



Stony Brook Serves

a Career Center publication

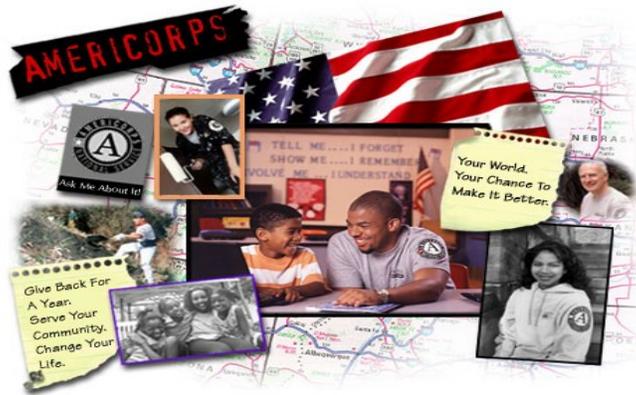
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Stony Brook Students Give Back Through AmeriCorps by Steven Giugliano



The AmeriCorps Education Award Program aims to promote service in local communities, while also enlarging the network of national service program sponsors across the nation. The program, run by the Career Center's Urszula Zalewski, allows 50 students to dedicate 300 hours of service over the course of one year. At the conclusion of their year of service, students receive a \$1,000 tuition voucher to be used for higher education purposes. AmeriCorps members work with diverse populations, including children and the elderly. They also work in fields of education and health care, and focus on issues related to the environment, homelessness and natural disaster relief, among others.

Rayna Simon is fulfilling her requirement of service for AmeriCorps by working as an intern for Pax Christi Hospitality Center, a homeless shelter for men. Having begun the internship this past September, Rayna will complete her year of service in May. As an intern at Pax Christi, Rayna meets with clients that are in need of housing and/or drug or alcohol treatment. By participating in AmeriCorps and this internship, Rayna feels she has been given a sense of purpose. "I realize now that many people need help finding the resources to getting their lives back on track," she said. "Working at this agency allows me to see quick results and long term outcomes in a short period of time."

Shek-Man Tsui, a two-time AmeriCorps member, volunteers at the Stony Brook University Medical Center's Blood Bank. He works on the Human Cooperation Project as a volunteer leader, where he works with professors to encourage blood donations in various courses. He describes his experience as a learning practice. "Through AmeriCorps and the Blood Bank, I have learned leadership skills, team work and communication skills," he said. "It made me truly appreciate the importance of volunteers in society. I am a better person because of it."

(AmeriCorps Article Continued on Page Five)

Volunteer Spotlight – Cody Campbell

by Lauren Cioffi

Cody Campbell stood outside on a hot day in Nepal as hundreds of his students waited in line to hand him flowers and place red chalk on his face. The ritual, used to show a sign of respect, was used to thank Campbell for his contribution to their culture after his visit of over eight months.

The program, “Students Partnership Worldwide,” focused on India and Nepal’s clean water sanitation. Campbell worked with two volunteers from Nepal to teach sexual reproductive health and hygiene, while informing students about HIV and AIDS.

Campbell put his life on hold to help others in a different country. He traveled with a small backpack and a few necessities. A family that Campbell calls his “mom, dad, little brother and little sister” opened their home to him during his stay. “I lived in a mud house with no water and no electricity,” Campbell said.

Now a first semester Senior at Stony Brook University, Campbell is a philosophy major with a minor in English. He is also in the process of applying to participate in the AmeriCorps Education Award program, and is a writer for this publication, *Stony Brook Serves*.



Cody Campbell in Nepal adorned in flowers and red chalk. Photo courtesy of Cody Campbell.

If you are interested in international volunteering, please visit <http://www.career.sunysb.edu/content/vcs/international-positions> for more information.

