

# THE DISCOVERER

COLLEGE DISCOVERY

May/June 2004

Volume 1, Issue 2

## CD CLUB COMMUNITY SERVICE



Last semester, the CD Club participated in a community service activity with the Mana of Life ministry, which involved distributing food to homeless people on the streets and in the shelters. It was depressing to see parents kneeling down in freezing cold temperatures to feed their children a cup of soup. Many of the people who we served were in need of boots that would last a long time, since they do not know when they will be able to get another pair of shoes. The opportunity to see how these people live would make anyone who does not live under these conditions truly cherish the simplest things they have. The CD Club would like to thank Raquel Ponce for setting up a very enlightening experience, and hopefully one day we can do it again.

## CD CLUB ACTIVITIES

The CD club is looking for new people to join the organization. The club provides a variety of social, recreational, academic, and career opportunities, which are open to all students. The Production of this newsletter, The Discoverer, is a major activity of the club, so if you want to improve your writing outside of the classroom or simply enjoy the activity, then the newsletter is for you. Please contact Mr. Kevin Davis, Director of the CD Program and Faculty Advisor for the CD Club; Margie Anchudia, President; or Nahshon Baum, Vice President for information concerning the club at X5882, or visit the office at Lowe Hall, Rm. 406.

On April 15<sup>th</sup> the CD Club had a party to thank the members of the club for doing a terrific job this semester. At this party the members also discussed the events that will be coming up in a couple of weeks. Some events that were discussed were the Poetry Bash that would be given next semester and the end-of-semester Barbecue that will be given to all College Discovery Program students in June. New and continuing students will meet and greet.

Article Written by:

*Devin Turner*

Inside this issue:

Student Achiever

Upcoming Events

CD Club Top 5 Count-

21 Questions on guys and

Counseling Corner

The Poetry Spot

Summer Workshops

About College Discovery

## STUDENT ACHIEVER

**Elizabeth Raffi** is an honor student who majors in Mathematics. The College Discovery Program has the honor of saying that she started her studies here at College Discovery and now tutors others. She took part in the joint BCC and Albert Einstein College of Enrichment Program and also won a National Science Foun-



ation Scholarship. Elizabeth will also be spending time at the U.S. Government's Brookhaven National Laboratory this summer. Elizabeth Raffi is truly an inspiration to all who know and will know her. Congratulations on your success Liz.

## UPCOMING EVENTS



**Tutoring Orientation** for this summer: Open to incoming freshmen and returning College Discovery students.

Looking for volunteers to help paint or create a design for the tutoring office.

Looking for **volunteers/interns** to help with outreach and recruitment for the fall 2004 semester.



Coming next semester College Discovery's first **Poetry Bash**: All are welcome to participate.

Coming next semester in the month of February, **The Engineering Technology Conference**.

Article Written by:

*Devin Turner & Kevin Gloster*

# CD Club Top 5 Count Down

1. Burn

*Usher*

2. Fire Lloyd

*Bankes*

3. Dangerously In Love

*Beyonce*

4. Over Night Celebrity

*Twista*

5. My Band

*D12*



## 21 Questions On Guys and Girls

1. Why don't guys understand to leave a girl alone when she is moody?
2. Why do guys think they are smarter than girls?
3. Why do guys wear their jeans down to their knees?
4. Why do guys call girls shorty when the girls are taller than them?
5. Why do guys wear clothes that can fit three people in them?
6. Why are guys sexist?
7. Why do guys get an attitude when girls don't respond to their cat calls?
8. Why do guys try to understand females?
9. Why do guys brag too much?
10. Why do guys get so attached to video games?

11. Why are girls so emotional?
12. Why do girls complain so much?
13. What makes a girl happy?
14. Why do girls fall in love so fast?
15. Why are some girls about money?
16. Why do girls talk so much over the phone?
17. Why do girls take a long time in the bathroom?
18. Why do girls like to gossip?
19. Why do girls think they are always right?
20. Why are girls always stressed out?

