

Division of Student Affairs

- The APEX/Athletics
- Career Services Center
- Child Care Center
- Community Service, Service Learning, and New Student Orientation Programs
- Counseling Center
- Financial Aid Office
- International Student Services
- Office of Campus Life
- Office of the Vice President for Student Affairs
- Peer Educator Program
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LEHMAN IS NY

Reaching Out to Aid Lehman Students



PHOTO: PHYLLIS YIP

Financial Aid counselor Emelyn Rodriguez talks to a student about grants, loans, and work study opportunities. Each week, on average, more than 600 Lehman students visit the Office of Financial Aid for help in paying for their education.

In these tough economic times, financial aid has never been more important to Lehman students. But it can be complicated—and students need to know a lot more than how to fill out the FAFSA. They need to understand how to plan their academic program and maintain their eligibility through graduation.

To that end, the Office of Financial Aid is expanding its workshops both in terms of frequency and content. The following workshops will held in Carman Hall, B08:

Everything you need to know about the FAFSA, February 8, 3:30–4:30 pm, February 24, 5–6 pm, March 17, 3:30–4:30 pm.

What Federal grants are all about: who's eligible and how to apply, February 10, 3:30–4:30 pm, February 17, 5–6 pm.

Tell me more about TAP! February 22, 3:30–4:30 pm, March 3, 3:30–4:30 pm.

Federal Direct Student Loans: how to apply, who's eligible, and borrowers' rights and responsibilities, March 8, 3:30–4:30 pm, March 10, 5–6 pm.

Making the most of your scholarship opportunities, March 15, 3:30–4:30 pm, March 17, 5–6 pm.

Staying eligible: how withdrawals, your GPA, and exceeded amounts of credits can effect your eligibility for a Pell award, March 22, 3:30–4:30 pm, March 26, 5–6 pm.

Two new CUNY programs—for tuition waivers and work study—have aided 1,100 Lehman students this academic year. The waivers helped academically successful undergraduate and graduate students who were undersupported by major grants. CUNY also approved the hiring of three new counselors in Financial Aid.

We're Talking About Your Health



The Lehman Players, a troupe of peer educators from the Student Health Center, are serving up important information about health in a fresh, entertaining way. They perform at new student orientations and other campus events. For World AIDS Day on November 30, the group's performance touched on issues of safer sex, trust and honesty in sexual relationships, tolerance, compassion, and the impact of the HIV/AIDS pandemic. The Lehman Players will perform "Bedford Hills, 10468" on Wednesday, January 20, as part of freshman orientation.

Updated Guide for Teaching College Students with Disabilities

The fourth edition of *Reasonable Accommodation*, a guide to teaching college students with disabilities, will be distributed to fulltime Lehman faculty for the Spring semester. It was written by members of the CUNY Council on Student Disability Issues and published by CUNY.

The guide addresses specific disabilities ranging from speech, hearing, vision, mobility and hand function impairments to medical and psychological conditions. Best teaching practices are described, and the guide also contains information regarding the use of technology in the classroom and online instruction.

Academic accommodations are required by law to insure full educational opportunity. "Accommodations are not designed to dilute the curriculum or lower

standards," says Merrill D. Parra, Director of Student Disability Services. "Students with disabilities must meet the same requirements as their nondisabled peers."

However, students with disabilities may need some academic adjustments in terms of the way information is presented (hard copy vs. digital), methods of testing, and evaluation.

Lehman has approximately 300 students registered with Disability Services. They are enrolled in nearly 1,000 course sections each semester.

Parra sees *Reasonable Accommodation* as a "valuable roadmap," and she's available to consult with any Lehman faculty member on access issues. For more information or to obtain additional copies of the new guide, contact Parra at 960-8441 or email disability.services@lehman.com.

Lehman's Baseball Coach is Former Pro John Foster

Former Major League relief pitcher John Foster is beginning his new career as a baseball coach—here at Lehman College. Foster retired from professional baseball last year after pitching for the Atlanta Braves and Milwaukee Brewers.

"I've played baseball all my life," says Foster. "Now I have an opportunity to apply what I've learned—to coach the Lehman team and help with the progression of a college program. I'm excited and ready to go."

Lehman's Director of Athletics Dr. Martin L. Zwiren says, "I was extremely impressed with John's collegiate and Major League career as well as his knowledge and passion for baseball."

In 1999, as a college athlete, Foster led Lewis-Clark State College to its 10th NAIA National Championship, picking up the win in relief for the title.

"I was thrilled to learn that John was named head baseball coach at Lehman College," says Kurt Kemp, Atlanta Braves' Director of Player Development. "Since the end of his playing career, he's turned his attention to pursuing a coaching career—and he will put everything he has into making Lehman's baseball program the best it can possibly be."



Dr. Zwiren welcomes Coach Foster.

Counseling Center to Present Study Findings

Not so long ago, the Lehman College Counseling Center used a big black notebook to schedule students' appointments. At the end of each month, counselors counted how many students had attended, cancelled, rescheduled or did not show up, and this statistical data was given to the Director.

In 2004, the Center began using "Titanium Schedule," a management software program designed especially for college and university counseling centers. In addition to its basic services, the software has allowed Lehman to join a network of counseling providers throughout the U.S. and Canada. One goal of this collaboration has been to gather, share and report on the real-time trends of college student mental health.

