# College 📣 Paper WRITING

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# Get an internship with little to no experience!

**Ryan Walsh** Campus News

So you're looking for an internship, but for one or more reasons, you are struggling. A LOT.

This is probably your first time applying for internships so you barely know what you're doing, especially when it comes to resumes, cover letters, and interviews. Since you're still a student, you have little to no experience in your field yet. While you watch your life gradually fall apart in front of your eyes, everyone around you seems to have their lives together. Because of this, you just keep pretending you're not a complete mess with no future to make



yourself feel better.

Literally, SAME.

Maybe I'm being a little dramatic, but these past few months I've still been nothing but a physical representation of the word "stress." Now with all this pain and suffering I've endured, I'm here to make sure you have a hand to guide you through the process. Through-

**Continue reading on page 23** 

# Learning to fall in love with Math again

#### **Telijah Patterson** *Campus News*

If you're like many students in America, the word math is enough to make you cringe. Recent studies indicate that anywhere between 40 to 60 percent of entering freshmen need remedial courses. Math remedial courses count for the bulk of these percentages. Students who take remedial courses are also less likely to graduate. Experts in nearly every field acknowledge that the workforce of tomorrow demands a good foundation in math. For example, many professions now require strong data analytic skills to improve their performance. With math being a key ingredient in future success, what is a student who is weak in the area of mathematics left to do? In order to meet a challenge it is important to understand why it is challenging so that the best solution can be found. So what makes math so challenging for many American undergraduate students? Many are quick to blame the American public school system curriculum for inadequate preparation. Studies have found that compared to students studying math in other countries, American students tended to perform lower. In one study involving four school systems, no Chicago school studied had an average score as high as that of the school with the lowest average score in three cities in China and Japan.

University of Michigan Psychologist Harold Stevenson notes that Americans tend to

#### **Continue reading on page 10**

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# Summer road trips for college students

#### Kaylee Johnson Campus News

As a college student, I know that summer is supposed to be a time of tranquility and rejuvenation, but many students work relentlessly to fund their tuition and other expenses. When people think of summer break they think of sugary sand and calm blue waves, but the truth is, expensive travel is unattainable for most college students. Loans, housing, car payments, and meals plans are enough to get anybody in over their head, so of course travel in general seems frivolous and out of the question. But travel does not have to cost a fortune; in fact there are a lot of hidden gems across the northeast. Often, people see staged vacation photos on their social media feed and feel envious or somber that they are not able to go to those luxurious resorts, but travel comes in an assortment of shapes and sizes. Here are a few of fun, economical road trips to enjoy this summer:

Lake George: Located in Upstate, New York, Lake George has been attracting summer tourists for generations. The nostalgic arcades and picturesque waterfront dining makes the town attractive and enjoyable for people of all ages. Most

tourists spend their days walking the sidewalks and lying on the sand, but there are activities that suit every personality type. Most people know that there is a Six Flags amusement park in New Jersey, but did you know that there is one in Lake George? The quaint park is filled with wild roller coasters, lazy rivers, and games. If you are a thrill seeker, spend your day at Six Flags Great Escape for \$61.99 per person. While the town may seem rather hokey and artificial, it actually houses

a historical landmark, Fort William Henry. The museum is supposedly haunted and offers spooky "ghost tours" on Wednesdays and Sundays during the summer. If you're brave enough, it is \$18 per person. Lake dreamlike George's mountain landscape and sailboats make the whole town and will impress people who enjoy spending time outdoors. On another positive note, Lake George is an extremely dog-friendly town, in fact there are many stores devoted to selling dog products in the heart of the

town. Road trips are always better with a dog goofily sticking its head out of the window, just saying.

Atlantic City, New Jersey: AC is a classic summer destination for college students and families alike. The funnel cake, foot long hot dogs, and salty air create an irresistible, carefree

#### 'More than Instagram photos and sunshine, they also act as an escape from reality.'

summer atmosphere. Atlantic City is a great road trip destination for partygoers, since the boardwalk is full of bars and restaurants that stay open all night long. There are plenty of affordable Atlantic City motels and hotels in walking distance of the ocean, and many of them offer free continental breakfast buffets. After the sun goes down, Atlantic City is known for slot machines and casinos surrounded by cigarette smoke clouds. Keep in mind that you have to be twenty-one years old or older to gamble in all of the



Atlantic City casinos, and you will not be able to keep your winnings if you have a fake ID. But there are plenty of other fun things to do on the Atlantic City Boardwalk, including Ripley's Believe it or Not!, large arcades, delicious dining options for all budgets, and Steel Pier, a whimsical fun park located at the end of the Boardwalk.

Montauk, Long Island: Glamorous, nautical Long Island has many quaint beach and tourist towns that attract thousands each summer and become vacant during the winter. Montauk is one of the most popular, as it is known for its sandy ocean beach, charming seaside town, and yearly Shark Tournaments. The 32nd Annual Shark Tournament will be held on June 14th. If you are not a Long Island native, you probably don't know that the Shark Tournaments are controversial, because a shark is publicly hung and displayed each year. It is debatable whether it is unethical or not, but that hot topic does not take away from the gorgeous beach and fun atmosphere. If you visit Montauk, I would suggest staying at a hotel out of the way to save money. Some other fun, spirited, beautiful Long Island beach towns include: Southampton, Port Jefferson, Sag Harbor and Greenport.

Lake George, Atlantic City, and Montauk offer more than good Instagram photos and sunshine. They also act as an escape from reality, and I have found that sometimes a brief relaxation is necessary in order to be the best possible version of oneself. If you can, take a weekend off this summer to explore your surroundings and immerse vourself in nature. Walk through tulip festivals, dance at concerts, swim in the ocean, walk the Atlantic City Boardwalk, and play in an arcade. Remember that balance is key, and if you do not balance work with rest you can burn out. On that note, have a memorable, fulfilling summer, no matter what your plans are.

Kaylee Johnson attends Adirondack Community College and the College of Saint Rose.



# **'Bold Type' star's empowering role**

#### Gianluca Russo Campus News

The magazine industry is known for constantly evolving and changing to fit the wants of readers all over the country and world. With the current political and social climate at a whirlwind, many publications, most prominently Teen Vogue, have switched their focus from fashion, entertainment and lifestyle to serious topics that directly impact the young women, and men, who read them.

The reason for this is simple: young people want to be informed and want a voice. They want representation in media, in business, in government and in every place that lacks their unique voice. This focus switch served as a major inspiration for Freeform's hit show, "The Bold

#### Type."

"The Bold Type," which returns for a second season on Tuesday, June 12 at 8 p.m.,, centers on three young women working at a fictional version of Cosmopolitan Magazine called Scarlet. Each episode discusses real and relevant topics, stemming from the focus point of female empowerment. From immigration to sexism to sexual assault and, of course, fashion, the show does a great job of documenting what it's like to work at a progressive magazine as a modern day millennial woman.

Meghann Fahy portrays the role of Sutton Brady, a 26-yearold assistant working at Scarlet. Along with Jane Sloan (Katie Stevens) and Kat Edison (Aisha

continued on next page



# Ways to get involved.

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#### Use Campus News in your classes!

If you are a student studying journalism or current events, ask your instructor if there's any way to incorporate Campus News in your class. If you are an instructor reading this, contact us. We're happy to visit or publish stories that come from your classes.

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# Fahy (cont.)

Dee), the three women are navigating their way through life while finding themselves and their voice in a man's industry (and a man's world).

"She loves working at Scarlet, she loves the magazine," Fahy tells Campus News about her character Sutton, "but she isn't really passionate about what she's doing right now. So during the first season, we get to see her say 'Okay, this is what I care about, and I'm going to go for it.""

While fashion is Sutton's true love, she is well aware

that is a financially unstable business. When she's offered a job in ad sales, she must decide: take the safe route or fight for what she wants? As expected, she

fights, and (spoiler alert!) lands a fashion assistant job at the magazine.

"I think 'The Bold Type' is important because it talks about current events and issues and it makes it really easy to digest, too; it's not banging you over the head with anything, but it's more than just a show about three girls who work for a magazine," says Fahy.

She adds. "We talk about politics, we talk about sex, we talk about women's health, we talk about friendships and supporting each other. We show the positive side of that and how building each other up is more productive for everyone, and I think that showing those kind of relationships on television, especially now, is really an important thing to do. Feminism is fairness: everybody deserves the same pay and rights in the workplace and outside of the workplace."

Since its premiere, the show has picked up a relatively large fan base and has been praised by many in the magazine industry who are working the jobs depicted on screen. While Freeform has not officially renewed the show yet, the cast and creative team are hopeful that a season two is on its way. Fahy has loved growing with "The Bold Type," especially bonding with her castmates.

"I've really enjoyed becoming a family with these people. Katie Stevens and Aisha Dee have become sisters to me, and

> I just have really enjoyed exploring our relationship with each other on and off screen."

Reflecting on "The Bold Type's" message, Fahy

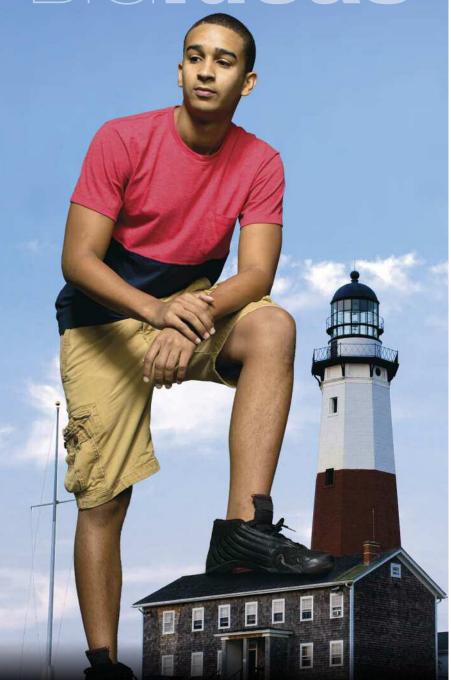
hopes that the show's first season empowered young women and showed how strong their voice truly is.

