

Student NEWS

Always Keep Your Eyes On the Prize!



Challenging Expectations

Graduate Indra Bohara



Indra Bohara has 41 children. Well, not really, but he and his wife Salina provide food, clothing, books and tuition to a private boarding school for 41 children in Nepal, his motherland.

At age 25, seeing that there weren't any opportunities for education or employment in Nepal, Indra followed the wave of young adults moving to Australia in search of a better future. There, he aimlessly studied hospitality management in Sydney until a sudden stroke of luck changed his life forever; the couple won the U.S. visa lottery. Indra arrived to New York first and following the advice of compatriots already living and working in the city, he began taking classes at LaGuardia Community College's Taxi and FHV Driver Institute. The rest is history.

PROFILE, continued p. 4

39th Annual Commencement at Lincoln Center's Avery Fisher Hall

The 39th annual commencement exercises held at Avery Fisher Hall at Lincoln Center took place on September 23, 2011.

As is done every year, supportive spectators from the College community were on hand to honor the achievements of the 2,197 students who made up the Class of 2011.

Becoming a LaGuardia graduate requires hard work and determination. We hope that determination never wavers.

Our graduates will forever be a part of the LaGuardia Community College family, so remember, we will always be in your corner rooting for you and daring you to do more!

Student News Editorial Policy

The Student News is a college publication for the benefit of the student body. All articles accepted for publication are reviewed and edited as needed for style and length. The Division of Student Affairs and the Office of Marketing and Communications produce the Student News collaboratively.

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From the Office of Student Affairs

Be Your Best!



Michael Baston,
Acting Vice President

"Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind."
-- Dr. Seuss

Courage is the mental or moral strength to persevere and withstand danger, fear or difficulty with confidence. True courage is built on the firm foundation of personal integrity. The demands on the lives of college students are many and varied. One could argue that managing multiple commitments and audiences should be a credit bearing major. It takes courage to go forward, even in the face of our challenges and fears. It takes great courage to be our best selves in a world that asks so much of us all.

Being your best self does not come without its costs. Being your best self requires that there be no gap in what you say and what you do. Your credibility is dependent upon your ability not only to talk the talk, but also to walk the walk. One of the reasons that professors issue syllabi is to establish the course norms so that expectations are clear. It is also so that there is credibility when it comes time to award students a degree, certifying that they have attained the desired level of understanding to have earned that degree. Credibility matters. Would you take medicine

that has not been approved by the FDA? Would you take a taxi with a driver who has no license? Would you let a car mechanic perform your open heart surgery? I hope not. Whatever it is that you do throughout your life, let it be done with integrity.

Being your best self requires commitment. People often struggle with the doing. They have feelings, thoughts and sometimes even plans of action, and yet somewhere in the translation the doing never gets done. Closing the commitment gap means bringing to life the things that seem so difficult to move on. Success breeds success, but in order to move forward, you must take the leaps of faith that allow you to run toward the destiny that you envision.

Being your best self requires that you be yourself. That takes courage: The courage to have your own vision of your future, not one that someone else has prescribed for you. Courage to have your own voice. To be able to speak up, speak out and speak passionately about the things that you care about. Courage to seek the

truth, no matter how uncomfortable or unpleasant. Courage to lead when no one else steps up. The courage to follow with a determined spirit and an open mind. It takes courage to be yourself.

As you continue on the LaGuardia journey, remember that each campus experience, in or out of the classroom, affords you the opportunity to gain great credibility in our community. Add to that credibility commitment and courage, and the possibilities for your success will be limitless. All of us believe in you and are here for you. Continue to have the courage to be your best self!



Don't forget!

Last Day to officially withdraw from a course with a "W" grade is **Tuesday, October 25, 2011!**

Please view page 3 for more information about withdrawing. 

Watch for the next issue of *Student News* in November 2011!

Student Government Association

A Message from the SGA President

Dear Fellow LaGuardians,

The Student Government Association has been working extremely hard to make LaGuardia Community College better for our students. All 12 governors have been working on goals that the SGA would like to achieve during our tenure as your student leaders. SGA believes that our main goal is to communicate more effectively with the entire student body, which contains over 15,000 degree seeking students. This isn't easy for 12 people, but with the many resources that LaGuardia provides, we plan to do our best. Another goal that the SGA hopes to achieve is to provide a wonderful social experience through our many events. This will help students build a network that will allow them to be more successful in life.

