

## YORK CAMPUS INTERNATIONAL STUDENTS

### **IN THIS ISSUE:**

<b>International students</b>	<b>p. 1</b>
<b>Message from Jean</b>	<b>p. 2</b>
<b>Student life</b>	<b>p. 3</b>
<b>White Rose Journal</b>	<b>p. 4</b>
<b>OAS news</b>	<b>p. 4</b>
<b>SGA Valentine event</b>	<b>p. 5</b>
<b>Bookstore</b>	<b>p. 5</b>
<b>FA assistance</b>	<b>p. 5</b>
<b>New advisors</b>	<b>p. 5</b>
<b>ODS insight on ADD</b>	<b>p. 6</b>
<b>Facilities tidbits</b>	<b>p. 7</b>
<b>Spring break dates</b>	<b>p. 7</b>
<b>Safety tips</b>	<b>p. 8</b>

For the first time in the history of the York Campus, there are more than 10 international students attending classes here! **This semester, there are 12 international, or F-1 visa, students here on campus.** These students come to the United States for the purpose of study and must return to their countries when they complete their degrees. They are also required to be full-time students to comply with their visa status. According to the HACC Center for Global Education, the countries of York's international students include: Nigeria, Russia, the United Kingdom, Korea, Vietnam, Colombia, Mexico, Jamaica and Romania. **Add to this number the hundreds of immigrant students from more than 60 countries and you get a picture of just how diverse the York Campus is.**

## FROM THE OFFICE OF SECONDARY PARTNERSHIPS

### HACC Academy **FAMILY NIGHT**



#### **Program Offerings**

- Automotive Technology
- Trade and Industrial Technology
- Nurse Aide
- Emergency Medical Responder
- Patient Care Concepts
- Medical Office Technician



**Tuesday, March 12, 2013 at 6:00 p.m.**

HACC Academy is a training program for high school seniors who are interested in trade, industrial or health care career paths. Classes are located at the York Campus of HACC, Central Pennsylvania's Community College and are scheduled through high school diversified occupations or school-to-work programs. High schools remit tuition for training and HACC provides instruction and equipment. HACC Academy utilizes college-level curriculum to prepare each student to enter into a career path within the trades or health care and an opportunity to earn related industry certifications. Several programs provide opportunities for articulated credit to HACC.

- Meet HACC Academy instructors
- See HACC Academy student demos
- Visit our automotive and trades labs
- Visit our new health care lab
- Meet with our Program Coordinator

**Get A Head Start On Your Career Path!**

## FROM THE OFFICE OF THE CAMPUS VICE PRESIDENT

Women's History Month, a nationally-celebrated event each March since 1987, is an opportunity to **acknowledge the contribution of women in history, culture, business, politics and society**. On March 3, 1919, close to 5,000 women marched for the right to vote the day before President Woodrow Wilson's inauguration. The 19<sup>th</sup> amendment, guaranteeing this right, was ratified in August of 1920. Although those days of fighting for the most basic rights might seem far behind us to many, the median salary for women was \$37,118 in 2011 in comparison to the median salary for men of \$48,202 (according to the U.S. Census Bureau). Clearly, there is much work still to be accomplished in a number of arenas.



One way to increase economic and social power is through education. Across the nation college enrollment for women has risen substantially over the past three decades. On the York Campus, our female students comprise 67% of the student population due in large part to the interest in health career programs. **We have the opportunity to help shape the direction of the future of York County** and our region by helping these women become competitive for 21<sup>st</sup> century jobs. This work requires diligence far beyond a month's celebration and activity. It takes sustained effort and determination working towards significant goals and objectives—the very type of work that we do day in and day to help all of our students achieve success. See page 4 for some of this month's Women's History events being held on campus to celebrate women!

**Your voice is important and you have been given a number of ways to be heard.** Early last month, Dr. Ski invited you to share your ideas on improving efficiency and increasing revenue. If you haven't done so, please take a few minutes to offer your thoughts at:

<http://www.hacc.edu/operationefficiency/feedback.cfm>

On Friday, March 8 from 3:00-4:30 p.m., Jeb Baxter, Interim Provost, will be holding a campus conversation in the Glatfelter Community Room on the new Academic Affairs model. According to Jeb,

**"The changes will create a more curriculum-focused model** that will better serve the needs of our students. Also, we are opening an internal search to fill the substantively empowered and expanded roles of the department chair positions."

