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Greetings,

Do you hear that? That’s the sound of students going to class, attending campus events, making friends and preparing for their lives ahead. Welcome class of 2017/18, transfer students and upper classmen!

The 2013-2014 academic year is off to a phenomenal start! Over 100 students attended the Leadership Retreat in Hudson Valley this summer. Students were joined by members of our college family including the divisions of Academic Affairs, Development and Institutional Advancement, and Government and Community Affairs. President Coico got the Retreat started with a wonderful welcome and talk about leadership.

Our Orientation Leaders worked tirelessly this summer to make New Student Registration and Orientation (two separate programs this year) a success. At Orientation, new students, parents and families received a warm welcome from their GPS (Growth and Professional Success) Navigators, alumni, upper classmen, deans, faculty and a number of Academic and Student Affairs departments. Check out pictures from Orientation in this newsletter and link to the GPS Newsletter by clicking here.

Orientation Leaders were also an integral part of Freshman Convocation, helping to induct over 1000 Freshmen into the City College Community. Our new ROTC program added a regal touch to this year’s Freshman Convocation. We have pictures for you inside.

A substantial portion of the Fitness Center was renovated with state of the art equipment. Full details are also included here.

The first annual City College Family Day was held on Saturday, October 5, 2013. Many thanks to the student clubs and organizations, academic divisions, administrative departments and the over 80 student volunteers, who came together to make this day happen. We have a few pictures here, and we’ll send more to you soon.

Also in this Newsletter, we spotlight alumni Asheque Rahman and current student Heather Ruger. If you don’t know these two outstanding members of the CCNY family, meet them here.

And, how can faculty and staff avoid using dated references when talking to the Class of 2017/18? You don’t have to listen to Lady Gaga or # everything to keep up. Tom McBride and Ron Nief, both of Beloit College, have done all the work for you. For the first time, our feature article is the Beloit College Mindset List for the Entering Class of 2017, a list of 60 things that help capture the world view of this fall’s entering class, so you never have to be outdated again.

There’s so much more inside to get you up to speed on what we’ve been doing and to help you prepare for the new academic year so check it out. I hope you enjoy this Welcome Back edition of the Student First! Student Affairs Newsletter.

Sincerely,

Juana Reina
Vice President of Student Affairs
Public Safety welcomes new and continuing students, faculty and staff to the 2013/2014 academic year. This year, Public Safety is committed to strengthening relationships within the City College Community. As part of these efforts, Public Safety will be hosting workshops and other events aimed at crime prevention for all members of the College Community. These events will give the College Community a chance to meet with Public Safety Officers from our campus and learn about the services we provide.

Workshops and Events planned for the 2013/2014 academic year include:

**Safety Apps for Cell phones, I Pads and Android Tablets**
Learn about apps that can help locate your mobile devise when lost or stolen.

**Etch and Register your Mobile Device**
Learn how you can etch your cell phone, MP3, IPod, I Pad/Tablet with your contact information or a special message, and register your device with CCNY Public Safety to help locate your device if it’s lost or stolen.

**Laptop Etching and Registration with CCNY Public Safety.**
Learn how you can etch your laptop with your contact information or a special message and register your device with CCNY Public Safety to help locate your device if it’s lost or stolen.

**Bicycle Etching and Registration with CCNY Public Safety**
Learn how you can etch your bicycle with your contact information or a special message and register your device with CCNY Public Safety to help locate your device if it’s lost or stolen.

**Personal Safety Forums**
These forums, meant for men and women, teach tips and ideas for staying safe on campus and on the street, and basic self defense techniques.

The Public Safety Department is located in NAC 4/201. Call us at 212-650-6911. For emergencies, please dial 212-650-7777, and we’ll be happy to assist you.
Over 100 student leaders representing CCNY clubs, athletic teams, student government and campus media united for a weekend of skill exploration and fun. President Lisa kicked off the event by offering greetings and challenging the attendees to continue their pursuit of community building and excellence.

Set in the backdrop of the Hudson Valley and produced by the Office of Student Life, the annual Student Leadership Retreat offers workshops, seminars and activities all geared toward helping student leaders get a head start on achieving their goals and objectives for the 2013-2014 school year.

“Had an awesome time, awesome food, awesome workshops, and developed great relationships with awesome people. The things I learned this weekend will not only help my club but I’m pretty sure will help me continue to grow as a leader”.

- Balson Sylvain, Junior, Psychology
City College welcomed over 2000 new students this summer and each was greeted warmly and graciously by a team of remarkable Student Orientation Leaders and GPS Navigators. Each morning, these highly trained and dedicated students checked in all new freshmen and transfer students, facilitated workshops on transitioning to City College and even assisted parents in getting acquainted with the campus.

Special Programs Coordinator, Evelyn Ortega who recruits and trains the team shared that this year’s team of Orientation Leaders was by far the most committed. She also reported that many of the new students who were surveyed indicated that the Orientation Leaders and Navigators were the best part of Orientation.

Winning Freshmen Summer Assignment!

As most of you know, incoming freshmen receive a creative summer reading assignment to introduce them to the rigors of college level work. With the re-vamping of Orientation this year, there was an added twist to the assignment. This summer, freshmen were asked to read a story called “Master of My Fate: the Diahann Billings-Burford story” by Diahann Billings-Burford from the book Hearts on Fire. After doing so, they were later asked to propose an idea for a community service project that they would want our CityServ student committee to act on. Happily, there was an overwhelming response and as promised, CitySERV will act on the proposals of the selected winners during the Spring 2014 semester.