"I hope that young women will be empowered. I hope that they will be less afraid to speak about things that are on their minds. I hope that they see that it's okay to start conversations about things that initially might feel tough. We want to make it easier to start conversations about things like health and sex and everything else," she says.

Regular contributor Gianluca Russo is a freelance writer who at-

tended Schenectady County Community College and now attends UAlbany.

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# Sutton's Nate Steven well aware have become 'It's important because it talks about current events and is easy to digest.'

# **MassBay students beat 4-year peers**



Framingham,

alternate.

Moschella of Southborough

and Martin Dickie of Framing-

ham, who served as the team

The students have been

practicing every week since

September 2017. Teams were

evaluated by how many prob-

lems they can correctly com-

plete, with any ties broken by

the amount of time taken to

complete the program. Teams

submitted completed codes to

judges using a standard sys-

tem employed by many na-

tional competitions. Judges

ran the submitted code

through more test, before

awarding points to teams.

Michael

MassBay Community College announced that a student computer science programing team has placed second at the 23rd National Consortium for Computing Sciences in Colleges Northeastern (CCSCNE) regional competition. The three-member student team from MassBay, placed second behind Quinnipiac University, out of 29 teams that competed in the competition. The Mass-Bay team placed ahead of other 4-year colleges and universities such as Clark University and University of Rhode Island, and the only community college to place in the top 15 teams.

The student team participants include; Paul Buonopane

### WCC speaker named

Westchester Community College's commencement ceremony will take place on Thursday, May 17 at 6 p.m. in the County Center Building in White Plains. Nearly 2000 students will be granted degrees. The commencement speech will be given by Westchester resident Millie Hernandez-Becker of Pound Ridge. She is the President of Skyqueen Enterprises, a firm focused on aviation business

development, strategic planning, airport infrastructure, and general aviation. She received a U.S. Presidential appointment to the National Women's Business Council and earned the U.S. Small Business Administration's Northeast Businessperson of the Year award.

WCC President Belinda S. Miles will also address those gathered at commencement.



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# **Summer school? Check your credits!**

#### **Darren Johnson** *Campus News*

If you are a community college student and transferring to either a SUNY/CUNY four-year college and accepting the "free tuition" Excelsior Scholarship or a private college that is accepting the TAP Enhanced Tuition Award, you may want to check your credits. This also may apply if you are already in a SUNY/CUNY college and are merely registering for fall and want the added aid. You may need to go to summer school and you need to act quickly the first summer sessions start this month and next.

For example, if you are transferring in as a sophomore, you will need to have had successfully completed 30 credits or more (usually with a C- or better, depending on the college accepting your credits). If you are transferring in as a junior, you will need to have completed 60 credits. Not reaching those benchmarks, even if your parents earn less than the maximum \$110,000 a year, means you may not qualify for the scholarship.

So, what to do? Hurry, you still can take a summer course at a community college. Summer Session I is starting soon; Session II starts July 2 or July 9 and runs to mid-August at a bunch of colleges. Some colleges run a Session III in August. Check Google by typing in "[Name of College]" and "courses."

Community colleges like Rockland, Herkimer, Schenectady, Suffolk, Ulster, Mohawk Valley, Westchester, Dutchess, Nassau, LaGuardia, Queensborough, Orange and Hudson Valley have relatively affordable online courses (about \$160-200 per credit, give or take) that can be taken easily from anywhere in the state.

Usually, you're safe taking common courses like Introductorion to Sociology or Psychology 101 — just be sure to email your transfer admissions counselor at the four-year school to get affirmation that the course will indeed transfer.

Now, it takes money to make money. A three-credit summer course could cost you \$500 at the lowest priced community colleges. But the Excelsior awards may be up to \$6000 or more, so the gamble is worth it if your parents earn less than six figures.

The course offerings at the various community colleges seem interesting. You could be anywhere in the state, for example, and take an online course in Child Growth and Development, Wellness or Ethics at Herkimer or Juvenile Delinquency or Elementary French II at Schenectady — completely online.

There are 36 SUNY and CUNY community colleges in the state, and someone from Buffalo pays the same in-state rate as someone from Queens or Montauk.

It's easy to transfer credits you take at a SUNY or CUNY online and pay in-state tuition. File a "certificate of residency" from any county or borough in the State of New York, and you're good to go.

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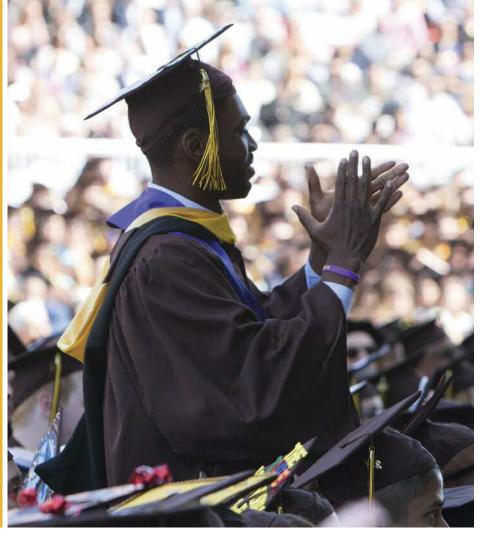
We are recognized for the second consecutive year as one of an elite group of institutions nationwide named to Phi Theta Kappa's 2018 Transfer Honor Roll.

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# **Transferring to SJC**

St. Joseph's College (SJC) and Suffolk County Community College (SCCC) have amended a pre-existing articulation agreement between the two colleges to include the transfer of students from SCCC's A.A. in Liberal Arts and Sciences with an emphasis in Psychology to the B.A. in Psychology at SJC in order to complete a degree with two years of study as a full-time student.

"This agreement further strengthens our already solid partnership with Suffolk County Community College and their students," said Kathleen Magistro, director of undergraduate admissions at SJC Long Island. "Students will benefit from the preparation they received at Suffolk Community and be able to immerse themselves at St. Joseph's in research, related internships and targeted electives that will prepare them for their careers and graduate programs."

This change will assist students who have earned their associate's degree from SCCC to further their education and obtain a bachelor's degree from SJC while also expediting the transfer process for students.

For more information, contact 631.687.5100 or email kmagistro@sjcny.edu.

## **Green award winners**

Berkshire Community College (BCC) finished #1 in Massachusetts and #3 in the United States in the Diversion category of the 2018 RecycleMania competition with a recycling rate of 80.9 percent. RecycleMania is the nation's premier waste reduction and recycling competition among colleges and

universities, managed by Keep America Beautiful. With a recycling rate of more than 94.8 percent, The College of Staten Island is the top school in the Diversion category, while the Rhode Island School of Design finished first in the Per Capita Classic category. 2018 marks BCC's tenth year of participation in the annual RecycleMania competition. The Col-



lege has improved its waste diversion rate by 42.79% since 2009, and has a goal of Zero Waste by the year 2020.

BCC's Green Team coordinates the College's annual participation in RecycleMania as part of the team's efforts to reduce the College's carbon footprint, maintain sustainable practices, and coordinate these efforts with other colleges and institutions.



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# **SUNY and CUNY toll bells for MLK**

College campuses across New York observed the 50th anniversary of the assassination of Dr. Martin Luther King Jr. in April by ringing bells and taking to social media. The King family had called on college campuses, places of worship and other institutions across the country to toll their bells 39 times at 6:01 p.m. CST (7:01 p.m. EST) to honor Dr. King and commemorate the number of years he had lived.

"On the 50th anniversary of Dr. Martin Luther King Jr.'s assassination, we are especially reminded of his legacy, his influence on civil rights, and unwavering stance on championing diversity," said SUNY Chancellor Kristina M. Johnson. "By tolling their campus bells, participating SUNY campuses come together to honor the influence Dr. King has left on institutions of higher education. Through his legacy, SUNY campuses and campuses across the nation have forever transformed how we discuss and educate our students on diversity, inclusion, and equity. I applaud Governor Cuomo's office in leading the charge on this statewide initiative so we can all pay homage to Dr. King."

"The City University of New York is proud to participate in the tolling of the bells across our college campuses in observance of the 50th anniversary of the death of Martin Luther King Jr., who fought courageously for fairness, social justice, and educational opportunity for students of all races, religions and national backgrounds, regardless of means," said Chancellor James B. Milliken.

Perhaps nowhere was the memorial be more poignant than at Queens College, where the bells pealed at the Chaney-Goodman-Schwerner Clock Tower, which honors three young civil rights workers who were murdered while registering voters during Freedom Summer in Mississippi in 1964. At the time of their death, Andrew Goodman was a Queens College student. Michael Schwerner was a student at Cornell University and James Chanev volunteered with the Congress of Racial Equality.

Participating colleges included: University at Albany, Binghamton University, Brooklyn College, City College, SUNY Cobleskill, College at Brockport, SUNY Delhi, Farmingdale State



College, SUNY Fredonia, Hudson Valley Community College, Lehman College, Maritime College, Medgar Evers College, Morrie Community College, Morrisville State College, Nassau Community College, SUNY New Paltz, Queens College, SUNY New Paltz, Queens College, Suffolk County Community College, SUNY Oneonta, SUNY Oswego and SUNY Potsdam.

# **Community college briefs**

#### **Fashion Show**

SUNY Ulster will hold its 2nd annual Spring Fashion Show on Saturday, May 12, at 3 p.m. and 7 p.m. in the College Lounge in Vanderlyn Hall on the Stone Ridge campus. The show will feature a variety of clothing pieces and a 3D feature piece, all of which were designed and created by students in SUNY Ulster's Fashion Design program.

Womenswear, menswear,



painted kimonos and a special 3D feature piece will be on display at the show. The fashion show includes the first year students' designs and second year graduating class' individual collections, which are the culmination of two years of apparel construction courses. This year's show features a project with local designer Karina Cousineau, founder of Karina Dresses. She has posed a chal-

lenge to the first year design students to create a wearable garment that will flatter every body type.