As SGA President, I get most of the credit for the things that SGA does. Although it may seem as if I do a lot of the work, the truth is that I have a wonderful supporting cast that has been working with me since I was elected. Your SGA truly cares about student success. I know this is true because five of the SGA governors work in other departments on campus, helping students with the many issues they face. This is definitely one of the

most dedicated student governments in all of CUNY.

I would like to acknowledge two governors for the extraordinary work that they have done in the past two months: Executive Vice President Moklasur Rahman and Governor of Clubs & Ethnic Affairs Dan Campbell. In August they both served on the Hispanic Heritage committee, which helped put together events for October. The Vice President of the SGA worked with other CUNY leaders to express some of the issues that LaGuardians face and how CUNY can help. He also put together the Eid event that was held on September 13, all while working as a tutor in the math lab.

In September, Gov. Campbell has been committed to improving SGA's communication with the student body. Gov. Campbell has created an SGA webpage that will host many links for students to engage with SGA and learn more about the College's services. Gov. Campbell also wants to help LaGuardia clubs build webpages. Additionally, she is the creator of the new SGA logo and works in the math department.

Each month, I will be selecting an "SGA Governor of the Month." This will give LAGCC the opportunity to not only celebrate that governor's

success, but to learn about all the work being done by the SGA.

Keep up of the great work, LaGuardians. Live strong and study hard!

Best wishes,
Donavan Borington
SGA President

SGA meets in room M-160 every Wednesday afternoon at 5:00 p.m. during Fall I. Meetings are always open to the LaGuardia Community, and your student governors encourage you to attend.

An Important Message About Withdrawing

The Withdrawal Period for Fall I ends October 25

Withdrawal is an important academic option for students who cannot continue attending class or complete course requirements, or who believe they cannot pass a course for which they are currently registered (Fall Session I). This decision should be made carefully after speaking with the instructor of the course and with the advice of a counselor or advisor.

When you withdraw, the course remains on your transcript and you get a W grade for it. The W grade does not affect your GPA. On your academic record, the course is still counted in the number of "attempted credits" but will not be included in the number of "credits earned."

Don't just walk away from a class! Protect yourself, your current academic standing and your academic and financial aid future. If you cannot finish a class, a W grade protects your GPA from the failing grades of WU (unofficial withdrawal for non-attendance) or F (failure).

If you are receiving financial aid, withdrawing from a class may impact your eligibility and award status. If you are receiving financial aid, PLEASE speak with a Financial Aid specialist in C-107

before you withdraw so that you are fully aware of any financial aid consequences for this action.

Please note that there is no tuition refund for withdrawals. You are responsible for all tuition and fees for the course, even if your financial aid award for the semester is reduced as a result of the withdrawal. If your aid is reduced, you will have a balance due.

Withdrawals are done online through the CUNY Portal & eSIMS, or in-person at C-107. The deadline to withdraw from a Fall Session I class is Tuesday, October 25. C-107 will be open until 7 p.m. that day if you need assistance. The online withdrawal should be done by 11:30 p.m.

Overall, if you are unable to complete a course or if you feel that you may fail a course, especially if you have not attended the class sessions, then withdrawing is a viable and important option for you.

NOTE: Once you withdraw, the action cannot be reversed; W grades are final.

How to Withdraw Online Through eSIMS:

After logging on to the CUNY Portal and selecting eSIMS,

- 1) Select "PNC/W GRADE REQUESTS" from the gold column on the left.
- 2) Decide which class you are withdrawing from, move to the right and click on the "WITHDRAW" button on the line with the class you've selected.
- 3) You will see a "WITHDRAWN" message.
- 4) Click on "TRANSCRIPT" in the gold column on the left. Scroll to the end to verify that there is a W grade next to the appropriate class.
- 5) If you do not see the W grade, your withdrawal was not processed and you need to do it again, or visit C-107 for assistance.

Note: Withdrawals cannot be processed by telephone, email or fax.

Please consider the academic and financial consequences prior to withdrawing from a class. Learn the facts and make your decision after careful consideration!

ePortfolio EXPO @ LaGuardia

Win an iPad!
Join the **ePortfolio Expo Raffle.**

To enter and win, you must have an ePortfolio (see below).
If you want help building your ePortfolio, attend one (or more) of our workshops.

Your ePortfolio must have at least the following pages completed:

- Introduction
- Educational / Career Goals (Artistic statement for Fine Arts students)
- Course Work / Classes and Projects (at least 2 course pages completed)

Get your raffle ticket during your ePortfolio studio hour class or at the workshop. The raffle will be held during the ePortfolio Expo, 10/26/2011.