The following are brief descriptions of some of the projects that CitySERV will engage in as a result of the summer reading assignment:

1) Volunteering at an animal shelter to put an end to poor treatment of animals, as well as raising money for animals by hosting dog beauty competitions, dog photo sessions, etc. (created by Michael Moncayo).

2) Educating the public to raise awareness and to build a community to stop bullying (created by Amber Sepulveda).

3) Holding a school supply drive where other students will be able to recycle their school supplies, which will later be donated to a family in need (created by Leticia Arellano).

Congratulations once again to the winners. For those that are interested in taking part in the events mentioned, look out for upcoming issues of the CitySERV newsletter or stop by the Office of Student Life and Leadership Development in NAC 1/210.
Orientation 2013
Freshman Orientation
GALLERY

Student Affairs Newsletter Fall 2013 - 6
President Lisa Inducts 1000 Freshmen Into the City College Community

“Ladies and Gentlemen, I present to you the Class of 2017.”

And with that over 1000 CCNY Freshmen officially began their journey in pursuit of their academic goals in the Great Hall of Shepard Hall. Greeted by the Vice President for Student Affairs, Juana Reina and Undergraduate Student Government President Melody Niere, the enthusiastic crowd was primed and ready to receive their charge from President Lisa who encouraged them to set their goals high and to seek help when needed.

To symbolize the occasion, each freshman received a “Class of 2017” pin and recited the Freshman Pledge. Though thunderstorms put a damper on a planned reception, there was no dampening the high energy and excitement exhibited by the Freshman Class as they were inducted into The City College of New York community of scholars.
How can faculty and staff avoid using dated references when talking to the Class of 2017? You don’t have to listen to Lady Gaga or # everything to keep up. Tom McBride and Ron Nief, both of Beloit College, have done all the work for you. Nief and McBride have compiled a list of 60 things that help capture the worldview of the entering Class of 2017. Check out the list in the article below.

Beloit College Mindset List for the Entering Class of 2017*
By Tom McBride and Ron Nief

When the Class of 2017 arrives on campus this fall, these digital natives will already be well connected to each other. They are more likely to have borrowed money for college than their Boomer parents were, and while their parents foresee four years of school, the students are pretty sure it will be longer than that. Members of this year’s first year class, most of them born in 1995, will search for the academic majors reported to lead to good-paying jobs, and most of them will take a few courses taught at a distant university by a professor they will never meet.

The use of smart phones in class may indicate they are reading the assignment they should have read last night, or they may be recording every minute of their college experience...or they may be texting the person next to them. If they are admirers of Steve Jobs and Bill Gates, they may wonder whether a college degree is all it’s cracked up to be, even as their dreams are tempered by the reality that tech geniuses come along about as often as Halley’s Comet, which they will not glimpse until they reach what we currently consider “retirement age.”

Though they have never had the chicken pox, they are glad to have access to health insurance for a few more years. They will study hard, learn a good deal more, teach their professors quite a lot, and realize eventually that they will soon be in power. After all, by the time they hit their thirties, four out of ten voters will be of their generation.

Whatever their employers may think of them, politicians will be paying close attention.

Each August since 1998, Beloit College has released the Beloit College Mindset List, providing a look at the cultural touchstones that shape the lives of students entering college this fall. Prepared by Beloit’s former Public Affairs Director Ron Nief and Keefer Professor of the Humanities Tom McBride.

It quickly became an internationally monitored catalog of the changing worldview of each new college generation. Mindset List websites at the mindsetlist.com and beloit.edu, as well as the Mediasite webcast and their Facebook page receive more than a million visits annually.

The Mindset List for the Class of 2017

For this generation of entering college students, born in 1995, Dean Martin, Mickey Mantle, and Jerry Garcia have always been dead.

1. Eminem and LL Cool J could show up at parents’ weekend.

*Reprinted with permission of the authors, Ron Nief and Tom McBride, both of Beloit College.
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Image by http://emea.marketing.linkedin.com/blog/mindset/
2. They are the sharing generation, having shown tendencies to share everything, including possessions, no matter how personal.

3. GM means food that is Genetically Modified.

4. As they started to crawl, so did the news across the bottom of the television screen.

5. “Dude” has never had a negative tone.

6. As their parents held them as infants, they may have wondered whether it was the baby or Windows 95 that had them more excited.

7. As kids they may well have seen Chicken Run but probably never got chicken pox.

8. Having a chat has seldom involved talking.

9. Gaga has never been baby talk.

10. They could always get rid of their outdated toys on eBay.

11. They have known only two presidents.

12. Their TV screens keep getting smaller as their parents’ screens grow ever larger.

13. PayPal has replaced a pen pal as a best friend on line.

14. Rites of passage have more to do with having their own cell phone and Skype accounts than with getting a driver’s license and car.

15. The U.S. has always been trying to figure out which side to back in Middle East conflicts.

16. A tablet is no longer something you take in the morning.

17. Threatening to shut down the government during Federal budget negotiations has always been an anticipated tactic.

18. Growing up with the family dog, one of them has worn an electronic collar, while the other has toted an electronic lifeline.

