

VISIONS



FALL/WINTER 2014



Greetings from the Associate Dean for Student Development ~ Dr. Vincent Banrey

It is a pleasure to be part of the York College family and I thank everyone, especially the students, for a warm welcome. My short period at the college has been both productive and rewarding and I look forward to working collaboratively with faculty, staff, and the students to take the institution to greater heights.



that will be featured in the "Visions" newsletter are key upcoming events, spotlight on student achievements, information on college academic and support services and sharing facts on strategies to enhance the development of our students.

On behalf of Vice President Geneva Walker-Johnson and all of the directors and staff of the Division of Student Development, I wish all of our students a productive and rewarding semester and encourage each of you to focus on attaining your goals.

Thank you.



DID YOU KNOW?

79% OF YC STUDENTS WHO SLEEP 8-9 HOURS HAVE AN AVERAGE GPA OF 2.5 OR BETTER



GOOD SLEEP HABITS CAN LEAD TO ACADEMIC SUCCESS

SLEEP FOR 8

WE GOT THE FACTS FROM YOU:
Spring 2014 survey of York College students with 190 respondents. Conducted by The Mental Health Committee.
Questions? Comments?
Contact: Omefa Prass (718) 262-2274

Student Government Annual Club Leadership Retreat

The Student Government Association (SGA) Leadership Retreat was held August 25 -27, 2014 at the Hudson Valley Resort and Spa in Kerhonkson, NY. A total of thirty-five student leaders attended the event.

Ms. Hripsime Petrosyan and Ms. Krystal Davy co-chaired the SGA Retreat. President Keizs, VP Walker-Johnson, Acting Provost Meleties, and Dean Banrey brought remarks at the Opening Session.

The first workshop focusing on processes and procedures for funding club events was facilitated by Ms. Sandra De La Cruz and was held on August 25, 2014 in

the Faculty Dining Room at York College. There were additional leadership retreat sessions held at the Hudson Valley Resort (see below).

The presenters/workshops were: VP Walker-Johnson - *Lead Forward/Give Back*; Ms. Adjoa Gzifa - *Robert's Rules of Order*;

Ms. Jessica Cherry - *Title IX Presentation and Getting Along with Different and Difficult People*; Ms. Marlenis Alvidrez & Dr. Jean Phelps - *Planning a Successful Event*; Dr. Phelps - *How to Be a Successful Student and Effective Leader*; and Mr. Haroon Hasan - *Club Council and The Club Fair*.

Attendees at the Annual Club Leadership Retreat included Mr. Shaikh A. Amin (standing on left), Dr. Geneva Walker-Johnson, Vice President for Student Development (first row seated third from left) and Dr. Jean Phelps, Director of Student Activities (standing second from right).



SPOTLIGHT ON OUR NEW STAFF

DENISE M. DICUPÉ, LCSW-R, Student Psychological Counselor, received her B.A. in Psychology from Baruch College, her M.S.W. from New York University, and postgraduate psychoanalytic training at The National Institute of the Psychotherapies. She joined the York Counseling Center in July, 2014,



and has over 10 years of valuable experience working with a full range of patients from varying backgrounds at Jamaica Hospital, New York Forensic, and St. Joseph's College.

Her areas of interest include: anxiety, self-esteem, adjustment and relationships. Throughout the semester, Ms. Dicupé offers workshops in each of these areas, and sees students for both individual and group counseling sessions.

JESUS FERNANDEZ comes to the Percy Ellis Sutton SEEK Program at York College via NYC Government. Jesus has spent over 13 years in the NYC Council in several policy making and leadership positions. As a former social worker and government administrator, Jesus brings a



wealth of knowledge in social work practice and government affairs. Jesus hopes to use his experiences to inspire our youth in the SEEK Program and to contribute to the overall success of York College.

Jesus is an EOP graduate from The University at Albany, State University of New York with a Bachelor of Science (BS) in Social Work. Jesus subsequently has earned a Master of Science in Social Work (MSSW) from Fordham University.

MRS. TENESHA L. JOHNSON proudly serves as a counselor and student advocate for the Percy E. Sutton SEEK program. Her twelve-year career in higher education has led her to various positions of increasing responsibility at colleges and universities throughout the tri-state area.



Her professional experience in the public and private sector further affirms her belief that no matter where you begin; with a steadfast commitment to pursuing your "personal best", SUCCESS will be

your ultimate reward. Mrs. Johnson received her B.A in Afro-American Studies and Business Administration from the State University of New York at New Paltz, as well as her M.A.Ed.s. in Educational Leadership and School Counseling from Saint Peter's University in Jersey City, NJ.