Suggested donation for this event is \$5 for the afternoon show and \$10 for the evening show. For more information, email flynnk@sunyulster.edu.

#### **MVCC** Grant

Mohawk Valley Commu-

nity College and Leadership Mohawk Valley (LMV) were awarded a four-year \$151,900 grant from the Community Foundation of Herkimer and Oneida Counties to create an innovative and high impact Center for Leadership Excellence to address the region's need for effective, equipped, and engaged community leaders.

While existing leadership programs in the region have shown positive results, MVCC and LMV believe that there is still tremendous potential waiting to be unlocked in the community, including through women, minorities, refugees, and other groups that are underrepresented in local leadership.

#### **Good Professor!**

The Faculty Council of Community Colleges (FCCC) is proud to announce that Professor Tina Good of Suffolk County Community College received the Faculty Council's 2018 Distinguished Service Award.

This annual award honors an individual who has worked to promote the success of The State University of New York's 30 community colleges and the well-being of their faculty, students, and staff. Past awardees include SUNY Chancellor Emeritus Nancy L. Zimpher, SUNY Chairman of the Board H. Carl McCall, and New York State Senator Kenneth LaValle.

Dr. Good served as president of the Faculty Council from 2009 to 2015. Under her leadership, the FCCC experienced unprecedented growth, both in operational scale and stature. As a result of advocacy efforts led by Dr. Good, the FCCC president was granted a permanent seat on the SUNY Board of Trustees.

The event took place at MVCC last month.

# Learning to love math again (cont.)

see math ability as innate. That, says Stevenson," gives youngsters a tailor-made excuse for not pushing hard, since the results are presumably preordained." Numerous studies support Stevenson's claim. A separate study published in the Journal of Instructional Psychology comparing American and Taiwanese students' perception of Math indicated that there is no evidence that Taiwanese students are more intelligent than American students. What did differ, however, is their attitude towards math.

Aside from cultural perceptions and poor school curriculum, math seems difficult because math doesn't appear to be as integrated within our daily lives as reading or

writing seemingly is. It is a necessity to be able to read and respond to text messages or emails. The most math the average person might do on a daily basis is count their change at the check-out counter or subtract hours and minutes in order to figure out how they should schedule their time.

However, an advanced understanding of complex math concepts can do one well. So here's what you can do to improve your math skills:

**Cultivate a growth mindset** and be confident that you will come to understand advanced math concepts in time. Math is like learning a new language. It gets easier over time; the key is not to allow yourself to be too overwhelmed when you see something unfamiliar. With practice it will become familiar, and it can be mastered!

Get a Tutor. Every campus has a tutoring center, so go and visit as much as you can until you understand the concepts. Many tutoring centers are staffed by current students or recent grads who were in the same position, so they know what you need to hear in order to understand complex math problems.

**Review basic math concepts.** You may have a weak foundation in algebra and calculus. These are areas of mathematics that are more abstract and less tactical as opposed to simple arithmetic like addition and subtraction. Without a solid foundation in these areas it can be difficult to keep up with college level math coursework. Review these areas of math in your spare time. You can add a level of accountability to this by trying to explain these concepts to someone.

**Figure out your learning style.** There are four basic learning styles: visual, auditory, verbal and kinesthetic. By figuring out which learning style you more inclined toward you can find learning aids that cater to that style. For example, if you are a visual or verbal learner, watching math tutorial videos on youtube might be helpful. If you are a kinesthetic learning, finding learning aids that incorporate touch or that involve your fine motor skills will be helpful.

**Play a math game**. If math is hard for you, it's probably also really boring, but it

#### 'Math is like learning a new language. It gets easier over time.'

needs to be done so make it fun. In addition to watching engaging videos on websites like khanacademy.org/math, try your hand at some video games that help to teach and build upon your knowledge of math. For calculus, try the award winning game Variant.

No matter what strategies you use it is important to be consistent and dedicated. Jeonghee Lee, the master teacher at Abakidz, a program that improves math ability and the world's only 11th degree abacus master (the highest anyone has attained to date), has a lot to say about the matter. She notes: "If there is a desire and commitment to learn, the student can overcome the struggles and find success in math. Sometimes, you need to take a step or two back to identify a particular area or concept that may not have been clear. When you take the time to understand the process, it will help build a stronger foundation and the confidence associated with math will continue to grow."

#### My sources and for further reading:

Bowen, E., & Stanley, A. (1987). "Bad News About Math Compared with other students, Americans are at sea with numbers." Time, 129(4), 65.

Tsao, Y. (2004). "A Comparison of American and Taiwanese Students: Their Math Perception," Journal Of Instructional Psychology, 31(3), 206-213.

And www.americanprogress.org, searching under "remedial education."



# Save \$\$\$: Summer travel on the cheap

#### **Telijah Patterson** *Campus News*

If you are anything like me, you can't wait for the freedom of summer. Soft waves, white sand, sun, and fun are the thoughts that keep you afloat the last few weeks of classes. Like me though, your thoughts may also be dampened by that nagging voice in your head that you're too broke to make travel happen, so spending your summer working or doing an internship is much closer to your reality. Well, I'm here to slap that nagging voice back in its place because travel doesn't have to be expensive. There are ways to do it on the cheap.

One of the biggest expenses you accrue in travel is lodging. Hotels and resorts are not the only options out there. Airbnb, an online marketplace where you can rent a room or an entire home in the region to which you are travelling, is a great alternative for people who want a more local flavor. There are often lodging options available that are cheaper than hotels and resorts near some of the same great tourist attractions. When I went to Mexico, I was able to rent out a luxury apartment through Airbnb for less than \$50 a night! What a deal!

If you would like to practice a new language as you travel, TalkTalkbnb is an even better option. Instead of being an online marketplace, you can secure free accommodations and all you have to do is commit to practicing the language with your host. You can return the favor by hosting travellers at your home, but there's no pressure because it is not required. If language isn't your thing though and you want to give your brain a rest, there is always Couchsurfing, which is similar to TalkTalkbnb without the required language practicing component!

Lastly, think about staying in a hostel. Hostels are budget friendly shared living spaces. Travellers stay in dorms, so it's a great option for the lone traveller who likes to socialize. If you aren't that social, there are also usually private rooms you can book as well. Hostels are extremely popular in Europe and many places in Latin America. Unfortunately, many are skeptiwebsites cal. but like hostels.com not only help you to book, but also lead you to customer reviews, ratings, and picture of the places at which you plan to lodge.

The next biggest expense is transportation. The best way to get cheap tickets regardless of the transportation mode is to travel off season. Summer tends to be peak season everywhere, but if you want to travel internationally choose a location in the southern hemisphere, where it is not summer. After all, visiting a cooler place might be a welcome escape from the



summer heat waves. Travelling on Tuesdays, Wednesdays, and Thursdays are often cheaper because they are off peak as well.

If you are travelling domestically, it is best to shop around. Land travel is often cheaper than air travel, but it also takes a longer

# amount<br/>of time.**'Hassle-free foods**Another<br/>alterna-**for travel are instant**t i v e ,<br/>o f t e n**oatmeal, trail mix,**o v e r -<br/>looked<br/>form of**and cut veggies.'**

transportation, is taking the train. Amtrak trains are routed through some of the most beautiful parts of the country from the majestic wilderness of the Northwest, the vineyards and coastal plains of California, the open deserts of the Southwest, and right through the American heartland. They even offer student discount and special deals during the summer. Although, the travel time is comparable to a bus, trains come with more leg room and even sleeping compartments (at a higher price, of course). A few summers ago I took the train from Arizona to Colorado and the sights were

unforgettable!

One other major expenses while travelling will be food. The same rules apply on the road as they do at home. Eating in or preparing your own meals is always cheaper. Some inexpensive and hassle free foods to

buy for travel are cheese sticks, instant oatmeal, fruit, crackers, trail mix, bagels, hard boiled eggs, cut veggies (carrots, bell peppers, cucumber, celery), and of course don't

forget a reusable bottle for water!

These are a few things that I do to keep my travel cheap. With good planning and a keen eye for a good deal, traveling on the cheap can really be worth your while!

Telijah Patterson is a fulltime student at LaGuardia Community College majoring in International Studies.



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# How Gen Y can boost US businesses

#### JD Hoye Special to Campus News

Finding skilled workers is an ongoing challenge for American businesses.

Media reports tend to focus on the lack of science, tech, and math skills. But more than four in 10 business executives complain that too many job applicants lack "soft skills" like creativity, teamwork, and communication. Indeed, a full half of the nation's hiring managers say the college graduates they meet are short on "critical thinking and problem solving" skills and the ability to pay adequate "attention to detail."

Closing this soft skills gap is critical. Fortunately, business leaders don't have to wait on schools or colleges to step in they can easily take action on their own.

It all starts at the local high school. With well-designed internship programs, businesses can help young people acquire the full range of skills they need to be successful throughout their lives.

While many employers have internship programs for college students and recent graduates, smart companies will get a head start on building a workforce by identifying and developing even younger talent.

Employers who have already opened their door to high school interns have witnessed the contributions that young people bring to their businesses from day one. A recent survey found that 45 percent of those who offer internships to high schools were "very likely" or "completely likely" to extend full-time job of-



Pearl tells her friends about her experience with Medicare's new discount prescription drug plan.

fers to their former interns.

As David Bilodeau, a senior member of the technical staff of Verizon, explains: "[Students] don't have any preconceived notions of what you can and can't do, and that's invaluable." He estimates that Verizon makes a "tenfold" return on its investment in interns. One in four business leaders say they get fresh ideas from their high school interns.

I know from personal experience what high school interns bring to business. The organization I lead, NAF, helps high school students qualify for and obtain intern slots at top companies like Verizon, Capital One, and Marriott.

