

## Division of Student Affairs

- The APEX/Athletics
- Career Services Center
- Child Care Center
- Community Service, Service Learning, and New Student Programs
- 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
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LEHMAN IS CU NY



PHOTO: CINDY KREISBERG

## Health Insurance Fair for Students

**About 35 percent of Lehman students have no health insurance, and the Student Health Center wants to improve that statistic. To that end, every Monday, students can get help at the Center to apply for Family Health Plus (FHP), a free state insurance program. The Center also sponsored an outdoor fair (above) to encourage students to learn more about their healthcare options with representatives of FHP centers and the Stu-Dent plan offered by the NYU College of Dentistry. For more information about Family Health Plan eligibility as well as other health insurance programs, go to [www.lehman.edu/studenthealth](http://www.lehman.edu/studenthealth).**

## New Model for Student Orientation

The old days of frustrated freshmen waiting in long lines to get registered are long gone. This Fall, participation was at a record high in a two-day program that makes new student orientation and registration a fluid process.

This new model was developed through close collaboration between Student Affairs, Enrollment Management, and the Freshman Year Initiative. It orients students into learning communities, giving Lehman a "small college feel." On Day 1, students meet faculty, staff, and administrators and learn about key services through informational presentations and workshops. They take home with them a list of the freshman block courses—to review and choose their top five choices when they return to register on Day 2.

Almost all new students get cleared for registration on the first day, so Day 2 runs smoothly for them. But anyone who still has issues to settle will get help from Orientation Workshop Leaders, a group of well-trained students working in the Office of Community Service, Service Learning, and New Student Programs. This might involve walking a new student or small group of students to financial aid, the bursar or the ID office.

A special feature this year was the creation of a common-reading book club. The selected book was *Unbowed* by Nobel Peace Prize laureate Wangari Maathai. The first 100 students to sign up for the reading club received free copies of the book, and the orientation included a talk by a representative of Maathai's Green Belt Movement in Kenya.

# New Program Supports LGBT Students at Lehman

**B**ridget Hughes has joined the staff of the Counseling Center to provide outreach to lesbian, gay, bisexual and transgender (LGBT) students and develop programming to better meet their needs.

Research has found that LGBT students often find campus environments unwelcoming, even hostile. Some of the unique stressors are related to the challenges of coming out and of dealing with bias and prejudice.

Lehman is now one of more than 160 American colleges and universities have programs to address LGBT student concerns, provide services to improve the

campus climate, and promote inclusion and retention.

Hughes will focus her work initially on the creation of a "Safe Zone Ally Program." Safe Zone programs enlist members of the faculty and student body to act as allies (visible through signage and pins) to LGBT students. Volunteers attend a training workshop on LGBT issues and



violence prevention.

Over the last decade, Safe Zone programs have raised awareness on college campuses of LGBT issues, improved perceived personal safety among students, and increased the numbers of informed individuals with regard to anti-discrimination policies and the protocols for handling incidents of harassment.

A 2006 CUNY-wide colloquium on LGBT Student Services produced a report that included a recommendation for Safe Zone programs on all CUNY campuses.

During the Spring 2009 semester, more than 40 Lehman volunteers received Safe Zone training, and Hughes will continue to offer training this semester as well as workshops for Freshmen Seminars addressing sexual orientation, gender identity and diversity.

Lehman has also agreed to train students from Medgar Evers College in preparation for an LGBT program at that campus. Graduate students in School Counseling at Lehman are also using the Safe Zone trainings as a springboard for addressing issues of student-on-student harassment in the primary and secondary schools where they are doing their internships.

## Counseling Center Offers New Stress Reduction Program

**T**he Lehman Counseling Center has launched a "mindfulness meditation" program designed to reduce stress, increase concentration, enhance self-awareness, and improve school performance. Lehman students have reported stress as the main impediment to their academic performance.

Counseling Center Director Dr. Anney Baez and Counselor Valerie Baker attended a "Mindfulness Based Stress Reduction" week-long training program. And this fall Dr. Allyson Pimentel, a psychologist and yoga teacher, will hold individual stress-counseling sessions, mindfulness drop-in groups, mindful leadership workshops, and classroom presentations and demonstrations.

For more information, call Dr. Baez at 960-8761 or email her at [anney.baez@lehman.cuny.edu](mailto:anney.baez@lehman.cuny.edu).



PHOTO: JASON GREEN

**The Urban Male Leadership Program and Department of Latin American and Puerto Rican Studies honored Lehman President Ricardo R. Fernández for his leadership in advancing higher education. The presentation took place during a celebration of Hispanic Heritage Month in Lovinger Theatre on October 8. Keynoter for the event was media personality Felipe Luciano. Above (l-r, front): student Joanna Gomez, Student Affairs VP Jose Magdaleno, Professor David Badillo, Dr. Fernández, students Adrian Palin, Toyese Adeyeye and Keith Lewis, Luciano and (l-r, back row) Yoram Rodriguez, Kevin Miles, UMLP Director Michael Deas.**

## Lehman Mentees in Bronx BP's Office

**L**ehman students will be among those working in the office of Bronx Borough President Ruben Diaz, Jr. on Oct. 21, National Disability Mentoring Day. The students will be matched with workplace mentors according to their expressed career interests.

