

Community/School Health Education Newsletter



DEPARTMENT OF HEALTH, PHYSICAL EDUCATION AND WELLNESS
BRONX COMMUNITY COLLEGE/CUNY

Winter 2010

Department News

Dr. Janet Heller has been teaching in the Community/School Health Program since 1996, first as an adjunct professor and a full-time substitute and then in 1999 she was hired as a full time faculty member. She earned her a Master's Degree in Health Education from Teacher's College/Columbia University. In 2001, Ms. Heller returned to school at the CUNY Graduate Center to continue her education in Educational Psychology, with a concentration in Learning, Development, and Instruction. Her dissertation work involved research in the area of sexuality education. She surveyed BCC parents about their opinion of school sexuality education and interviewed parents about how they communicate with their children about sexuality.

You can now call her Doctor!
**Janet Heller earned her
Doctoral Degree in September 2009**



Dr. Heller loves teaching at BCC and feels that her advanced degree has really helped her in exploring controversial issues related to sexuality in the Human Sexuality Course (HLT 93) that she teaches. She also serves as the coordinator for the Community/School Health Education Program.

In her free time, Dr. Heller enjoys spending time with her kids, exercising, reading, baking, and going to the movies.

Welcome to Ms. Nikki Lee

Ms. Nikki Lee is a new full-time substitute faculty member. She has her Master's Degree in Health Education from Adelphi University. Her most recent teaching was at White Plains Middle School.

Ms. Lee is thrilled to be teaching at BCC. She is enjoying working with the diverse student population. In her free time, she has begun experimenting with cooking so she can actually practice what she preaches when she teaches nutrition!



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Improve the
Quality of Your
Life

Career Corner

Improve the Quality of Your Life in 2010

By Dr. Wayne Major

Why do we have stress?

Some stress is built in (aging, illness, natural disasters, etc.). Modern life is extremely stressful (pollution, playing multiple roles, quick pace of change, technology which makes work constantly possible, cynicism, uprooted from our extended families, etc.). **We often create stress by how we think.**

What does stress do to us?

To the body – stress causes the body to have fight/flight reaction. This is only useful if we are in physical danger. To the mind – Thoughts race, judgment is poor, emotions are more intense.

How can you manage your stress?

Time Management- Write things down, plan ahead, categorize your tasks in terms of importance, delegate whenever possible, learn to say no, throw away junk mail unopened, and clarify your priorities.

Utilize Assertive Communication Skills –Verbal: Express how you feel without attacking the other person. Use non-verbal skills by making eye contact, standing still, and speaking clearly and slowly.

Take Good Care of Your Physical Health – eat a diet high in whole grain and fresh fruits and vegetables. **Avoid high fat foods.** Avoid caffeine and use alcohol in moderation. Make and keep Medical appointments. **Exercise.**

Build Stress Resiliency – Clarify your values and try and use them as guides. Do not get overly upset by things you cannot control, or which you do not really consider important. Cultivate meaningful, satisfying social relationships. Look for allies. Use positive self-talk. Take time to nurture your spiritual self.

In sum, enjoy every day to the fullest, appreciate who and what you have in your life, eat healthy, exercise and laugh as often as you can.



Career Corner

For a listing of job openings with the NYC Dept. of Health and Mental Hygiene, go to <http://www.nyc.gov/html/doh/html/hr/career.shtml>

For a listing of job openings with the NYC Health and Hospitals Corporation, go to <http://employment.nychhc.org>

Community Health Worker Website: <http://www.chwnetwork.org/>
Check out this network for trainings, meetings, and job contacts

Family Development Credential: <http://www.familydevelopmentcredential.org/>