Throw away any pre-conceived notions of interns making coffee; our students work in robotics, plan events, and devise cost-cutting strategies. By the time they finish their internships, they have enough confidence to run social media campaigns, develop business plans, and cold-call sales leads. That's value added for companies — and marketable skills for student resumes.

Reaching out to high schoolers also offers tremendous potential in an area of perennial concern for employers: diversity. Due to structural barriers, too many young people of color never make it to college or leave before they finish. A New York University study found that

over "60 percent of the racial gap in college completion rates can be attributed to factors that occur before college." Put simply, companies that look only to college students and grads put themselves at a diversity disadvantage.

These internships benefit students too, of course. Urban Alliance's High School Internship Program provides career training, internships, and mentorship to at-risk students in Washington, DC., Baltimore, Northern Virginia, and Chicago. An internal assessment found that completion of an internship correlated with increased rates of college attendance for young men.

And whether college-bound or not, students who have completed a high school internship programs enjoy starting wages 11 percent higher than the average for students who have not been interns.

Companies across the country can play an active role in shaping the talent pipeline and can be confident in knowing that the solution is closer than they realize — in local high schools with p e r f e c t

JD Hoye is the president of NAF.

hires.



### Have an interesting community college story to tell?

Send us a message at collegestories@cccn.us!

# How to handle being promoted to boss

#### **Prof. Steven Levine** *Campus News*

Congratulations! You just were promoted to a supervisory position at work. But now what?

This is your first real job, you worked really hard, learned everything there was to know about your assignment, and the company. Your job description was that of a worker in an assembly line in a large manufacturing company. You worked and applied yourself so well that as a reward your company promoted you to the position of first line supervisor. You are very excited, and looked forward to the first day in your new position. The team that you were a part of, possibly 12 to 15 people, your friends and co-workers, are now the team that you are responsible for. Here's the problem: nobody told you how to supervise them. These were the people that you socialized with after work and even possibly over the weekend. Do you continue to do this? How will they respond

when you give them direction, and how firm should you be?

The answer to these questions, which many times are not even thought about, are rarely addressed by the company that just gave you the promotion. Yes, they should have helped, since for you to be effective and efficient in your new position, you should be given some guidelines. But let's assume the worst. You are dropped in, left to sink or swim (the definition of "OJT" on the job training).

Here are some pointers: When you receive the promotion, ask if there is a job description. If there is one, and it is done correctly, it will describe your responsibilities as well as whom you report to. At this point, it would be a good time to ask your immediate supervisor what is expected of you, and what measurements will be your to determine used progress, as well as when your first evaluation will be given. This is critical, since many times you may feel that you are doing an excellent job, but in fact, there are some aspects of the job that you were not aware of. One other thing, always make sure that you receive and keep copies of your evaluation. Asking for this copy may make you feel a little uneasy, but keep in mind that they are required to give

#### 'Explain your team's task in a rational manner.'

you a copy. (In the event that you do not agree with the evaluation, you will be asked to sign it. Do so, but put your comments on the evaluation, concerning why do not agree with it.)

The first day that you start your new position, start slowly and think carefully about how to give directives to your former fellow employees. Your first inclination is to be very firm, very rigid, because you want to make sure that they know that you're

the boss. BUT DON"T. They know, and do not shove it down their throats. You can still be friendly, but not their friend. By being overly familiar, you will compromise your position of authority. You will get a better performance from your team, if you explain in a rational manner, their task, why it is important, and in what time frame, it is to be accomplished.

By following these steps, you should be well on your way to a successful career as a supervisor.

Steven Levine teaches Accounting and Business at Nassau Community College. He has an MBA from Baruch and has owned his own business and

w o r k e d for Pfizer and Mobil Oil, as well as very large electrical distribution firms.





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# What happened to the Beaumont kids?

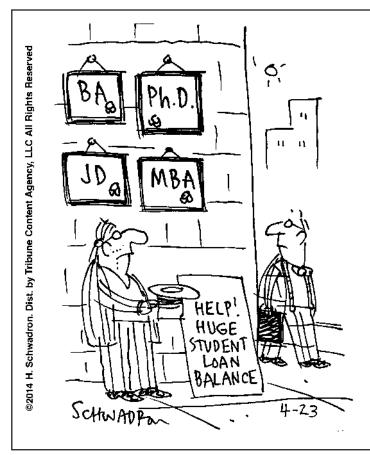
#### **Kristina Bostley**

Campus News

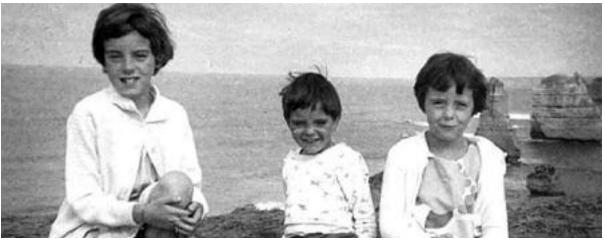
The weather on January 26, 1966, was forecasted to reach a scorching temperature of 40 degrees Celsius (104 degrees Fahrenheit) in Adelaide. But the sunny summer day quickly turned into a tumultuous storm of fear, dread, and anticipation of the worstcase scenario for one Australian couple whose children never returned home after what should have been a quick trip to the beach. When Nancy Beaumont handed eight shillings and sixpence to her eldest daughter Jane for the day's expenses, she had no way of knowing it was the last time she would give her daughter anything.

Jane, age nine, her sister Arnna, age seven, and her brother Grant, age four, left their residence at 109 Harding Street, Somerton Park, to catch the 10 o'clock bus to Glenelg. The trip was a quick one – just a five-minute ride that could have been traveled by foot or by bike, but the extreme heat prompted the children to take the bus instead. Meanwhile, their father headed off to work and their mother went to visit a friend in the neighborhood. The children were in-

#### 9 to 5 by Harley Schwadron



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structed to catch the bus by the time the highly visible clock tower at Glenelg struck noon.

Later that morning, the trio was seen on the beach playing with a tall, blond, athletically built man. When Jane purchased pastries and a meat pie with a one-pound bill from a store near the beach, the store owner noted it was an unusual purchase for the familiar children. After Jane paid with noticeably more money than her mother had given her that morning, the children left the beach.

It was about 12:15.

Nancy stood at the bus stop waiting for the bus just minutes after noon, but her children never stepped off the bus. Assuming they had perhaps walked home or missed the bus, she headed home. By the time Jim Beaumont had gotten out of work early and returned home to his wife, the children had been missing for hours. The postman had seen the children around 3 o'clock, walking happily by themselves heading toward their home. Around that same time, Jim drove to the beach to look for his children while Nancy staved at home to wait for them.

Witnesses who had seen the children at the beach reported that the man seemed like a friend to the children; it was later deduced that they had probably had contact with the man prior to that morning. By the Beaumonts' account, their children were wellbehaved and obedient. So why, then, were they seen leaving the beach after the time they should have been on the bus? And nearly three hours later, why were they taking a leisurely stroll home, as reported by the postman? How did Jane acquire a onepound bill if her mother had handed her coins that same morning? Most importantly, who was the blond-haired man seen

with the children earlier that morn-ing?

Rumors swirled as residents of the town speculated what had happened to the children. If they had drowned, their belongings

would have turned up at the beach – but nothing was recovered from where the children had been playing, nor could the postman remember whether they had been carrying anything when he greeted them. Another theory was more plausible: because a mysterious man had been spotted with the children, it was assumed that they had been abducted.

Despite the fact that children are almost never kidnapped in groups, they were officially declared missing the following morning. An intense search commenced, unlike anything Adelaide had ever experienced. Police followed up every single lead they were given, but each one proved to be a dead end. The beaches were combed for any shred of evidence into their whereabouts; the police asked residents to check their houses, garages, sheds, and anywhere else on their property that the children could be hiding. It was one of Australia's most notable news stories, but nothing turned up any clues. After weeks of searching, the trail was beginning to run cold. Every possible

continued on next page

# HISTORY'S Mysteries

# Mystery (cont.)

lead had been exhausted and the police had nothing left to follow up.

Years later, in 1973, two girls disappeared from Adelaide Oval Stadium during a football game. Witnesses reported seeing the girls with a man, but the girls were never found. Then, beginning six years later, the mutilated bodies of young adult males were discovered every few years throughout the town. It was suspected that some type of rudimentary surgery had been attempted on the boys and their bodies discarded after it failed.

In 1983, nearly 20 years after the Beaumont children had disappeared, the body of Richard Kelvin was discovered badly disfigured. The investigation led police to Bevan Spencer von Einem, a 37-year-old accountant who was no stranger to the authorities; he had been questioned in the homicides of three young men and the alleged sexual assault of another. The drug Mandrax, discovered in Kelvin's body during his autopsy, was what tied von Einem to the case. A witness revealed to authorities that he had spoken with von Einem about the disappearances of children throughout the area. von Einem told the witness that he had not only picked up children from the beach, but also the stadium from which the two girls had disappeared. This, coupled with the fact that von Einem liked children and frequented Glenelg Beach, made him the prime suspect in the Beaumont children's disappearance. He was arrested and received a life sentence, but never cooperated with the police in the

# **Region XV wrapup**

#### Peter Briguglio Campus News

The end of April means only a handful of sports are active in Region XV and with no Championships scheduled until this month of May, we're afforded an opportunity to take a look at some of the top teams this spring as they prepare for postseason play.

#### Baseball

Suffolk is the class of Region XV thus far in 2018, being the only team across all three divisions to earn a place in the National Rankings as of April 27. The defending Region XV Champion Sharks have posted an impressive 17-1 regional record to go along with a 25-6 overall record this year and are once again the clear favorites to advance to the National tournament out of the lower New York area.

In Division II ball, it's a dead heat atop the standings between Rockland (11-1) and Westchester (10-2). The two mid-Hudson rivals have played to near identical overall records as well and appear destined for a Region XV title matchup.

Monroe has outplayed ASA in Division I ball so far, winning four of the six contests between the teams while posting an overall 25-11 record.

