



# transfer talk

BRONX COMMUNITY COLLEGE OFFICE OF TRANSFER SERVICES

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## THE BENEFITS OF VOLUNTEERING

By Edwin Roman, Academic and Transfer Resources Coordinator

Colleges and scholarship committees use applications and resumes to establish whether your experience fits the desired profile of one of their students. Quite often, they look for students who can balance academics with extracurricular activities. Students, for an assortment of reasons, sometimes fall short when it comes to extracurricular activities. One of the best things that students can do is to volunteer their time. Giving your time and effort to help others can feel wonderful. Even if you have only a few hours a month to spare, you can make a significant difference by offering your time and energy to causes that need help but cannot pay for it. Best of all, through volunteering you can simultaneously boost your resume and college and scholarship applications.

### Build Community

When you volunteer, you strengthen your community and your social network. You make connections with the people you are helping and you cultivate friendships with other volunteers.

### Build Communication Skills

When you volunteer, you will likely interact with people from all walks of life and learn to work cooperatively with people holding views that can be quite different from your own. You will also learn to relate to people in new ways, which can only help build your communication skills.

### Build Leadership Skills

If you volunteer on a regular basis, you will probably be put in charge of various projects. As you learn to manage people, you might gain a fresh perspective on leadership. Through volunteering, you will meet community leaders you might not have come into contact with otherwise.

### Build Professional Skills

Civic-mindedness has become an asset in the workplace. Noting volunteer work on a resume can show innovation and an openness to teamwork. Employers overwhelmingly look favorably on job applicants who have volunteered.

Depending on your major, you may be able to find a volunteer opportunity where you can foster specific professional skills. For example, Digital Arts students can utilize websites such as [volunteermatch.org](http://volunteermatch.org) and [idealist.org](http://idealist.org) to

find volunteer opportunities as graphic designers where they can use their design skills while concurrently adding professional experiences to their portfolios.

### Acknowledgments

Many people who volunteer receive awards for their work. Awards of these kinds always look great on a resume as well as on college and scholarship applications.

### Health Benefits

Volunteering can improve your mental health. Your role as a volunteer can give you a sense of pride and identity and provide a boost to your self-confidence, self-esteem, and life satisfaction.

Volunteering also keeps you in regular contact with others and helps you develop a support system, which in turn protects you against stress and depression when you're going through challenging times.

### Common Volunteer Opportunities

- Teaching/Tutoring
- Allied Health
- Assisting with Special Events
- Environmental Cleanup
- Fundraising
- Graphic Design
- Office Assistance/Data Entry/Mass Mailings
- Political campaigns

Some volunteer opportunities do not require any particular skills and are open to anyone. Others may have strict requirements or may demand certain skills or levels of physical or emotional resilience. For example, some volunteer positions at hospitals may require an up-to-date immunization record. Similarly, volunteer opportunities working with children may require a background check. Some long-term volunteer positions require passing an organization's training program or obtaining some form of certification. Be sure to discuss the requirements with the program's volunteer coordinator before making a commitment.

In addition to the websites noted, the Office of Career Development (Snow Hall) can assist with identifying volunteer opportunities.

# ARTICULATION AGREEMENTS & OTHER PARTNERSHIPS

An **articulation agreement** is an agreement between two schools that helps course credit at one school to be accepted or transferred and applied toward a degree at another school.

A **joint degree program** agreement stipulates that following successful completion of the associate degree program and graduation from Bronx Community College, students will be automatically accepted into the specified baccalaureate program of the named senior college.

A **memorandum of understanding (MOU)** is an agreement between institutions that expresses an agreed course of action and conditions under which the receiving institution will accept students for matriculation.

## BCC Associate in Arts in Liberal Arts and Sciences to SUNY Downstate Bachelor of Science in Diagnostic Medical Imaging Program (Sonography)

*(Memorandum of Understanding)*

### ABOUT THE PROGRAM



Sonography is a diagnostic medical procedure that uses high-frequency sound waves (ultrasound) to produce dynamic visual images of organs, tissues or blood flow inside the body. This type of procedure is often referred to as a sonogram or ultrasound exam.

The Diagnostic Medical Imaging Program at Downstate was the first ultrasound program in the United States to offer a Bachelor of Science degree with a major in Sonography. The program's mission is to educate competent entry-level general and adult cardiac sonographers in the cognitive (knowledge), psychomotor (skills), and affective (behavior) learning domains, who will be prepared to practice in an urban environment.

The Diagnostic Medical Sonography Program is evaluated by the Joint Review Committee on Education in Diagnostic Medical Sonography, and is accredited by the Commission on Accreditation of Allied Health Education Programs (CAAHEP). Graduates of the program are qualified to take the registry examinations given by the American Registry of Diagnostic Medical Sonographers.

Learn more at: <https://www.downstate.edu/chrp/dmi/>

### Advising Specifics at BCC

The most feasible BCC degree program to pursue in order to complete the pre-requisite courses for the DMI program is BCC's AA in Liberal Arts and Sciences. Students should be sure to complete the following:

- Students should complete BIO 23 and 24 as part of their Pathways Life and Physical Sciences and Scientific World, respectively.
- Any course in the Pathways Required Core, Mathematical & Quantitative Reasoning, will fulfill the requirements for admission.
- Students should be sure to complete ART11/12 or MUS 11/12, COMM 11, HIS 10/11, in the Pathways Flexible Core so that the CHM 11 and PHY 11 can be completed in the Major Requirements.
- PSY 11 should be completed in the Social Sciences under Major Requirements.