19. Plasma has never been just a bodily fluid.

20. The Pentagon and Congress have always been shocked, absolutely shocked, by reports of sexual harassment and assault in the military.

21. Spray paint has never been legally sold in Chicago.

22. Captain Janeway has always taken the USS Voyager where no woman or man has ever gone before.

23. While they’ve grown up with a World Trade Organization, they have never known an Interstate Commerce Commission.

24. Courts have always been ordering computer network wiretaps.

25. Planes have never landed at Stapleton Airport in Denver.

26. Jurassic Park has always had rides and snack bars, not free-range triceratops and velociraptors.

27. Thanks to Megan’s Law and Amber Alerts, parents have always had community support in keeping children safe.

28. With GPS, they have never needed directions to get somewhere, just an address.
29. Java has never been just a cup of coffee.
30. Americans and Russians have always cooperated better in orbit than on earth.
31. Olympic fever has always erupted every two years.
32. Their parents have always bemoaned the passing of precocious little Calvin and sarcastic stuffy Hobbes.
33. In their first 18 years, they have watched the rise and fall of Tiger Woods and Alex Rodriquez.
34. Yahoo has always been looking over its shoulder for the rise of “Yet Another Hierarchical Officious Oracle.”
35. Congress has always been burdened by the requirement that they comply with the antidiscrimination and safety laws they passed for everybody else to follow.
36. The U.S. has always imposed economic sanctions against Iran.
37. The Celestine Prophecy has always been bringing forth a new age of spiritual insights.
38. Smokers in California have always been searching for their special areas, which have been harder to find each year.
39. They aren’t surprised to learn that the position of Top Spook at the CIA is an equal opportunity post.
40. They have never attended a concert in a smoke-filled arena.
41. As they slept safely in their cribs, the Oklahoma City bomber and the Unabomber were doing their deadly work.
42. There has never been a national maximum speed on U.S. highways.
43. Don Shula has always been a fine steak house.
44. Their favorite feature films have always been largely, if not totally, computer generated.
45. They have never really needed to go to their friend’s house so they could study together.
46. They have never seen the Bruins at Boston Garden, the Trailblazers at Memorial Coliseum, the Supersonics in Key Arena, or the Canucks at the Pacific Coliseum.
47. Dayton, Ohio, has always been critical to international peace accords.
48. Kevin Bacon has always maintained six degrees of separation in the cinematic universe.
49. They may have been introduced to video games with a new Sony PlayStation left in their cribs by their moms.
50. A Wiki has always been a cooperative web application rather than a shuttle bus in Hawaii.
51. The Canadian Football League Stallions have always sung Alouette in Montreal after bidding adieu to Baltimore.
52. They have always been able to plug into USB ports.
1. Do we have a mascot?
Yes! It’s Bennie the Beaver. Not Bennie. Not The Beaver. Bennie the Beaver, like A Tribe called Quest. Bennie the Beaver became the mascot in 1934, through a mascot contest run by City College’s department of student life. Reasons for choosing the beaver? The beaver is “a symbol of a busy, industrious animal [that] would sink his teeth into a job until he got it done.” The beaver is also the official mammal of New York State (betcha didn’t know we even had an official mammal) and appears on the seal of the City Of New York. Before Bennie the Beaver, the mascot was unofficially the Ichthyosaurus, a reptile from the Jurassic Period that looks kinda like a dolphin. Just google it for a pic.

2. What’s a Compton Gotheols?
Compton-Gotheols is a building on campus, located at Amsterdam Avenue and 140th Street. It’s called Compton-Gotheols Hall cause it’s really two halls joined together, Gotheols Hall and Compton Hall, both completed in 1930. Gotheols Hall houses the Art and Theatre Departments, and is named after George Goethals, the chief engineer of the Panama Canal, who was a City College undergraduate. Compton Hall was originally designed as a mechanical arts workshop (precursor to the engineering program), featuring a library, woodworking facilities a forge, classrooms and a heating plant in the basement. Compton Hall now houses the College’s facilities department.
3. Where’s the Rotunda?

It’s hard to explain. Best if I take you there. First, find the NAC (North Academic Center). It’s the dark glass and concrete building that spans from Amsterdam Avenue to Convent Avenue. Enter at the Convent Avenue entrance. There should be a sign that says ‘Welcome New Students’ above the door. You’ll need ID to get in. Once you get passed the security guard, go to the base of the stairs. Bam! You’re in the Rotunda. Why it’s called a Rotunda? Because it has a circular floor plan. Look carefully and you’ll see the circle. It’s most apparent along the glass walls of the Computer Lab.

4. Where’s Student Life?

The short answer: It’s on the first floor of the NAC in Room 210. The long answer: It’s actually not called Student Life anymore, it’s the Office of Student Life and Leadership Development or OSLLD. But if you say Student Life, most people will know what you mean. Student Life is also on Facebook. Check them out at https://www.facebook.com/ccny.studentlife or scan the QR code at left.

5. What’s there to do for fun around here?

Lots. Every Thursday, during club hours (12:00noon to 2:00pm) there is something fun and exciting happening on campus. There might be dancing in the NAC Plaza, music in the Rotunda (see question 3), a bake sale, a lecture, something. The best way to get involved is to join a student club. Clubs vary in interest, from the Gaming club for lovers of video games, pool and air hockey to the salsa-mambo club, who give free salsa-mambo lessons on campus. To find out about events on campus or about student clubs go to http://www1.ccny.cuny.edu/current/student/activities/index.cfm, scan the QR code at right, or call the OSLLD (aka Student Life) at 212 650 5002. Even better, September 26 is Club Day, when all student clubs will be outside in the NAC Plaza, giving information and looking for new members, so don’t miss it.

