

Fall 2011 NEWSLETTER

COLLEGE DISCOVERY, LAGUARDIA COMMUNITY COLLEGE



Fall 2011

Volume 1, issue II

MAKING COLLEGE YOUR BUSINESS

Written by Shivani Subryan, Counselor

Years ago when I showed up to the footstep of The City College of New York as a freshman student I was super excited. All the boxes were checked. I got into College, declared a major in Psychology and enrolled for classes. It was not long after the semester began that I found myself feeling stuck and anxious. I was nervous being in classrooms with students a year or two ahead of my class, shy to ask questions out of fear of sounding stupid, and most of all confused as to what I would do with my degree/life. I was flooded with uncertainty about the future and wor-

ried constantly about details that at the time had no value. The biggest realization I had that first semester is the cliché term of *"there are no guarantees in life."*

It did not take long till my voice of reason kicked in. I started asking myself questions that lead me to more productive ways of thinking as oppose to self-defeating thoughts. I realized that what I was doing is engaging in thoughts focused on the future as oppose to channeling my attention to the present moment, which meant attending classes, studying, making connections with the campus community, taking care of my



self like sleeping and eat right. Then I began to think...well if there are no guarantees in life how can I start working on critical life skills that would be an asset in any job situation?

Obviously anyone can produce a degree and resume but how will I succeed in an economy that is unpredictable?

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FACES OF COLLEGE DISCOVERY



We have 1 Team: 1 Attitude: 1 Vision, Jeffrey Collins, Director

Let me start this letter by first welcoming you to LaGuardia, Class of 2013. Congratulations on your acceptance! This is your first step on a journey that will determine the rest of your life. You made a wise decision in choosing College Discovery as your starting place. LaGuardia is a wonderful college, and it will provide you with many, many opportunities to grow and prosper as both a student and an individual.

I would like to personally extend a warm welcome to all parents and students. We have many great things in store for your child as they begin college. Our goal for each freshman is to **commit to completing what they start**. Our counselors are student-centered, caring professionals who make the college an enjoyable place for students to learn and grow. The counselors set high expectations for all students and helps them to reach their highest potential. These highly trained professionals will work collaboratively to provide a productive, positive learning environment. Our top priorities are safety and academic success for students. As each student begins their first year in college we know the struggles it poses can be challenging. Therefore, we hope to work with you to help ease this transition. If you have any questions or concerns please feel free to call or come visit the College Discovery Office.

The last bit of advice I would like to pass on to you is to just enjoy your college experience. Many people say that these two years will be the best two years of your life. They are absolutely correct. Don't stress out to much. Just relax and keep your goals in mind at all times. Make plenty of friends: these friends will be with you for the rest of your life.

Fondly,

Jeffrey M. Collins, CD Director

CONTINUED...MAKING COLLEGE YOUR BUSINESS

These question are most relevant to students I advise and council here at LaGuardia. If you think about it most jobs/careers seek employees who have social skills, are resourceful, efficient with time, responsible and knowledgeable in their area of expertise. These are skills which are not necessarily taught in the classroom but come with a positive commitment to character development.

I began to view my College life as a business where I was the sole employee. This meant I had to earn my way, I was in charge of making key decisions that would effect my business, also known as my life and if I was not working then the business was on hold. With this perspective I took a more devote interest in my education, I read through every course description, asked my classmates to recommend good Professors, slept enough so that I could pay attention to course lectures, kept organized notes to refer back to during exam week, and learned to say no to demands of family and friends who were misusing my time. Importantly, I thought about growing the business by partnering with people who

would help me expand my knowledge base outside the textbook world. This was the best part, I got to befriend other college students who shared common interests. These interests from students included college clubs and people who were advanced in their studies and work experience that could make suggestions on jobs and internships. In the end I graduated from CCNY with two majors, a minor and a high GPA not because I was far more intelligent than the normal College student but because I learned to manage my own business. The key to my success was coming up with strategies to manage myself which was the biggest challenge.

At College Discovery my students encounter similar challenges that I experienced. They often spend so much energy thinking about the future that they miss out on the opportunities in the present. One piece of advice I offer is to think of College as a business, IT IS TIME AND MONEY.

When you are not making good use of your time now, attending classes, studying and taking advantage of re-

sources on campus you are not growing as a student nor are you

“One piece of advice I offer is to think of College as a business, IT IS TIME AND MONEY.”

proceeding to the bigger goal of earning a degree and hopefully a nice chunk of change. This Fall issue highlights success stories of students who are making college their business and showcases the many opportunities offered

through CD to support your growth and advancement at the College.

