

Division of Student Affairs

The APEX/Athletics

Campus Engagement and New Student Programs

Career Services Center

Child Care Center

Counseling Center

Financial Aid Office

International Student Services

Office of Campus Life

Office of the Vice President for Student Affairs

Peer Educator Program

Student Disability Services

Student Health Center

Urban Male Leadership Program

Veterans/Reservists Services

Wellness Education and Promotion

What's Inside

Art Therapy at the Counseling Center 2

Alumni Job Support Group in Career Services 2

Disability Services' Pilot Notetaking Program 2

What Lehman Students Did for Health Services 3

Workshops Teach Self for 2 Forms of Cancer 3

New and Enhanced Athletics Facilities 4

President's Service Corps Promotes Advocacy 4



Discussants (l-r) included State Assemblymember Deborah J. Glick, U.S. military veterans David Hall, Krystal Phillips, Denny Meyer, Stephen Lessard and Zana Edmonds, and Aaron Tax of the Servicemembers Legal Defense Network.

Lehman College hosted a panel discussion at the Lovinger Theater on the “Don’t Ask, Don’t Tell” policy that prevents openly gay men and women from serving in the Armed Forces. The November 4 event was sponsored by the Office of Veterans and Military Affairs, the Counseling Center, the Rainbow Alliance, and CASA. More than 13,000 service men and women have been discharged or forced to resign under this policy, which both the Defense Department and President Barack Obama have asked the Congress to repeal.

Student Affairs Vice President Jose Magdaleno introduced the panelists and Associate Dean John Holloway moderated the discussion. Deborah Glick, a CUNY alumna and openly gay member of the State Assembly, launched the discussion with a brief history of the “Don’t Ask, Don’t Tell” legislation passed during the Clinton Administration in 1993.

The panel included five veterans who served under the policy: David Hall, now active with Servicemembers Legal Defense Network; Krystal Phillips, a Lehman student; Denny Meyer, who served in Vietnam; Stephen Lessard, who was in the Navy for 20 years;

and Zane Edmonds, a student now at the Borough of Manhattan Community College. Panelist Aaron Tax of the Servicemembers Legal Defense Network emphasized some of the harsh, practical realities of having to hide one’s sexual orientation. For example, you dare not confide in your friends and coworkers that you are in a loving, gay relationship—or, if you do, you run the risk of being reported. You dare not email a love letter to your partner or post a potentially incriminating photo of the two of you on Facebook.

Yet, despite the “Don’t Ask, Don’t Tell” policy, all of the gay veterans on the Lehman panel said they were proud of their service in the military. They were also pleased by a recent report that 70 percent of the respondents in a survey of more than 500,000 military personnel saw little risk in repealing the policy that prevents gay and lesbian service members from serving openly.

A Pentagon task force studying repeal sent out the survey. Its full report to the Congress is expected by December 1.

Workshops Teach Self Examination for 2 Forms of Cancer

The Wellness Education and Promotion Program offered a new workshop this fall to all SEEK freshman seminar classes and several LEH100 freshman seminar sections on breast and testicular cancer and self examination

Testicular cancer often affects young men between ages 15 and 35. Many are in college when they are diagnosed, and this can have a great impact on their emotional, social and academic well-being—and may require time away from school for surgery. But this is one of the most treatable cancers, and the cure rate for men with early-stage seminoma (the least aggressive form



of testicular cancer) is 95 percent. Early detection is so critical, which makes Testicular Self-Examinations (TSE) so important.

Although female college students are not seen as high-risk candidates, the reality is that about 1 in 7 women will develop breast cancer in their lifetime.

This makes monthly Breast Self-Examinations (BSE) key to discovering an abnormality in earlier stages and successful treatment.

In this classroom workshop on breast and testicular cancer and self examination, students learn each step in correctly performing a monthly examination using breast and testicular teaching models. Small groups of four to five students practice the exam on both breast and testicle models, demonstrating the skills taught earlier in the workshop.

Students have opportunities to ask questions, assist each other, and make sure they are performing the exam correctly. Wellness Director Kate Greenberg and the program's Peer Educators see increased awareness and the ability to perform monthly self examinations at home as potentially life-saving.