To see the details of the new model, click here:

<http://www.hacc.edu/AboutUs/AcademicAffairs/Reorganization.cfm>

And, finally, please plan to attend the Campus Master Planning during our spring inservice session on Monday, March 11, from 8:00-9:45 a.m. in the Glatfelter Community Room. **Your input is valuable and valued!**

Jean Treuthart

## SGA CELEBRATES WOMEN'S HISTORY MONTH

### Lunch and Learn—Jessica Setnick: Making Food Your Friend Again

Thursday, March 7

12:00 p.m.

Glatfelter Community Room, Cytec Building



Advertisers and food corporations expect us to believe the hype when they promote food as “good” and “bad,” “health food” and “junk food,” “fattening” and “lite.” We’re told various opinions about what we should eat, when we should eat it and how much. We’ve become afraid of some foods and over-consume the wrong kinds; we’re obese or dangerously underweight.

We’ve gotten to the point where we aren’t using food correctly at its most basic: to sustain and nourish our bodies when we are actually hungry. Jessica believes that life in college leaves students prone to making bad food decisions or overeating during stressful times. What she believes will help them stay healthy is a solid understanding of nutrition and changing their perspective about food when it comes to mealtimes.

In her rousing presentation, Jessica teaches students how they can navigate the conflicting nutrition information. **She gives them simple, thoughtful self-tests to differentiate between hunger and stress.** She also addresses why we all may fall prey to the emotionally loaded messages of the food marketing industries and what this may tell us about our natural human instincts to fit in, find approval and survive in a way that has nothing to do with food nor nutrition.

Going beyond food facts and correct portion sizes, students will leave Jessica’s session with a healthier perspective about how and when to fit food into their daily routine, to become less vulnerable to adverse marketing messages about nutrition and to use food to satisfy physical needs as opposed to emotional ones.

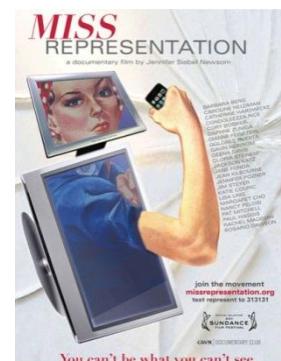
### Dinner and a Documentary—*Miss Representation*

Thursday, March 28

6:00 p.m.

Glatfelter Community Room, Cytec Building

Like drawing back a curtain to let bright light stream in, *Miss Representation* (90 min; TV-14 DL) uncovers a glaring reality we live with every day but fail to see. Written and directed by Jennifer Siebel Newsom, the film exposes how mainstream media contribute to the under-representation of women in positions of power and influence in America. The film challenges the media’s limited and often disparaging portrayals of women and girls, which make it difficult for women to achieve leadership positions and for the average woman to feel powerful herself.



In a society where media is the most persuasive force shaping cultural norms, the collective message that our young women and men overwhelmingly receive is that a woman’s value and power lie in her youth, beauty, and sexuality, and not in her capacity as a leader. While women have made great strides in leadership over the past few decades, the United States is still 90th in the world for women in national legislatures, women hold only 3% of clout positions in mainstream media, and 65% of women and girls have disordered eating behaviors.

Stories from teenage girls and provocative interviews with politicians, journalists, entertainers, activists and academics, like Condoleezza Rice, Nancy Pelosi, Katie Couric, Rachel Maddow, Margaret Cho, Rosario Dawson and Gloria Steinem build momentum as *Miss Representation* accumulates startling facts and statistics that will leave the audience shaken and armed with a new perspective.

Groups are welcome! If you’d like to bring a class or a small group to either of these programs, please contact:  
Sara Shaw 717-718-0328 x 3551 [seshaw@hacc.edu](mailto:seshaw@hacc.edu)



## **WHITE ROSE JOURNAL SEEKS BOOKS FOR USED BOOK SALE**

The *White Rose Journal* Club is planning a used book sale for mid-April in an effort to raise funds for the publication of this year's edition of the HACC-York literary journal. A portion of the proceeds will also go to the Literacy Council. If you have any gently used hard cover and paperback books that you would like to get rid of, **PLEASE CONSIDER DONTATING BOOKS** to our cause.

Any genre is welcome!

Books can be dropped off in Cytec Faculty Office 103, or feel free to contact Jeanne Purtell ([jmpurtel@hacc.edu](mailto:jmpurtel@hacc.edu)) to request pick up of your book donations from your HACC York location. We can accept donations through March 20. Thanks in advance for your support of this student endeavor!