Carnival & Wacky Olympics





ROTC Program Students Soar at York College

Four York College ROTC Program students recently received scholarships from the U.S. Army to assist them with completing their college education. The scholarships ranged from \$30,000 up to \$50,000. The four students are Arlenys Medina, Dennis Yanza, Jowayne Meadows and Kevin Hill. Each student was posed the following questions to share why they joined the ROTC Program and their views for being successful: a) Why did you join the York College ROTC Program? b) What will the scholarship help you to achieve? c) What are your future aspirations? d) What would you tell other student's is a good recipe for academic success? Below are the replies from each student:

KEVIN HILL

MAJOR: Computer Science
I joined the ROTC Program at York College because I wanted to continue serving in the US Army leading others through the extensive training and mentoring I learned through the CUNY Army ROTC Program. The scholarship will help me to alleviate my college debts and focus on my education. My future aspirations are to utilize my leadership skills as an Army officer and to set an example for those above and below me. No

one person achieves greatness by themselves. My recommendation, find a mentor whether it is your pastor or mother or father. Emulate and create good habits for yourself. Hard work definitely pays off in the end. We're investing in our own future.

JOWAYNE D. MEADOWS

MAJOR: Psychology
I joined the ROTC Program because I value Leadership and with 2-years prior service in the Army, I believe that the ROTC is the best avenue to approach leadership development. The scholarship will help me to achieve a relaxed state of mind by not worrying about tuition which increases in turn my focus in class. My goal is a long term career in the New York Army National Guard, a successful business in real estate and other business opportunities. Most importantly, I will establish a non-profit mentorship program for high school students. I've learned a lot through mistakes and challenges to be more proactive by setting short term attainable goals and managing time by priority. Proactivity involves getting assignments done as soon as possible or before the due date. It is also a great help to network with other students by creating study groups. Lastly, effectively utilize available resources

including tutoring, fellow classmates and the professors.

ARLENYS MEDINA

MAJOR: Health Science
The reason I joined the Army ROTC Program was to live out my dream of being in the military, and accomplish my goal of becoming an officer. What this scholarship will do for me is begin to give me a sense of financial balance. It also keeps me motivated to work hard and study hard to not lose my scholarship. My future aspiration as a civilian and future officer in the Army National Guard is to be a Physician's Assistant. Good recipes for success are to first, being aware of your strengths and weaknesses and to know what you are capable of accomplishing. In addition, never lose sight of your goals and always keep yourself motivated, even if or when no one else supports you.

DENNIS E. YANZA

MAJOR: Sociology
Well to be honest I wanted to enlist right after high school but I wasn't old enough to sign-up and ship out to basic training. I needed permission from my parents but they didn't like the idea of me joining the Army. So, I went to college instead and I was going to wait for my 18th birthday. So happened I enrolled in the military science class and I had no idea of what to expect to be honest. It took me one semester to realize that this is what I wanted to do and I wanted to pursue it. My parents weren't really happy but I had Sergeant Major Alvarez and 2nd Lt. Tejada talk to my parents about the great opportunity the Army ROTC Program was providing me and the rest of the students. Now, here I am 2 years away from being a 2nd Lt. in the U.S Army. I see myself making this my career and I truly enjoy it and love what I do. I'm aiming to be a colonel in the Army and if I can achieve even higher with the help of God then let it be. The best way to be successful academically is to have good time management skills and studying a lot. By that I mean being organized and have a schedule for every day you are in college. Also, arranging times so you can study and doing homework is important. That's the best advice I can give to students at least from my perspective.

From Left: Lieutenant Colonel Richard B. Gussenhoven, Professor of Military Science, Arlenys Medina, Kevin Hill, Jowayne Meadows, Dennis Yanza and Sgt. Cemerikic Uros.