From Those Who Serve... Community Service Testimonials

The Seawolves’ shoe drive was started last year when a teammate and I wondered what could be done to recycle all the gently worn shoes that were being thrown out by our athletic teams. This year we have gotten the residence halls involved and placed a collection box in each building. The program would not be possible without our corporate sponsor, A-1 first class Viking Moving and Storage, who has donated the shipping to us in order to move the donated shoes to the collection site. —**Kurt Wende, Student Athlete Advisory Committee (SAAC) member**

Every year, my mom and I participate in a walk for a different cause. This year we chose the Revlon Run/Walk for Women. Last year we took part in the Autism Walk. I love to participate in these events and feel like I'm making a difference for someone in need. —**Pamela Ioannou, student volunteer**

When I started volunteering at the hospital, I thought it would be a great way to give back to others. I learned not only more about myself, but

also gained many great experiences. When I am able to put a smile on a sick child's face, my own heart smiles. Working with children brings out the child in me. The innocence, love and carefree attitude are sometimes just what I need to get through my day. —**Samantha Lal, Stony Brook Hospital Volunteer**

I was lucky to be exposed to community service when I was young. However, being a part of Rotaract is even more beneficial. I get to be surrounded by others who share my passion to stay aware of my community, acknowledge that there is a need for change, plan the execution of change and implement the plan of action. —**Supriya Mishra, Rotaract Club Co-Founder**

As a member of the fraternity Sigma Alpha Mu, I am proud to say that we have greatly involved ourselves in bettering the community around us. One of our events included a highway clean-up of Nicolls Road, which was sponsored by our fraternity in an attempt to avoid pollution build up and to promote a cleaner community. —**Matthew Massini, Sigma Alpha Mu Historian**

Want to see your group in Stony Brook Serves? See page six for more details.

Kappa Phi Lambda Sorority, Inc.

By Melanie Tam

Kappa Phi Lambda Sorority, Inc. stands for cultural diversity and community service. The ultimate goal of Kappa Phi Lambda is to spread awareness about pan-Asian culture to the Stony Brook community through various cultural workshops and programs.

The sorority has made its presence known on the Stony Brook campus. It recently participated in the Chinese New Year Celebration and Culture Day, which taught Chinese traditions and cultures to American families who have adopted Chinese children. The members also interacted with the children by showing them how to fold origami and make colored lanterns.



Kappa Phi Lambda Sisters. Courtesy of Kappa Phi Lambda.

The sorority's extent reaches far beyond the borders of Stony Brook University. The group participates in the March of Dimes annually, where the sisters hand out food to the participants. They have also been involved in the Parkinson's Unity Walk, where their main task was to come in early to set up for the event and stay late to clean up. Currently, the Stony Brook chapter's philanthropy is Children International. They are sponsoring a child named Beuti M., and raising funds to provide her with food, shelter and clothing.

Though the organization is only required to complete 10 hours of community service, they often give more of their time. The dedication of Kappa Phi Lambda can be seen through everything they do to try and help out the community.

Pre-Med Society Promotes Service and Success for its Members

By Christina Positano



Courtesy of the Pre-Med Society.

The Pre-Med Society at Stony Brook University acts as a liaison between students who wish to be in a medical field and aide the community. It connects them with volunteer opportunities outside of Stony Brook and allows members to gain useful experiences in the process. Besides connecting students with the community at large, the society links students with professional development resources. Last semester, the Pre-med society had a Student National Medical Association (SNMA) lecture, American Medical Student Association (AMSA) conference, and academic advising night. Events like these act as a forum to tell students how to “continue community service in medical school, what you need to do as an undergraduate, and what you can expect to be doing as

established doctors,” said Akini Moses, vice-president of the Pre-Med Society.

The Pre-Med Society is heavily involved with other organizations on campus, most recently collaborating with the Career Center and co-sponsoring the event, “Health Related Summer Programs in NYC and Long Island.” Members continually raise awareness and funds for a variety of causes, including lung cancer, breast cancer, colon cancer, and lupus.

For more about the Pre-Med Society, attend bi-weekly meetings on Thursdays in the Student Activities Center, Room 302 or send an email to premed@ic.sunysb.edu.