Studies have shown a significant disparity between the job attainment and earnings of the disabled population versus those of the non-disabled labor force. In response, the Bronx BP has created a Disability Advisory Council that will institute a Quarterly Disability Mentoring Day (QMD).

"It is my hope that the QMD will help disabled Bronxites in their job search," said Diaz, adding that the next Disability Mentoring Day will be held in February 2010 at Lehman College.

"Lehman is delighted to be the first institution to participate in this exciting initiative," said Merrill D. Parra, Director of the Office of Student Disability Services and Veterans/Reservist Affairs. "We know how important it is to expose our students to work opportunities in their chosen field of study."

October is National Disability Employment Awareness Month.

## Career Services Talks Up Benefits of Internships

PHOTO: ROBERTO HERRARA



**Career Services kicked off the Fall semester with an Internship Forum. Organizations from private and nonprofit sectors talked to students about opportunities available to them. Employers pointed out that an internship often paves the way for an entry-level position. According to Monster.com, 85 percent of companies use internships and similar experiential education programs to recruit their fulltime workforce. Given this fact, the Career Services staff at Lehman is committed to working with Lehman students to help them jumpstart their careers through an internship experience.**

## Lehman Students Attend Leadership Conference in Texas

**F**our highly motivated Lehman students—Lloyd Assan, Katherine Gomez, Yamilka Hernandez and Amanda Savinon—represented the College at the Adelante! U.S. Education Leadership Fund Organization's annual conference in San Antonio October 1–4.

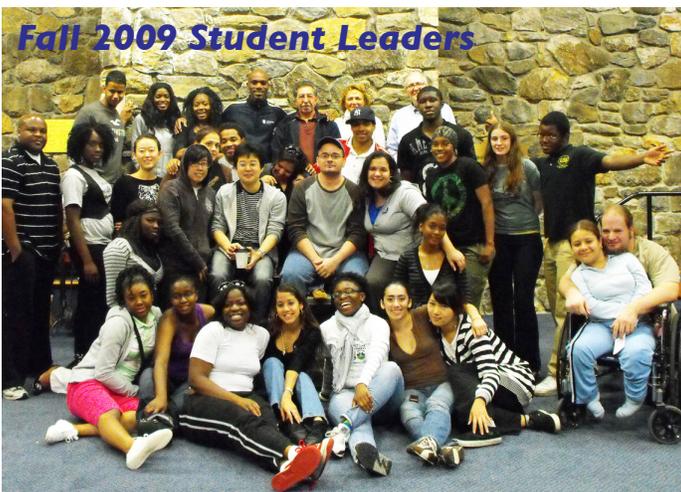
The students were selected by the Office of Career Services based on their strong GPAs, leadership involvement, and extracurricular activities.

Gomez, a junior in Computer Imaging who works as a Peer Educator in Career Services, called the conference “an unforgettable experience that allowed me to network with different employers, learn leadership skills, and bond with college students from all over the United States. I feel like I took a piece of Texas with me and started many new friendships.”

## Weekend Retreats Focus on Student Leadership

### Fall 2009 Student Leaders

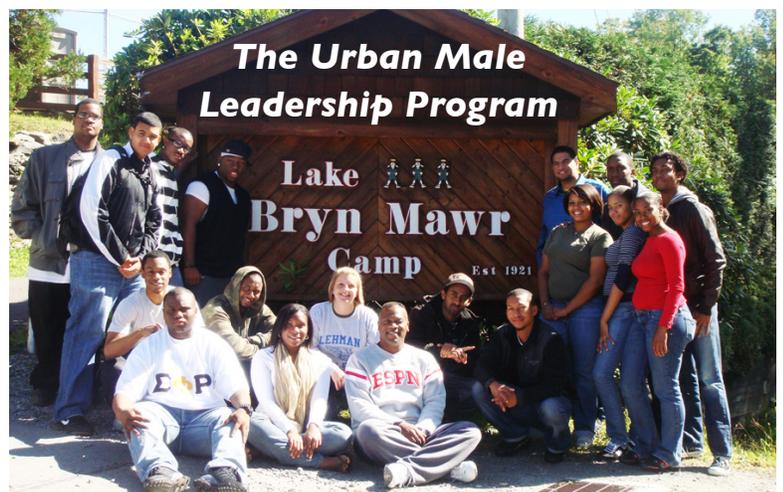
PHOTO: ODE HOPPIE



**The Office of Campus Life and the Herbert H. Lehman Center for Student Leadership Development co-sponsor an annual retreat for members of CASA and Student Government. The purpose is to strengthen participants' communication skills and teach principles of leadership, team-building and conflict resolution. The students are encouraged to focus first on their studies and to see themselves as role models in their classrooms and on campus. This year 25 student leaders attended the retreat on Sept. 25-26 at the Edith Macy Conference Center in Briarcliff. Guest speakers included President Ricardo R. Fernández and Student Affairs VP Jose Magdaleno, who shared their own journeys in leadership and answered students' questions. The event was organized by Director Michael Sullivan, Raymond Flook, and members of the Campus Life staff.**

