There’s no easy way to get through the last few weeks of the school year when papers are due and final exams happen. It’s crunch time for everyone. At Lehman, again this year, staff members in Wellness Ed and the Counseling Center gave students (and staff too) opportunities to de-stress and focus in healthy ways on the work that needed to be done to complete the school year and, in some cases, to graduate.

“At this time of the year, when students are feeling a lot of pressure, it’s a chance for us to raise awareness of the effects of stress and also to showcase student services that are available throughout the year,” says Dugeidy Ortiz, Director of the Wellness Education and Promotion Program.

The Center’s Yoga instructor Valerie Baker led Hatha yoga exercises in the Old Gym to help students re-energize. Baker showed students how to incorporate yoga, meditation and breathing exercises into their daily lives. Another of the finals-week activities was a healthy-eating initiative. Wellness Ed staffers taught lessons in how to combine healthy proteins and carbohydrates to boost energy. The students were given snacks composed of whole grains, fruit and cheese. And, of course, a cup of coffee—after all, it was finals week!
The Urban Male Leadership Program (UMLP) and Department of African and African American Studies held their annual Induction and Awards Ceremony in the Faculty Dining Room on May 7. The theme was “Academic Excellence: Leaders for America and the Global Community.”

The event recognized UMLP student participants, including the program’s sixth cohort of females, for their academic achievements and leadership roles on the Lehman campus and in their communities.

The keynote speaker was Dr. Frank D. Sanchez, CUNY Vice Chancellor of Student Affairs, who, for nearly 20 years, has worked to advance campus student services, programs and policies aimed at increasing student success and degree completion.

In an engaging, inspiring address that drew on his own personal experience, Dr. Sanchez emphasized the life-changing potential of higher education. He urged the audience of some 250 students and guests to seize opportunities that are available at Lehman and to commit seriously to following an educational path that will lead to achievement and success.

The UMLP induction ceremony honored 28 new participants and 98 graduates of the program. A group of 17 participants received honor sashes and awards for their academic achievements, 74 received President’s List recognition, and 206 students received Dean’s List recognition.

Lehman President Ricardo R. Fernández was presented with UMLP’s Appreciation Award for his exemplary leadership and service as a preeminent advocate for students and higher education.

For more information about UMLP, contact Michael Deas, Director, at 960-8802.

Lehman Staffers Receive Awards from Bronx Borough President

Barbara Thompson, Coordinator of Veterans and Military Affairs, was honored with a Certificate of Merit from Bronx Borough President Ruben Diaz Jr. at his annual Veterans Appreciation Breakfast on May 13.

Thompson is the first civilian to receive this honor. She was recognized for her service on the Bronx Borough President’s Veterans Advisory Council and for her innovative work at Lehman College with military veterans, current members of the Armed Forces, and their families.

Cindy Kreisberg, Director of Lehman’s Student Health Center, accepted the Bronx Borough President’s Award at the recent New York Blood Center Chairperson Recognition Breakfast. Lehman placed second among colleges in the Bronx with 405 blood donations in 2012!

The final on-campus blood drive for the 2012-13 school year was held on May 15-16. The New York City Blood Center reported collecting 117 pints of blood from 139 registered potential donors during the two-day period.
New York Needs You (NYNY), a prestigious two-year Fellows program, helps to prepare first-generation college freshmen and sophomores for the challenges of building a career while also providing them with academic support. It’s an intensive program that includes 28 full-day training workshops, internship support, mentor coaches, and a $2,500 professional development grant. Through the efforts of the Career Services Center and the SEEK Office, 18 Lehman students have been accepted into the NYNY program during the past two years.

The NYNY recruitment experience this year at Lehman was different, however. Current Fellows volunteered to serve as ambassadors for the program, spreading the word and encouraging other students to apply. They took time from their own busy lives to “pay it forward.” They attended information sessions where they answered questions about the application process and their experiences as NYNY Fellows. They also met individually with students to help them edit their application essays and, in the process, motivate them to work through the challenges that might deter them from submitting their applications.

“The most memorable part of giving back was getting to know the students’ stories through their essays,” says NYNY Fellow Donya Lewis. "I was inspired by them to keep moving toward my own career goals. I took away from the experience as much as I put in.”

Lehman student and LGBT activist Patxy Peguero shared his triumphant story of overcoming sexual abuse.

