



# Stony Brook Serves a Career Center publication

Volume II, Issue 1  
September 2009

Sponsored by the AmeriCorps VISTA Program at Stony Brook University

## The College of Business Provides an Ethical Foundation for Business Leaders

by Cody Campbell



The College of Business (COB), in collaboration with the Career Center, has initiated a new program called the College of Business Leadership Community Service Program. “This initiative is to allow students to apply their academic studies in business ethics to community service,” says Margot Palermo, a professor at the College who helped put the program together. “The main objective of the COB Leadership Community Service Program is to promote social responsibility, accountability, and the value of work experience among COB students in the Honors Ethics Business Program and to contribute to the community.”

The affiliation between the Career Center and the COB is a valuable relationship, allowing two integral departments at Stony Brook to lay a foundation for students and faculty to reach across departments and build cooperative projects. “The Career Center will bring their expertise to the students by bringing their

community contacts... by helping the students to capture their skills and to translate [them] into stronger resumes,” says Palermo. “The Career Center has not only organized the eight contributing nonprofit organizations [and] made contact with them, but [they have] also created the receptivity for the COB students to establish a win-win relationship with these organizations in the community for the upcoming fall semester.”

Students in the Honors Ethics Business Program (BUS 447) are partnered with one of eight Long Island nonprofit organizations. “Students will be matched in groups of four or five. Each organization has its own partnership proposal detailing the work that the students and nonprofit will do together over a course of a semester,” says Palermo. One team, for example, will work with the Make-A-Wish Foundation of Suffolk County; they will engage in grant research and develop a professional networking event with local businesses in the area. Another group will team up with The Nassau-Suffolk Coalition for the Homeless as it endeavors to change its name to Long Island Coalition for the Homeless. Students will assist by developing a new logo, designing a website, and developing a marketing plan to raise awareness about the new name.

Approximately 35 students have been chosen for the program, all seniors with a minimum 3.5 GPA. Along with BUS 447, students will take Writing 301, which will assist them in writing a thesis on ethical leadership. By combining community service and experiential learning with the COB academic program, *(Article Continued on Page Three)*

### Inside This Issue:

	Cover
College of Business Program	
Spotlight: Shannon Kelly	2
CHOICE Peer Education Program	3
Stony Brook Stitches	4
Nonprofit Spotlight & Community Service Projects for Student Groups	5
The Pre-Dental Society & CHILL Peer Education	6
Alpha Kappa Delta Phi Sorority, Inc.	7

## Spotlight: Shannon Kelly, Commuter Student Services

by Steven Giugliano

Shannon Kelly, a staff member of the Commuter Student Services department at Stony Brook University, has been coordinating the Office of Commuter Student Services for over four years. Shannon recently accepted the newly created position of Assistant Director for Student Life and Leadership, while still overseeing the Office of Commuter Student Services and working to develop a cohesive leadership program for students.

Kelly is a member of the Community Service and Service-Learning Committee, a group of diverse professionals at Stony Brook University who work to promote experiential and community outreach activities to the entire Stony Brook population. One of the committee's major events is the Community Service Awards Ceremony, where students, faculty, and staff are recognized for their contributions to the Stony Brook community through service activities. This year, Kelly will also be collaborating with Taryn Kutujian, VISTA Programs Coordinator in the Career Center, to develop "Commuters for Causes". They will be coordinating service projects specifically for the Commuter Assistant Program, as well as larger projects in which any commuter student will be able to participate.



*Photo courtesy of Shannon Kelly.*

Many students often hear that people change their majors many times throughout their undergraduate career. And even though Shannon herself was once a commuter student, a position working for Commuter Student Services was not what she originally saw herself doing. Shannon said, "I went from wanting to be an archeologist, to a psychologist, to a high school teacher and volleyball coach. By my senior year, I was convinced that I was going into a graduate program for school counseling. However, after completing an internship with a high school guidance counselor, I realized that it was not my calling. After my enlightening internship experience, I sat down with my academic advisor/mentor and realized that, in addition to the knowledge I gained from my academic major, the skill set I developed by getting involved outside of the classroom was the perfect complement to a career in student affairs."

