Exam Anxiety Support
Monday, Tuesday and Wednesday, October 5, 6 and 7, 12 - 1 p.m., in Loew Hall [LH], Room 200. 15 Students Maximum

Most students experience some level of anxiety during an exam. A little nervousness can actually help motivate us. However, when anxiety affects exam performance, it becomes a problem. The Office of Personal Counseling will host Pre-Midterm Exams Relaxation and Mindfulness workshops. Counselors will be available to offer tips that can help develop good study habits and strategies, manage time wisely and organize study materials. Pre-registration is required. To register or for more information, call 718.289.5223.

C.O.P.E. Program | GSI Student Outreach Service Fair
Tuesday, October 6, 11 a.m. - 6 p.m., in Colston Hall [CO], Lower Level

Come and apply for benefits, emergency funding, educational and financial aid counseling. Learn how to achieve success at BCC! Door prizes and giveaways will be available. Light refreshments will be served. For more information, please call 718.289.5849. Sponsored by the C.O.P.E. Program, Graduation Success Initiative (GSI) and Single Stop.

“Here and Now” – Illustrations by Edel Rodriguez
Tuesday, October 6, through Friday, October 30, 11 a.m. - 4 p.m. in Bliss Hall [BL], Hall of Fame Art Gallery

In celebration of Hispanic Heritage Month, the Bliss Hall of Fame Art Gallery will feature a selection of magazine covers, posters and graphics by award-winning illustrator, Cuban-born Edel Rodriguez. His work has graced the cover of Newsweek and Time magazines, the pages of children's books and even a United States postage stamp. The recipient of both a Gold and Silver Medal for editorial illustration from the Society of Illustrators, Rodriguez's artwork is in the collections of major institutions, including the Smithsonian in Washington, D.C. He will be the guest of honor at a reception and artist's talk on Thursday, October 8, from 2 to 4 p.m. at the Gallery.

History Department Lecture Series
Wednesday, October 7, 2 - 3:30 p.m., in Begrish Hall [BH], Room 228

The Department of History cordially invites you to attend their first talk of the fall 2015 series, “Unmasking Slavery’s Profitiers: Britain’s Compensation of its Slave Owners.” The decision to abolish slavery in 1833 came as a huge financial blow to British slave owners, many of whom were merchants, bankers, members of parliament, the clergy, and the aristocracy who had invested vast amounts of capital in the plantation system. To soften the financial fallout, the agreed compromise was for a term of Apprenticeship (where the period of enforced labor was extended for a fix term of 6 years) and most importantly an unprecedented payment (or bailout) of £20 million to slave owners, which at the time represented 40% of Britain's public expenditure. For more information, please contact Assistant Professor Dr. Stephen R. Duncan, at stephen.duncan@bcc.cuny.edu.

Dress for Success Workshop
Thursday, October 8, 12 - 1 p.m., in Loew Hall [LO], Room 200

Are you unemployed? Do you want a job? Do you lack the proper clothing for a job interview? If your answer is “yes,” then come to this workshop and get the information you’ll need to help you dress for success! For information, call 718.289.5603

The Road to Good Credit Workshop
Thursday, October 8, 1 - 2 p.m., in Loew Hall [LO], Room 200

Do you know your credit score? Come and see our financial expert and find out what it is. Through this free financial counseling workshop, learn how to establish credit (if you don’t have any) and improve your credit score. A good credit score will provide lower interest rates, increased available credit and access to better apartments and mortgages. Things that can lower your score include late payments, apartment eviction, unpaid utility bills, closing credit cards and more. For information, call 718.289.5327.

Day of Stress Reduction
Friday, October 30, 8:30 a.m. - 4 p.m., at Maryknoll, in Ossining, NY. Reservations deadline is Thursday, October 8

The Office of Campus Ministry is sponsoring a Day of Stress Reduction, where you can take a break from the daily routine. We will leave from the Roscoe Brown Student Center [BC] cafeteria at 8:30 a.m. Transportation can be arranged. Come and enjoy a hot lunch and de-stress! The donation is $20 for faculty and staff and $5 for students. For reservations, please contact Reverend Sheehan by email at james.sheehan@bcc.cuny.edu, or call 718.289.5954.
Library Workshops
The Library Department is offering workshops that will enhance student success in research for classwork. OCD credit is available to all workshop attendees. This week's workshops will be held in North Hall and Library [NL], Room 210.