#### Softball

As is the case in baseball, Suffolk softball appears destined to make another district and national title run in 2018. The Sharks are a perfect 8-0 in Regional play. The team has struggled outside of regional contests though, posting an overall record on the year of 13-12. disappearances of the missing children. In 2007, he was questioned again after news footage showed a man who bore an uncanny resemblance to von Einem at the scene of a search for the missing children.

Other suspects include Arthur Stanley Brown, James

#### 'Who was the blond man seen that morning?'

Ryan O'Neill, and Derek Percy. Brown's involvement was suspected because of how similar his appearance was to the sketch police released. Witnesses claim to have recognized the man, but no evidence was found to place him in Adelaide at the time of the disappearance. O'Neill had admitted to people that he was responsible

Similarly, nobody is dominating the field in Division II softball either. Monroe has outclassed Orange thus far, but their 20-17 overall record doesn't suggest that the Mustangs will be making a deep title run.

#### Lacrosse

Nassau men's lacrosse went 12-1 in the 2018 regular season, earning them a #2 ranking in the latest National poll. The team had a chance to notch a perfect 13-0 record but dropped their last regular season contest of the year to Army Prep by a close 12-10 margin. Facing them in the Region XV title game was Suffolk, who went 8-2 overall.

On the women's side, Suffolk went 3-2 in five regular season matchups while Nassau struggled to a 1-6 record.

#### Tennis

Perhaps the greatest oppor-

for the disappearance of the children, but when he was questioned, he neither confirmed nor denied his involvement. Percy was in prison serving a life sentence for another murder when he was tied to the disappearance, but was psychologically incapable of remembering details. He was only a teenager at the time, and it was believed that he was too young to have kidnapped three children together.

Though most people came to believe the children had been kidnapped and murdered, other theories speculated that the children had joined a cult or had been buried beneath a building in the town. People have claimed to have seen the Beaumont children throughout the years, and even a few have claimed to be the missing children. Police followed up all clues that they were given, but the mystery remains: what happened to the Beaumont children?



tunity to see a Region XV team bring home a National Championship this spring lies in the sport of Men's Tennis, with both Nassau and Suffolk placing 2nd and 3rd, respectively, in the latest Division III polls. The Lions have gone a perfect 5-0 through April's matches while Suffolk has gone 4-2 overall with their only defeats coming against Nassau.

The National Tournament will take place May 11-13 in Peachtree City, GA.

# **Nassau motorcycle training**

Nassau Community College has partnered with On the Road Again motorcycle driving school to become the only site in Nassau County to offer Motorcycle Safety Foundation (MSF) Training and License Waiver courses. NCC — an institution with more than 20,000 full-time, part-time, Workforce Development and continuing education students and a 225-acre campus located in the center of Long Island takes seriously its role as a community resource, offering not only the best in higher education, but also a venue for much needed community services.

"There was no Motorcycle Safety Foundation Training and License Waiver program in Nassau County for individual over three years. The New York State Motorcycle Safety Program, which is administered by the DMV, reached out to me to ask that I open a training site in Nassau County," said Steve Bertoline, owner of On the Road Again. Bertoline added that he was grateful to Nassau Community College for allowing this important community service to be sited at its beautiful and conveniently located campus.

On the Road Again is a Department of Motor Vehicle (DMV) licensed and MSF certified driving school. It provides motorcycle driver training exclusively. The company's services include

training for novice and experienced riders, a DMV Road Test Servand courses ice, for experienced riders to hone their skills. Its primary offering is the MSF Basic RiderCourse, which is a training course that provides a license waiver upon successful completion.

On the Road Again was founded in 1993 with two motorcycles and one instructor. It has since grown to a staff of 20 employees, 30 motorcycles and two locations — its original training site in Suffolk County at Suffolk County Community College, and now the new site in Nassau County at NCC.

Contact 631.862.7433 to learn more.

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## **Women's Day** Honor

Vickie Calderon of Suffolk County Community College Children's Learning Center at the Michael J. Grant Campus was honored as one of the recipients of the 2018 Society of Foreign Consuls International Women's Day Recognition. The Society of Foreign Consuls in New York held a celebration of International Women's Day March 5 in New York City.

Initiated in 2011 to celebrate International Women's Day, the event was so successful that it became an annual signature celebration for the Society of Foreign Consuls to honor the commitment of women throughout many immigrant communities in New York. The Society was proud to acknowledge the accomplishments and contributions of 19 recipients.



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# **Deforestation and new diseases**

#### Dr. Rob Cohen

Special to Campus News

Every minute, logging companies and farmers cut down or burn about 30 football fields' worth of forest in developing nations.

That's not just an environmental tragedy. By forcing animals from their habitats and bringing them into closer contact with humans, deforestation accelerates the spread of dangerous animal-borne diseases like Ebola, Zika, Lyme, and the plague.

In other words, deforestation doesn't just kill trees and animals -- it kills people. Leaders worldwide must start treating it as a public health crisis, in addition to an environmental one.

Humans cut down trees for many reasons. Farmers need space for crops and livestock. Governments need room for new roads. Companies from homebuilders to candy makers rely on lumber, wood pulp, and other commodities harvested from forests. The problem is huge. Every year, 18.7 million acres of forest -- an area roughly the size of South Carolina -- vanish. From August 2015 to July 2016, the rate of deforestation in the Amazon surged 29 percent compared to the previous twelve months. If deforestation continues at its current pace, every rain forest on the planet will disappear within 100 years.

This assault on animals' environment has unleashed many of the most dangerous diseases of the twentieth century.

Consider the case of Madagascar. I traveled there in November to aid with the international response to their first ever urban outbreak of pneumonic plague -- a disease similar to the Black Death, but deadlier. More than 2,000 cases were reported; 200 people died. The outbreak closed schools, reduced tourism, and overwhelmed the health system.

Deforestation fueled this disaster. During the rainy season, locals burn forests to create more room for crops. The fires

> drive plaguecarrying rats into nearby communities. The island nation -- plaguefree a century ago -- now reports more cases of the disease annually than any other country.

Deforestation has also accelerated the spread of the Zika virus, which has caused thousands of children to be born with severe



brain defects in the Western Hemisphere -- including 51 in the United States in 2016. Ebola outbreaks preferentially occur in recently deforested areas of Central and West Africa. In Brazil, deforestation has likely engendered several recent outbreaks of yellow fever by dispersing mosquitoes into new territory.

These diseases were virtually unknown to humans a generation ago, yet new epidemics are appearing almost yearly now. It's petrifying to consider what diseases could emerge in the next generation.

Fortunately, there are several ways to stop deforestation.

Richer nations could pay developing countries to stop cutting down trees. Take the case of Liberia. In 2008, the country sold half its forest to timber companies. Six years later, the government of Norway agreed to pay Liberia \$150 million to end legal logging operations and develop programs to protect forests.

Organizations could also partner with locals to establish protected areas and generate revenue from tourism. Consider the World Bank's Transfrontier Conservation Areas Program in Mozambique. Since 1996, the initiative has helped preserve

forests and boost tourism. Now, nearly one-quarter of the country's land is under formal conservation.

Large companies could also pressure vendors to embrace responsible forestry practices. Thus far, many have failed to do so. Of the 250 companies with the greatest influence over forests, only 18 earned a top score for their efforts to prevent deforestation, according to watchdog group Global Canopy Programme.

Deforestation isn't merely a threat to the environment. It endangers humanity's present and future. Madagascar's pneumonic plague, Liberia's Ebola, Brazil's Zika, and the United States' expanding Lyme problem must be a wakeup call about the need to protect forests.

Rob Cohen, M.D., M.P.H., is a physician and Army veteran who works on public health projects in Africa,

Asia, and Latin America. Follow him on Twitter @ R o b C o henMD. His book, "Boom without Bust,"



will be published in 2019. Campus News | May 2018 | Page 19



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# Club's tug toys for pet charity

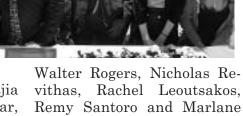
The Marketing Club at Nassau Community College participated in the campus wide event "Day of Service" on Thursday, April 19th. Over the course of 4 weeks, the marketing club received donated tfrom members. shirts students, and local businesses in the community. President of The Marketing Club Jonathan Salazar explained the purpose of the event and donated tshirts: "As a club, we wanted to give back to our local community by helping dogs that just want to play and feel loved. We cut the t-shirts into strands of cloth and put them into one pile. The students who attended the event would come and take 6-8 colorful strands. start by making a knot then braiding the cloths into a twirl, ending the braid with another

knot. That's it; you're done!" The marketing club with help from students at the event made 127 colorful tug toys all different sizes that will be donated to local animal shelters to help dogs in need. Jonathan also added, "This event was a low cost, eco-

friendly and simple activity to create. We are happy to help our community by providing fun activities for students to get involved in."

#### Pictured

(l-r): Katherine Ruiz, Katjia Minerva, Jonathan Salazar, Jesse Governale, Ed Monge,



Moynagh.

## \$99 QuarkX-**Press layout** software

Campus News is made with software advanced called QuarkXPress. It's a layout program great for newspapers, newsletters, ebooks, magazines, digital publications, ad layouts and much more.

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Go to www.CCCN.us/quark to learn more. This is the full version of the program, and it has all the latest features!

### **SUNY student officers chosen**

Last month, SUNY students from across the system met to elect the new Executive Board for the SUNY Student Assembly. Michael Braun, originally from Elmont, New York and a graduate student at the University at Albany, was elected Student Assembly President. Braun will succeed current Student Assembly President and Trustee Marc Cohen. By virtue of his election as President, Braun will serve as a voting member of the SUNY Board of Trustees. Braun previously attended SUNY Cortland where he served as President of the student government from 2016-2017. Braun served this past year as the Student Assembly's Treasurer.