**Last Question**

21. Why do guys and girls try to get the last word?

# COUNSELING CORNER

Cassandra Bellabe

Counseling Coordinator



## Stress

College years can be fun. They can also be filled with a lot of stress. You have to deal with a lot of changes. These include:

- *Separation from home and friends.*
- *Adjusting to a new place to live, which can be small, noisy, cluttered, and lack privacy.*
- *Academic overload and financial demands.*
- *Competition, fear of failure, and making career choices.*

*Stress is the way you react to these and other changes. Stress can make you more productive. It can also make you study harder to get better grades. High stress levels, though, can make you less productive.*

## Signs & Symptoms

*Physical symptoms of stress include increased heart rate and blood pressure, rapid breathing, tense muscles, sleeping poorly, and changes in appetite.*

*Emotional reactions include irritability, anger, losing your temper, and lack of concentration.*

## Treatment

*Prevention and self-care measures can help alleviate stress in most cases. When these are not enough, counseling services at your school may be available to assist you free of charge.*

## For Information Contact:

*Your College Discovery Counselor, Student Affairs Office, Financial Aid Office, Career Development Office, Student Counseling Service, Mental Health Service, or Student Health Service.*

*Stress Management and Emotional Wellness Links:*

[www.howtostudy.com](http://www.howtostudy.com)

[www.goaskalice.columbia.edu](http://www.goaskalice.columbia.edu)

# Suicide

*For persons 15 to 24 years old, suicide is the 3<sup>rd</sup> leading cause of death, following unintentional injury and homicide. Young women attempt suicide 4 to 8 times more often than young men, but males are 4 times more likely than females to die from suicide.*

## Signs & Symptoms

*Suicidal thoughts could be a signal for help, if they:*

*Don't go away or occur often.*

*Are symptoms of a medical illness or health problem, such as depression, bipolar disorder, schizophrenia, or grief.*

*Occur in a person who has blood relatives who attempted suicide or died from suicide.*

*Signs that lead to suicidal gestures, includes:*

*Repeated statements that indicate suicidal thoughts.*

*Reckless driving or other behavior such as standing on the edge of a bridge.*

*Self-inflicted injuries such as cutting the wrists with a dull instrument or head banging.*

*Signs that lead to indications of suicidal intent; a progression from suicidal thoughts to actual planning for suicide:*

*Developing a plan, rehearsing its steps, and/or planning a time for an event.*

*Giving away favorite things at will.*

*Obtaining a weapon or pills that can be used for suicide.*

*Asking for information on assisted suicide, including looking online for this information.*

## Treatment

Suicidal threats and attempts are a person's way of letting others know that he or she needs help. They should never be taken lightly or taken only as a "bluff." Most people who threaten and/or attempt suicide more than once usually succeed if they are not stopped. Emergency care and hospitalization are necessary after an attempted suicide. Persons with suicidal thoughts should seek medical attention.

## For Information Contact:

**Your College Discovery Counselor, Student Counseling or Mental Health Service, Student Health Service, Local Suicide Prevention Hotline, or Crisis Intervention Center.**

**American Foundation for Suicide**

**888.333.AFSP (2377) [www.afsp.org](http://www.afsp.org)**

**(This is not a crisis hotline)**

**[www.metanoia.org/suicide](http://www.metanoia.org/suicide)**

**[www.suicidehotlines.com](http://www.suicidehotlines.com)**

**800.SUICIDE (784.2433)**

ALL information on Stress and Suicide was provided by:

Healthy Life: Students

Self-Care Guide

By: Don R. Powell, Ph. D. and the American Institute for Preventive Medicine

# The Poetry Spot



## *The Human Spirit*

*Seasons come and Seasons go,  
but the human spirit will never grow old.  
It is that one entity that unites  
every spec that is or was.  
That single force in which  
turns the tides and silences the night.  
It's every soul that inherits the wind and tends the earth,  
it is I; it is you who powers the earth.*



*Through thunderstorms and hurricanes,  
our will persevered,  
through fires and earthquakes,  
we all united as one.  
Every one is connected through some  
divine way,  
it is your destiny to see how  
life is meant to be,  
it is your destiny to see how you as an  
individual can shape the world  
for you and me.*



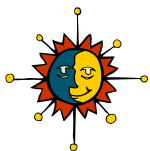
*The human spirit is a beautiful thing,  
it can move mountains and conquer the seas.  
The human spirit is a wonderful thing,  
where the weak strive for power and  
the power struggle to maintain.*