Not only does Stony Brook have a large commuter student population but also a diverse one. The Office of Commuter Services provides various programs from the Drive-In Movie Night in the South P Lot to Lunch and Learn workshops. Reaching out to these commuters is important because for students to take part in different opportunities helps "enhance the educational experience," as Kelly explained. Since commuter students often have responsibilities on and off campus, their time is of the essence and that is why it is important for Commuter Student Services to provide information through office hours in the Commuter Commons, bulletin boards displays, email listservs, the blackboard site, and outreach events at the parking lots—so that all of that information is at students' fingertips.



For more information, please contact Urszula Zalewski at [uzalewski@notes.cc.sunysb.edu](mailto:uzalewski@notes.cc.sunysb.edu).

## Help Students Make the Right CHOICE!

by Christina Positano



*Photo courtesy of the CHOICE program.*

The Choosing Health Options In the Campus Environment Peer Education Internship (CHOICE) gives students the opportunity to make a difference here at Stony Brook. The internship requires two semesters that total six upper-division credits, given through the Center for Prevention and Outreach (CPO) by the Health and Wellness Living Learning Center. The program raises awareness of issues pertaining to alcohol, tobacco, and other drug abuse and dependency. Included in the outreach training are tools to educate peers about sexual violence and assault.

Each CHOICE intern is made aware of recent research on college students' drinking issues, sexual assault and health risks, and trained to plan and execute campus outreach programs. Interns also learn tools for bystander intervention, marketing skills, and focus group methods. The program emphasizes "teaching students to talk about hard issues," said Dr. Smita Majumdar Das, Wo/Men's and Gender Resource Center coordinator. Since student educators are comparable in age, they reach their peers in a relatable and comfortable way.

Last semester, peer educators helped instruct the Red Watch Band workshops, which aim to prevent alcohol-related crises and deaths. The trainings consist of two and a half hours of CPR and one and a half hours of alcohol emergency preparedness. A couple of upcoming training sessions for the fall are on September 18 from 12 p.m. to 4 p.m., and September 21 from 4:30 p.m. to 8:30 p.m.

CHOICE also recently teamed up with VIBS, the Victims Information Bureau of Suffolk, for a certification in violence prevention training. "The goal was to open a conversation about sexual violence prevention and to encourage students not to be scared about discussing assault or report and seek services when in need," said Dr. Majumdar Das. Further outreach with men via a program called Men Against Rape is planned for the future, as CHOICE looks ahead to combat the stigma associated with this subject.

For more information about CHOICE, the Red Watch Band workshops, or the VIBS certification in violence prevention, please call Dr. Smita Majumdar Das or Ellen Driscoll at (631) 632-2748.

## College of Business Article, Continued

*(Continued from the cover page)* "we seek to bridge theory and practice by giving our best students an opportunity to exercise their leadership skills in these community organizations," Palermo says. Cultivating such a relationship with the nonprofit community will "give the students a sense of contribution and responsibility, while enabling them to make good choices."

Getting the students out of the abstract world of textbooks, the thesis allows them to do research in an area of specialization – management, accounting, finance, or marketing. This will provide a real-world aspect to the students' educational experience. "The community service component is necessary to the application and practice of good ethical leadership," Palermo says, elaborating on the vital connection between theory and practice. "These students will bring these values to the workplace when they graduate from our program, influencing corporate culture to support managers to make the right choices and lead with ethical integrity."

**Are you part of a student organization? See page five for more details.**

## The Stony Brook Stitchers

by Cody Campbell

Reaching out to those in need, Stony Brook Stitchers, a new club on campus, brings together members of the faculty, staff, students, and friends of Stony Brook University and the Stony Brook University Medical Center. “Our objective is to use our creative talents to provide hand crafted items for those in physical, emotional or spiritual need here within the Stony Brook University Medical Center and Stony Brook University community,” says Melissa Donnelly, staff assistant at the Stony Brook University Medical Center and co-founder of Stony Brook Stitchers. “We work very closely with hospital unit staff to make sure that any items we make are suitable for our patient and family population.”



*A sample of the many projects the Stony Brook Stitchers donate to the community. Photo courtesy of the Stony Brook Stitchers.*

The club was founded in December of 2008 by Melissa Donnelly and Shakeera Thomas, the program and event manager at the Computer Science department. Stony Brook Stitchers isn't just meant for those involved in the Computer Science department or at the hospital, though. “Anyone interested in joining the Stony Brook Stitchers is welcome. No experience is necessary. Our volunteers work independently as well as together, and share their ideas and experience to help one another,” Thomas says. “Our members knit, crochet and sew to create items that are then passed along to anyone who could benefit from the comfort of those items we create. All items are donated.”