Fall /Winter 2014 Calendar of Events

EVENT	TIME	LOCATION	SPONSOR
OCTOBER			
28 Orientation Workshop Resume Clinic What Do I Really Want To Be?*	12pm	3M01	Career Services
	12:30pm	3M01	Career Services
	12:30-1:30pm	1C05	SEEK Program
29 Women's Empowerment Film Series - "When Women Come Marching Home" Graduate School Fair	6pm	3B04	Women's Center
	11am-3pm	AC-Atrium	Counseling Center
30 Focus 2 Career Workshop Resume Clinic Being a Student-Parent* Entering the Workforce with Knowledge of "Abilities" - Panel Discussion & Video Screenings	12pm	3M01	Career Services
	12:30pm	3M01	Career Services
	12:30-1:30pm	1C05	SEEK Program
	12-2pm	2M05	Center for Students with Disabilities
NOVEMBER			
4 Orientation Workshop Resume Clinic How to Stay Motivated? Open Discussion* Employment Rights Workshop - Presented by the Center for Independence of the Disabled, NY (CIDNY)	12pm	3M01	Career Services
	12:30pm	3M01	Career Services
	12:30-1:30pm	1C05	SEEK Program
	12-1pm	1E05	Center for Students with Disabilities
5 Health Insurance Awareness Day	9-3pm	AC-Atrium	Health Services
6 Focus 2 Career Workshop Resume Clinic	12pm	3M01	Career Services
	12:30pm	3M01	Career Services
11 Orientation Workshop Resume Clinic	12pm	3M01	Career Services
	12:30pm	3M01	Career Services
12 Wellness Wednesday - Peak Performance 1-2-3	12-2pm	Cafeteria	Counseling Center
13 Focus 2 Career Workshop Resume Clinic Girl Talk Reaching Peak Performance Like the Pros Dealing with Life and the Unexpected*	12pm	3M01	Career Services
	12:30pm	3M01	Career Services
	5pm	3B04	Women's Center
	12-1pm	1E02	Counseling Center
	12:30-1:30pm	1C05	SEEK Program
18 Orientation Workshop Resume Clinic Re-navigating Your Academic GPS* Project Runway vs. The Wrong Way - A Fashion Show Featuring the Appropriate Ways to Dress for Interviews	12pm	3M01	Career Services
	12:30pm	3M01	Career Services
	12:30-1:30pm	1C05	SEEK Program
	12- 2pm	2D01	Center for Students with Disabilities
20 Focus 2 Career Workshop Resume Clinic Domestic Violence Workshop Women of Excellence Leadership Workshop How to Ace Your Exams Being a Student-Parent*	12pm	3M01	Career Services
	12:30pm	3M01	Career Services
	12-2pm	1M06	Health Services
	Noon	3C03	Women's Center
	12-1pm	1E02	Counseling Center
	12:30-1:30pm	1C05	SEEK Program
25 Orientation Workshop Resume Clinic Annual Thanksgiving Dinner Women's Empowerment Film Series - "Muslim Women: Rights & Wrongs"	12pm	3M01	Career Services
	12:30pm	3M01	Career Services
	12-2pm	AC-Atrium	Student Activities & SGA
	5-7pm	AC-Atrium	
	6pm	3B04	Women's Center

EVENT	TIME	LOCATION	SPONSOR
DECEMBER			
2 Orientation Workshop Resume Clinic	12pm	3M01	Career Services
	12:30pm	3M01	Career Services
4 Focus 2 Career Workshop Resume Clinic Annual World AIDS Day Girl Talk	12pm	3M01	Career Services
	12:30pm	3M01	Career Services
	9:30-3:30pm	AC-Atrium	Health Services
	5pm	3B04	Women's Center
9 Orientation Workshop Resume Clinic	12pm	3M01	Career Services
	12:30pm	3M01	Career Services
10 Wellness Wednesday - Beating the Holiday Blues	12-2pm	Cafeteria	Counseling Center
11 Focus 2 Career Workshop Resume Clinic Women of Excellence Leadership Workshop	12pm	3M01	Career Services
	12:30pm	3M01	Career Services
	Noon	3C03	Women's Center
16 Orientation Workshop Resume Clinic	12pm	3M01	Career Services
	12:30pm	3M01	Career Services
18 Focus 2 Career Workshop Resume Clinic	12pm	3M01	Career Services
	12:30pm	3M01	Career Services

* Open to SEEK students only

Mark Your Calendars!

OCTOBER 29

Graduate School Fair
11am-3pm
AC-Atrium

Is Graduate School For You? will take place in the Academic Core Atrium from 11am to 2 pm. You can meet Admission counselors from 30+ grad schools and participate in a free Kaplan course giveaway. It will be followed by a panel discussion, Success Tips for Applying for Grad School, from 2 pm to 3 pm.

NOVEMBER 5

Blood Drive
11am-4pm
AC-Atrium

To pledge please contact The New York Hospital Queens Blood Donor Center at 718-670-1007 or visit www.nyhq.org. All eligible donors will receive a pair of AMC movie tickets. You must weigh 110 lbs or more and be 16 years (with parental consent) or older. Please remember to bring your photo ID.

NOVEMBER 15

Annual Community Health Fair
9am-2pm
York College

York College Health Services along with Alpha Kappa Alpha Sorority Epsilon Pi Omega Chapter and Queens Chapter NAN presents *Good Health Makes Good Sense*. Free health screenings, workshops on Alzheimer's Disease, Fire Safety and additional health related activities will be provided.