## News from the Office for Academic Success (OAS)



### **"March Madness" Workshop List**

- “Sentence Grammar” – 3/5 @ 12:30 PM in Cytec 105
  - “How to use Microsoft Word” – 3/18 @ 12:30 PM in Goodling 130
  - “Prewriting” – 3/18 @ 2:00 PM in Goodling 130
  - “Plagiarism & Paraphrasing” – 3/29 @ 11:00 AM in Cyec 105
  - “Sentence Grammar” – 3/29 @ 2:00 PM in Cytec 105
- \*\*Faculty and staff are welcome to join in any workshop!\*\*

### **OAS “Lunch & Learn” Opportunity! - OPEN TO ALL**

**What:** “Living your Story: A Writing Perspective”

**Presenter:** Frank Bodani

**When:** April 3, 2013 @ noon

**Where:** Cytec Community Room

### **Expanded Spanish Tutoring!**

In addition to our current Spanish tutoring on Tuesdays from 1:30 PM-3:30 PM, the OAS has expanded it to Fridays from 12:30 PM – 4:30 PM!

## STUDENTS CELEBRATE VALENTINE'S DAY



York Campus students enjoyed a “build a bear” station just in time for Valentine’s Day. Each student chose a stuffed animal and proceeded to stuff it and place a very special “wish star” inside. Some were made as gifts, others were made for keeps.

The SGA sponsored this fun event which included candy, card making, and more!



## THINK SPRING!

Think Sale at the York Bookstore! **Receive 20% off regular priced HACC imprinted clothing & gift items during the week of March 4<sup>th</sup> – 8<sup>th</sup>.** Also, there will be an additional 10% off any clearance items. During the week of March 25<sup>th</sup> – 29<sup>th</sup> stop in at the Bookstore to see creative photos submitted by students wearing their HACC wear during Spring Break. Stay tuned for the promotion for the month of April.



## FAFSA COMPLETION ASSISTANCE

The financial aid office is running four (4) FAFSA completion workshops in March. Staff will be on deck to help students fill out their FAFSA. If you know anyone that can use this support, please share the following dates with them:

3/12 10am-12pm  
3/15 10am-12pm  
3/18 2pm-4pm  
3/20 2pm-4pm  
All sessions will be held in Leader Room 110 (Computer Lab)

## PLEASE WELCOME

**Christopher Bright** joins the Academic and Counseling department as an Academic Advisor. He has a Bachelor’s degree in Christian Life and Ministry from Lancaster Bible College and has had a diverse thirteen-year career in education and social services. Prior to coming to HACC York, he held the position of Customer Service Coordinator for the PA CareerLink of Lebanon County, and is currently the pastor of Lancaster City Assembly, an urban community church in Lancaster. In his spare time, Chris enjoys everything Phillies and Eagles as well as writing, cooking and listening to jazz. He is married to Patricia Bright, an instructor and counselor at HACC’s Lancaster Campus.

**Amie Brown** also joins Advising and Counseling Services as a part time advisor for the nursing programs. She graduated from Kutztown University in May 2012 with her Masters of Education in Student Affairs in Higher Education. She is also an alumnus of Penn State Berks where she earned a B.A. in Psychology. Amie is also a newlywed as of September, and she resides in Wellsville with her husband, Tyler and their cat, Lenard. Outside of work Amie enjoys crocheting, cooking, traveling, and helping out on her family farm.

## ATTENTION DEFICIT DISORDER IN THE CLASSROOM

Attention Deficit Disorder is one of the most prevalent disabilities on our campus. What is it? Does it surprise you to learn that it IS NOT a learning disorder? **ADD is not connected to intelligence, does tend to run more in males than females and can be diagnosed at any age.** ADHD includes a hyperactivity diagnosis. An individual with ADD/ADHD can have any or all of the following symptoms:

- Trouble concentrating for long periods
- Easily distracted
- Difficulty following a train of thought
- Easily overwhelmed
- Unable to sit still for long periods
- Poor impulse control
- Difficulty organizing skills
- Greater level of anxiety

How can we help them? They are eligible for ODS supports. You should get a letter of accommodation from ODS with supports like selective seating, so they can sit up front, extra time for testing in a separate room, lecture notes, etc.