JOURNEY FROM CUNY TO PRIVATE COLLEGE



**Karynthia Rivera, Major Writing & Literature, 2010 LAGCC Graduate
NYU Transfer Student Fall 2011
Major: Applied Psychology**

Question and Answer with Karynthia Rivera

- Q:** Where did you go to High School?
A: LaGuardia High School of Music, Arts and Performing Arts.
- Q:** When did you start LAGCC?
A: In Fall 2008. My grades were below average, I wasn't focused in High School and I also applied really late to College. Horrible time (laughing)!
- Q:** What was your first semester like?
A: It was confusing and tough because I started out as a VET TECH major and then realized the major wasn't a right fit. The classes were not interesting or my strong point either. Through out High School I found writing really interesting. VET TECH didn't work out so I went with plan B and switched my major to Writing and Literature.
- Q:** What did you most enjoy about being a student at LaGuardia?
A: I enjoyed the Professors and classmates. My classmates were relatable and Professors were very understanding and relatable too.

- Q:** What was it like being a CD student?
A: Fun! I met some of my best friends here, it was a place to go when I had down time. Also, it was comforting to know that I had Counselors and friends at CD that were willing to help me while I was a student and even after graduation.
- Q:** Did you think about transfer while enrolled? Where did you see yourself going next?
A: I always think about the future, at first I wanted to go to a SUNY school. Then I went to *Welcome Week* at New York University. I thought...hey I might as well apply because I liked the feeling of the campus. After the visit, I went home and researched the application procedure. I got to work and applied.
- Q:** How did you learn about NYU transfer?
A: I learned about Community College Transfer Opportunity (CCTOP) from my Counselor, Dr. Toyama.
- Q:** Did you think you would gain acceptance to NYU?
A: I was very humble because I was afraid of failure and being rejected.
- Q:** How did you find out about your acceptance?
A: NYU sent me an email about housing. I thought "what is this?" I called them up because I was confused. The phone representative informed me of my acceptance. I was in tears!!!
- Q:** What advise would you give current LAGCC students who have a strong GPA but hesitant to apply outside CUNY?
A: Just go for it, you have nothing to lose. You never know which school will accept you and how much scholarship and grants you will be offered. It is not as expensive as you think.
- Q:** What financial aid package did you receive from NYU?
A: Higher Education Opportunity Program (HEOP) and the Steinhardt Grant, a total of \$32,000 per year to fund my education and this amount does not include PELL and TAP. Basically 95% of my tuition is paid for.
- Q:** At the end would you have done anything differently?
A: No. I feel like Community College helped me prepare for a four year institution. Now that my feet is on the ground I am better prepared to complete a B.A.

Written by Shivani Subryan, Counselor

It's Your Life by Shonda Blanks

Different stripes
Different colors
Never judge a book by its cover
Different homes
Different values
No one can determine who you are but the person in the mirror (you)

Different obstacles

Many roller coasters
Reach for the stars
Have a dream make it reality
Don't let anyone be the cause of your fall
Sketch your own life
Don't let anyone live their dreams through you
Speak your mind
Turn up the volume
Don't be assumed of who you are
Live it to the fullest



Different values
Different goals
Don't be afraid to push the bar
Put up a fight
Be determined
Spread your wings to different doors
Choose your path
Walk on it proudly
Remember there is no limit to what you can do
So really there is a limit beyond the stars
No limit at all

About Shonda:

Shonda Blanks enrolled in CD's *Strategies For Success* course Summer 2011. In a matter of days Shonda was inspired to write *It's Your Life*, a poem inspired by the diversity she saw between her peers and their motivation for attending college. Shonda is currently a freshman student, majoring in Liberal Arts: Social Science and Humanities. She enjoys writing, listening to music and spending time with family. Her poem conveys LAGCC's promise to "challenge expectations and dare to do more." At CD we aim to uphold this promise one student at a time.

PROGRAM HIGHLIGHTS...hats off to CD students



Dapree Jaudon and Latoya Brown for their participation in the prestigious **2011 L'Oreal Signature Role Model Program** for Woman of Color. The program provides Black female College students the opportunity to work on business implementation, observe day-to-day business operations and develop social and professional etiquette to compete in today's workforce.



Francisca Hernandez for shining in the spotlight at *The 11th Tri-State Consortium of Opportunity Programs in Higher Education*. Francisca spoke to the topic of **Pathway to Professions in Science: taking an intentional approach to supporting students of color and woman**. She shared her experience of being a female, Latina, with limited education and practical experience in the math and science field and how her LAGCC experience altered her journey. She shared how the combination of coaching from her CD counselor, strategic advisement, participation in research programs like NIH and Barnard summer program helped her gain the confidence and skills necessary to pursue careers in the Science, Technology, Engineering and Math disciplines.



Rosaliny Barraza writes, *The Intercollegiate Program at Barnard College* this past summer 2011 was a stepping-stone for me, as a student and an individual. As a student, I got the chance to live on-campus and push myself to limits I did not know exist. As an individual, I learned to strive for success and believe in myself; realizing my accomplishments humbly and giving myself "a pat on the back". The five weeks that I endured in this intensive program was like a test beyond my knowledge and ability. I am really grateful that my College Discovery counselor Kyoko Toyama pushed me to apply. I have not only learned Bioenergetics and Nutrition, and Ecology, but also I learned more about my self.