Art Therapy at the Counseling Center

To truly understand and appreciate how art therapy works, it helps to have a first-hand experience, says Smadar Taub at Lehman's Counseling Center. She's a Licensed Mental Health Counselor who earned her M.A. from Teachers College at Columbia and is completing a degree in Art Therapy at the College of New Rochelle. She's a graduate intern at the Center.

The Counseling Center's "Art for Wellness" workshops promote personal growth and wellness, and Taub also conducts individual and small-group sessions. Participants do hands-on activities such as collage-making, drawings, reflecting on photos, dream

work, writings and meditating. They discuss art work as it relates to them and reflects their emotions.

"It's a means of getting to know one's self by looking inward," Taub says. "It helps to clear a path for creative energy that can help people learn and absorb academic material."

Art therapy offerings are open to staff as well as students. Classroom presentations are provided for faculty members. Taub is available Mondays and Fridays from 9 to 1 and Wednesdays from 9 to 3. *If you're interested in this program, please call Dr. Annecy Baez, director of the Counseling Center at (718) 960-8761.*

Alumni Job Search Support Group, New from Career Services

A job search can be expensive and it often feels like an emotional roller coaster—especially these days, with so many people unemployed across the nation. But as overwhelming as the process may be, the support of a strong network makes it more bearable.

Over the past year, Lehman alumni have made more than 600 visits to the Career Services Center (CSC). In response to their needs and concerns, the Center has launched a Job Search Support Group that meets biweekly. The group focuses on developing job-search skills, networking, and maintaining a positive attitude.

Here are some of the comments of support group participants: "It helps to hear about other people's experiences. You realize that you're not alone." "We're sharing information about potential job opportunities." "The group facilitators are very professional. They keep us on track—and come up with new strategies for job search success."

For more information, contact the Office of Career Services at (718) 960-8366 or visit Shuster Room 254.

SDS Office Pilots Hi-tech Notetaking

The Office of Student Disability Services (SDS) has launched a notetaking technology program called Livescribe Pulse Smartpen. The "pen," which is used with a special notebook, is actually part pen, part recorder and part infrared camera. Written notes can be "played back" simply by tapping on a particular word. An audio file then proceeds to the corresponding point in the lecture. Notes and audio can also be uploaded to a computer.

SDS Assistant Director Jill Roter leads a pilot program to assess Livescribe's effectiveness. "We're evaluating its potential benefits for students who are hard of hearing, have learning difficulties, or are visually impaired." Five Lehman students have volunteered to participate in individualized training sessions and use the pen for taking notes in class and elsewhere, such as review or tutoring sessions. Their feedback will inform training and implementation for students in the semesters to come.

Health Services Expanded Because Students Voted ‘Yes’

Remember MATCH, the campaign to Maintain Access To College Health? Last spring, when Lehman students voted to increase their Activity Fee, they earmarked support for MATCH—and Health Center Director Cindy Kreisberg is happy to report the following new and enhanced services:



Women’s Health Services: The nurse practitioner’s hours have doubled. She sees women on Mondays from 9:30 to 1, Tuesdays from 1 to 6, and Wednesdays from 3 to 6. The cost of oral birth control was lowered from \$20 to \$10 a month.

Nutrition Services: The nutritionist now works at the Health Center one day a week (up from half a day a month). Students can schedule a 30-minute visit with three follow-up sessions. She is also teaming up with APEX/Athletics fitness director to create a weight management program.

Vision Services: Starting this month, students can receive free eye examinations (a \$129 value) at the Kingsbridge Eye Center. They need to show their validated ID at the Health Center to obtain a voucher to see Dr. Bao for their vision needs.

Free Urine STD Testing: Just show your validated ID at the Health Center, and you will receive the results in a few days (a \$62 value). Free HIV testing is also available Monday to Wednesday from 12 to 4 pm.

Free Whooping Cough Shot: Pertussis (whooping cough) is predicted to have a major public health impact this winter. Combined with tetanus and diphtheria (Tdap), this vaccine is recommended for adults who need their 10-year booster.