In addition to joining a club or attending club-sponsored, you can take fitness classes, like spin, zumba, yoga and cardio kickboxing at the Wingate Fitness Center (Wingate Hall, Third Floor and open 8AM to 9PM on Monday through Thursday, and 8AM to 3PM on Friday). You can also get together with a group of your friends to play a friendly game of basketball, soccer or volleyball, swimming or badminton. See the Fall 2013 Intramural schedule at left.

6. Do we have a sports team?

‘A’ sports team? We got mad sport teams here. We’ve got basketball, soccer, baseball, volleyball, tennis, soccer and track and field. In fact some of our teams will be competing in CUNY-wide tournaments this semester. What’s more some of these games will be right here at City College in the Nat Holman Gym, located in the lower level of the Marshall Building. For the dates and times of upcoming athletics events, see page 26.

7. What’s there to eat around here?

You’ve got great on-campus and off-campus options. On Campus, there’s the NAC Food Court (the Cafeteria) on the second floor of the NAC where you can buy hot meals, sandwiches, salads, dessert and snacks. The Faculty Dining Room (The name’s misleading cause its not just for faculty, anyone can eat there.) is on the 3rd floor of the NAC and the menu changes every day. Bare
Featured Article: New Students

Planet, in Hoffman Lounge, offers fresh made-to-order salads, fruit smoothies, frappuccino drinks, bubble tea and a variety of healthy and nutritious snacks and meals. And we have Starbucks. Not one but two...can you say Starbuckses? There’s a Starbucks in the NAC Rotunda and another in the Marshak Café (on the lower level). And if you live in the Towers, you can get a bite, a drink or a snack at the Towers convenience store. Don’t forget you can use your Dining and Flex Dollars at all campus dining locations and vending machines around campus!

This is Manhattan so there are tons of options off-campus, from Chinese takeout to various Spanish and Middle Eastern restaurants. If you feel like walking or taking the bus, there’s Havana Central restaurant (2911 Broadway) Subconscious for a breakfast grill and fab sandwiches (1625 Amsterdam Ave), Five Guys Burgers & Fries, you know what they’re about (2847 Broadway) and Dinosaur Barbecue (700 W. 125th Street). What’s more these locations now accept the CityONEcard as a form of payment, so just put some mulla on your ID card and you’re good to go.

8. Are there Sororities and Fraternities here?

Yes, we speak Greek at CCNY. There 10 sororities and fraternities on campus, including Delta Sigma Theta, Gamma Nu Delta, Phi Beta Sigma, Lambda Pi Chi, Lambda Pi Upsilon, Sigma Lambda Beta, Sigma Lambda Gamma, Sigma Rho Phi, and Tau Kappa Epsilon.

9. What are the school colors?

The school’s colors are lavender and black. Sometime in the mid-1860’s the various divisions and schools (back then they were called classes) chose lavender as the school color. They defended the choice by saying that it was easy to obtain lavender in any material or objects such as scarves and gloves and that it was also easy to distinguish lavender from other colors. It’s unclear why the color black was added later.

10. Do we have a school song?

School song is ‘Lavender my Lavender.’ Check out the lyrics at right and scan this QR code to hear the school Gospel Choir sing it on youtube.

And if you us a question, call the Division of Student Affairs at 212-650-5426 or email us at studentaffairs@ccny.cuny.edu
Career and Professional Development

PROFESSIONAL OPPORTUNITIES

Developing your professional identity is as important as developing mastery in your field of study. Learn more about careers and about how to become a professional through the networking, leadership and training opportunities listed below:

LEADERSHIP TRAINING
(Sophomores, Juniors and Seniors)

**National Society of Leadership and Success is now at City College**

The National Society of Leadership and Success is an organization that helps people discover and achieve their goals. The Society offers life-changing lectures from the nation’s leading presenters and, you become part of a community where like-minded, success-oriented individuals come together to help each another succeed. The Society also serves as a powerful force of good in the greater community by encouraging and organizing action to better the world.

To find out more about the National Society of Leadership and Success, please contact the City College Chapter Advisor, Evelyn Ortega, at eortega@ccny.cuny.edu.

OPPORTUNITIES
(Sophomores, Juniors and Seniors)

**Bloomberg Aptitude Test**

It’s no surprise Bloomberg has had more than 100,000 students take the Bloomberg Aptitude Test (BAT) in the past 2 years. The BAT is a two hour, 100 multiple choice question exam that tests your aptitude for a career in finance across 8 performance areas (News Analysis, Economics, Math Skills, Analytical Reasoning, Financial Statement Analysis, Investment Banking, Global Markets and Chart and Graph Analysis). After taking the BAT, your score is anonymously entered into our BAT database, which recruiters search daily to connect with candidates for internship and entry-level positions. Over the past two years, there have been over 25,000 connections between employers and BAT test takers. This semester, City College of New York is partnering with Bloomberg to bring the BAT to campus. All majors are invited to take the BAT test as some of highest scores come from non-business and non-STEM majors.