"I am humbled that the stu-

dents of this incredible system of public higher education put their trust in me to serve as their President," said Michael Braun following his election. "President Cohen's relentless passion and advocacy has propelled the Student Assembly to new heights, setting the framework for a united student front that includes each of the 600,000 students across the SUNY System. Now, it's up to all of us to build upon this progress and ensure students always have a voice at the table."

Nicole Pereira, originally from Baldwin, New York and also a graduate student at the University at Albany, was reelected to a second term as Student Assembly Vice President. Nicole previously served

as the Student Assembly's Chair of State-Operated Campuses and as President of the student government at SUNY Oneonta.

Jakob Webster, a junior at the SUNY Polytechnic Institute was elected Student Assembly Treasurer. Webster previously served as Assistant to the Treasurer and as Chair of the Student Assembly's Military Affairs committee.

Messiah Gaymon, a junior at SUNY Farmingdale, was elected Student Assembly Secretary. Gaymon currently serves as a Representative on the Student Assembly Executive Committee and as President of the Farmingdale State student government.

They take office on the first of June.

### **Cyber camp**

Mohawk Valley Community College once again will host free GenCyber Summer Camps for high school students, funded by the National Security Agency. The camps begin in July and run Monday through Friday from 8:30 a.m. to 4:30 p.m.

Beginner Camp: Offered July 16-20, this camp is filled with hands-on activities and laboratory exercises to introduce students to the cybersecurity field.

Advanced Camp: Offered July 23-27, this is designed to expand the knowledge of returning GenCyber students or those already familiar with cybersecurity.

For more information or to register, call 315-792-5300 or visit www.mvcc.edu/gencyber.

# Get an internship with no experience (cont.)

out my time internship hunting I've learned a thing or two, and if I can relax even just one overwhelmed college student, then I'll be satisfied.

The first thing to remember is that you're not alone. Everyone else around you is also stressed, constantly on the verge of a spontaneous mental breakdown, and disguising it from their peers just as you are. That's totally normal. (Or at least you can just pretend it is for now, that's how college works.) Here's what you can do to get started:

#### Make A Good, No GREAT Resume

Having an awesome resume is not only the first step to scoring your internship, it's also one of the most important steps. Your resume is your first impression to the person reading your application, so you have to make it stand out. How do you make it stand out? You are going to become the best resume-creating expert on campus.

Resumes are easy to build, making them unique is the challenge. If you've made it this far in the 21stcentury, you're familiar with the internet and right now Google is your best friend. Search for resume templates, search for internship requirements, and become very well acquainted with everything you need to put together so you can start actually putting it together. Consider using a website such as Canva.com to build an eye-catching design.

Once you're ready to start building your resume, you have to know what (and what not) to put on it.

### You Have More Skills and Experience Than You Think

At first, I had no idea how my



part-time job working at a grocery store could help me and my journalism degree get an internship in my field. Then I realized, even at a grocery store, I've strengthened my time-management and organizational skills, neither of which compare to the exceptional customer service skills I've developed (fancy adjectives look good on a resume too by the way, just don't go crazy).

Don't forget how much you've learned in the classroom as well. Most students are proficient with computer programs like Microsoft Office-that's a skill. Have you ever done a group project? Add "cooperates well with others" to the list of skills on your resume. Are you better when you work by yourself? Add "works well independently." Everyone has experience in something, you just have to think of creative ways to translate these skills onto your resume.

#### Get Involved

I know you've heard this a million and one times already, but you have to get out there and do things. Anything. Most people already have additional responsibilities outside of their classes, but I'm talking to YOU with all the free time that you spend hanging out with friends and sitting on your phone.

Student organizations, volunteer work, community clubs, part-time employment, sports do as much as you can to separate yourself from the other candidates competing with you. Whatever additional activities you participate in are elements you can finesse into your resume. The busier you look, the better you look!

#### **Cover Letter**

In addition to the eye-candy you're going to create with your resume, you have to put together an amazing cover letter to accompany it. Even if you aren't required to send a cover letter, you're sending one because I'm forcing you. Especially when you have minimal experience and you're struggling with this whole process, your cover letter is where you can shine.

Many people make a universal cover letter and change the name to match each company they apply to, but I would avoid this method. Your cover letter should be full of specifics about the company you are applying to, and convincing the reader why you're the best applicant for the job. Make sure both your resume and your cover letter are informative, but keep it simple. Nobody wants to read giant blobs of text that feel dragged on with unnecessary descriptions.

#### Look Everywhere

Attend career fairs and bring extra copies of your resume with you. Talk to your advisors; it's their job to help you find an internship. Talk to your professors; many of them have full-time occupations outside of the classroom. Talk to your friends; they are all on the hunt just like you are. Talk to your family; you may come to find connections you didn't even realize you had.

Also, remember that I said Google is your best friend. I'd never lie to you; the internet is an amazing tool that previous generations didn't have. This is also a good technique for those looking into internships located back at home while you're still away at college. You have the resources you need, you just have to utilize them.

#### **APPLY! APPLY! APPLY!**

Seriously, apply everywhere and apply ASAP. For your first internship, you don't need to be super picky, you just want the experience. Besides, anything you do now is just another element to bump up your resume later. Don't walk away from internships that are unpaid or don't count for college credit. These jobs could potentially land you that full-time position you want to have when you graduate, so consider all of your options.

Whatever is holding you back from getting an internship, you can overcome it. How do I know? Because of the mess I was three months ago was able to figure it all out, then anyone can. Trust me, and GOOD LUCK!



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# What's E+P=O?

#### Maya Rosen Campus News

Jonathan Salazar is a local Queens resident who was awarded the 2018 SUNY Chancellors Award for Academic Excellence. This is awarded to only 249 students out of the 600,000 students in the SUNY system. Jonathan is currently the President of The Marketing Club at Nassau Community College and also a member of Phi Theta Kappa and Honors programs. Jonathan is also a volunteer with an off campus group focusing on helping local communities. In addition to his leadership on campus, he interns for The Shark Group as a member of the business development team for Daymond John from "Shark Tank." Jonathan continues to be active on and off campus, maintaining a 3.89 GPA and is an incoming transfer student to New York University starting fall 2018.

We asked Jonathan how he manages to be this active on and off campus. He responded: "To be honest, there is always going to be someone busier then you, out there working hard and grinding towards one's dreams. It's either going to be them achieving greatness, or me. I rather be the latter. I think it's important for us to start making progress to whom we want to be, not what we want to do. We need more "To Be" lists, instead of "To Do" lists. I want to be the best version of who I was yesterday, and that starts with changing one's mindset."

#### How would you tell a student or friend to change their mindset?

"I would explain the importance of a mentor; having a mentor in college is essential to becoming great at what you want to achieve. College students need to understand that a



mentor does not mean that you have a problem. For me the M for Mentor stands for Maximize; you just want to maximize your potential for success, by learning from others. It starts by your circle that you hang out with."

### How did you change your mindset, Jonathan?

"Two years ago, I would have told you that you were crazy if you told me I had potential to achieve academically and as a leader. My mindset wasn't positive, and I was my own worst enemy. I looked in the mirror and decided I wanted to change my future and start writing my own path. I made sacrifices to grow as a person and student. I asked for help when I'd had too much pride to ask previously, but that ask for help can help you get started. I recommend anyone who thinks they can't go back to school at 24, guit their job to be a full-time student, stop chasing money and work for free to obtain knowledge from great instructors; I promise you, it's all worth it. It has changed my life."

Jonathan added, "One of my mentors helped me see clearer with this equation: E + P = O," which means 'Events + Perspective = Outcomes.' The events in our lives are not all easy and we all struggle with them. To overcome the struggle, you need to take a different perspective of the event happening, have a positive perspective, and your outcome will be positive.

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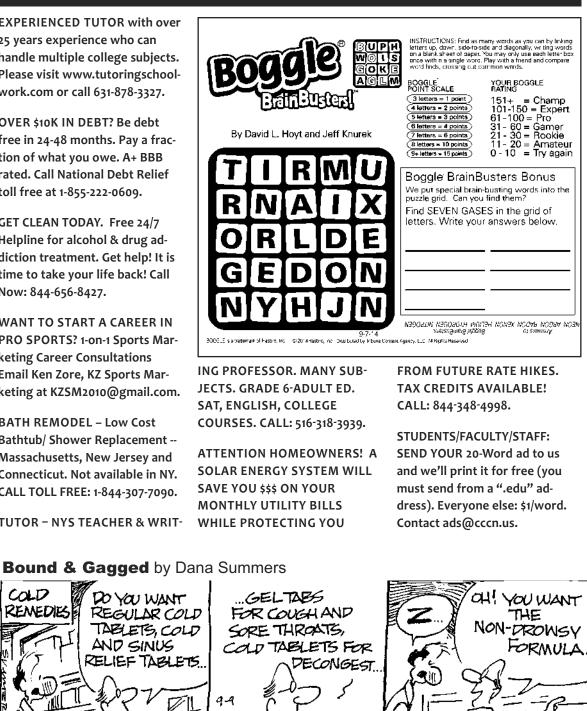
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By: L. A. Bonté

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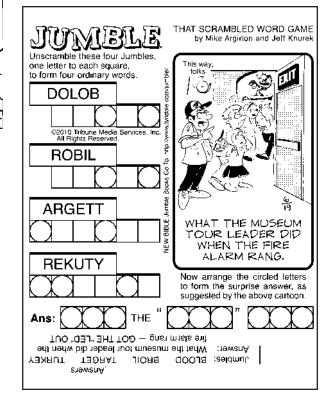
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#### FIVE RACK TOTAL

RACK 4

TIME LIMIT: 25 MIN DIRECTIONS: Make a 2- to 7-letter word from the letters in each row Add points of each word, using scoring directions at right Finally, 7-letter words get 50-point bonus "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE" Players Dictionary. 5th Edition. SOLUTION PAGE 30 For more information on tournaments and clubs, email NASPA - North American SCRABBLE Players Association info@scrabbleplayers.org. Visit our website - www.scrabbleplayers.org. For puzzle inquiries contact scrgrams@gmail.com. 03-01

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CAMPUS News

is published once or twice monthly during the school year and distributed to over 37 New York, New England and New Jersey two-year colleges.

