

# 10 KEY WAYS TO BE SUPPORTIVE

Students are testing the waters and developing their own voice at college, yet they can't do it without your love and support.

1. Ask your student about what he's **LEARNING** instead of always focusing on grades. When he gets to talk about what he's learning, it helps reinforce what he's discovering in class, plus it helps him practically apply his academic learning.

2. Talk about **FRIENDS** at school without grilling her. Ask a few leading questions, like "So, what have you been up to?" or follow up by asking about a friend she mentioned in a previous conversation. Even if you haven't met these friends yet, they are a new "family" she is creating for herself and hold great importance in her life. But don't worry – you're not being replaced! It's a healthy, natural thing for young people to do.

3. Encourage your student to get **INVOLVED**. Research shows that students who engage in campus life feel more satisfied with their experience, often do better academically and are much more likely to stay to finish their degree. Getting involved helps enhance a student's sense of responsibility, a commitment to campus and a sense of *belonging*. Plus, he'll gain great leadership skills that will be helpful in getting a job after college and throughout his life!

4. Discuss **COMING HOME**, if your student lives away at school, before the first occasion arises. There will be a changing dynamic, as she'll be used to having freedom and self-responsibility at school, and may balk at the same rules she used to abide by. Talk about how to handle this, figure out where you're both willing to compromise and enjoy the fact that your visits won't have to be spent fighting over these kinds of details!

5. **LISTEN** when your student is trying to work something out. Don't interrupt with immediate solutions or advice, as figuring things out for himself is a key part of growing into adulthood.



6. By the same token, **DON'T JUMP IN** to solve things for your student when she's struggling. It's certainly fine to listen and talk things through. Yet, when it comes to action, it's really important that your student go to that office to ask questions or visit a professor during office hours to better understand why she received the grade that she did. You can challenge her to take these actions while supporting her every step of the way.

7. **SEND MAIL** when your student will be least expecting it. In the midst of stressful times, tests and a million priorities, he will welcome a piece of mail, letting him know that he's on your mind.

8. Try **NOT TO OVERCOMMUNICATE** with your student via all the various tech tools at your disposal. Emails, texts, Instant Messages, Tweets, Facebook chats, phone calls and more are all welcome! Yet, just because you can use these mediums whenever possible, it doesn't mean you have to always be in touch. It's all part of your student's growth process so she feels comfortable standing on her own feet and making decisions without always checking in.

9. Be ready to **EMBRACE CHANGE** as it comes. Perhaps your student will change political views because of an issue on campus or decide that he wants to explore another spiritual path. Change may also come in the shape of your relationship with your student. He will be developing his own voice and opinions – and you may not always see eye to eye. Yet, if you can step back and see this being part of his development, rather than open defiance, you're bound to engage in some interesting, eye-opening conversations!

10. Let your student know that you **TRUST** her. This will lead to more self-confidence and an ability to stand up for what he believes is right. He'll also be better able to say "no" in certain situations so he can maintain that sense of trust. Nothing will be perfect, yet knowing that folks back home trust and respect his decisions can go a long, long way.

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John Jay College's Family Connection Newsletter

# Bloodhound Bulletin

Office of Student Transition Programs September 2014

## THE BIG 5-0

To (loosely) paraphrase George Orwell, every academic year at John Jay is special, but some years are more special than others.

The 2014-2015 school year will a singular milestone in the life of the College, as the community celebrates the 50th Anniversary of John Jay's founding. The celebration will kick off formally on September 17 with a Convocation featuring U.S. Supreme Court Justice Sonia Sotomayor, and will continue almost without let-up through the 2015 Commencement ceremonies next May.

"Over five decades ago, a small and dedicated group of academic visionaries came together to develop a plan for a new college representing a new idea. . . that a liberal arts education, with a focus on issues of justice, will advance our democracy's pursuit of the common good," President Jeremy Travis observed in an August 19 e-mail to the college community. "That vision has come true. John Jay College is a unique and powerful educational institution that has made a difference in our world. This year we honor those who had this vision, those who saved the College when it was almost closed, and those who built the remarkable institution that we love."

The September 17 Convocation for new students will include remarks by Justice Sotomayor, a Bronx native who is the first Latina on the Supreme Court. The event will take place during the Community Hour, and the Justice is also planning to meet with select groups of students before and after the Convocation.

A planning group, chaired by interim Dean of Undergraduate Studies Allison Pease put together a suite of events and other offerings to mark the milestone anniversary. One of the more whimsical was the arrival on August 19 of the newest and smallest member of the John Jay community – 'Lil Jay, a six-inch bobblehead representation of the College's namesake. Hundreds of 'Lil Jays will be distributed on campus, and members of the community are invited to take pictures of the statuette in various settings and post the images on social media.