Among the research initiatives, Lehman participated in a pilot study that produced "intake data" from more than 28,000 college students who were seen for services at 66 counseling centers. This data was gathered in the fall of 2008, and will be presented at briefings to be scheduled during Spring 2010 semester.

Here is a brief overview of the study's major findings:

Mental health and academic success. Students who are struggling with symptoms related to depression and anxiety also tend to report that they are struggling with academics.

Alcohol and substance abuse. The abuse of alcohol, mental health symptoms and academic performance are closely related. There's a particularly strong relationship between frequent binge-drinking episodes and students' having thoughts of suicide.

Eating disorder and body image. These concerns were associated with other problem areas such as depression, anxiety disorder, hostility, social anxiety and family issues.

Traumatic events. These have a serious impact on a student's mental health, well-being and ability to succeed in college. Individuals who've experienced a trauma have a significantly higher risk rate for other types of problems as well.

International students reported greater academic distress than noninternational students. Transfer students tended also to experience greater academic distress than nontransfer students.

Sexual orientation. Students who are questioning their sexuality may be at higher risk for mental health problems. Protective factors, such as having a supportive family, were found to significantly reduce symptoms of depression.

Religion and spirituality. Both appear to play an important role in the lives of college students and may act as a source of coping and resilience.

Social support. Students who are actively engaged in healthy social support networks are more likely to be academically successful and less likely to report mental and emotional distress. Based on these findings, recommendations were made to support the development and maintenance of healthy living and social connection outside the classroom.

For more information about the study or other counseling programs and services, contact Dr. Annecy Baez, Director, at 960-8761 or email her at annecy.baez@lehman.cuny.edu

Spirit of Giving is Holiday Season Theme at Child Care Center

Throughout the year-end holidays, the Lehman College Child Care Center emphasized the spirit of giving. It co-sponsored a toy drive, and its holiday tree was decorated with hats, scarves, and mittens that were later given to children in need. And nearly 100 children, family members, friends, and staff came together to celebrate the Center's 23rd annual Thanksgiving feast. As always for this festive event, the Center provided the staples and families donated their favorite dishes.

Among the Center's other holiday season activities was the parenting workshop, "I'm creating a 'mini-me'," led by Alan Fuentes, M.S.W., from the Office of Career Services. The workshop focused on being an appropriate role model for children.



Joining hands in celebration at the Center's annual Thanksgiving feast.

Healthy Rewards for Biggest Losers

Participants in “Lehman’s Biggest Loser” program, sponsored by The APEX Center, dropped 250 pounds and learned a lot about health and fitness in the process.

“I focused on eating correctly and exercising on a daily basis, and I was inspired by the positive people around me,” said Sarah Bulnes, who with her team members Alison Harper, Stefanie Benfaher, Carol Ramos, and Genuany Sanchez, won first prize and took home new I-Pods for their efforts. The women lost 23 pounds or about 2.5% of their total team body weight.

The Biggest Loser competition challenged 115 participants on 23 teams to exercise more and eat less for five weeks in an effort to improve their overall health

habits. APEX Fitness Center manager Bob Harris and Recreation major Rachel Gonzalez offered exercise classes and provided counseling on how to make healthy food choices, track their intake, and meet nutritional needs.

Of those who completed the program, more than 90% said it helped motivate them to exercise and eat healthier, and 94% said they would continue to practice their improved habits. With positive results like this, we may see a return of Lehman’s Biggest Loser program—very soon.



Fitness Center manager Bob Harris with winners (l-r) Alison Harper, Genuany Sanchez, Stefanie Benfaher, Carol Ramos and Sarah Bulnes.



Lehman Assistant Women's Basketball Coach Ivelisse Rosario and Sports Information Director Steve Spagnoli volunteer at a Bronx soup kitchen.

SPORTS PHOTOS: TONY CORREA

Lehman Athletes Making a Difference in Our Community

A group of Lehman student athletes led by Women’s Basketball Head Coach Eric Harrison, Associate Head Coach Ivelisse Rosario, and Sports Information Director and Intramural Coordinator Stephen Spagnoli spent part of their holidays at the “Part of the Solution” soup kitchen on 197th Street in the Bronx. They delivered canned foods and boxed goods, served meals, and carried donated clothing to a free flea market on the street.

“Giving back to the community is something that I’ve always preached,” says Harrison, “and today we saw Lehman representatives at their best.”

Spagnoli agrees. “Seeing the smiles on the faces of the people we served makes the holiday season that much more special.”

Varsity basketball player Barbara Febus, a member of the Student Athlete Advisory Committee, enjoyed the experience. “Especially in the holiday season, it’s important to realize how fortunate we are to have what we have. Being able to help out people who are less fortunate is what it’s all about.”

As this newsletter was going to press, Coach Harrison was spearheading a new drive at Lehman to aid earthquake victims in Haiti with donations and food.



MENTORING WORKSHOP—Lehman students in the Urban Male Leadership Program (UMLP) attended a November workshop led by Social Work Professor Carl Mazza that focused on what it takes, in terms of commitment, to be part of a successful mentor/mentee relationship. UMLP’s fast-growing mentorship program, which is coordinated by Amanda Dubois, pairs Lehman students with members of the faculty or staff based on mutual interests, majors, and fields of study. If you are interested in becoming a mentor, please call 960-8801 or stop by the UMLP office in Shuster Hall, Room 179.

COURTESY: UMLP