**Bloomberg BRIEFS**

As an added benefit, all BAT test-takers receive a complimentary six month subscription to Bloomberg Briefs, Bloomberg’s premium newsletter offering (valued at $2,000 to the tens of thousands of hedge fund and Portfolio Manager managers and banker subscribers). In order for you to benefit from this opportunity, just be sure to take the BAT. Briefs will help you, as a student, sound smarter in interviews. So the sooner you take advantage of this, the better!

**Connect with Alumni**

Bloomberg will also message all CUNY - City College of New York Alumni that are Bloomberg users to notify them of your university’s recent session and the anonymous profiles available in the database. This will put your candidacy directly in front of key decision makers at elite firms in the finance world during this crucial time in recruiting season.
Career and Professional Development

To find out more about the BAT, visit www.taketheBAT.com. Click Here To Register or go to https://talent-search.bloomberginstitute.com/users/new

PREPARING FOR PROFESSIONAL LIFE
(Freshmen, Sophomores, Juniors and Seniors)

Dining Etiquette
Friday, November 15th, 2013
12:30PM - 2:00PM
NAC, Amsterdam Room
(on Amsterdam Avenue side of NAC cafeteria)
Come and learn what is considered appropriate dining etiquette when meeting with a prospective employer. Workshop is limited to 25 participants.
Sign up at the Career and Professional Development Institute, NAC 1/116 or Call 212-650-5327

Golf
Tuesdays, from Oct 22 thru Dec 10
6PM – 8PM
NAC, Ballroom
In a series of lessons students learn the history of golf, golf rules and etiquette, and concepts important to playing golf. Some skills that will be taught include short and lag putting, chipping, pitching, half swing and full swing. Once students reach a satisfactory level of proficiency, they will receive advanced instruction on a driving range, a pitch and putt golf course or an official golf course to play a 9 hole round of golf.
To register go to http://tinyurl.com/pdigolf2013

LinkedIn Workshop
Thursday, October 31st, 2013
12:45pm - 2:00pm
NAC, Hoffman Lounge
Learn how to create your online professional brand and connect to job opportunities. How Can LinkedIn Help You? How do you start your career on the right foot when searching for jobs? LinkedIn staff will be on hand to provide one-on-one assistance. Be sure to Bring Your Laptop!
Sign up at the Career and Professional Development Institute, NAC 1/116, or call (212)650-5327.

Your Social Media Profile
– Clean it Up! Make it Shine! Get That Job!
Date: TBA
Time: TBA
Location: TBA
Gain insights, tips, sure-fire ways to enhance your image on LinkedIn and Facebook. Learn how to create a professional online profile, key words to use, how to network, what to do and NOT to do, inside secrets and more.
This workshop is presented by Professor Alicia Evans, of Media Communication & Arts, the creator and designer of the CCNY course, Social Media Strategies, and founder of The Living Room Experience®: Where Meaningful Chats Change Lives—a travelling corporate talk forum.
To find out more, go to The Career and Professional Development Institute, NAC 1/116, or call (212)650-5327.

JOB SEARCH SKILLS
(Freshmen, Sophomores, Juniors and Seniors)

October
Writing Resumes That Sizzle
30 Wednesday
10:30AM-12:00PM
NAC 1/115

November
Writing Cover Letters that Sell Your Strengths
4 Monday
10:30AM-12:00PM
NAC 1/115

CCNY BAT Test Dates

Tuesday 11/05 from 11:30 AM – 2:00 PM | STC-1, NAC 1302 (NAC Computer Lab)
Tuesday 11/19 from 11:30 AM – 2:00 PM | STC-1, NAC 1302 (NAC Computer Lab)
Tuesday 12/03 from 11:30 AM – 2:00 PM | STC-1, NAC 1302 (NAC Computer Lab)

To register for the BAT at City College, go to http://bit.ly/City-College
Career and Professional Development

Interviewing that Lands the Job
6 Wednesday
10:30AM-12:00PM
NAC 1/115

Writing Resumes That Sizzle
11 Monday
10:30AM-12:00PM
NAC 1/115

Where to go to Find a Job
13 Wednesday
10:30AM-12:00PM
NAC 1/115

The Informational Interview: Networking Your Way to a Job
14 Thursday
2:30PM-4:00PM
NAC 1/115

Writing Cover Letters that Sell Your Strengths
26 Tuesday
10:30AM-12:00PM
NAC 1/115

December

The Informational Interview: Networking Your Way to a Job
5 Thursday
2:30PM-4:00PM
NAC 1/115
Sign up at the Career and Professional Development Institute, NAC 1/116 or Call 212-650-5327

CAREER FAIRS
(Freshmen, Sophomores, Juniors and Seniors)

Science

Careers in AIDS & Cancer Research
Thursday, October 31, 2013
12:30PM-2:00PM
Marshak, Room 1005
Come and find out more about science careers in cancer and AIDS research, and network with the speakers! Sign-up at the Career and Professional Development Institute, NAC 1/116 or call 212-650-5327.

Art and Humanities

Careers in Publishing
Thursday, November 14th, 2013
12:20PM - 1:50PM
NAC 6/328
Learn about careers in book publishing. All majors are urged to attend, especially Publishing Certificate Program, English, Media & Communication Arts, and Art. Sign-up at the Career and Professional Development Institute, NAC 1/116 or call 212-650-5327.