On December 8, a life-size statue of John Jay will be unveiled in the Kroll Atrium. Produced by StudioEIS, one of the nation's foremost designers of historical statuary, the bronze icon will take its place during a special ceremony that will be followed by the screening of a new film commemorating 50 years of the College.

Throughout the year, members of the college community and campus visitors will be able to view an engaging timeline of the history of John Jay that will be on display in the Haaren Hall Lobby. The timeline, "A History of Educating for Justice," will include a complementary digital exhibition.

Other commemorations planned for the 50th Anniversary include a "Future of Justice" expression contest; art installations; an "Acts of Justice" community service initiative; special alumni events, including a weekend-long Alumni Reunion in April 2015; and in May, the College's 50th Commencement ceremony.

A full roster of events can be found on a special Web site created for the anniversary, at <http://johnjay.ijay.cuny.edu/jic50/>.

Written by: Peter Dodenhoff, Senior Editor/Writer



# JUST FOR THE "HEALTH" OF IT

Welcome to Fall 2014 at John Jay College of Criminal Justice. If your student is new to John Jay or a returning student, a short FAQ about Student Health Services will be useful for you. Student Health Services at John Jay is an on-campus health care service for all enrolled students.

Our Office provides low cost, high quality health care services and medical treatment for ill or injured students whether they have health insurance or not! We are YOUR student's on campus source for health care and education in health matters. We are a small, dedicated staff that keeps health as our priority. Our health professionals include nurse

practitioners, a fitness professional/nutritionist, and a certified health educator that serves as a knowledgeable resource for health related questions, concerns, or information.

Whether your student needs a physical examination, vaccination (MMR, Meningitis, and Flu), is feeling ill, or has a health question, we will work to meet their health care needs.

To help your student stay healthy and remain active in all the things they love to do, we will be offering the following events in September:

**Open House:** 9/9/2014 1:40pm – 2:40pm, Rm. L 67.00NB  
**Alcohol & Drug Awareness:** 9/17/2014, 10am – 3pm, Atrium  
**World Heart Day (Wear Red Day):** 9/30/2014, 10am – 3pm, Atrium  
**Free HIV Testing:** Tuesdays 10am – 3pm, L67.00NB

Written By: Malaine Clarke, Health Services Director

## Student Health Services Pricing :

Office Visit	\$7.00
Pregnancy Testing	\$7.00
Request of Immunization Records	\$7.00
Physical Examinations	\$20.00
All other services	FREE!

Check out our webpage at  
<http://www.jjay.cuny.edu/2003.php>  
for prices on over the counter medications.

# BRINGING HISTORY ALIVE

## JOHN JAY ONLINE OPENS REGISTRATION FOR FIRST-EVER MOOC

John Jay's first-ever Massive Open Online Course, or MOOC, will begin on September 30, with registration for the free eight-week course on the Literature and Law of American Slavery now underway.

This unusual and in-depth look at one of the seminal periods of American history will paint a rich, multifaceted picture of the era, examining how American life today is still haunted and shaped by slavery. The course will be taught by Distinguished Professor of English John Matteson, who won the 2008 Pulitzer Prize for Biography for his book *Eden's Outcasts: The Story of Louisa May Alcott and Her Father*.

Matteson noted that he designed the MOOC as an immersive experience. "We are still processing the effects of the slaveholding era today," he said. "While most of us acknowledge and understand our history, we don't think about, or examine, how the debate over slavery changed American law and influenced literature. With this MOOC, we're taking American slavery out of the typical textbook

context to explore not just how the people who lived through it were impacted, but how it still impacts us today."

The MOOC will address many atypical issues about American slavery, including: the legal principles behind slavery, and the arguments for and against its legality; the response to slavery of leading American writers of the period; the perspective of the slaves themselves; the impact of the Civil War on writers who lived through it and saw it firsthand; and why slavery, which was abolished in the United States in the 1860s, still matters to us today.

Students can expect to spend up to five hours per week in the course, which will include video lectures, readings and discussions.

"We're very proud to be able to offer the public a free course of this caliber," said Feng Wang, director of John Jay Online. "Even a decade ago, this would not have been possible. Thanks to today's technology, anyone with an Internet connection, no matter where they live or what their educational level is, can participate in a rich academic experience with classmates from around the world, taught by one of the brightest thinkers of our time."

To learn more and register for this free course, please visit [johnjayonline.com/slavery](http://johnjayonline.com/slavery).