Kappa Alpha Psi Fraternity Raises Awareness (and Standards)

by Taryn Kutujian



Courtesy of Kappa Alpha Psi Fraternity.

National service has become an increasingly important issue in the United States, and the members of Kappa Alpha Psi Fraternity, Inc. (KAP) are ready for the challenge. As an officially recognized fraternity at Stony Brook University for over 20 years with 11 active members, the Kappas are passionate about giving back to members of their community. “Community service is a very big part of this organization,” said Akini Moses, community service director. “I believe that a community cannot be truly successful with a mentality that every individual should only worry about themselves.”

Throughout the academic year, members have collaborated with Sigma Iota Sigma Sorority and the Stony Brook Career Center in an effort to recruit more students for their various philanthropic endeavors. “Most of the students that participate in our programs... see the need and importance of whatever cause we are being proactive about,” Moses said. Most recently, they have participated in a “Toys for Tots” holiday campaign, made Christmas cards for children in the Stony Brook University Hospital, and raised awareness about domestic violence. The organization has also raised money for HIV/AIDS research.

“Community service is a crucial part of the college experience, as it is important knowledge that can’t be learned from inside the classroom,” Moses concludes. Kappa Alpha Psi Fraternity, Inc. also works to provide programming, role models, mentors, and financial assistance for at-risk youth. The organization’s plans for next year include raising awareness and money for different social justice issues.

Physics Club Reaches Out to Students

by Cody Campbell

He didn’t pass Physics 100 the first time he took the class. This time around though, things are looking up. “He already passed the midterm so there is already some improvement,” says Jude Safo, president of The Society of Physics Students, speaking of a student that he tutors. “I once stayed with him preparing for an exam until 3:30 in the morning.” The Society of Physics Students has a propensity for donating its time to improve the educational resources available to students outside of the classroom.

For the broke college student, this service brings another added bonus: it’s free. “In our office we have course textbooks for students to use if they choose not to purchase text books for class,” says Safo. “Any miscellaneous things we can do we try our best to do.”



Courtesy of the Physics Club.

The club also provides Graduate Record Examination (GRE) tutoring, which for many students eases the overwhelming pressures of getting into their dream school. “The GRE review is for students to review for the physics GRE and general GRE. We hold sessions weekly or whenever needed,” Safo says.

Not knowing what to do when you graduate from college is one thing. But not knowing what opportunities are available to you as a recent college graduate is a problem that is both widespread and preventable. *(Continued on next page)*

(Physics Club, Continued) Providing both insights into the field of physics and into the varying career opportunities to be found in the major, the club also hosts “bi-weekly seminars in which guest speakers can share and discuss their particular field of research with the students,” says Safo.

Students interested in receiving tutoring, participating in seminars, or joining the club are encouraged to contact the club’s president, Jude Safo, at jude.safo@gmail.com, or its secretary, Jaqie Schmidt, at jergone@yahoo.com, as the club’s tutoring hours fluctuate depending on demand. To use the free books or, possibly, sneak in one of those free pieces of pizza, the club’s office is in the Physics Building, Room P121. Where better for broke college students trying to pass physics or do well on the GRE to spend their time?

New Club Has Lofty Goals

by Cody Campbell



Circle K club members. Courtesy of Circle K.

Circle K, a new club on campus, involves itself with many community outreach programs and volunteer organizations. Its objective is to “help one child and one community at a time,” says Manny Shokralla, the club’s president. “To do this, we put students in leadership roles” both on and off campus, linking them with organizations that are in need of volunteers.

For example, the club has spent its time volunteering at St. James Soup Kitchen in Setauket. It has also been asked to help provide the soup kitchen with food, clothing, and toiletries. With the economy in such bad shape and citizens reluctant to donate what little they have, Circle K performs a vital function, providing St. James with its much-needed supplies. .

Circle K is in the process of setting up tutoring for children in the Stony Brook Hospital as well. When children are in the hospital for extended periods of time, Circle K will send volunteers to tutor them, making sure that the kids can keep up with their schoolwork. “We all know how hard it can be when someone gets behind in school,” says Shokralla. Similarly, members read to the children at the Stony Brook nursery and frequently supply them with donated books.