Careers in Graphic Design & Illustration
Thursday, November 21st, 2013
12:30PM-2:00PM
CG, Room 119
Come and learn more about careers in graphic design and illustration and network with the speakers! Sign-up at the Career and Professional Development Institute, NAC 1/116 or Call 212-650-5327

Social Sciences

What Can I Do with a Bachelor’s Degree in Psychology?
Thursday, December 5th, 2013
12:30PM-1:50PM
Marshak, Room 4 (first floor)
Find out about careers and educational programs suited for those with a Bachelor’s degree in Psychology, and network with the speakers! Sign-up at the Career and Professional Development Institute, NAC 1/116 or call 212-650-5327.

COMING SOON!
(Freshmen, Sophomores, Juniors and Seniors)

Senior Conversations: Life, Family, Career and Money Management after CCNY
Date: TBA
Time: TBA
Location: TBA
Are you a senior feeling anxious about life after graduation? How do you manage money? How do you balance family life and career? How do you balance a social life and career? Join us for conversations with professionals who can help you answer these questions, based on their own experiences, and offer resources to help you prepare for life after graduation.
CityServ: Volunteering in the Community

CityServ, an Office of Student Life and Leadership’s initiative, allows students to participate in a variety of programs and activities that serve the surrounding communities. Through volunteering, students help bring to life underserved communities.

Students can work with CityServ by helping to develop new volunteer programs, and by taking part in the many volunteer activities on and off campus, throughout the year. As we say in the CityServ Office: “People don’t care how much you know- until they know how much you care”.

To find about upcoming volunteer opportunities, please visit http://www.tinyurl.com/thecityserv. For questions about CityServ, please go to NAC 1/210, call 212 650 5002 or email them at ccny.cityserv@gmail.com.

Growth and Professional Success Program

The GPS or Growth and Professional Success Program is a year-long peer/professional guidance system for incoming freshmen that helps students hone achieving behaviors, acclimate to college life and prepare for experiential learning opportunities in their second year. Peer mentors, called GPS Navigators, are City College students, specially selected and trained by the Office of Student Life and Leadership Development. To guide their mentees, GPS Navigators partner with a professional mentor, who is a Career Coach from the PDI.

GPS Navigators developed the GPS approach based on Student Development theory, their own experiences as students, and experiences gained while they served as Orientation Leaders, a trained cadre of students who facilitate student and parent/family orientation. To become a GPS Navigator or to learn more about the program, contact the Office of Student Life and Leadership Development at 212-650-5002. You can also view the GPS Newsletter at http://eepurl.com/HCO1T
Thanks to the recent referendum that increased the student activity fee, this summer, CCNY’s Department of Recreation & Campus Fitness renovated a substantial portion of the Wingate Fitness Center by purchasing new state-of-the-art equipment. The new equipment is manufactured by Technogym, an Italian manufacturer that was the fitness vendor for the 2012 Summer Olympic Games in London.

We have new cardio equipment and new weight machines. The new cardio equipment accommodates both Mac and PC users and is equipped with the following:

- Internet access
- Netpulse Smart Cardio which includes: WIFI, On Demand TV and Movie
- Trailers that lets you watch the shows you want to watch
- Hundreds of Music Videos from rock to R&B
- Virtual reality screens with exercise trails from all over the world
- Personal Playlists that let you create playlists from the club or from home
- Workout Tracking that lets you monitor your fitness progress

Technogym’s Pure Strength weight machines are designed to be more conducive to functional movement, as they apply less stress on weight bearing joints. The weight machines also offer better use for sport specific training and injury rehabilitation, and at the same time are extremely functional for the average user.

We hope that you will stop by the Fitness Center soon to check out the new equipment or to enjoy one of our fun fitness classes. See the side bar for the Fall 2013 Fitness Schedule.

**SPIN CLASSES**

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**PILATES**

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**CROSSFIT/CARDIO BOXING**

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**PERSONAL TRAINING**

Available by appointment only

**HOURS OF OPERATION:**

- **Wingate Fitness Center** (Wingate Hall, Third Floor)
  - Monday thru Thursday 8AM to 9PM
  - Friday 8AM to 3PM

- **Mahoney Pool**
  - Olympic Size Swimming Pool
  - (Marshak Building- Lower Level)
  - Monday 1:15PM to 3PM
  - Tuesday thru Friday 12NOON to 3PM

- **Nat Holman Gym**
  - Multi-Purpose Recreation Facility
  - (Marshak Building- Lower Level)
  - Monday thru Friday 11AM to 3PM
MtVU, MTV’s 24-hour college network, is now broadcasting at City College on dedicated mtvU TV’s in the Main Cafeteria, Bare Planet - The Hoffman Student Lounge and the Game Room of the NAC Building.

What is mtvU?

Broadcasting to more than 750 college campuses across the country, mtvU is the largest, most comprehensive television network just for college students. The heart of the channel is music videos from emerging artists that can’t be seen anywhere else, in addition to the best student-produced content, original short-form series, hourly news updates, student life features, pro-social initiatives, and a wide variety of features on every aspect of campus life. Broadcasting 24 hours a day, seven days a week, mtvU is dedicated to giving college students unparalleled opportunities to showcase their interests, talents, and achievements on a national level.

Programming for College Students

mtvU is the definitive destination for the best student-created work: on-air, online and on mobile devices. The network offers independent college artists and entrepreneurs unparalleled opportunities to jumpstart their careers – including record and development deals, exposure on MTV channels and more. Every week, “College Radio Countdown” gives a different mtvU college radio station the chance to program mtvU for a week with their own custom top 10 music video picks for the network’s national college audience.