Written by: Peter Dodenhoff, Senior Editor/Writer

# THE COUNSELING CORNER

National Suicide Prevention Week is September 7th to September 13th 2014 and World Suicide Prevention Day in on September 10, 2014. These are important dates in the international calendar which brings together individuals and organizations with an interest in suicide prevention, and mobilizes efforts to save lives.

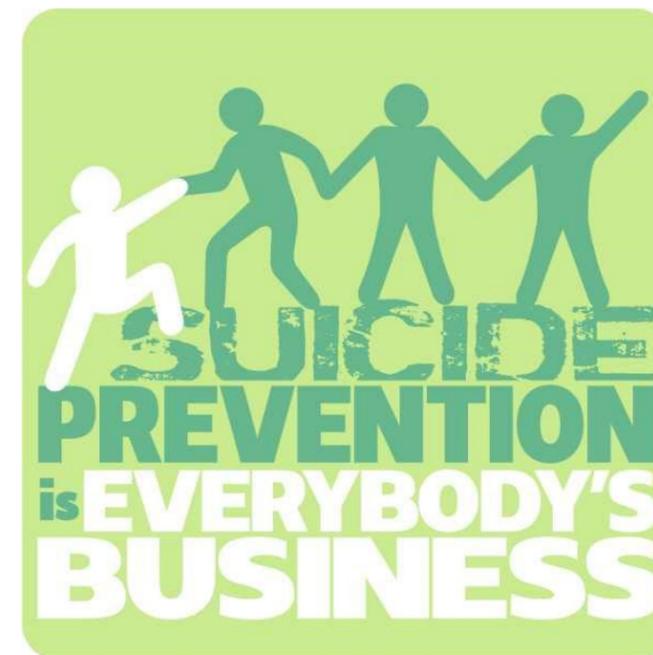
As noted by *The Society for the Prevention of Suicide*, every parent would like to believe that suicide is not relevant to them or their family or friends. Unfortunately, it's all too relevant for all of us. Suicide is reported to be the second leading cause of death among college students, and 45% of college students have reported feeling so depressed at some point that it was hard to function. Even more disturbing are national surveys that tell us that 25% of high-school students admit to thinking about suicide, and 8.5% acknowledge actually making an attempt. The unfortunate truth is that suicide can happen to ANY kid in ANY family at ANY time!

So how do you deal with this reality? Once you acknowledge that suicide is as much a risk for your child as not wearing a seat belt while driving, using alcohol or drugs, or engaging in risky sexual behavior, you've taken the first step toward prevention. You talk to your children about these other behaviors that can put them at personal risk. Suicide is no different. It's something you CAN and SHOULD talk about with your children!

Contrary to myth, talking about suicide CANNOT plant the idea in someone's head! It actually can open up communication about a topic that is often kept a secret -- and secrets that are exposed to the rational light of day often become less powerful. By talking about suicide, you also give your child permission to bring up the subject again in the future.

So what are some possible warning signs that should get your attention?

- STATEMENTS that convey a sense of hopelessness, worthlessness, or preoccupation with death. ("Life doesn't seem worth it sometimes." "I wish I were dead." "Heaven's got to be better than this.")
- BEHAVIORS that are different from the way your child acted in the past, especially things like talking about death or suicide, taking dangerous risks, withdrawing from activities or sports, or using alcohol or drugs.
- FEELINGS that, again, seem different from the past, such as irritability, anxiety, sadness, hopelessness, loss of interest.
- SITUATIONS that can serve as 'trigger points' for suicidal behaviors. These include things like loss or death; getting into trouble at home, in school, or with the law; or impending changes that frighten your child or make him feel unprepared.



If at any point you wish to consult with a person trained to listen and provide support, please call our Counseling Center at (212) 237-8111, Monday, Thursday and Friday 9:00 AM – 5 PM and Tuesday and Wednesday 9:00 AM – 7:00 PM. After hours, please call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255). This hotline is available 24 hours per day, 7 days per week. In case of an emergency, call 911 or go to the nearest hospital emergency room.

(This article was written by Dr. Gerard Bryant, Counseling Center Director, with material produced by *The Society for the Prevention of Suicide*)

## IMPORTANT DATES:

- September 10, 2014: Last day for 50% tuition refund
- September 17, 2014: New Student Convocation & Last day for 25% tuition refund
- September 18, 2014: Course withdrawal period begins
- September 23, 2014: Classes follow a Friday schedule
- September 24, 2014: No Classes
- September 25, 2014: No Classes
- September 26, 2014: No Classes
- October 3, 2014: No Classes
- October 13, 2014: No Classes