Congratulations Dawn Hope and the rest of CD's graduating class of 2011 on reaching this important milestone. Our CD graduates persist, achieve and continue on to take their education to the next level. We are very proud of you. Where are they now?

**BARUCH COLLEGE, THE CITY COLLEGE OF NEW YORK ,
HUNTER COLLEGE , JOHN JAY COLLEGE OF CRIMINAL JUSTICE ,
QUEENS COLLEGE , YORK COLLEGE, PACE UNVERISTY,
NEW YORK UNIVERSITY ,
SUNY ALBANY , SUNY POTSDAM, SAINT JOHNS UNIVERSITY**

Fall 2011 Event Calendar and Announcements

Every Wednesdays - College Discovery Club Meeting

Club meetings for students, run by students

Location: B-115

Time: 2:00 to 3:00 p.m.

Contact: Marianne Kaukiainen, mkaukiainen@lagcc.cuny.edu

Thursday, September 15th - Welcome Back Reception

Meet and greet for ASAP and CD students in the newly merged Center for Academic Success

Location: B-208

Time: 3:00 to 5:00 p.m.

Contact: Anne Thorson, athorsen@lagcc.cuny.edu

Wednesday, November 2nd - Alumni Panel

Hear from College Discovery's LAGCC alumni who are established in their careers and those completing higher education degrees at various universities to learn about possibilities after graduation.

Location: E- 500

Time: 3:00 to 5:00 p.m.

Contact: Marianne Kaukiainen, mkaukiainen@lagcc.cuny.edu

Thursday, November 17th - Transfer Information Session

Learn how to apply for transfer, file CUNY's transfer application and hear from a panel of SEEK Counselors about majors and how LAGCC courses transfer to senior colleges.

Location: B-219

Time: 2:00 to 4:00 p.m.

Contact: Shivani Subryan, ssubryan@lagcc.cuny.edu

Tent Tuesday, December, 13th - Dean's List Breakfast

Open to students who made Dean's List in Spring 2011, the breakfast honors these students who have achieved academic excellence.

Location: TBD

Time: 9:00 to 10:30 a.m.

Contact: See your CD Counselor

Thursday, January, 19th - Chi Apla Epsilon Induction Ceremony

National Honor Society induction and pinning ceremony, by invite only.

Location: E-242

Time: 3:00 to 7:00 p.m.

Contact: Dr. Kyoko Toyama, kyokot@lagcc.cuny.edu

Facebook

Check us out on the web: <http://www.lagcc.cuny.edu/cd/>

Tutoring at The Center For Academic Success



Center Hours

Mondays to Fridays from 9:00 a.m. - 6:00 p.m.

Location

B-208

The College Discovery Center for Academic Success offers tutoring in all major areas of study including **Basic Skills, English, Mathematics and Science**. Our goal is to aide students in their course work while offering an engaging environment for student interaction.

For more information or questions please contact
Anne Thorsen, Tutor Coordinator at (718) 482-5254.

****Tutoring is available by appointment or walk-in****



DARE TO DO MORE

Community College



LaGuardia Community College
College Discovery Program
31-10 Thomson Avenue, B-236
Long Island City, NY 11101
Phone: 718-482-5270
Fax: 718-609-2053

**[We 're on the web:
www.lagcc.cuny.edu/cd]**

**Like us on facebook: search
"LaGuardia College Discovery
Program and Alumni"**

College Discovery Staff Directory

- Jeffrey M. Collins, Director
- Maxine Lance, Administrative Assistant
- Valerie Jones, Counselor
- Marianne Kaukiainen, Counselor
- Marsha Oropeza, Counselor
- Shivani Subryan, Counselor
- Lynne Teplin, Counselor
- Anne Thorsen, Tutor Coordinator
- Dr. Kyoko Toyama, Counselor

The College Discovery Programs were created in 1965 at The City University of New York to assist students who have the potential to succeed in college but lack the educational foundation and economic resources necessary to pursue a degree. Our mission is to facilitate our student's success at LaGuardia Community College and to enhance their social mobility and vocational opportunities. To help students achieve these goals, College Discovery offers a variety of support services: counseling, new student seminars, tutoring, supplemental instruction, and financial aid.

We are constantly improving Program services to meet the changing needs of our students. In addition to moving to a new suite in the B - building we also seek to hire new staff who support CD's mission. We welcome to the CD team Ms. Anne Thorsen, Tutor Coordinator. Anne received an MBA from St. John's University as well as a Master's in Adolescent Education. Her prior experience includes running the tutoring center at Rye Neck High School in Mamaroneck, NY. She served as acting Coordinator of the College Discovery Program since last September and eagerly accepted permanent appointment this April.

We want to hear your story!

Contact Shivani Subryan at 718-482-5255 to be included in the Spring 2012 newsletter.

Credits: cover photos taken by Anne Thorson, Issue II written and edited by Shivani Subryan