



# NIGHTS AND WEEKENDS

BRONX COMMUNITY COLLEGE • OFFICE OF EVENING AND WEEKEND PROGRAMS

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## ABOUT US

The Evening and Weekend Office at Bronx Community College is a full service, daily drop-in center that provides support and assistance for students enrolled in weekday evening and Saturday and Sunday classes. The office also provides administrative support to BCC adjunct instructors and serves as the referral center and point of contact for all issues relevant to evening and weekend classes, programs and services, including advisement, registration and financial aid.

## FAST FACT

Students interested in taking a class at another CUNY institution can file an ePermit application through the CUNY Portal. EPermit credits count as transfer credits. The limit for transfer credits is 30 credits.

## Planning Ahead and Setting Goals

By Stephanie S. Marshall

The spring semester is over and the summer is here. What's next for you? Starting a new job? Taking a vacation? Getting married? Are you returning to BCC or starting at a new school? These are all significant events in life. Are you ready? Do you have a plan? While you may not know what you want to do with the rest of your life, you should begin exploring the possibilities while you in college. Goal setting is an excellent way to build confidence. A positive self-image will foster belief in your ability to succeed. Your goals should come from ideas based on your personality, interests, special talents, values, experience and learning. Life can be a balancing act for students because it includes many responsibilities such as school, work, friends, family and recreation. What is most important to you should be a priority. Identifying your priorities will help you to achieve your goals. When creating your goals, do consider the following:

- Your goals should be sensible and challenging
- Use positive language that is easy to understand
- Write down and number your goals, including dates of completion
- Envision accomplishing your goals
- Post your goals where you can see them

Once goals are created, you will break them down into actions. There are two kinds of goals: short-term and long-term. A short-term goal can be daily, weekly or monthly. For example, your English instructor has given you a mid-term assignment that consists of writing a 15-page paper. Your short-term goal will be:

Short-Term Goal: I will complete my English mid-term assignment by (date)

1. I will go to library to research my topic by (date)
2. I will complete my first draft by (date)
3. I will bring my first draft to the Writing Center by (date)
4. I will complete final draft by (date)
5. I will proofread my paper for grammatical errors by (date)

Long-term goals are used when planning for the future. You will use the same process as short-term goals. For example, you will earn your bachelor's degree and attend graduate school. Your long-term goal will be:

Long Term Goal: I will be accepted into graduate school by (date)

1. I will research graduate school programs by (date)
2. I will complete the required core classes to attend graduate school by (date)
3. I will meet with academic and career advisors to discuss graduate school options by (date)
4. I will apply to graduate school by (date)
5. I will look into financial aid and scholarships by (date)

When you assign a target date to each goal there is the intent to complete it. Once a goal is accomplished, you should reward yourself by doing something you hardly get to do, such as being with old friends, going to the movies or finishing a book. Be mindful of your budget, look for student discounts and places with reasonable prices. Be sure to check off each goal once completed, and then ask yourself how do you feel? When you finish one goal you will be motivated to do another and so on. Accomplishing goals are just as important as setting them. Now that you have a plan, you are on your way to achieving personal success. Remember allow yourself the necessary time to complete every goal. Ready, set, it's goal time!

**"There are those that look at things the way they are, and ask why?"**

**I dream of things that never were, and ask why not?"**

- Robert F. Kennedy, politician, activist (1925-1968)