

Student Affairs

The APEX/Athletics
 Career Services Center
 Child Care Center
 Counseling Center
 International Student Services
 Office of Campus Life
 Office of Community Engagement and New Student Programs
 Office of Financial Aid
 Office of the Vice President for Student Affairs
 Peer Educator Program
 Student Disability Services
 Student Health Center
 Urban Male Leadership Program
 Veterans/Military Affairs

Toys for Tots



Through December 20

Donate new and unwrapped toys to the U.S. Marine Corps/Lehman College Toys for Tots Campaign: Drop-off locations: Shuster 201A, APEX 109 or 250 and outside the Music Building cafeteria.

For more information, contact: barbara.thompson1@lehman.cuny.edu



Lehman Students Rock NYC Marathon's 'Mile 20'



Lehman's New York City Marathon Team Captains Amanda Dubois and Jenny Landsman (l-r) accept the "Outstanding New Community Partner" award from Nancy Lipsey of New York Road Runners.

Lehman partnered with New York Road Runners for the 2013 New York City Marathon on November 3. It was a first for the College and an outstanding effort by 135 student volunteers, who staffed the Mile 20 Fluid Station on 138th Street in the Bronx.

Mile 20, which is commonly known as "The Wall," is a critical point in the 26.2 mile endurance race: runners need encouragement as well as hydration.

Lehman students provided an important service to 50,000 runners, keeping in mind the security measures and protocol they had studied in extensive pre-training sessions.

At the Road Runners traditional banquet, held the evening following the Marathon, the College was recognized for the students' tremendous team effort and strong contribution to the spirit of the New York City Marathon. The students said it best: "Lehman College rocked Mile 20!"

The Lehman College/Road Runners venture got started in the Office of Community Engagement and New Student Programs, when Office Director Amanda Dubois, signed on as community partner. (It was a natural pairing: Dubois is a runner who completed the 2013 Marathon herself, along with Lehman

staffer Lianne Torres and faculty member Christopher Bonastia.)

Community Engagement Office Administrator Jenny Landsman took over as Team Captain of the Marathon initiative in September. Her outreach efforts drew in significantly more volunteers than the Office expected.

Most of the students who volunteered for this year's Marathon want to participate in next year's as well. A few volunteers have even decided they want to run the race themselves.



At the Mile 20 in the Bronx, student volunteers staffed the water and Gatorade station.

Thrilling Fall Season for Women's Volleyball Team

The Lehman Lightning women's volleyball team gave their fans plenty of thrills during the Fall season. The team produced a 21-8 record, enjoyed a nine-game winning streak, and reached the semifinals of the CUNY Athletic Conference Championships. For their outstanding effort, the team and their coach were honored with awards and accolades.

For starters, first-year volleyball head coach Elvis Rodriguez was named CUNY Coach of the Year. "There are so



Coach Rodriguez

many great coaches in this league," Rodriguez says, "I feel honored—it's been incredible."

Three juniors were named to the CUNYAC All-Star Teams. First Team honors went to Jo-Marie Aquino and Cari English, and Jessica Gonzalez was named to the Second Team.

Aquino was among the top five players in most offensive categories in CUNY competition. English led the Conference in hitting percentage.



Jo-Marie Aquino and Cari English (1-4) were named to the CUNY First Team. The Lehman team was ranked among the top three nationally throughout the season for service aces per set.



Gonzalez was the primary setter and was second in CUNY in assists.

Lehman also made an impact nationally. Throughout the season, the team was ranked among the top three in the country for service



Jessica Gonzalez

aces per set. The team was No. 1 in this category for several weeks and is currently ranked No. 2 nationwide, as other colleges continue their volleyball seasons.

Lehman's Cari English was among the top three servers all year in aces per set nationally.

With just one senior graduating in June, the core of the team will return next year for another run at the CUNYAC Championship.

Free Weekly Yoga Classes for Students at Counseling Center

The College Counseling Center now offers Lehman students the opportunity to nurture their mind, body and spirit through yoga practice. Valerie Baker, PhD, a full-time counselor who is also a certified yoga instructor, teaches a weekly yoga class on Wednesdays at 3:15 am in the Old Gym Building, room 108A. The class is free and open to all registered students.