The club has been successful in reaching out to a dramatically large number of people. Since January of 2009, Stony Brook Stitchers has produced over 290 comfort pillows, more than 100 blankets, 358 hats, three dozen pairs of booties, and 25 prayer shawls. They are donated to several units in the hospital and a number of Long Island non-profit organizations, like the Long Island Veterans Home and LI OCEANS (Long Island Ovarian Cancer Education Advocacy Networking Support), where they make comfort pillows for women who have undergone surgery for ovarian cancer.



*Photo courtesy of the Stony Brook Stitchers.*

“Since we began, our volunteer base has doubled and continues to grow as we continue to solicit new volunteers,” says Donnelly. That doesn't mean that they aren't looking for new volunteers, though. Throughout the next semester there are many new goals to be reached, including marketing the club to the Stony Brook University community and completing the development of the Stony Brook Stitchers Website and blog. Their most important upcoming objective, though, is to “give, give, give!!!” says Donnelly.

Anyone interested in giving, giving, giving should go to the Stony Brook Stitchers' website: [www.stonybrookstitchers.com](http://www.stonybrookstitchers.com).

## The Education and Assistance Corporation

by Steven Giugliano



*Photo courtesy of Randi Mitzner.*

According to their website, “The Education and Assistance Corporation (EAC) is a non-profit human service agency that administers 70 programs throughout the Metropolitan area, and each year helps over 47,000 people of all ages.”

Randi Mitzner is the Senior Director of Human Resources for EAC. She is responsible for recruitment of staff, interns and volunteers, agency training, and special projects. As an EAC representative, she reaches out to Stony Brook students at university job fairs and posts open positions on the University’s Career Center website. EAC frequently offers internships for students in all majors and disciplines, who can fulfill the corporation’s mission of responding “to human needs with programs and services that protect children, promote healthy families

and communities, help seniors and empower individuals to take control of their lives.”

Mitzner is also the regional director of vocational services, where she oversees four vocational programs: JOBS (Jobs and Basic Skills), Mission Employment, Employment Readiness Initiative, and a general vocational services program. Mitzner was employed by EAC from 2000-2002 as the project director of WorkNet Services, a program providing case management/employment services to single parents on public assistance. Mitzner returned to EAC in 2005 to work in the Human Resources department.

Mitzner explains that the most rewarding part of her job is “knowing that I am hiring compassionate, skilled professionals to work in our programs and am involved in arranging or conducting training to make sure that our staff remain current in their skills and continue to grow as professionals.” The corporation works with students with any related degree, such as psychology or social work. Mitzner encourages anyone interested in volunteering, interning or working for EAC to view the agency website at [www.eacinc.org](http://www.eacinc.org).

### Community Service Projects for Student Groups

*An Exclusive Career Center Event*

**Wednesday, September 9, 2009**

**1 to 2 p.m., Wang 101**

Are you looking to truly **make a difference** in your community this year?

Do you want to become eligible to **receive awards** based on your community service efforts as a group?

Do you have **community service requirements** that your members need to fulfill?

Community service projects featured in this presentation include:

**Habitat for Humanity**

**Holiday Service Projects with Family Service League, Adopt-A-Family, and Local Food Pantries**

**Walks to participate in as a group (Walk for Beauty, Walk for Life, Special Olympics, Cancer Walks)**

**Mentoring and tutoring opportunities in local school communities**

For more information, or to **RSVP in advance**, please email **Taryn Kutujian, VISTA Programs**

**Coordinator**, at [tkutujia@notes.cc.sunysb.edu](mailto:tkutujia@notes.cc.sunysb.edu).

## The Pre-Dental Society

by Melanie Tam

Getting accepted into dental school is not an easy process. Stony Brook University's Pre-Dental Society is here to help alleviate some of the stress that goes hand in hand with pursuing a career in the field of dentistry. "We strive to help each one of our members feel motivated and successful, help build realistic goals, and gain access to the best resources to develop a well rounded foundation," said Rita Dano, president of the group.

The Pre-Dental Society is not just about teeth and gums. The group members are involved with community service as well. They have participated in toy and food drives on the Stony Brook campus, and some of its members donate their time to Habitat for Humanity. They also partake in "Give Kids a Smile Day" at the dental school, an annual event at which dentists donate their time and provide free oral health care services to children of low-income families.