### The Urban Male Leadership Program

Lake Bryn Mawr Camp Est. 1921



**At its third annual retreat, held at the Lake Bryn Mawr camp and conference center in Pennsylvania, Lehman's Urban Male Leadership Program focused on strengthening participants' academic skills, personal development, and character enrichment. UMLP staff led by Director Michael A. Deas designed and led workshops to help develop the whole student—both inside and outside the classroom. Guest speakers encouraged students to seek mentoring relationships with faculty and staff, accept a greater stake in the academic success of other students, and to be more confident in their role as peer leaders. Stacey Williams, the program's Academic Intervention and Success Coordinator, made a presentation on personal honesty that featured dramatic skits designed to give students a deeper understanding of the UMLP mission. Guest facilitator and alumnus Ronald Yeadon offered a concrete, inspiring plan for leadership.**

## Fun Outdoors at Child Care Center's Family Fitness Day



PHOTO: BIANCA GLOSS

Children enjoy parachute play at one of a series of Child Care Center events promoting physical fitness for the whole family.

The Lehman College Child Care Center celebrated "Family Fitness Day" on September 24 by hosting a morning of physical activities and games, followed by a picnic lunch on the softball fields.

Children, family members and Center staff participated in relay races, bean bag toss and parachute play to promote family involvement in physical activity, one of the goals of the U.S. Surgeon General's Report.

The children were awarded medals and certificates for their participation in the events of the day.

In the spirit of family fitness, the Child Care Center also marked National Women's Health and Fitness Day on September 30 with "Mommy and Me" zumba classes. Zumba is an aerobic fitness program that includes a mix of Latin and international music and a variety of dance steps such as the meringue, salsa, hip hop reggaeton, and belly dancing.

## Women's Volleyball Team Has Winning Spirit, New Coach

The Lehman women's volleyball team has made a remarkable turnaround. The team caught fire last season and won seven of its last 10 matches, including a quarterfinal win in the CUNY championship playoffs.

Following their strong finish, team members also got a new head coach, Wolfgang Lucena, who is well known in the local volleyball community for his teaching and leadership skills. The team's assistant coaches are Wilmy Dipre, alumna Isabel Lorenzo, Madelayne Perez and Orlando Vargas. Lenese Allen and Axyz Lucena are team managers.

"Our focus is on improving with each match and building confidence in ourselves to believe that we can compete with the best," Lucena said.



Coach Lucena

The team is led by Gerri-Ann Martin, CUNYAC 2008 "Rookie of the Year," who recorded a team-high 248 kills last season and 60 service aces. Jillian Acevedo, a CUNYAC "Second Team All-Star" last season, is a defensive specialist and outside-hitter with a team-high 63 service aces and 331 digs. Lisa Jagdeo, the team's standout setter, is back for her second year, along with returners Jennifer Winkler, Aurora Peters, Lakeisha Gordon, Ashley Meany, Dilma Marte, and Dally Perez. Newcomers on the team include Racine Brown, Yamilka Vincente, Colleen Walker, and Shayla Tompkins.

"With Coach Lucena at the helm and a nice combination of feisty veterans and aspiring newcomers rounding out the roster, the Lightning are working to take the next step forward," said Dr. Martin Zwiren, Lehman's Director of Athletics.

The volleyball season ends on Oct. 29, with the quarterfinal round of the CUNYAC playoff on Nov. 3. If the women's team wins the quarterfinals, they'll head to CCNY on Nov. 6 to take on an opponent determined in the semifinals.



CUNYAC Rookie of the Year Gerri-Ann Martin

PHOTO: TONY CORREA

## Students Heed Call for National Day of Service



A group of energetic, enthusiastic Lehman students answered President Obama's call for a National Day of Service on September 11—and what better way to give back than at a fire house in the Bronx. After a meeting and friendly chat with fire fighters, the students did a two-hour clean-up in and around the Engine 72 station 2 in Throgs Neck. Lloyd Assan, Peer Educator, served as group leader. Grad Assistant Erin Q. Schwartz organized the event under the direction of Amanda Dubois, Coordinator of the Office of Community Service/Service Learning and New Student Programs (Shuster 208). For information about how you can be involved in a community service project at Lehman, call 960-8151.



PHOTOS: NANCY NOVICK