"I have classes all day on Wednesdays and I'm usually stressed," says one student who joined the yoga class. "I enjoy the peace of mind. I felt relaxed. I look forward to coming every week."

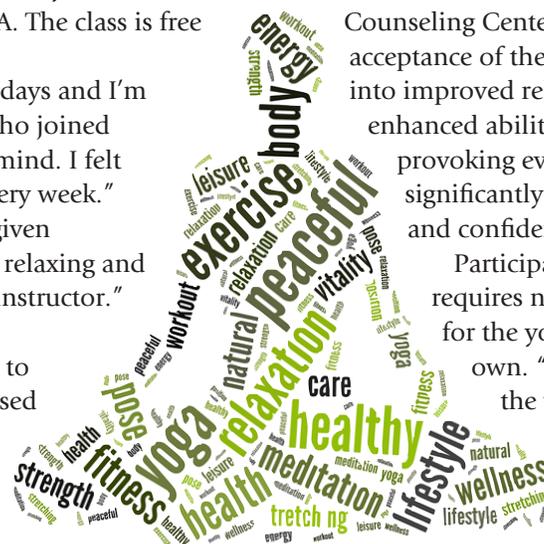
Other students in the class have given enthusiastic feedback, such as: "Very relaxing and helpful." "Great space and amazing instructor." "Workshop worth the time!"

Yoga classes are a recent addition to an ongoing roster of mindfulness-based stress reduction workshops and one-on-one sessions offered at the Counseling Center. Scientific

findings confirm time-tested accounts of the power of yoga and mindfulness practices in reducing stress, anxiety and depression while also improving focus, concentration and overall well-being of the mind, body and spirit.

Students in the stress reduction program at the Counseling Center report greater nonjudgmental acceptance of themselves and others, and that translates into improved relationships and life satisfaction. Their enhanced ability to manage stressful and anxiety-provoking events such as exams has enabled them to significantly improve their academic performance and confidence in their scholastic abilities.

Participation in yoga and mindfulness offerings requires no prior experience. Mats are provided for the yoga class, or students can bring their own. "We encourage faculty and staff to spread the word," says Counseling Center Director Norma Confresni, PhD. "Encourage students to take advantage of this exceptional opportunity."



UMLP Students Focus on Leadership in Retreat Setting

The Urban Male Leadership Program (UMLP) held its annual three-day enrichment event for Lehman students. It was called "Leaders of Tomorrow: Understanding Your Passport to Success" and was held at the Bryn Mawr Mountain Retreat and Conference Center in Honesdale, PA.

The event helps UMLP participants strengthen their academic skills as well as their personal and character development. Workshops focus on the "whole student," both in and outside the classroom. The retreat was facilitated by Dwight Stephenson, UMLP Outreach and Diversity Coordinator.

Most of the participants will become candidates for official UMLP induction next Spring. Among the issues covered at the retreat were: career exploration and networking, academic success, recruitment programs, retention, relationships, student apathy, financial management, civility and responsibility.

Speakers included Coordinator Stephenson and guest facilitator Dr. Jermaine Monk from Lehman's Social Work Department. Two workshops—"Passport to Success" and "Turn On My Swag: Identity and Academic Success"—helped students identify positive traits that encourage their motivation to graduate and negative traits that hinder their academic performance.



UMLP retreat participants gain important information and bond with each other.

UMLP Academic Intervention and Success Coordinator Julette Sanchez led a workshop on "Becoming Academic Leaders." Mentorship Coordinator Ron West encouraged students to cultivate powerful mentor/mentee relationships and also to recognize their everyday successful experiences.

Student Affairs Dean John Holloway offered a dynamic, engaging "life boat" ice-breaker that focused on ethical leadership.