Photo courtesy of the Pre-Dental Society.

One of the goals of the Pre-Dental Society is to put together a mentor program. A pre-dental undergraduate student would be paired up with a current dental student who is in his or her first or second year. Since dental students have already been through the process of applying and getting into dental school, they can offer valuable advice to their mentees.

The Pre-Dental Society is not confined to Stony Brook University. It's members interact with other pre-dental clubs from other schools, such as Columbia University's Student National Dental Association. Stony Brook attends Columbia's Spring Impressions Day, which features workshops on test preps, guest lecturers and the chance to make impressions of model teeth.

The Pre-Dental Society holds monthly meetings in the Student Activities Center at 8 p.m. If you would like to learn more about the Pre-Dental Society and its meetings, please send an email to [SBPreDental@gmail.com](mailto:SBPreDental@gmail.com).

## CHILL Peer Health Education at Stony Brook

by Christina Positano



Photo courtesy of the Pre-Dental Society.

CHILL, a program that is named from the expression "to chill out," trains students to become peer health educators in the areas of depression, suicide, and other mental health issues related to the student population at Stony Brook. The program runs through the Center for Prevention and Outreach (CPO), which offers information, psychotherapy, support groups, and outreach in the areas of sexual assault, substance abuse, and depression/suicide. CHILL runs for two semesters, but students can get involved during the fall or spring semester. When both semesters are completed, students obtain six upper-division credits, which are graded according to an S/U designation (satisfactory/unsatisfactory).

In their first semester as CHILL peer educators, student attend a special training retreat covering the essentials of public speaking, *(Continued on the next page)*

## Chill Peer Health Education, Continued

*(Continued from previous page)* creating and implementing effective health education programs, and executing depression screenings. For the remainder of first semester, the peer educators assist second semester CHILL peer educators with workshops, depression screenings, and other outreach events. Once they are able to take more leadership positions and can act as event planners, CHILL educators present for fraternities and sororities, residence halls, commuter students, and other groups, on mental health issues.

During CHILL's biweekly, campus-wide depression screenings, "students can take a screening for depression for themselves or someone they know, and also pick up information related to depression and suicide," said Alex Imperato, peer educator for CHILL. "All depression screenings are supervised by a trained mental health professional that is on hand to speak with students... or just if students have any general questions about depression, CPO, or [other] services offered."

Kate Valerio, MS, CHES, a health educator and the primary coordinator of the CHILL program, and Michael Bombardier, PhD, a clinical psychologist and head of outreach and services related to depression and suicide, teach CHILL classes. For more information, please contact Kate Valerio at [Kvalerio@notes.cc.sunysb.edu](mailto:Kvalerio@notes.cc.sunysb.edu).

## Alpha Kappa Delta Phi Sorority, Inc.

*by Melanie Tam*

Alpha Kappa Delta Phi Sorority Inc. is the largest Asian-American interest sorority in the country, with 45 chapters nationwide. aKDPhi is made up of strong young women who are involved on the Stony Brook campus, as well as in the outside community. The sorority's national philanthropy is breast cancer awareness.

Every October, the sisters of aKDPhi host a Breast Cancer Awareness ball at Stony Brook's Student Activities Center. Local stores either donate money or purchase an advertisement in the program. All of the proceeds go toward the Susan G. Komen foundation. Speakers, such as breast cancer survivors, come to the ball and share their stories with all who attend. In 2008, the group raised over \$2,500 through ticket sales, tabling for donations, and selling breast cancer ribbon pins.



*Photo courtesy of the Alpha Kappa Delta Phi Sorority, Inc.*

Aside from awareness about breast cancer, aKDPhi advocates against domestic violence. The chapter hosts an annual domestic violence awareness workshop in the spring, where attendees can learn self-defense in case they find themselves in a dangerous situation.

*This year's Breast Cancer Awareness Ball will be held on Friday, October 30, 2009 at 6:30 p.m. in SAC Ballroom B.*

## Submit Your Articles!

The AmeriCorps VISTA Program encourages students, faculty, and staff to get involved with community service activities. Our publication is the place to share your stories with the Stony Brook community! Submit articles and photos, share information about projects, and list upcoming events. Please send all submissions to **Taryn Kutujian, VISTA Coordinator, Career Center**, at [stonybrookserves@gmail.com](mailto:stonybrookserves@gmail.com). Be sure to include your name, phone number, and email address.