**Here are some additional tips you can do as an instructor that will help EVERYONE in your class:**

- Put the class agenda on the board so they can see what is happening and when. This helps them follow along and not feel lost.
- Post any test or project deadlines on the board, D2L, on the project overview ***and remind them of the deadlines frequently.***
- With bigger projects, break them down into smaller, workable parts that they can apply deadlines to.
- Encourage questions about assignments at the beginning or end of each class.
- Use the board to write down any key points you want to make and suggest they copy them in their notes
- For longer classes, give everyone a break to help them re-energize.
- If playing a long DVD, break it into sections and process key points as a group to keep everyone alert.
- Power Points could be uploaded to D2L prior to class so students can print them out and take notes directly on the handouts (just like we do at conferences).

Remember, **ADD/ADHD affects a large portion of the population**, and those of us not affected but using smart phones are being trained to have ADD! These tips can help all your students in class to be on the same page.

## HIDDEN DISABILITIES PRESENTATION

It is easy to identify a student with a physical disability, but it is impossible to recognize all disabilities by sight. Learning disabilities, Attention Deficit Disorder and psychological disabilities are all invisible, but can impact an individual's ability to learn. **The Americans with Disabilities Amendment Act ensures that any college or university that accepts Federal funds must comply with providing accommodations for students with disabilities to give them equal access to college.**

- What is it like from a student perspective?
- What can you do within your classroom to support all students?

**Come and find out on March 21<sup>st</sup> from 12 Noon to 1 p.m. in room Goodling 108.**

Please RSVP to Lori Shoemaker, Disability Services Coordinator at [rshoemak@hacc.edu](mailto:rshoemak@hacc.edu).

## FACILITIES TIDBITS

- Change is in the air...the weather is turning warmer, the days are getting longer and if you look around outside you will notice that everything is getting ready to burst forth in nature's spring splendor. We will be holding another **pansy planting party** this year. Please stay tuned for times in March that we will be planting these happy little beauties and if you can make time in your schedules we would love to have your help planting.

- Please join us in welcoming **Ron Cline** to the York campus. Ron will be serving as our Interim Facilities Director, a job that he is very familiar with as he currently is the Gettysburg Facilities Director and takes care of our Franklin County location as well. If you see Ron on campus please help him to feel welcome as he acclimates himself and learns our campus.



- **New Welding Simulation Lab in Goodling 126**

March 1st we will be opening our welding simulation lab in Goodling. Dr. Mattis plans on having the first 6-week course beginning on the 1st of March. Please stop in and check out the new and innovative curriculum.

- **Student Commons and SGA space in Goodling**

We are nearing completion on this project and are very excited to share it with all of you. There are only a few more things that need to be taken care of and finished in the room and our student body will have a wonderful new space to call home. If you aren't aware of the location it is in Goodling 119. Once again, **we invite you to stop by** and have a look, we are sure you will be as excited about it as we are.

## SPRING BREAK

To all full-time 12-month and 41-week employees:



College offices will be open for full services during Spring mid-term break, March 11-15, 2013. Employees will have the opportunity to work 4 nine hour days (similar to our summer schedule) or any other combination of 36 hours during that week.

**Please check with your supervisor to establish your work schedule for the week.**

Classified employees should report actual hours worked each day based on 36 hours and will be paid based on 37.5 hours. Contact Maureen Reber, Payroll Office Manager, ext. 214175 if you have questions about reporting your time.

## SAFETY TIPS

Emergency call boxes have been strategically placed in various locations on campus. When you press the button you will be connected directly to an officer on duty. As you explore the campus, make a point of noting where the call boxes are located.

**Call boxes can be used for assistance, as well as to report any incident, including:**

- Crimes
- Suspicious persons
- Lost, found or stolen property
- Medical problems
- Fire
- Asking for directions
- Request a personal escort

**When activating a call box:**

- Press and hold the button to talk, release to listen
- Speak clearly and state your name
- The officer will receive a notification of the caller's location however please state your location
- State your emergency
- Follow the officer's instructions
- Do not leave the area unless your physical safety is in danger
- If you feel unsafe or threatened, activate the call box and keep moving to a safe location

**All Call Box activations are investigated regardless of a response.**

If you ever find any problems regarding the condition and/or use of the emergency call boxes contact the public safety department as well. Feel free to stop by your campus public safety department to learn more about the locations and use of the call boxes.

Thank you,  
Assistant Director of Public Safety  
Edwin Dominguez