To close the event, members of Sigma Phi Rho fraternity performed a spoken word and percussive, synchronized step-dance.

Once again at Lehman, “Take Back the Night” was an empowering evening. Guest speakers and performers took the stage of Lovinger Theatre to challenge the brutalities of rape. Members of Sigma Rho fraternity led participants on a candle-lit march around the quad, with many students joining a speak-out to share their stories, some for the first time.

Among the campus supporters of “Take Back the Night” were SGA, Community Engagement, Campus Life, the Urban Male Leadership Program, and Lehman Athletics.

Lehman Holds Empowering Sexual Violence Awareness Event

By Shancia Jarrett and Nicole Madonna Rosario

The Counseling Center at Lehman hosted its third annual “Take Back the Night” event on April 24. It is part of an international effort to raise awareness of sexual violence and other forms of interpersonal violence.

Because April is National Sexual Assault Awareness Month, a forum was held on this very sensitive issue. Student Affairs Vice President Jose Magdaleno, Dean John Holloway, and Counseling Center Director Dr. Norma Cofresi made introductory remarks. Community Partnership Awards were presented to Bronx Assemblyman Mark Gjonac and to Andrew Willis, Chair of the Stop Abuse Campaign, for their work in sexual assault prevention.

Campus Life Associate Director Suzette Ramsundar organized a campus carnival that raised $500, which was awarded to the Sanctuary for Families and Stop Abuse Campaign.

NYNY Fellows 'Pay It Forward' as Lehman Ambassadors

The evening program began with a theatrical work by student Jason Jeremías, entitled "The Price of Silence." It illustrated the trauma of sexual injustice experiences to individuals from diverse backgrounds.

Keynoter Lydia Cuomo, a New York City public school teacher, urged passage of the “Rape is Rape Bill,” that would change the legal definition of rape in the State. She described her own experience of being raped by an off-duty NYPD officer.

“Your mind plays a lot of tricks on you,” Cuomo said. “You go back to those moments…and it doesn’t help when legally the terminology is not what you want to call it.”

Lehman student and LGBT activist Patxy Peguero shared his triumphant story of overcoming sexual abuse.

To close the event, members of Sigma Phi Rho fraternity performed a spoken word and percussive, synchronized step-dance.

Once again at Lehman, “Take Back the Night” was an empowering evening. Guest speakers and performers took the stage of Lovinger Theatre to challenge the brutalities of rape. Members of Sigma Rho fraternity led participants on a candle-lit march around the quad, with many students joining a speak-out to share their stories, some for the first time.

Among the campus supporters of “Take Back the Night” were SGA, Community Engagement, Campus Life, the Urban Male Leadership Program, and Lehman Athletics.

Lehman student and LGBT activist Patxy Peguero shared his triumphant story of overcoming sexual abuse.

To close the event, members of Sigma Phi Rho fraternity performed a spoken word and percussive, synchronized step-dance.

Once again at Lehman, “Take Back the Night” was an empowering evening. Guest speakers and performers took the stage of Lovinger Theatre to challenge the brutalities of rape. Members of Sigma Rho fraternity led participants on a candle-lit march around the quad, with many students joining a speak-out to share their stories, some for the first time.

Among the campus supporters of “Take Back the Night” were SGA, Community Engagement, Campus Life, the Urban Male Leadership Program, and Lehman Athletics.
61st Annual Awards Banquet Celebrates Student-Athletes

The Lehman College Department of Athletics held its 61st Annual Athletic Awards Banquet on May 13 to honor outstanding student-athletes and the support network behind them. More than 300 students, coaches, college administrators, and guests filled the Faculty Dining Room for the celebratory event. The entire list of award recipients and Tony Correa’s banquet photos winners list can be seen on the Athletics Department web pages.

Jobs Program for Veterans Announced at Lehman Press Conference

The Office of Veterans and Military Affairs was asked to host New York State Senator Jeff Klein’s press conference, held on April 25 in the Faculty Dining Room, at which Sen. Klein announced the “Jobs for Heroes” program in the New York State Budget. Lehman student veterans were invited to the press conference and to meet the Senator. Meraldo Delgado, a Navy veteran student, was asked to share his experience of finding work after leaving the military.

A total of 40 people attended the press conference, including seven student veterans, President Ricardo R. Fernández, Vice Presidents Mario Dellaropa and Jose Magdaleno, and Veterans and Military Affairs Coordinator Barbara Thompson.