CLUB FAIR



Title IX & Sexual Harassment/ Assault: What's The Big Deal?

Lots of people are talking about Title IX and Sexual Harassment/ Assault these days. Several high profile cases have been in the news lately and facing mounting pressure from lawmakers, sexual assault survivors and activists, the U.S. Department of Education released a comprehensive list of colleges and universities under Title IX investigation. When the Office for Civil Rights publically disclosed its investigations of colleges for sexual violence in May of 2014, a total of 55 higher education institutions were on the list (including a CUNY School – Hunter College).

WHAT IS TITLE IX?

Title IX has been around since 1972 and it specifically states:

"No one person in the United States shall on the basis of sex, be excluded from participation in, be denied the benefits of, or be subject to discrimination under any education program or activity receiving Federal financial assistance."

Title IX specifically prohibits sexual harassment and sexual violence (an umbrella term that covers sexual assault, such as rape/ attempted rape, forcible touching and sexual abuse) for any school that receives federal funding, which is nearly all of them.

CUNY'S NEW POLICY

However, the best thing about the recent bad publicity is that CUNY has drafted a new policy governing sexual harassment and sexual violence. The draft of the new CUNY policy is currently circulating for comment by students, faculty and

staff before the CUNY Board of Trustees votes to (hopefully) adopt the new policy in December of this academic year.

The new CUNY policy covers CUNY students, employees and even visitors to CUNY campuses. It states that all the aforementioned groups "deserves to live, learn, and work free from sexual harassment and sexual violence."

To this end the policy spells out that CUNY is committed to: (1) defining conduct that constitutes prohibited sexual harassment and sexual violence; (2) providing clear guidelines for students, employees and visitors on how to report incidents of sexual harassment and sexual violence; (3) promptly investigating allegations of sexual harassment and sexual violence, pursuing disciplinary action where appropriate, referring the incident to local law enforcement when appropriate, and taking action to investigate any allegations of retaliation; (4) Providing ongoing assistance and support to students and employees who make allegations of sexual harassment and sexual violence; and (5) Providing awareness information on sexual harassment and sexual violence, including widely disseminating this policy, and implementing training on sexual harassment and sexual violence to campus constituencies.

WHAT DOES THIS MEAN FOR YORK COLLEGE?

In terms of the reporting structure for Title IX violations, each college or unit within CUNY must name a Title IX Coordinator, an employee who has overall responsibility for implementing the policy, including overseeing the investiga-

tion of complaints. Here at York College our Title IX Contacts are:

Title IX Coordinator

Gail Marshall

Title IX Deputy Coordinators

Jessica Cherry

Randy Punter

Truett Vaigneur

Acting Director of Public Safety

Dawn Smallwood

V.P. for Student Development

Geneva Walker-Johnson

Campus Attorney

Olga Dais, Esq.

It's important to note that in addition to identifying the Title IX reporting structure the new policy spells out that whenever possible any investigation of complaints should be completed within sixty (60) calendar days of the receipt of the complaint.

Finally the new policy spells out some rules regarding intimate relationships between faculty or employees and students and between supervisors and their employees.

WHAT SHOULD YOU DO TO HELP?

Quite simply you should be knowledgeable and aware of the policies and if you see something—say something. The University will launch a new web-based sexual harassment training module for students starting in the Spring of 2015 and we urge as many students as possible to participate. To help things along the Division of Student Development will be offering raffles and prizes as a reward for your participation. Stay tuned for more details.

KNOW WHAT'S GOING ON! Go to
facebook.com/YCStudentActivities
and like the page to keep up-to-date with events sponsored
by the Office of Student Activities and student clubs

Why Work Harder Than Necessary?

FINE TUNE YOUR STUDY SKILLS FOR MAXIMUM EFFICIENCY

- 👁️ Pay **ATTENTION** in class
- 📝 Take **GOOD NOTES**
- 📁 Keep an **ORGANIZED** notebook
- 🕒 Allow **2 HOURS** of study time for each hour in class
- 📖 **DON'T CRAM** before a test...**STUDY A LITTLE BIT** each day
- 🧠 **TEST YOURSELF** ...check to see what you know
- 📖 **STUDY WHAT YOU DO NOT KNOW** ...don't waste time on what you have already mastered
- 🕒 **TAKE SHORT BREAKS** ...don't study for hours
- 🗣️ **ASK QUESTIONS IF YOU DON'T UNDERSTAND**

If your study strategies are not working for you, don't keep using them. Try something different! Come to The Counseling Center to learn new study techniques.