*The human spirit is an amazing thing,  
where all differences are set aside and unity thrives.  
The human spirit is a glorious thing,  
where you can be you and I can be me.  
The human spirit is a magnificent thing,  
where darkness is no where to be found  
and compassion is all around.*



*By Nahshon K. Baum*

# BRONX COMMUNITY COLLEGE CAREER DEVELOPMENT OFFICE SUMMER WORKSHOPS 2004



## RESUME WRITING

The resume writing workshop allows both the first time and the more experienced resume writer an opportunity to look at the dynamics that play a role in creating a resume; form and content are treated with equal relevance. Students will also look at writing the resume with the employer in mind, being mindful of both readability and scan ability. The workshop includes one-hour of instruction with a dynamic PowerPoint presentation as well as a worksheet and individual assistance in the computer lab (students are encouraged to bring their current resumes on a disc). **Students must visit the Career Development Office in Loew Hall, 328 to sign up in advance for the workshop.**

Tuesday, June 1	11am-1pm
Thursday, June 3	12-2pm
Monday, June 7	11am-1pm
Friday, June 11	12-2pm
Monday, June 14	3-5pm
Thursday, June 17	3-5pm

## JOB INTERVIEWING

The Job Interviewing workshop looks at the many facets of Job Interviewing. Handshakes, illegal questions and preparation are all covered. The workshop includes a dynamic PowerPoint presentation as well as an exercise in answering difficult questions. **Students must visit the Career Development Office in Loew Hall, 328 to sign up in advance for the workshop.**

Wednesday, June 2	11am-1pm
Tuesday, June 8	11am-1pm
Thursday, June 10	12-2pm
Tuesday, June 15	3-5pm
Friday, June 18	3-5pm
Monday, June 21	11am-1pm
Thursday, June 24	3-5pm
Monday, June 28	3-5pm



## WEB SITE CREATION FOR JOB HUNTERS

**The workshop will be meeting** on July 19, 20, 21, 22, 26, 27, 28, and 29 from 3-5:30pm.  
**STUDENTS MUST ATTEND ALL SESSIONS**

**WORKSHOP IS FREE AND OPEN TO ALL STUDENTS, FACULTY AND STAFF. SPACE IS LIMITED. TO SIGN UP, VISIT THE CAREER DEVELOPMENT OFFICE IN LOEW HALL, ROOM 328 TO PICK UP AN APPLICATION.**

Volume 1, Issue 2

### WHY BUILD A WEB SITE?

A web site is a great way to showcase who *you* are and what *you* are capable of to potential employers in ways that a resume can't always illustrate.

### WHAT WILL THESE WORKSHOPS COVER?

- Basic HTML
- Graphics / Colors
- Content / Navigation / Theme
- Publishing

**BRONX COMMUNITY  
COLLEGE  
COLLEGE DISCOVERY  
PROGRAM**

Loew Hall, Room 406  
University Avenue & West 181 Street  
Bronx, New York 10453  
(718) 289-5882

<http://www.bcc.cuny.edu/StudentDevelopment/default.cfm?page=CollegeDiscoveryProgram>

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Volume 1, Issue 2

# ABOUT COLLEGE DISCOVERY



The College Discovery Program, supported by state and city funds, was initiated at Bronx Community College in 1964 to offer higher education to students of disadvantaged backgrounds. Entering students now apply directly to the City University Office of Admissions Services and must meet financial need criteria for admission to the program. Students who have previously attended college are not eligible to enter the College Discovery Program, except if they transfer from the City University SEEK Program and meet special transfer criteria. Intensive counseling, tutoring, financial assistance, and other support services are provided to assist students to meet the demands of college and to resolve some of the more pressing problems that interfere with their academic success. Students are officially enrolled in the curriculum of their choice. The students are integrated into all classes and are encouraged to participate in all college activities.

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## NOTABLE QUOTES

**“Prejudice is the child of ignorance.”**

Found inside a Chinese Fortune Cookie

**“The more you praise and celebrate your life, the more there is in life to celebrate.”**

Oprah Winfrey

**“One who does not look ahead, remains behind.”**

Brazilian Proverb

**“That which we obtain too easily, we esteem too lightly”**

Thomas Paine