

# AN OVERVIEW OF SEPTEMBER



President Travis takes the Ice Bucket Challenge to raise awareness for ALS



The Urban Male Initiative Lounge officially opened on September 4th



Students, Faculty & Staff pack meals at the Stop Hunger Now Meal Pack-a-thon



Students spoke with potential employers at the Fall Job & Internship Fair



John Jay's Veterans at the John Jay College 9/11 Memorial Event

## THE MID-TERM CHECK

Mid-terms are right around the corner. Is your student ready? Here are some questions you can ask your student to help ensure she is on the right track:

- How do you like your classes? Which one is your favorite and why? Which one is your least favorite and why?
- Have you found a comfortable place to study and learn?
- What kinds of things distract you when studying? What kinds of things can you do to limit your distraction?
- How are you keeping yourself motivated and inspired?
- Have you been able to get into a comfortable sleep routine?
- What study, writing and test-taking tips have you found to be helpful to you?
- Are you able to get work done in your room or is the hallway too loud? If it's too loud, have you talked with a residence life staff member about your concerns?
- Are you keeping a calendar of important academic dates such as pre-registration and registration, majors fairs, assignment due dates, and mid-terms and finals?

Be sure to ask these questions from a caring place, so your student doesn't feel like she is being judged. But, it's important to ask. Sometimes, asking these types of questions can help students make the changes necessary to get into a better academic groove. If you do believe your student could benefit from taking advantage of campus services to help her better manage her academic pursuits, don't be afraid to make this suggestion. Students are likely being reminded of the services that are available on campus as they prepare for mid-terms, so it won't be the first time she's heard it.

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John Jay College's Family Connection Newsletter

# Bloodhound Bulletin

Office of Student Transition Programs October 2014

## A FIERCE ADVOCATE FOR JUSTICE



The Convocation on Sept. 17 that officially welcomed the entering Class of 2014 to John Jay included a historic visit to the College by U.S. Supreme Court Justice Sonia Sotomayor, the Bronx native who was hailed as a true hometown hero by an enthusiastic capacity crowd in the Gerald W. Lynch Theater.

"It is my honor and pleasure to officially welcome you into the John Jay family," President Jeremy Travis said to the newest students and Justice Sotomayor. He then formally presented the Justice to the assembly and awarded her an honorary Doctor of Laws degree — only the second Supreme Court Justice to be so honored.

"I am honored to be part of your class," Justice Sotomayor said, "the first entering class in the second half century of John Jay's existence." She praised the College as "a jewel in the crown of the City University system," and its mission of "educating students in the love of justice."

Justice Sotomayor, a Princeton- and Yale-educated former prosecutor, litigator and federal judge, went on to offer what she called a "recipe for success" in college: spend every day here creating memories; learn new things and then share them, and devote part of each day to doing something nice for someone.

"Learning how to think is a key ingredient in doing anything in the future," she said. The Justice went on to urge students to find their passion for life in school. "Don't specialize too early," she said. "Take courses in as many different things as you can. Take courses just because you know nothing about that area.

"Squeeze every moment from this experience," she concluded. "Have fun in discovery, and challenge yourself."

The students, who were presented with special-edition Convocation pins to seal their membership in the John Jay community, signaled their appreciation of Justice Sotomayor with a lengthy standing ovation before she headed to an exclusive meet-and-greet in the Moot Court room.

Quite obviously reveling in the intimate setting with some 60 lucky students, the Justice fielded question after question, and posed for countless photos. The pre-screened questions covered a wide range of thought-provoking topics, including:

How do you stay grounded amid all of your professional accolades?

What question do you ask yourself before rendering a decision?

What accomplishment has meant the most, other than your appointment to the Court?

Why is there such a dearth of Hispanics in high-ranking government positions?

What lessons would you impart to a young person of color pursuing a career in criminal justice or public service?

Justice Sotomayor, who has been on the Supreme Court since 2009, had one more opportunity to interact with students at a reception in her honor held in the Shiva Gallery.