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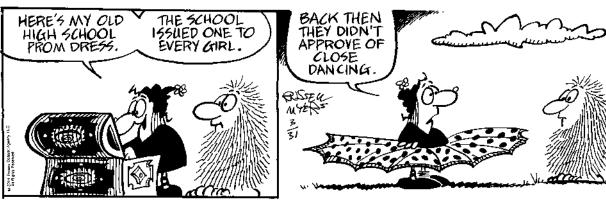
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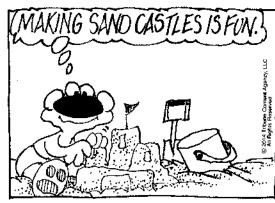


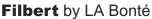
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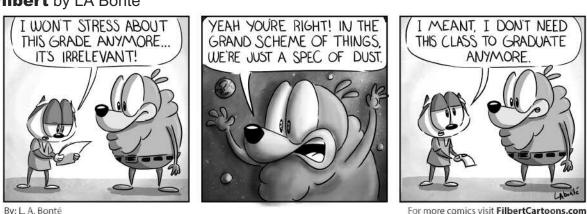
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#### Animal Crackers by Fred Wagner







Campus News is really rockin' Instagram.



# NCC fashion students help promgoers

Nassau Community College ing students and professors (NCC) once again made dreams come true for high school girls by hosting an annual "Prom Boutique," providing a dress, shoes and accessories to invited young women from area high schools, youth centers and atrisk agencies, who would otherwise not be able to easily absorb the cost of an outfit for their prom, graduation or sweet 16. This year's Prom Boutique was April 14-15.

It all started fifteen years ago when Nassau Community College Fashion and Marketvolunteered at the Long Island Volunteer Center Prom Boutique, held in the basement of a church. The next year, the College partnered with the Long Island Volunteer Center and held the event at NCC. The Prom Boutique provides an excellent proving ground for Fashion, Retail and Marketing students to learn the importance of social responsibility in the community and utilize skills learned in the classroom, such as visual retailing, merchandising, event planning, marketing and public relations.

Led by Prof. Whitney Glass, NCC students planned and publicized the Prom Boutique and supervised the collection of dresses and accessories. They transformed a multipurpose room into a beautiful pop up shop, complete with on-site seamstresses, signage, mannequins, clothes racks, and, of course, dresses. They greeted those who attended, ran the boutique and acted as personal shoppers to ensure every girl who attended left with a dress in hand and smile on her face.



# **Award-winning new campus for MVCC**

JMZ Architects and Planners. P.C. was awarded an American Institute of Architects. Eastern New York Design Award for their work on Mohawk Valley Community College's Rome Campus renovation project. This recognition signals that the project meets the highest standards of design excellence.

"JMZ Architects and Planners, P.C. is honored that the MVCC Rome Campus transformation has been selected for an AIA Design Award," said George R. Green, AIA of JMZ. "This project accomplished the goals of modernizing the Rome Campus and expanding educational opportunities in Oneida County. The existing Plumley Complex was transformed, creating new state-of-the-art facilities and an inviting college campus that the whole community can be proud of."

The project, which began in June 2015 and was completed

in January 2017, was a \$30 million collaboration with Oneida County and New York State and included: Expanding the Plumley Complex by 48,000 square feet with two wings on either side; updating classroom space with modern equipment to allow for expansion of educational interpretsurgical technician. ing, unmanned aerial systems, cybersecurity, and STEM programs; merging the Library and Learning Center into a Learning Commons, which features four group study rooms, a conference room, a computer lab, math and writing labs, a testing center, and tutoring stations: adding a dining room state-of-the-art kitchens and cooking labs for the Hospitality programs; adding a 120-person community event room; and improving the parking and quad areas, and the building entrances.

"MVCC is so proud to have

such a beautiful facility to better our students and community in so many wonderful ways," said Randall J. VanWagoner, MVCC's President. "The project has truly transformed the campus."

The jury com-"This mented, project, with the forward expansion of its two wings, creates definition and edges for a new quad, setting the groundwork for the future expansion of the

campus. The volumes are nicely layered. The contrast of color and scale on the façade and massing are quite sensitive and successfully accomplished.





The detailing of the two wings is complex with materials and texture, yet understandable, like open arms welcoming students to their new learning environment."

# The odd thing about stock photography

#### Darren Johnson

Publisher, Campus News

Campus News began eight years ago, and one thing we noticed right away was that stock photography performs better than original photography.

In case you don't know, stock photography is rather all-purpose, professionally shot photography gotten through a service. An example is to the right.

This is counter-intuitive to everything I'd learned in my years as a community journalist, where we never used the stuff — except perhaps in advertorials in the back of the paper: Shill writing that us "real" journalists looked down upon (I would refuse to write advertorials, if asked). Stock photography — to my trained eye — looked inauthentic, soulless and without personality, like the art in motel rooms.

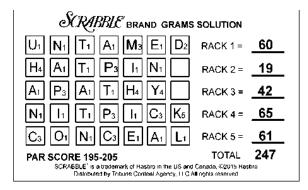
But it's quite obvious that if we use a stock photo on the cover of the paper to accompany a rather all-purpose article, we get a much better pick-up rate. At first, this reality pained my journalistic soul (though not my wallet, as these photos only cost about \$7 each), but, after a while, I learned to enjoy stock photography. I mean, these are *real* photographers, shooting *real* models. Who am I to devalue that work? To think my own photography would be more meaningful? Perhaps I was being elitist, a snob.

Then the web happened, big time. And I notice many very popular articles online use stock photography. At the very least, from a layout perspective, a stock photo is better than no photo.

These are the reasons why stock art works better than original photography:

#### It's Everything to Everyone

While stock photography may be generic,



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and original photography specific, the former won't lose you a customer. For example, our recent cover with a stock image of a woman dressed for success, which we linked to an article on interning, performed better than the issue before it, with an original photo of a campus food program. The original photo wasn't bad, but it conveyed something specific — a person passing our rack

either was interested in that specific topic, or not. The latter person would not pick up the paper, because a choice was presented. But the stock art was vague enough to elicit curiosity — thus, a higher pickup rate.

#### It's Technically Fine

Stock photography is perfectly composed, angled and Photoshopped. The colors are more vibrant and the juxtaposition of elements in the photo are just right. This serves as a better design element than original photography. Let's put our egos aside — unless we are at a huge daily paper, we likely don't have that same photographic talent on staff.

#### It's Flexible

Stock photography fits the page, as opposed to the page fitting the photography. For example, with stock photography, you can usually find exactly what you need — a

vertical photo facing inward? No problem. However, with original photography, the photo is the photo. You may have to reflow text because of the photo, to the detriment of design.

Overall, stock photography is inclusive, while original photography is exclusive. For

a modern print paper — considering the web scoops all exclusive stories — inclusivity may be the better tact.

Some tips: Don't use stock photography that is "sexy" or too slick. Don't use smiling models. Models should not be looking into the camera. Be sure to represent diversity. Don't be corny. Avoid montages where graphics are placed around photos — those look too much like cheap ads.

But we editorial people need to get off of our high horses. The readers have spoken they don't mind stock photography. I've actually grown to respect this art.

Darren Johnson teaches Communications at the College of Saint Rose. He hopes you'll follow him via linkedin.com/in/ darrenjohnsonwriter.





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# **Mercy helps 2-year students transition**

#### Laura LaVacca Campus News

Transitioning to a new campus after graduating from a community college or even after completing high school can be a nerve-wracking experience for any student. The decision of where to apply, what paperwork to fill out and what credits will transfer can be overwhelming.

Mercy College, with its main campus located in Dobbs Ferry, New York, is a private liberal arts college. Founded in 1950, Mercy offers more than 90 undergraduate and graduate degree and certificate programs within five schools: Business, Education, Health and Natural Sciences, Liberal Arts and Social and Behavioral Sciences.

"Mercy is the #1 choice for transfer students looking to complete their degree at a private college. We transfer in approximately 1400 students a year," Anne Gilligan-Evans, Director of Transfer Recruitment, explains.

The College's mission is to provide educational access for traditional and nontraditional students. These include students those who have serious financial needs or perhaps those who are first generation-college students.

Small class sizes paired with affordable tuition rates makes Mercy a popular choice and viable option for students seeking an affordable, but good, college experience. Part time undergraduate credits are \$761 each while a full course load is \$9042 per term. Tuition rates are comparable to CUNY schools and financial aid packages and generous scholarships are available.

"Mercy's tuition is comparable to CUNY tuition rates with many students with low EFC attending Mercy for less than \$1,500 a year – many being first generation students. Many of our transfer students work full time to support their families and are adults looking to complete their degrees and move ahead with their careers," Gilligan-Evans adds.

Scholarship opportunities include those for athletics, education majors, accounting students, those applying to the health professions and those enrolled in Honors College. The complete list can be found on Mercy's website. The website also outlines the transfer process, necessary paperwork and articulation agreements that Mercy has with many surrounding schools.

"We have articulation agreements with community colleges throughout the New York region that guarantees a seamless transfer of credits. We also have transfer orientations at all our campuses," Gilligan-Evans explains.

Worried about the lengthy process? She continues, "At Mercy we have a fast turnaround for evaluating credits. Students should know exactly how their credits are applied to their majors, not just know that they are accepted by the college. We accept up to 75 credits from a twoyear college and up to 90 credits from a four-year college. Students can get all this information in one visit as well as register for classes."

Mercy strives to be generous with the transfer credits they take. They acknowledge that students have worked hard at other institutions and that shouldn't just be erased. "We try to take as much as we can," Deirdre Whitman, Vice President for Enrollment Management states.