Note that while the minimum overall GPA is a 3.0, students are encouraged to strive for higher than the minimum because this is a very competitive program.

**See all of BCC's articulation agreements and partnerships on the Transfer Services website:**

<http://www.bcc.cuny.edu/services/transfer-services/>

## SPRING 2020 EVENTS AND WORKSHOPS

# SPRING 2020 TRANSFER FAIR



**THURSDAY, APRIL 2, 2020**

**11:00 A.M. TO 2:30 P.M. COLSTON LOWER LEVEL**

Meet representatives from CUNY, SUNY, and many other colleges and universities. They will share information about academic programs, admissions requirements, financial aid and scholarships.

Don't miss this opportunity to learn about bachelor degree programs designed to meet your educational and career goals.

**ASAP approved event.**



Learn the value of early transfer planning by using tools such as the college catalog and articulation agreements to chart your academic career toward a bachelor's degree and beyond. Recommended for students with fewer than 30 credits. **ASAP approved workshop.**

**FEBRUARY 13 | MARCH 12 | MAY 7**

**MEISTER HALL ROOM 332**

**12:00-1:30 P.M.**

## SECOND SATURDAY SCHOLARSHIP WORKSHOP



**Learn the scholarship essentials:**

- Researching scholarships
- Resumes for scholarships
- Writing scholarship essays
- A must for ALL students!

**ASAP approved workshop.**

**FEBRUARY 8 | MARCH 14**

**APRIL 18 | MAY 9**

**NORTH HALL LIBRARY ROOM 201**

**12:00-1:30 P.M.**



**DR. THOMAS A. ISEKENEGBE**  
*President*

**DR. LESTER EDGARDO SANDRES RÁPALO**  
*Vice President and Provost, Academic Affairs*

**DR. ALEXANDER OTT**  
*Associate Dean for Curriculum Matters and Academic Programs*

## TRANSFER SERVICES

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Transfer Services provides students with services to inform and facilitate transfer to appropriate senior colleges.

- Transfer Services can help you:
- Understand the educational paths that will move you toward your intended career
  - Ensure that your degree program is consistent with your objectives
  - Select courses to maximize the number of credits transferred
  - Take charge of your planning for transfer by teaching you how to conduct research
  - Understand the benefit of articulation agreements

Transfer Services addresses student needs via advisement, coordination of the transfer fair, the *Transfer Talk* newsletter, videos, and workshops.



**Find us on Starfish!**

**Find us on Facebook!**



# TRANSFER PLANNING: WHAT TO DO AND WHEN TO DO IT

The primary reason for early and continuous transfer planning is to ensure that the desired degree program and curriculum are consistent with future career or educational plans. Waiting until the last semester may limit options or result in the loss of credits. Articulation agreements and other partnerships are excellent tools for transfer planning because they provide a course of action for students, including an outline of the most appropriate courses to schedule.

### 0-12 Credits

- Read the College Catalog (students are responsible for knowing what their degree entails).
- Become familiar with DegreeWorks, CUNYfirst, and OSSES.
- Visit Career Development to explore career options and their requirements. Explore the Career Coach.
- Attend a Transfer Planning workshop.
- Select your degree program.
- Read articulation agreements.
- Explore Pathways course options.

### 13-24 Credits

- Attend the Transfer Fair.
- Check for new articulation agreements.
- Visit college websites.
- Check your progress on DegreeWorks.
- Visit Career Development and write your resume.

### 25-35 Credits

- Attend the Transfer Fair.
- Attend a Second Saturday Scholarship Workshop.
- Explore transfer options.
- Attend senior college open house events.
- Begin scholarship search.
- Check your progress on DegreeWorks.
- Check for new articulation agreements.

### 36-45 Credits

- Complete required mathematics and English courses.
- Check your progress on DegreeWorks.
- Update your resume.
- Attend the Transfer Fair.
- Apply for scholarships.

### Final Semester

- Apply for graduation.
- Send applications.
- Apply for financial aid and scholarships.
- Attend orientation at your new school.

## TRANSFER APPLICATION ESSENTIALS

### BCC CEEB Code: 2051

Get other college and high school CEEB codes at [http://www.suny.edu/Student/apply\\_tables\\_codes.cfm](http://www.suny.edu/Student/apply_tables_codes.cfm)

### CUNY & SUNY Priority Application

#### Deadlines:

Spring Admissions: September 15

Fall Admissions: February 1

### CUNY Transfer Application is

available on-line at [www.cuny.edu](http://www.cuny.edu).

You will need your CUNYfirst log-in information to complete application.

### CUNY Application Processing Center:

212.997.CUNY

### SUNY Recruitment Response Center:

1.800.342.3811

- **Students should be mindful that good grades are an important part of transferring to the institution or program of choice.**
- **Students transferring to a CUNY four-year college should check if there are specific grade requirements for English and mathematics courses as well as for the program of choice.**
- **Students applying to a CUNY four-year college should also note that if more than one college was attended, the GPA for admissions will be determined through a combination calculation of all attempted coursework.**

## CUNY Scholarships

Get information on CUNY Scholarships at: <http://www2.cuny.edu/financial-aid/scholarships/>  
Get information on the Guttman Transfer Scholarship at: <https://www2.cuny.edu/financial-aid/scholarships/guttman-transfer-scholarship/>