College students are engines for social change and mtvU places heavy emphasis on giving them opportunities and resources to make a positive impact in their community and worldwide. In partnership with Youth Venture, “mtvU Grants” awards students and groups that propose compelling and sustainable social entrepreneurship projects with up to $1,000.

mtvU is always on campus, with hundreds of events per year, including exclusive concerts, giveaways, shooting mtvU series and more. For more information about mtvU, and a complete programming schedule, visit www.mtvU.com

DID YOU KNOW?

CCNY CityONECard expands its reach to off campus merchants!

In addition to using the CityONECard on campus at dining, bookstore, vending and other service areas students and staff may now use their “Flex” account dollars as a form of payment at the following off-campus merchants:

CVS
115 W. 125th Street

Havana Central restaurant
2911 Broadway

Subsconscious
1625 Amsterdam Ave.

Five Guys Burgers & Fries
2847 Broadway

Dinosaur Barbecue
700 W. 125th Street

We encourage you to patronize these new CCNY merchant partners who have joined our program.

For more information about your CityONECard and its features and benefits visit http://www.ccny.cuny.edu/aec/aec-resource-and-information.cfm
On August 29, 2013 we celebrated Welcome Back!—the first club hour of the school year, a time to meet student clubs and organizations, and a time to sample the games, food and fun that the Office of Student Life and Leadership Development staff has planned for the upcoming year. Were you at Welcome Back? If not, check out the highlights in our Welcome Back Gallery.
Welcome Back!

Welcome Back

GALLERY
Alumni Spotlight

Asheque Rahman: All Around Star

Asheque Rahman
Project Manager
New York City
Department of Transportation

After graduating with a Bachelors in Environmental Engineering from CCNY in 2009, Asheque Rahman worked as a Data Management Coordinator for the New York City Department of Transportation (NYCDOT). In this role Asheque supported and managed agency-wide data coordination initiatives, and currently leads multiple projects including NYCDOT’s Traffic Information Management System (TIMS) and Data Collection for the New York Best Practice Model.

Asheque is the 2013 winner of the American Society of Civil Engineers Metropolitan Section Young Government Civil Engineer of the Year Award, an award presented to a young Civil Engineer employed in the Metropolitan area public sector, who contributes to the Civil Engineering profession and demonstrates leadership potential in public service engineering. Aside from his full-time career as a Project Manager with NYCDOT, Asheque mentors at ASCE eCareer Mentoring and is active in the CCNY Alumni Mentoring Network. Asheque is also a Big Brother at Big Brothers Big Sisters of NYC, where he tutors and mentors between 50 to 100 students each year. Asheque plans to return to CCNY in 2014 to get his Masters in Civil Engineering.

Student Spotlight

Heather Ruger: Scholar Athlete

Heather Ruger
Scholar Athlete

Now in her senior year at City College, Heather Ruger has excelled both as a scholar and as an athlete. In her freshman year, she was the starting defensive sweeper on the Women’s soccer team, but was unsure if a competitive athletic career would leave time for anything else, so she took a risk to pursue all her interests at the same time—scholarship, soccer and community service. That risk paid off.

By the end of her freshman year, Ruger was captain of the women’s soccer team, volunteering regularly at a local food pantry, and had won two conference titles in track and field. She was also a member of a group of scholar-athletes from various CUNY schools who helped communities rebuild New Orleans after Hurricane Katrina.

In her sophomore year, Ruger was elected Student-Athlete Advisory Committee (SAAC) President. Under Ruger’s leadership, SAAC organized multiple events, such as a holiday visit to the Harlem Hospital Pediatric Unit, a kid’s sports day at a local church, their very own Beaverlympics, and a Talent Show. Ruger finished her sophomore year by organizing the student body to pass a resolution to increase the student activity fee to support students through the Athletic and Recreation and Fitness Departments.

In her junior year, Ruger was re-elected as SAAC President and captain of the women’s soccer team. In addition to making the dean’s list for the fifth semester in a row, Ruger was the CUNYAC first team all-star defender, and helped her team advance to the NCAA post season championship tournament in women’s soccer. Ruger ended the year by volunteering with fellow SAAC members at Far Rockaway Beach with Respond and Rebuild, an organization helping to rebuild communities after Hurricane Sandy.
Veteran Spotlight
Wreath Laying at Arlington Cemetery

Despite the humid, summer weather, many of our veteran students went to Arlington Cemetery on June 29th to lay a wreath at the Tomb of The Unknown Soldier. The tomb lies atop a vast cemetery that spans at least 600 acres of land. Though there were many people about, the cemetery filled with an eerie silence each time the guardsman stationed at the tomb made his routine rounds to lay the wreath and “watch over” the cemetery.

On that day in June, students representing the City College Veterans Association placed a wreath of lavender and black, and in doing so, many felt part of an amazing and powerful event. As such, the City College Veterans Association plans to make the Arlington Wreath Laying an annual event, as it increases the involvement of our student veterans and displays patriotism and loyalty to both school and country.

Family Day 2013
GALLERY

We’ll send you more pictures soon...