*This article was written by Peter Dodenhoff, Senior Editor and Writer, Office of Marketing and*

# NEW STUDENT CONVOCATION



## DEPARTMENT FEATURE: ATHLETICS, RECREATION & INTRAMURALS

The John Jay Department of Athletics, Recreation & Intramurals is pleased to announce that Homecoming will be on Tuesday, December 9, at the Doghouse (4<sup>th</sup> Floor Haaren Hall) against the CCNY Beavers. Doors open at 4:00pm and the women are scheduled to start at 5:00pm and the men will follow at approximately 7:30pm.

The annual event brings together students, faculty, staff, alumni, and friends of the Bloodhounds for a doubleheader basketball competition. The 2013 event saw over 750 fans sporting their Bloodhound Pride, along with over 75 alumni in the newly unveiled Alumni Skybox. Maddison and Rose, the Bloodhounds of John Jay, made a guest appearance and took photos with hundreds of fans. With new head coaches for both the men's and women's teams this season, the new and exciting brand of basketball will focus on "Havoc" and "Run and Jump". In addition, the newly renovated Doghouse will be unveiled prior to the first game. We look forward to seeing all the students, alumni, faculty and staff on this night! GO BLOODHOUNDS!

*This article was written by Brandon Fieland, Sports Information Director.*

**JOHN JAY ATHLETICS**  
PRESENTS  
**2014 HOMECOMING**  
Tuesday, December 9, 2014  
4:00pm: Doors Open  
5:00pm: Women's Basketball vs. CCNY  
7:30pm: Men's Basketball vs. CCNY  
The Doghouse - 4th Floor Haaren Hall  
FOOD • RAFFLES • GIVEAWAYS • ALUMNI

# MID-TERM MADNESS!



My, oh, my how time flies!!! Mid-Term Exam period is rapidly approaching, which brings a new set of challenges to our students. Many students experience stress or anxiety before taking a test. In fact, a little nervousness can actually affect a positive test score. However, test anxiety occurs when distress levels are so excessive they, in fact, interfere with a student's performance.

Signs of test anxiety can include physical responses such as headaches, nausea or diarrhea, extreme body temperature changes, extreme sweating, shortness of breath, light-headedness, or fainting, rapid heartbeat. Emotional responses to test taking can look like excessive feelings of fear, disappointment, anger, depression, uncontrollable crying, or feelings of helplessness. Additional signs of test anxiety include racing thoughts, "blinking out", difficulty concentrating, negative self-talk, feelings of dread, comparing yourself to others, or disorganized thoughts.

Fortunately, there are steps students can take to ease these unpleasant, harmful symptoms. By learning more about the possible causes of test anxiety, students can begin to look for helpful solutions. Learning correct study and test taking skills go a long way toward relieving distress.

The Department of Counseling offers students the chance become successful test-takers by offering workshops, group counseling sessions, and individual

counseling. Students have the opportunity to learn good study skills while becoming test savvy. Additionally, students explore how their attitudes, beliefs, and self-concept impact test scores. Constructive thinking and learning how to interpret and analyze test questions go a long way to making college a positive experience. In fact, to assist students who may be feeling anxious about test taking, a *Test Anxiety Workshop* is being offered on Thursday, October 2 from 1:30 PM – 2:30 PM in Room L 68.31 NB.

*This article was written by Ms. Felice Shoot, Counselor in the Counseling Center.*

## LOOKING TO PURCHASE JOHN JAY MERCHANDISE?

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## SPOTLIGHT ON SAFETY: PREVENTING AND RESPONDING TO GENDER-BASED VIOLENCE



by sexual harassment, sexual assault, relationship violence, and other forms of violence at alarming rates. Here at John Jay, we are committed to working together to address these issues. We strive to prevent gender-based violence before it occurs, to provide adequate training for students, faculty, and staff, to maintain updated our policies and procedures, and to offer accessible and exceptional services to survivors through our Women's Center, Counseling Department, and Department of Public Safety.

