

### Division of Student Affairs

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- Office of Campus Life
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- Office of the Vice President for Student Affairs
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**Welcome** to the first issue of *News & Notes* from the Division of Student Affairs. Our goal with this publication is to share information with the college community about the wide range of Divisional programs and services that encourage student success.

We invite you, in your roles as members of the faculty and staff, to see the various Student Affairs offices as a resource to you in your work with students. We ask you also to help make the students in your classes and offices aware of the many opportunities available to them through Student Affairs.

Naturally, we're anxious to make this publication relevant and interesting—in other words, worth reading and passing along to another reader. We look forward to hearing from you with your comments and suggestions for future issues of *News & Notes*.

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## Lehman Students Clearly Prefer Online Services

Remember arena registration? If you were ever a participant, as a student or faculty member, you will probably not forget the experience. But this is no longer how Lehman students sign up for their classes.

This semester, four years after online registration was introduced, 90% of Lehman students signed up for their courses through E-SIMS, the Web-based student information service. Just 7% registered by phone and 3% were staff-assisted (“green-screened” in Registrar lingo). “Basically, everyone except first-term freshmen are registering online,” says Acting Senior Registrar Lisa Freeland. Her office will continue to work on E-SIMS enhancements to take advantage of students’ clear preference. See *What's New* on page 3.

The trend is noticeable in the Financial Aid Office as well, says Director David Martinez. This year 75% of Lehman students filed their FAFSA forms on the Web. This compares with just 7% in 1998–99 and 37% in 2001–02.

The Office has also introduced a number of new online services. Students may now request Hardship Tuition Deferment through their E-SIMS accounts, and a new Federal Work Study (FWS) web page permits academic and administrative departments to post their requests for work-study students online. FWS students are then able to view the online requests and match up their own interests with the available jobs on campus. See page 3. ♦

## 2005 Career Expo



ROBERTO HERRERA

**Nearly 300 Lehman students** talked to recruiters from 48 companies and organizations at the annual Spring Career Expo, held on March 2 in The APEX and sponsored by the Career Services Center. As always, this is a busy season for the Center as members of the Class of 2005 are seeking jobs and career opportunities, and undergraduate and graduate students are lining up internships for the Summer and Fall. The Center, directed by Nancy Cintron and located in Shuster Hall, Room 254, provides a wide range of career development activities and services to help Lehman students make a successful transition from the classroom to the workplace. Check the Calendar on the back for a list of the Center's Spring workshops. See also [www.lehman.edu/vpstud/careerservices](http://www.lehman.edu/vpstud/careerservices).

## Pssst—did you hear that...

➤ Lehman student services scored high on the CUNY 2004 Student Experience Survey. More Lehman students were either satisfied or very satisfied with registration, health services, cultural programs, new student orientation, athletic facilities and social activities than at any other institution across all of CUNY. Lehman students were more satisfied with financial aid services and counseling than students at any other CUNY senior college.

➤ Lehman's Child Care Center in the T3 building is open on Saturdays and Sundays from 8:30 am to 3:30 pm to meet the child-care needs of students in classes or working on campus on weekends. Children from ages 4 to 9 can enjoy music, art, games, and reading in a caring, relaxed atmosphere. For details, call 960-8746.

➤ Student who are unsure of what they want to major in can take assessment tests at the Career Services Center to determine their interests, skills, and abilities. See also the Calendar of Events on the back page for upcoming workshops to help students with career development. ♦

## New Student Communications Teleconference April 21

A teleconference on “First Encounters: Creating Purposeful Strategies to Engage New Students” will be held on Thursday, April 21 from 1–3 pm. It will focus on how formal and informal communications with new students—including official letters, summer reading programs and student blogs—can be used to convey a college’s values, culture, procedures, and the importance of rituals such as Convocation, as well as information about academics and student life.

The presenters will be: Peter Magolda, Associate Professor of Educational Leadership, Miami University of Ohio; Richard Mullendore, Professor, College Student Affairs Administration, University of Georgia; and CUNY’s Gail Mellow, President of LaGuardia Community College.

This is the final in a series of teleconferences sponsored by Student Affairs in collaboration with Academic Standards and Evaluations, Admissions, and the

Freshman Year Initiative. The first two were on “Facilitating Transfer Student Success” (March 3) and “Best Practices in Online Student Services” (March 9).

