraged me more...it also encouraged me to encourage others to work hard. As a student with a disability, The Center for Students with Disabilities has helped me reduce my anxiety, especially during exam times; also while I am having my exam the accommodations are great!" she says.

For her educational goals, "After I leave York College, I want to pursue a Master's degree in psychology working as a counselor for New York's mental health department, as well as with New York's alcohol and drug abuse rehabilitation programs."



JAINAL SHAHID

Jainal is a Psychology Major with plans to work in the non-profit sector; his ultimate goal is to become a public administrator. He is a senior here at York College, and he has been very active on campus with the Helping Hands Club, as well as being involved within the psychology and social work departments.

As a very successful student with a disability, Jainal states, "The staff is amazing, and the services offered by The Center for Students with Disabilities are beyond superb."

This past spring semester, Jainal was awarded the presti-

gious Matthew Goldstein Scholarship at the City University of New York's annual Americans with Disabilities Act (ADA) picnic. In response to this accolade, Jainal states, "I feel successful, a sense of pride, and I hope other students will see me and work hard and be determined to make it in college."

Jainal added, "In five years I want to be finishing graduate school and working in a non-profit organization helping people and society as a whole; I am receiving a quality education at York, and I want to use the knowledge to benefit others."





JIYOON LEE, PH.D., has joined the Counseling Center as a student psychological counselor. Dr. Lee, who joined York this past August, earned her Ph.D. in Counseling Psychology and Human Systems from Florida State University in Tallahassee, FL. She has extensive clinical experiences at the University Counseling Centers. She worked at the City College of New York before coming to York College. She did her pre-doctoral psychology internship at Purdue University Counseling and Psychological Services in West Lafayette, Indiana, and completed her post-doctoral residency at James Madison University Counseling Center in Harrisonburg, VA. and worked as a staff psychologist at the University of Akron Counseling and Testing Center in Akron, OH. Dr. Lee is professionally very active as a Board Member in Division 17 (Counseling Psychology) International Section at American Psychological Association and a Co-Chair of the International Psychology Practitioners Committee. She is a Board member and a Co-Chair of Training and Mentoring Committee in Korean Psychology Network. Dr. Lee has worked in collaboration with her colleagues nationally and done extensive presentations in the area of counseling psychology, multiculturalism, supervision and training, mentoring, and outreach. Her areas of interests and expertise are mood and anxiety disorders, motivation, academic success, ADHD assessment and coaching, career development, diversity issues, multicultural identity development and counseling, cultural adjustment, alcohol & other drugs issues, supervision and training, and mentoring.



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 Dr. Vincent Banrey, *Vice President for Student Development*
 Randolph Punter, *Assistant Dean for Student Services*
 Paola Veras, *Assistant Dean for Student Development*

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