10 Healthy Sleeping Habits for College Students

Making the effort to get enough sleep every night will help you keep up your grades, feel better, and have more energy for the things you really want to do.

Here are 10 tips to try to help you get into the right frame of mind for sleep:

- 1 Avoid caffeine at night, and limit it during the day.
- 2 Skip alcohol before bed.
- 3 Create a sleep schedule, and stick to it.
- 4 Don't sleep in on weekends or days when you have late class; wake up close to the same time every day.
- 5 Put books and homework away at least 30 minutes to an hour before bedtime.
- 6 Don't study or work on your computer in bed.
- 7 Exercise earlier in the day, never just before bed.
- 8 Don't watch TV just before bed.
- 9 Sleep with earplugs and use eye pillow to drown out any bright lights and the noise of loud roommates or dorm mates.
- 10 Turn out the lights when it's time to go to bed; a bright room will keep you awake.

Establishing healthy sleep habits in college will do wonders for your long-term health.

New Student Orientation at York is a BIG Success!

On August 13, 2014, the Student Development Division implemented a newly designed New Student Orientation held in multiple locations at the college that was attended by approximately 502 new freshmen students. In addition, a student parent orientation component was added and an estimated 98 parents, siblings and significant others were also in attendance. The highlights of the New Student Orientation included a Title IX presentation and skit, an academic informational session in the gymnasium, and barbecue. (Pictured on the left with Dr. Geneva Walker-Johnson in the center are staff members of the Division of Student Development that made it all happen).



DIVISION OF STUDENT DEVELOPMENT DIRECTORY

DIVISION OF STUDENT DEVELOPMENT MAIN OFFICE

ROOM 2FO1A (718) 262-2331
 Dr. Geneva Walker-Johnson, Vice President for Student Development
 Dr. Vincent Banrey, Associate Dean for Student Development

ARMY ROTC

ROOM 3H01D (718) 262-3774
 CPT Christopher F. DeLaTorre
 Office Hours: Mon. - Thurs. 9am - 4pm

CAREER SERVICES

ROOM 3M01 (718) 262-2282
 Linda Chesney, Student Career Program Manager
 Office Hours: Mon. & Wed. 9am - 5pm,
 Tue. & Thurs. 9am - 6pm & Fri. 9am - 2pm

CHILD AND FAMILY CENTER

160TH STREET (718) 262-2930
 Cynthia Clendenin, Manager

COUNSELING CENTER

ROOM 1G03 (718) 262-2272
 Dr. Cicely Horsham-Brathwaite, Director
 Office Hours: Mon., Tues., Wed. & Fri. 9am - 5pm,
 Thurs. 9am - 6:30pm

HEALTH SERVICES

ROOM 1F01 (718) 262-2050
 Sharon Hawkins, Student Wellness Specialist
 Office Hours: Mon. - Wed. 9am - 5pm,
 Thurs. 9am - 6:30pm, & Fri. 9am - 12pm

MEN'S CENTER

ROOM 3M02 (718) 262-3772
 Jonathan Quash, Student Life Specialist
 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 1E01 (718) 262-2285
 Dr. Jean Phelps, Student Life Manager
 Office Hours: Mon. - Thurs. 9am - 6pm &
 Fri. 9am - 5pm.

THE PERCY E. SUTTON SEEK PROGRAM

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

THE CENTER FOR STUDENTS WITH DISABILITIES

ROOM 1G02 (718) 262-2191
 Paola Veras, Disability Services Manager
 Office Hours: Mon. - Thurs. 9am - 6pm &
 Fri. 9am - 5pm

TRIO STUDENT SUPPORT SERVICES (SSS)

ROOM 3E03 (718) or (718) 262-2426
 Theresa Curry, Director
 Office Hours: Mon. - Thurs. 8:30am - 6pm &
 Fri. 8:30am - 5pm

YORK ENRICHMENT SERVICES (YES)

ROOM 1G02 (718) 262-2423 or (718) 262-2274
 Office Hours: Mon. - Thurs. 8:30am - 6pm &
 Fri. 8:30am - 5pm

WOMEN'S CENTER

ROOM 3C01 (718) 262-2008
 Ebonie Jackson, Student Life Specialist
 Office Hours: Mon. - Fri. 9am - 5pm

VETERANS AFFAIRS

ROOM 1G03-E (718) 262-2080
 Dr. Sidney Smith III, Manager of Veterans Affairs
 Office Hours: Mon. - Wed. 9am - 5pm,
 Thurs. 9am - 6:30pm & Fri. 9am - 3pm



YORK College



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