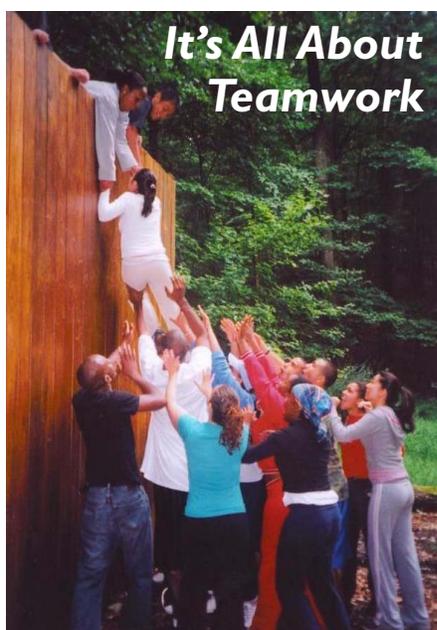
The teleconferences are held in Carman Hall, Room C14. The Lehman community is invited, but seating is limited. For reservations, please call the Office of the Vice President of Student Affairs at 960-8242 by no later April 20. ♦

## Students Honored for Work as Peer Health Educators

Lehman seniors Faith Bowen, Tica Frazer, and Denia York have worked as Peer Health Educators (PHEs) at the Student Health Center for the last three years. They’ve worked on their own as a team since last year, when the position of professional health educator became vacant.

“They love doing outreach,” says Health Center Director Cindy Kreisberg. “It gives them a chance to be creative. They start by planning topics for outreach—with help from the College Health Calendar. They figure out how to promote and present the topic for maximum impact. They have collaborated with the Counseling Center, Campus Life, Psi Chi, The APEX, and Department of Health Services.”

The students, who began as volunteers and now are paid \$10 an hour for 5–10 hours of work a week, were recognized with an award for their efforts at the recent regional Bacchus and Gamma Peer Education Network conference at Rutgers University. The Network is an association of college and university peer education programs that focus on student health and safety issues. Its mission is to promote peer education as a useful element of campus health education and wellness efforts. ♦



Members of Lehman’s student government took part in a leadership retreat at the Edith Macy Conference Center in Briarcliff Manor on October 2. One of the activities was an Education Through Adventure wall-climbing exercise. In the photo above, taken early in the exercise, CASA officer Adrienne Malave is on her way up. The last student over was Cesar Nina. His approach was to run to the wall and jump as high as he could. Three students at the top caught Cesar and lifted him up. The students also spent time talking about the goals for the year with President Fernández and Provost Garro.

### BY THE NUMBERS

Lehman undergraduate and graduate students made a total of **3000** visits to the Career Services Center last year, of which **1200** visits were for resume-writing assistance. The Center offered **75** workshops and classroom visits....More than **\$24** million in financial aid was awarded to Lehman students last year. This semester, **85%** of full-time students and **72%** of part-time students received some type of assistance. On average, **540** Lehman students visit the main Financial Aid Office in Shuster Hall every week....The Health Center reported **780** medical visits last year. In addition, **744** students received MMR immunizations and **510** received flu shots....Some **417** students and **150** family members attended the largest-ever New Student Orientation on campus last summer.... This year **310** students with disabilities receive a variety of enabling services from the Office of Special Student Services....More than **450** students enjoyed the annual CASA-Lehman Community Thanksgiving dinner....A talent show sponsored by the Caribbean Student Association attracted a capacity crowd of **240** in the Student Life Building. ♦

## Free Advice for International Students

Two upcoming activities will be of special interest to Lehman's international students. During the week of April 18–22, CUNY and the *Daily News* are cosponsoring a free telephone call-in service for CUNY students (and others) with questions or concerns about immigration, permanent residency, and citizenship. The calls are answered by attorneys, paralegals, and CUNY international student advisers.

"This will be our third call-in," says Lehman International Student adviser Ann O'Sullivan. "The past two have been a great success. Students, parents, family members, and friends should not miss this opportunity to get free advice on immigration matters." Check the *Daily News* or CUNY website for details.

CUNY also offers free Immigration Clinics in each borough. "These free clinics are an excellent source of information and advice for students who may need assistance with an immigration question, procedure or problem," O'Sullivan says. For more information about the next Immigration Clinic, visit O'Sullivan's office in Shuster Hall/Room 210. ♦

## Comeback Kid Strikes Lightning...



**Redemption** Senior guard Miguel Jorge, above, missed two foul shots before he converted on a game-winning jump shot—at the buzzer—as Lehman College defeated New York University 63–61 in overtime in an ECAC quarterfinal match. This year more than 250 Lehman students are on NCAA Division III varsity sports teams and another 200 are on intermural teams. For all the upcoming sports action on campus, visit *The APEX!* Athletics home page at [www.lehman.cuny.edu](http://www.lehman.cuny.edu).