For more information about gender-based violence and student safety, please see:

<http://www1.cuny.edu/sites/title-ix/campus/john-jay-college-of-criminal-justice/>

*This article was written by Jessica Greenfield, Women's Center Counselor/Gender-Based Violence Prevention & Response Advocate*



Welcome parents and family members! Congratulations on becoming part of the John Jay community. College is a unique time in students' lives, filled with unlimited opportunities, tremendous growth, and intense challenges. At John Jay, we strive to educate the whole student through the combination of rigorous academics, co-curricular activities, and supportive services. We ask students to challenge themselves intellectually, while at the same time seeking to empower them to make safe and healthy decisions, and we promote the values of respect and responsibility, central to our mission of justice.

In Student Affairs, we enhance students' academic experience by providing quality supportive services, designed to meet students' needs outside of the classroom. We work collaboratively to prevent violence before it occurs by creating and maintaining a culture of safety where all members of the community can learn and work freely. We host workshops to teach students about topics like healthy relationships so they can recognize the warning signs of a relationship that is unhealthy. We offer self-defense classes where students can learn to empower themselves physically, emotionally, and intellectually.

We know from experience that sexual harassment, sexual assault, relationship violence, and other forms of gender-based violence can have a profoundly negative effect on students' personal and academic lives. In the event that students are impacted by violence in any way during their time at John Jay, the College has professionals and law enforcement officers who are specially trained to assist students in obtaining help, including medical care, counseling and other essential services.

Our students are not alone in facing gender-based violence. Sadly, students at colleges across the country are impacted

## DEPARTMENT FEATURE: ACADEMIC ADVISEMENT CENTER

The Academic Advisement Center (AAC) is committed to helping undergraduate students explore, define and achieve their academic goals. The advising staff assists students with in-class and out-of-class educational opportunities to ensure our bloodhounds become self-directed learners, decision makers and productive members of society.

Through individual and group advisement work, students receive help with tracking degree progress, understanding the General Education requirements and are guided through the process of pulling all the pieces of their education together.

### How the AAC can work with your Bloodhound:

- Adjust to university life.
- Clarify academic and career goals in relation to life expectations.
- Select appropriate courses.
- Interpret institutional policies, procedures, and requirements.
- Increase awareness of educational opportunities.
- Find campus resources that will offer helpful support.
- Assistance with understanding the Degree Audit.

### Semester Advisement/Academic Planning:

- General Education course advisement begins in *March* for *FALL & SUMMER* registration and in *October* for *SPRING & WINTER* registration.
- Academic Advising is mandatory for all freshmen students.
  - All freshmen students (0 – 29 credits) will have a hold on their account preventing registration until they have attended a group advisement workshop.
  - Senior Academic Advisors and specially trained Peer Advisors assist students in group advisement workshops that discuss the General Education requirements and how to make sound and resourceful decisions about their course selection.
- Although it is not mandatory, the AAC encourages sophomores, juniors and seniors to meet with an Academic Advisor at least once a semester to ensure appropriate academic degree progress. Advising appointments can be scheduled online or by visiting or calling the office.

### Confidentiality:

Advisors are happy to answer general questions from third party representatives regarding John Jay College's procedures, resources, and academic programs. As at all public institutions, however, the Family Educational Rights and Privacy Act prohibits disclosure of information on a student's record without written consent from the authorized



student on file. We strongly encourage all students to discuss their academic progress with their family. If a student would like his or her advisor to be able to speak directly with his or her parent, an authorization from is available at Jay Express.

### How Can Parents Help:

- Encourage your bloodhound to establish strong relationships with an academic advisor within the AAC and faculty advisor in the major department.
- Maintain open communication about academic progress and grades.
- Support the decisions your bloodhound decides to make and celebrate their victories!
- Encourage campus involvement. This provides a connection to John Jay and may help with career-related skills.

*This article was written by Brenda Valentin, Senior Academic Advisor & Coordinator of the Peer Advisor Program.*

## IMPORTANT DATES:

October 13, 2014:	Columbus Day—College Closed
November 6, 2014:	Last day to drop a class with the grade of "W"
November 11, 2014	Veteran's Day
November 19, 2014	Payment due for Registration
November 27, 2014	Thanksgiving—College Closed
November 28, 2014	College Closed
December 11, 2014	Payment due for Registration
December 15, 2014	Payment due for Registration through December 9
December 16, 2014	Final Exams Begin