When students register, they are assigned a PACT advisor "to mentor and coach them in navigating the academic, student life, career preparation and financial



aid aspects of college." These coaches are the point people students go to when any questions or issues arise. In addition to college life, they track academic progress to help students develop necessary career skills that can help them attain an internship experience or even a job after college.

It is this constant attention and engagement with faculty that results in high retention rates. "The national average of students meeting with an advisor is two times per semester," Whitman, offers, "At Mercy, it's 20 times a semester."

Furthermore, students work with their PACT mentor and faculty advisor to complete a portfolio of their career experience for which credits can be awarded. "Many adult students returning to college complete our Organizational Management degree in Business. The core courses for this degree program (39 credits) are completed in one year over three terms and can be taken online," Gilligan-Evans adds.

"We have great campus locations in Manhattan, the Bronx, Dobbs Ferry and Yorktown as well as distance learning classes!" The campus is also very easy to navigate and commute to: "The campuses are very accessible to all forms of public transportation," Whitman notes. "We make sure that we make everything very streamlined for commuter students."

The campuses also house many gym facilities and cafes that commuters can access when not in the classroom. Those choosing to dorm will have a chance to take in the scenery. Residential halls are along the Hudson and offer amenities ranging from meal plans to computer labs with free printing.

In addition, upon completing construction of a new building with more study areas, there's also a student commons that includes a convenience store, Starbucks café and a 5000 square foot fitness center. There's also a newly constructed pedestrian quad and exterior gathering areas.

So, why Mercy? Simply put, "Individual attention from award winning faculty and staff, small class sizes, affordability, generous scholarship and need based financial aid packages," Gilligan-Evans states. "Our students have the drive and grit to succeed."

# Two great locations: Transferring to St. Joseph's College in New York

#### Laura LaVacca Campus News

With a large transfer population, St. Joseph's College welcomes students coming from other colleges with open arms. SJC is a transfer-friendly institution with about half of new students enrolling from other colleges. With two campuses, located on Long Island and in Brooklyn, students can choose to commute or dorm. Dorming is available at the Brooklyn campus. With classes having ratios of 15:1 and the wide range of undergraduate majors and minors, master's degrees and certificate programs, St. Joseph's is a great place to find a major that suits any student. There are online courses, dual degree programs and study abroad opportunities.

Transfers are attracted to SJC's flexible credit policies, affordable tuition, and strong academics. Vice President for Enrollment Management, Gigi Lamens acknowledges that the campus "recognizes that transfer students bring valuable learning experiences with them to our campus community and they enrich our student body."

Lamens explains that SJC strives to "keep the transfer process as seamless as possible." For example, students may apply online and use our online transfer credit system to review how their credits will transfer to SJC. Therefore, students have a leg up on knowing which classes are accepted and which they will have to enroll in. Furthermore, staff is always around to help with any issues that arise throughout the admissions and financial aid processes. Lamens also encour-



ages students to visit the campus and meet one on one with counselors "to plan the pathway to their degree."

A plethora of information about the process is available on their website. For

example, SJC Brooklyn will accept up to 64 credits from a regionally accredited twoyear school, and up to 90 credits from a regionally accredited four-year school. They will also accept compa-

rable courses in which a grade of C- or higher was earned but some courses require a higher grade point and students should inquire further about specific subjects.

There are also quite a few special programs for transfer

students. All new transfer students take a one semester class called SJC 200 which is designed to facilitate a smooth transition. This course introduces students "to the mission and goals of St. Josephs Col-

Ranked by US News & World Report as one of the country's most affordable colleges.

> lege." Lamens continues, "Additionally students explore learning and research skills, opportunities for campus and community involvement, and the nature of the liberal arts as envisioned by SJC."

Transfer students are also

offered the opportunity to enroll in dual BS/MS or BA/MS programs.

They also have a special honors program in place—"in fact, former Congressman Tim Bishops teaches one of the honors courses," Lamens proudly shares. As per their website, selected students will take courses with dynamic faculty, have the opportunity to travel both abroad and in the United States. They will develop skills to help them excel in graduate school and their future careers.

Lamens wants prospective students to know that there are a multitude of reasons to consider SJC. "SJC has the highest graduation rate of any college on Long island—public or private." Contributing to this could be the small class sizes

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and the mentoring relationships that exist between professors and students. All classes are taught by professors, "never a graduate or teaching assistant," she emphasizes. SJC strives to offer a full college experience both in and out of the classroom from student activities, to community service opportunities to athletics—even internships.

"Our focus is, and always has been, on student success and achievement which is why our graduation rate is so high and why our graduates are successful in gaining employment and obtaining entry into graduate and professional schools."

The campus has also won many awards. In addition to being ranked by U.S. News & World Report and Forbes as one of the nation's best colleges to offer affordable tuition, expert faculty, programs and small classes, the Washington Monthly ranked SJC in the top

NEW YORK



10 of their "Best Bang for the Buck" colleges in the Northeast. Military Times and GI Jobs Magazine recently listed the college as a Best for Vets and US News rated their online programs among the best for

St. Joseph's College 2017.

Changes to the campus are on the horizon with resident halls planned for fall 2018 as well as new nursing labs opening in the fall of 2017. A new student center was just com-

#### pleted.

For more information, check out St. Joseph's website www.sjcny.edu or connect with them on Facebook, Twitter or YouTube.

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St. Joseph's College

# Molloy has perfected the art of transfer

#### Laura LaVacca Campus News

Winning awards for its excellence is nothing new for Molloy College. Located in Rockville Centre, NY, the college is consistently named one of the top academic institutions in the Northeast by Princeton Review and US News & World Report. However, Dean of Admissions Marguerite Lane is most proud to share that most recently "Money magazine has selected Molloy as the #1 Value All-Star in the Nation!" The rankings were based on student retention, graduation rates, early career earnings of graduates and low loan default rates.

Dean Lane continues. "What this means is that students who come to Molloy stay at Molloy and graduate from Molloy. When our students graduate they succeed in their careers. In fact, in a Georgetown University survey, starting salaries of our graduates were among the highest in the country."

The college has over 50 academic programs to choose from and many internship experiences. Programs ranging from education to nursing to business all have low faculty to student ratios of about 10:1. Just last year, the College opened the Hagan Center for Nursing, designed to support its nationallyranked nursing program. The **Club** Fair

Hagan Center features the latest technology in classrooms and laboratories. Each of the seven laboratories houses approximately 20 high-tech simulator "men, women and children" that students practice clinical procedures on. This will help prepare them for real-world experiences in hospitals and other medical facilitates.

"Mollov was named the #1 college to study Health Professions by College Factual," Dean Lane adds.

Putting these accolades aside, Dean Lane is adamant about the community at Molloy and cites the personal attention students receive as a reason for their close-knit community and success as an institution.

Transfer student Jan Mark Casco concurs, "Molloy's campus is smaller and more beautiful [than other campuses on Long Island]. I do like that it's basically in the middle of a residen-



tial area and that it's open; it blends into the community, which adds more to the homelike feel."

Casco, like so many other Molloy students, transferred to the campus after a community college or experience at another four-year school. Molloy has many programs in place to help such students.

There are different welcome programs including different orientations for different types of incoming students, "We have an orientation for transfers. They are a differ-

ent population than those who are 18-vear-old incoming freshmen from high school. Instead, they may be 20 or even 60-yearold students from different backgrounds," Dean Lane explains. There is also a transfer day event and welcoming committee to help students adjust and receive mentoring.

"Being a transfer, I would give others a strong suggestion to take a proactive stance in everything from the application process to financial aid and coursework," Junior Randy Gliebe offers. "Particularly with Molloy, the process was smooth and welcoming. If you have a question, either the person helping you will gladly assist or they will redirect you to someone who can more effectively."

Mollov has numerous articulation agreements with such colleges as Nassau Community, Suffolk Community and Queensborough to make transferring a smooth and easy process. Students who transfer to Molloy with an AA, AS, or

AAS degree have their The college General Education requireboasts over 50 ments waived as well. The programs and a college website has a section 10:1 faculty ratio. devoted to incoming

dents and a multitude of resources. Admissions counselors are available to sit with students and evaluate credits, program choices and help incoming freshman students on their educational journeys.

stu-

Transfer students should explore the website to be prepared about the process and make sure all requirements are met. For example, all accepted nursing students are required to take the Nelson-Denny Reading Test and a writing test in composition. These results are used to determine a student's eligibility to take certain nursing and science classes.

Don't forget to fill out financial aid and apply for scholar-

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ships. There are even specific monies for transfer students.

"Molloy is one of the most affordable private colleges on Long Island. We offer Transfer Scholarships, Phi Theta Kapa Scholarships and we are a Yellow Ribbon Participant," Dean Lane emphasizes. Transfer scholarships range from \$1500-5000. To be considered, scholarships are awarded to full-time undergraduate transfer students who have completed at least 30 credits of full-time

#### Molloy has transfer agreements with regional community colleges.

course work at a previous college and have a cumulative GPA



of at least 3.0. For nursing majors, the requirement is at least a 3.3 GPA. The Yellow Ribbon Scholarship is awarded to veterans, and more information is available on the website.

Aside from academics, the

Aside from academics, the campus offers a vast opportunity for students to get involved in from
 Y extracurriculars to Greek life. With over 60 clubs and organizations, there is something for everyone. The American Sign Language Club, Business & Accounting Club and Club Italia are just a

few. Students may also choose to participate in student government or be a student orientation leader.

Dean Lane notes, "We have a vibrant student life which will help transfer students to become engaged and transition to our campus."

"Be sure to integrate as much of yourself into the environment as possible for the sake of networking, socializing, and individual growth. Ask questions, to everyone, "Gliebe urges.

In addition to the many re-

sources and events on campus, the location of Molloy is also a plus. Students are in a great locale for internships and careers, being under an hour away from Manhattan. There are also many community-based internship opportunities.

Molloy strives to give students a solid education while also giving them real-world experiences.

For more information about the transfer process, please visit: www.molloy.edu/admissions/transfer-admissions.



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