## What's New for Students

- ✓ **Campus Life** has 10 Dell laptop computers that students can check out for up to four hours in the Student Life Building. The new computers were funded by the Technology Fee. Students with their own laptops can also take advantage of the wireless network in Student Life.
- ✓ **CASA**, the **Student Conference**, and student clubs share three new networked color printers, also funded by the Technology Fee. The Club Resource Room has three new computers with Internet access, made possible by a grant from the **Office of the VP of Student Affairs**.
- ✓ Female students in a housing crisis may be eligible for assistance through a grant from the Ladies Christian Union Foundation. Applicants who have completed at least one semester at Lehman with at least a 3.0 index should write a letter stating the nature of the crisis. Send it to Vincent Zucchetto in the **Office of the Vice President** and an interview will be scheduled.
- ✓ Students can view their financial aid application status and awards through the CUNY Portal. The Portal gives tentative estimates of award totals and alerts students of any problems. The awards are also posted on E-SIMS. For more information, visit **Financial Aid** at [www.lehman.cuny.edu/financial\\_aid](http://www.lehman.cuny.edu/financial_aid).
- ✓ Students who were closed out of courses are now able to tell the **Registrar** via E-SIMS what they would like to take next semester. This is very helpful information for the course-scheduling process.
- ✓ Students with young children may want to check out the new weekday toddler program now available at the **Child Care Center**. For more information about this and other programs for children, call 960-8746.
- ✓ **The APEX Fitness Center** has new equipment: (1) eight new cardiovascular exercise machines, (2) five new high tech upright exercise bicycles, each with 14 built-in workout programs, and (3) three new Precor elliptical trainers with moveable handlebars for an added upper body workout. All of the facilities at **The APEX** are free of charge to Lehman students. ♦

## Counseling Helps Students Cope with Real-Life Concerns

It's hard to focus on college work if you have personal problems that seem daunting—and perhaps no one on campus is more aware of that simple truth than the staff of the Counseling Center.

The Center provides support services to students such as individual and group counseling, educational outreach, and crisis intervention. The staff is professional and nonjudgmental, and all services are confidential.

The Center offers weekly workshops on topics ranging from daily concerns over time management, procrastination, and test anxiety to more personal issues of body image, stress, anger management, relationship violence, and alcohol abuse. See the *Calendar of Events* on the back page.

The Center is directed by Anney Baez, who received her doctorate from the NYU School of Social Work. She works with a staff of counselors, peer educators, CUNY caps, and graduate interns from Columbia and New York University.

In addition to direct, personal services, the Center offers a variety of innovative online activities through its home page at [www.lehman.edu](http://www.lehman.edu) and web connections such as [www.ULIFELINE.com](http://www.ULIFELINE.com).

Check the Counseling Center's home pages for information about upcoming activities such as Eating Disorder Awareness Week and Depression Screening and Awareness Week. Self-screening for mental health conditions is also available online at the Center's website, and this activity can be done anonymously. ♦