All students are welcome and are encouraged to participate. For further information, please contact Manny Shokralla at SBUCirclek.pres@gmail.com, or check out the group’s website at www.circlek.org.

AmeriCorps Education Award Program

Article Continued from Page One

(AmeriCorps, continued) Program facilitator Urszula Zalewski says that while the program is demanding, it is never something she would give up on. “It’s amazing to see great results that the Stony Brook AmeriCorps program produces every year,” she said. “I have a privilege to work with 50 amazing individuals that are driven by helping - this is the best experience ever!”

Ms. Zalewski is currently in the process of applying for 20 more AmeriCorps slots through the recently passed 2009 American Recovery Act. If the grant is approved, Stony Brook University will be able to maintain 70 students in the AmeriCorps program, giving these students a total of \$70,000 for their education.

If you are interested learning more about the AmeriCorps Education Award Program, please contact Urszula Zalewski at the Career Center by email at uzalewski@notes.cc.sunysb.edu.

The Community Service Award Ceremony

by Rebecca Newman

The third annual Stony Brook University Community Service Award Ceremony was held on Monday, April 20, from 12:30 to 2 p.m. in SAC Ballroom A. Co-hosts included Alpha Epsilon Delta: The National Health Pre-professional Honor Society, Lambda Theta Alpha Latin Sorority, Inc., and Epsilon Sigma Phi Sorority, Inc. Self-nominations and recommendations from other students, faculty, and staff put together this year's applicant list. Nominees needed to be matriculated undergraduate or graduate students, Stony Brook faculty, or staff members.

Taryn Kutujian, VISTA Programs Coordinator, says, "Nominees have to prove that they have made a significant impact on the community, or that they are actively creating programs to raise awareness about social justice issues." This leaves room for many individuals to receive awards. These awards obviously recognize student volunteers and organizations on campus, but they also recognize faculty and students who participate in coursework or research that directly impacts and benefits the community. Each nomination is reviewed by a diverse committee of staff and students involved in servicing the Stony Brook community, also known as the Community Service and Service-Learning Committee. Current members of the Committee include Kathleen Gillon, Orientation and Family Programs; Shannon Kelly, Commuter Student Services; Urszula Zalewski, Career and Volunteer Programs Coordinator, Career Center; Taryn Kutujian, AmeriCorps VISTA Coordinator, Career Center; Melitta East, Undergraduate College of Leadership and Service; and student representatives Laura Hickey, Ebony Kerr-Percy, Rachel Futersak, and Cristen Munch.

This year, highlights included Stony Brook alumni guest speaker Greta Guarton, Executive Director of Nassau-Suffolk Coalition for the Homeless. "Ms. Guarton talked about why volunteering is so important in our society, and why it should extend well beyond our academic years," Kutujian says. Please look for the full list of winners in next month's issue.

InterVarsity Christian Fellowship

by Lauren Cioffi

Jason Philip, along with members of the InterVarsity Christian Fellowship (ICF), roamed the streets carrying 200 bags filled with granola bars, juice boxes, scarves, hats and gloves. "We looked for homeless people to give them to," Philip said. "I couldn't believe how much we put these people in the background whenever we're in the city."

People outside "The Open Door," a homeless shelter in New York City, waited for Philip and his friends to hand them a bag. "You realize that homeless people aren't just homeless," Philip said. "They're people."

The important service that Philip and members of ICF contribute to the community help to bring awareness. "In reality you have to have a heart for the people," Philip said.

This semester, the group focused on an event called "Love Out Loud," which took place on Thursday, April 16 in the SAC at 7:00 p.m. Working with the organization, Love146, members of ICF worked together to make students aware of child trafficking for sexual slavery. "We want to make the issue apparent on campus," Philip said. ICF holds regular meetings on Thursdays in the Student Activities Center, Room 302, at 8:30 p.m.

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 stonybrookseves@gmail.com. Be sure to include your name, phone number, and email address.