Monday, October 5, 2 - 3 p.m. and Wednesday, October 7, 11 a.m. - 12 p.m.
Access Everywhere Cloud Research
This workshop is designed to show students how to use Google Drive to save and organize research materials and projects.

Tuesday, October 6, 10 - 11 a.m.
Library Media Resources
Learn how to access the library’s media sources, and how to incorporate them into your projects.

Tuesday, October 6, 1 - 2 p.m. and Thursday, October 8, 2:30 p.m. - 3:30 p.m.
Decipher Your Research Assignment
In this workshop, learn how to deconstruct and understand your assigned research papers.

Tuesday, October 6, 2 - 3 p.m. and Thursday, October 8, 11 a.m. - 12 p.m.
Be a Research Mix Master
This workshop will discuss how to paraphrase and quote from books and articles in your writing.

Wednesday, October 7, 3 - 4 p.m.
LearningExpressLibrary
Are you planning to major in criminal justice? Do you hope to become a certified teacher some day? This workshop will introduce you to a database that allows users to practice for civil service job exams, strengthen reading, writing and math skills and access the resources needed for continued education and workplace readiness.

Thursday, October 8, 12 - 1 p.m.
Citing with RefWorks
RefWorks is a web-based citation management tool provided by the library. This introductory workshop will cover setting up an account, exporting citations from research databases, managing citations, creating bibliographies and more.

Quote of the Week
“You miss 100% of the shots you never take.”
Wayne Gretsky (b. 1961), Canadian Former Professional Ice Hockey Player and Former Head Coach

This Week@BCC
MONDAY, OCTOBER 5, 2015
1- Study Skills Workshop: Test-Taking Strategies
1 - 2 p.m., LO 200

TUESDAY, OCTOBER 6, 2015
1- HIV and STD Testing - Free and Confidential
12 - 3 p.m., LO 101
2- Transfer Planning 101 Workshop
12:30 - 1:30 p.m., NL 141
3- Curriculum Committee Meeting (Tentative)
2 - 4 p.m., ME 228
4- Committee on Instruction and Professional Development (CIPD)
4 - 6 p.m., LH PCR
5- BCC Men’s Soccer vs. Westchester CC
4 - 6 p.m., Away Game @ Westchester CC
6- BCC | HPEW Quit Smoking Session
8 - 9 p.m., LO 321

WEDNESDAY, OCTOBER 7, 2015
1- Council of Chairpersons Meeting
10 a.m. - 12 p.m., LH PCR
2-  Committee on Governance and Elections Meeting
4 - 6 p.m., CP 321

THURSDAY, OCTOBER 8, 2015
1- C.O.P.E. Workshop: Dress to Impress
12 - 2 p.m., LO 200
2- “Safe Space Day” | A Celebration of Inclusiveness
12 - 2 p.m., ME Lobby
3- BCC Seekers Christian Fellowship Club Meeting
12:15 - 1:40 p.m., CO 722
4- BCC | HPEW Quit Smoking Session
12:30 - 1:30 p.m., LO 321
5- HIV and STD Testing - Free and Confidential
4 - 6 p.m., LO 101
6- BCC Men’s Soccer vs. Nassau CC
4 - 6 p.m., Home Game @ Ohio Field
7- BCC Women’s Volleyball vs. Hostos CC/FIT
6 - 9 p.m., Home Game @ Alumni Gym

SUNDAY, OCTOBER 11, 2015
1- BCC Women’s Volleyball: Westchester/Rockland CC Dual
12 - 2:30 p.m., Away Game @ Rockland CC

UPDATE is published by the BCC Office of Communications & Marketing.
Send items to Ms. Debra Isaacs in LH16 | Fax: 6008 or debra.isaacs@bcc.cuny.edu by Monday of the preceding week. For information, call ext. 5145.