# Student Affairs Calendar of Events

March 23	Career Services Workshop: Interviewing Techniques, Shuster 229, Noon–1:30 pm
Wednesday, March 30	Counseling Center Workshop: Dream Techniques, Old Gym 114, 2 pm
Friday, April 1	Career Services Workshop: Art of Negotiating (Salaries/Benefits), Shuster 229, Noon–1:30 pm
Tuesday, April 5	Counseling Center Workshop: Addressing Issues of Diversity, Old Gym 114, 2pm
Wednesday, April 6	Counseling Center Workshop: Técnicas de la Relajación, Old Gym 114, 2 pm
Wednesday, April 6	Student Health Center Table: A Day to End Sexual Violence, Student Cafeteria, 12-3 pm
Wednesday, April 6	Career Services Workshop: Credit Smart for Lehman Students, Location TBA, 2–4:30 pm
Wednesday, April 6	Etiquette Banquet (see article on this page), Faculty Dining Room, 6–8 pm
Friday, April 8	Career Services Workshop: Interviewing Techniques, Shuster 229, Noon–1:30 pm
Saturday, April 9	Men's Baseball vs. Baruch College, South Field, Noon*
Sunday, April 10	Women's Softball vs. Hunter College, South Field, Noon*
Wednesday, April 13	Counseling Center Workshop: Relationship Violence, Old Gym 114, 2 pm
Wednesday, April 13	Counseling Center Workshop: Técnicas para Comprender sus Sueños, Old Gym 114, 2 pm
Thursday, April 14	Counseling Center Workshop: Alcohol Use: The Basics, Old Gym 114, 2 pm
Wednesday, April 13	Career Services Workshop: Credit Smart for Lehman Students, Location TBA, 6–8:30 pm
Friday, April 15	Men's Tennis Team vs. York College, The APEX Courts, 3:30 pm*
Saturday, April 16	Career Services Workshop: Resume/Cover Letter/Job Interview, Shuster 229, 10:30 am–1 pm
Tuesday, April 19 to Thursday, April 21	Campus Life: Student Government Elections, Shuster Hall Lobby
Tuesday, April 19	Counseling Center Workshop: Anger Management, Old Gym 114, 5 pm
Wednesday, April 20	Counseling Center Workshop: Técnicas de la Relajación, Old Gym 114, 2 pm
Wednesday, April 20	Career Services Workshop: Interviewing Techniques, Shuster 229, 2–3:30 pm
Wednesday, April 20	Student Health Center Table: Safe Spring Break, Student Cafeteria, Noon–3 pm
Thursday, April 21	Special Student Services: Disability Sensitivity Workshop/Lecture, East Dining Room, 10 am to 2 pm
Thursday, April 21	Counseling Center Workshop: Body Image, Old Gym 114, Noon
Thursday, April 21	Teleconference on New Student Communications (see page 2), Carman Hall C14, 1–3 pm
Tuesday, May 3	Career Services Workshop: Interviewing Techniques, Shuster 229, 5–6:30 pm
Tuesday, May 3	Counseling Center Workshop: Dealing With Anxiety, Old Gym 114, 5 pm
Wednesday, May 4	Counseling Center Workshop: Stress Management, Old Gym 114, 2 pm
Wednesday, May 4	Career Services Workshop: Internship Forum with Employers, East Dining Room, 2–4 pm
Thursday, May 5	Child Care Center "Trike-a-thon" Fundraiser for St. Jude's Children Hospital
Friday, May 6	Career Services Workshop: Interviewing Techniques, Shuster 229, Noon–1:30 pm
Saturday, May 7-Sunday, May 8	Sports: Track & Field Team, CUNYAC Championships, New York City*
Tuesday, May 10	Student Health Center: Spring Health Fair, Student Cafeteria, 11 am to 4 pm
Wednesday, May 11	Career Services Workshop: Job Search Strategies, Shuster 229, 2–3:30 pm
Wednesday, May 11	Career Services, CASA, Campus Life: Network for Success, Faculty Dining Room, 6–8 pm
Monday, May 24 to Friday, May 28	Exam Week Refreshments, Counseling Center, Old Gym
Friday, June 3	Senior Ball, Faculty and East Dining Rooms, 8 pm to 2 am

\* See The APEX/Athletics Web site for the complete spring 2005 varsity sports schedule.

## New People

The Division of Student Affairs welcomes Vanessa Gonzalez, Assistant Director–Campus Life, and Javeria Shahab-Chauhdry, Health Educator–Student Health Center. Gonzalez, a Bronx native, received B.S. and M.S. degrees from Buffalo State College, SUNY. She was previously residence coordinator for the Penn State Honors College. Shahab-Chauhdry is a Siena College in Albany alumna with double major in English and Biology. She's working on a Master's in International Public Health at NYU with the goal of working for an international relief organization. ♦

## Yoga Classes

Lehman students are learning the power of yoga to relieve stress and improve fitness. Yoga classes are held this semester on Mondays and Fridays from 4–5:15 pm in the aerobics room at The APEX. For more information about this and other CASA-sponsored events, contact CASA entertainment programmer Cyndia Montero at 960-7137. ♦

THE NEWS & NOTES NEWSLETTER WAS PRODUCED BY ANNE PERRYMAN AT WEST END PRODUCTIONS IN COLLABORATION WITH THE DIVISION OF STUDENT AFFAIRS AT LEHMAN COLLEGE

## "I always believed that I had good manners, but I learned a lot..."

The Etiquette Banquet will be held on Wednesday, April 6, in the Faculty Dining Room, from 6–8 pm, and students who wonder what they might gain from this event should check in with Political Science alumna Lydia Obasi '04, who attended last year's banquet. She says:

"I always believed that I had good manners, but I learned a lot from the etiquette specialist who spoke to us about appropriate attire for job interviews and the

workplace, telephone etiquette, and, especially, dining. I learned also about the importance of sending thank-you cards for many situations, even interviews.

"I used the dining skills almost immediately at a dinner for pre-law students in Atlanta. I knew how to raise and drink from different glasses, how to start a conversation, how to excuse myself from the table, and how to alert the waiter that I had finished my meal without saying a word.

"Now that I'm a part of the work force, that lecture is a constant reminder to me—whenever I shop or dress for work, apply makeup, put on jewelry or use perfume. I know what's appropriate for the office and what is not. In my work as an investigator for the Civilian Complaint Review Board of New York, I spend most of my time at a desk writing or doing research, but I sometimes go out into the field to meet with police officers

and members of the community. Wherever I am, I feel that I have a greater level of confidence in my professional and personal social interactions because of what I learned at the Etiquette Banquet at Lehman. Thank you!"

The banquet is cosponsored by the CASA, the Office of Campus Life, and the Career Services Center. A \$5 donation is requested. Students can sign up for the event by calling Campus Life at 960-8535. ♦