SAVE THE DATE!
FAMILY DAY
October 4th, 2014
Saturday
Upcoming Events

CWE Student Affairs

The Office of Student Affairs at the Center for Worker Education is a new office dedicated to supporting the educational, personal, and professional goals of our adult learners. CWE Office for Student Affairs opened its doors in fall 2012 as a satellite office of the Division of Student Affairs. The office, reporting to the VP of Student Affairs and in partnership with the Dean of CWE, is committed to providing an enhanced educational experience by developing programming and services that respond to the needs of the returning and non-traditional student. A calendar of workshops and events for the fall is also available on the CWE Student Affairs website. CWE is located downtown at 25 Broadway and is headed by Sophia Demetriou.

Center for Worker Education

ART EXHIBITION
Dominican and Caribbean Conservation
September 20th thru October 31st
Opening Reception:
Friday, September 20th,
6PM-8PM
Faculty Lounge
This photography exhibition, featuring work by Eladio Fernandez, showcases the splendor of the Dominican and Caribbean landscapes and reminds us of the delicate balance between man and nature. With the use of an assortment of some 20 images, Fernandez, a skilled naturalist and photographer takes us through a series of modern and traditional scenes that have been an integral part of the Dominican Diaspora for many years, and provides the crucial link between past and the present.

Upcoming Events

Athletics

BASKETBALL
Friday, November 15th, 2013
7:00pm Men’s Basketball
vs. Cooper Union

Monday, November 18th, 2013
7:00pm Men’s Basketball
vs. The College Of NJ

Tuesday, December 3rd, 2013
7:30pm Men’s Basketball
vs. Pratt Institute

Friday, December 6th, 2013
5:00pm Women’s Basketball
vs. Medgar Evers

Tuesday, December 10th, 2013
5:00pm Women’s Basketball
vs. Baruch College

7:30pm Men’s Basketball
vs. Baruch College

SOCCER
Wednesday, October 30th, 2013
3:00pm Men’s Soccer
vs. TBA (CUNYAC men’s soccer QF)

Sunday, November 3rd, 2013
TBA Women’s Soccer
vs. Yeshiva University

Wednesday, November 6th, 2013
3:00pm Men’s Soccer
vs. Yeshiva University

Center for Worker Education
Don’t have health insurance? Come learn about various options for affordable and low cost health care.

LOCATION: NAC ROTUNDA

For more information about health insurance, download the brochure at https://www.uhcsr.com/uhcsrBrochures/Public/BenefitSummaryFlyers/CUNY2013-14_SISIPlan_OpenEnroll.pdf

http://www.cuny.edu/about/administration/offices/sa/services/student-health/insurance.html

October
Thursday 31st, 2013 11AM-2PM
Amerigroup–Healthplus

November
Monday 4th, 2013 11AM-2PM
Wellcare
Tuesday 5th, 2013 11AM-2PM
Amerigroup–Healthplus
Wednesday 6th, 2013 4PM-7PM
Wellcare
Thursday 7th, 2013 11AM-2PM
Amerigroup–Healthplus
Monday 11th, 2013 11AM-2PM
Wellcare
Tuesday 12th, 2013 11AM-2PM
Amerigroup–Healthplus
Wednesday 13th, 2013 4PM-7PM
Wellcare
Thursday 14th, 2013 11AM-2PM
Amerigroup–Healthplus
Monday 18th, 2013 11AM-2PM
Wellcare
Tuesday 19th, 2013 11AM-2PM
Amerigroup–Healthplus
Wednesday 20th, 2013 4PM-7PM
Wellcare
Thursday 21st, 2013 11AM-2PM
Amerigroup–Healthplus
Monday 25th, 2013 11AM-2PM
Wellcare
Tuesday 26th, 2013 11AM-2PM
Amerigroup–Healthplus
Wednesday 27th, 2013 4PM-7PM
Wellcare

December
Monday 2nd, 2013 11AM-2PM
Wellcare
Tuesday 3rd, 2013 11AM-2PM
Amerigroup–Healthplus
Wednesday 4th, 2013, 4PM-7PM
Wellcare
Thursday 5th, 2013 11AM-2PM
Amerigroup–Healthplus
Monday 9th, 2013 11AM-2PM
Wellcare
Wednesday 11th, 2013, 4PM-7PM
Wellcare
Thursday 12th, 2013 11AM-2PM
Amerigroup–Healthplus
Tuesday 10th, 2013 11AM-2PM
Amerigroup–Healthplus
Monday 16th, 2013 2013 11AM-2PM
Wellcare

Want to quit smoking?
Harlem Hospital Quit Smoking representatives will talk with students, staff and faculty about the risks of smoking, provide educational materials and information about Nicotine Replacement Therapies (NRT’s).

Thursday Nov 7th, 2013 12PM-2PM
Thursday Nov 21st, 2013 12PM-2PM
Thursday Dec 12th, 2013 12PM-2PM

HIV Testing
Know your status!!! Testing is FREE for City College students registered for the Fall 2013 semester. Take the rapid antigen HIV test and get results in only 20 minutes. HIV testing for the Fall 2013 Semester is brought to you by Student Health Services using the services of The Harlem Renaissance Center.

Hoffman lounge Atrium
Tuesday Nov 5th 11AM-2PM
Tuesday Nov 19th 11AM-2PM
Tuesday Dec 3rd 11AM-2PM

HIV Testing @ The Towers
Thursday, November, 14th, 5PM-7PM
Friday, December 13th, 5PM-7PM