Flu Shots: They were free for Lehman students (and for staff at the reduced cost of \$20) the week of November 10–16.

All of the traditional health services are still available to Lehman students. Check the website: lehman.edu/studenthealth for a full listing.



Teamwork is the Challenge at Campus Life’s 9th Annual Student Leadership Weekend

A highly motivated and enthusiastic group of 27 newly elected CASA and Student Conference officers attended the 9th annual student leadership weekend at Edith Macy Conference Center in Briarcliff Manor. The event was sponsored by the Office of Campus Life, with a program planned and presented by the Herbert H. Lehman Center for Student Leadership Development.

Among the activities were outdoor team-building exercises, a “Twitter debate,” and presentations on ethics in student organizations, time management, stress reduction, and promise and perils of networking technology such as FaceBook, MySpace, LinkedIn. Students took part in a “stepping” workshop led by Odie Hoppie, Assistant Director of Campus Life and a champion “Step Team” member. On Saturday, Lehman College President Ricardo R. Fernández, Student Affairs Vice President Jose Magdaleno, IT VP Ronald Bergman, and Associate Provost Robert Whittaker joined the students for a Q&A dialogue that lasted over two hours—a highlight of a successful weekend.



Urban Male Leadership Program Welcomes New Students to ‘Passport to Success’



At a Welcome Week reception for 140 freshmen and transfer students sponsored by the Urban Male Leadership Program, participants included (front row, l-r): Elizabeth Hopkins, Darnell Gatling, II, Rossanna Hopkins, VP Jose Magdaleno, Vincent Bracy, C. Prasannavallabha, UMLP Director Michael Deas, and (top row, l-r): Kareem Furlow, Marvin Sanchez, Mamadu Bah, Melvin Pena, David Tavarez, Associate Dean John Holloway, Donovan Dwyer, Christopher Reid, Edward Gonzalez, UMLP Program Coordinator Mozelle Goodwin, Shomari Brown, Wandeth Gonzo. The program works to strengthen students’ academic skills, personal development, and character enrichment. Photo by Jason Green.

Lehman's New and Enhanced Athletic Facilities



Lights and a sprinkler system on South Field will allow for night games in Lehman Lightning varsity baseball, softball, and soccer programs and the Athletics Department's intramural programs. Spectator bleachers were also installed at South Field and outfield fences were added for baseball and softball competition. Colorful banners highlighting the softball, baseball, soccer, and intramural programs also fly on South Field light poles.



The APEX Aquatic Center has new lane lines, backstroke flags and 10 new Daktronics touch pads. Lehman's five outdoor tennis courts were resurfaced with DecoTurf, and bleachers for spectators were also installed.

Student-athletes and sports fans are buzzing about the improved athletic facilities on campus. Major changes have taken place over the past year. "We're pleased and proud to give our hard-working athletic teams and the Lehman community superb facilities to use and compete in," said Dr. Martin Zwiren, APEX/Athletics director. "More and more fans are watching our teams compete—and we've made a major effort to make the fan experience more comfortable and enjoyable."

All projects with the exception of the South Field were funded solely by APEX income initiatives and a strong group of client-centered rental and other revenue-based programs. The Campus Facilities Office worked on the South Field improvements.



The Main Gym at The APEX has a newly refinished floor and wall mural. The mural is a photo montage that celebrates basketball and volleyball championship teams. And the purchase of a 2010 Chevrolet Express Hybrid 15-passenger van will bring the Athletics van fleet to five. Vans transport the College's sports teams to away contests. Photos by Tony Correa.

President's Service Corps Promotes Advocacy as a Form of Service



The President's Service Corps kicked off the school year with a scavenger hunt that promoted advocacy as a form of service. Above, Corps member Olu Onemola (left) talks to students about the many service programs available on campus and encourages them to write the MTA about impending fare hikes.



The President's Service Corps works to build school spirit through service. At another location on the scavenger hunt (r-l above): Brion Moss, a Corps member, and Donya Locke, of the Office of Community Engagement and New Student Programs, do double duty. They're providing students with information about Lehman's Child Care Center and making trick-or-treat bags for Center kids to use on Halloween.