"UMLP retreats inspire students to grow both academically and personally," says Program Director Michael Deas, LMSW. "Getting away from distractions in a natural setting also helps them to think about what they can do to motivate each other. We're encouraging students to take ownership—in their communities and on campus. Our job at UMLP is to bring forth greatness, one student at a time."

Affordable Care Act Navigator On-site at Health Center

Do you want to learn more about getting health insurance through the Affordable Care Act (ACA)? The Student Health

Center now has an ACA navigator on-site three days a week: Tuesdays from 12 to 6:30 pm, and Wednesdays and Thursdays from 9 am to 4 pm.

Information is also available at www.nystateofhealth.ny.gov.



New Dietitian at Student Health Center

Dietitian Mary-ellen Dorfman, MPh, RD, CDN, gives one-on-one nutritional counseling to Lehman students at the College's Health Center. She's also an adjunct instructor in the Department of Health Sciences and a member of the Dietetic Internship Selection Committee.

Professor Dorfman previously worked at the Columbia Presbyterian Medical Center as the dietitian in charge of hemodialysis and renal and liver transplant. In that capacity, she educated dietetic interns. She lectured to Columbia University graduate students and hemodialysis nurses on renal nutrition. Her previous teaching experience includes Medical Nutrition Therapy and Food Science taught at Marymount/Fordham University.



Professor Dorfman

Employers Recognize Lehman Students' Professional Skills

Lehman reversed its traditional Career Fair format on November 15 with a novel "Meet Our Student Leaders" event hosted by the Career Services Center (CSC). Instead of employers setting up tables to meet and greet students, 14 top Lehman students showcased their professional competencies in a competitive but fun environment.

The students registered for the event as individual or group presenters, and their presentations were scored by representatives from 13 companies and organizations. The following five competencies were considered: Professional Appearance, Oral Communication, Creativity, Presentation/Visual Aids, and Engagement. Scores awarded by each employer were tallied to determine first, second and third place winners.

First prize went to the "Generation 21" team that included Nancy I. Colon,



Employers and students at the Career Services Center's "Meet Our Student Leaders" event. In the first row (l-r): Junette Cupid, Nancy I. Colon, Denise Maldonado, Career Services Associate Director Alán Fuentes, Director Nancy Ann Cintrón, Mireille Happy and Javier Suarez. Photo by CSC photographer Enid Martinez.

Mireille Happy and Denise Maldonado. The team addressed outreach approaches to adolescent youth. In second place, Junette Cupid, a Peer Educator from the Office of Student Disabilities, made a presentation entitled "From Book to Audio." Third place winner Javier Suarez used

a smoothie blender to convey his information in a presentation entitled "Obtaining Unique Opportunities through Healthy Habits."

Employers praised the event for giving Lehman students an opportunity to build and improve on highly sought after competencies in the workforce.

Staff and Students Join Veterans Week Celebration



Thompson with USS New York crew members.

Lehman's Office of Veterans and Military Affairs participated in Veterans Week activities in New York: the USO Remembrance Walk (Nov. 10) and "America's Parade" on Fifth Avenue on Veteran's Day (Nov. 11).

Veterans Coordinator Barbara Thompson was invited to join fellow members of the Navy League in welcoming and greeting the crew of the USS New York when it made a surprise visit to the City in observance of Veterans Week. The ship, with its amphibious transport dock, is the fifth Navy vessel to be named after the State of New York. It has a crew of 360 and can carry up to 700 Marines. It was commissioned in 2009, and is notable for using a symbolic amount of steel salvaged from the World Trade Center.

"This was an opportunity of a lifetime," says Thompson.



Mariesa Scott, Thompson and Krystal Hyatt at the USO Remembrance Walk.

"What made this day so amazing was spending time with the USS New York crew."



Lehman student and Army veteran Russell Hirn greets Marine Corps veteran and former NFL football player Fred "The Hammer" Williamson at the New York City Veterans Day's parade.



Lehman College Child Care Center Golf Outing

Participants, at left, in a benefit for the Lehman College Child Care Center, held Sept. 20 at the Pelham/Split Rock Golf Course. A successful first outing, the plan is to make it an annual event.