Workshop Schedule	
Thur Sep 15th 2011	1:00 - 2:00 pm
Tues Sep 20th 2011	10:30 - 11:30 am
Fri Sep 23rd 2011	11:45 - 12:45 pm
Mon Sep 26th 2011	2:15 - 3:15 pm
Wed Sep 28th 2011	2:15 - 3:15 pm
Wed Oct 5th 2011	3:25 - 4:25 pm
Wed Oct 12th 2011	3:25 - 4:25 pm
Thur Oct 13th 2011	1:00 - 2:00 pm
Mon Oct 17th 2011	2:15 - 3:15 pm
Thur Oct 20th 2011	4:35 - 5:35 pm
Mon Oct 24th 2011	1:00 - 2:00 pm
Tue Oct 25th 2011	10:30 - 11:30 am
Tue Oct 25th 2011	5:45 - 6:45 pm

All workshops will be held in B-121.

ePortfolio Expo:
E-Atrium
1:00 pm - 3:15 pm
October 26, 2011

Submission Deadline: November 28, 2011

FINANCIAL AWARENESS VIDEO COMPETITION

The New York Fed is looking for innovative and artistic videos for young adults to use credit wisely.

INFO & SIGN-UP SESSION
WED., OCTOBER 5, 2:30-3:30pm
in the VIDEO STUDIO, M122.

2010: 1st Place - LaGuardia
2nd Place - LaGuardia
2011: Let's do it again!

Contest sponsors will be here to offer tips on creating winning projects and talk about prizes. Network with other students and form a crew.

Stay for WebTV info and networking session: 3:30-4:30 pm

Student Clubs

at LaGuardia

LaGuardia Community College's student clubs and organizations are an important part of the foundation on which our college education rests. They both liven and enrich our college experience by introducing us to interests that we may not have ever given any thought to before enrolling at LaGuardia.

At the beginning of each semester, LaGuardia's Student Life Office (M-115) hosts a student club fair. This year's event offered our student body the opportunity to meet with each club's representatives, in order to witness the wonders of participating in extracurricular activities.

Whether you become a member of Phi Theta Kappa, the Philosophy Club, the Talent Musicians Society or the LaGuardia Political Arena Club, just to name a few, you have the opportunity to display your talents to the College, learn about internships and enroll in programs that can mold you into a future leader.

Your Student Government pledges to do everything within its ability to ensure that you are able to partake in this little slice of college life.

Clubs at LAGCC

The following is a list of clubs that were active last term and are expected to become certified for this semester:

- | | |
|-------------------------------------|--------------------------------|
| LaGuardia Catholic Students Assoc. | Creative Writing Club |
| American Sign Language (ASL) | Christian Ministry |
| Bangladesh Student Association | Arabic Club |
| LAGCC Veterans | Chinese Club |
| Philosophy Club | Vet Tech Club |
| Muslim Students' Association | Breaking Through Barriers Club |
| Student Occupational Therapy Assoc. | LaGuardia Talent Music Club |
| Physical Therapy Assistant Club | Economics Club |
| College Discovery Club | LAGCC Art Club |
| Photography Club | Practical Nursing Club |
| Engineering Club | Photo Club |
| Jewish Club | Japan Club |
| Psychology Club | The UN Club |
| Web Radio Club | Food and Nutrition Club |
| Nursing Club | Chinese Christian Fellowship |
| Political Arena Club | Black Student Union |

Profile from p. 1

The Sunnyside resident and former ASAP student is now a 2011 Liberal Arts: Social Science and Humanities graduate. "Going to LaGuardia was the right decision," he says. "I didn't know what to do with my life, but after my first semester it all became clear." Indra recounts his Ethics and Moral Issues philosophy course as the turning point of his education. "I always remember the question my professor posed to the class: 'Do we have a responsibility towards less fortunate people?'" says the audacious philanthropist. This is when he, in coordination with three cousins who are students of political science and business administration living in Nepal, began reaching out to the elders in their community to round up children of the most disadvantaged families and provide them an education. The number grew from 17 to 41 children in just one year. Every month, the Boharas pay their rent and living expenses, buy groceries, and send the rest of their earnings overseas. "I don't need a luxurious life; money is not my purpose," Indra says.

In addition to this great feat, Mr. Bohara completed five Honors courses at LaGuardia, maintained his part-time position as a taxicab driver, and encouraged his wife to acquire an education as well. Indra is currently pursuing a CUNY Baccalaureate for Unique and Interdisciplinary Studies at The Graduate Center. Eventually, he plans to return to Nepal to continue his charity work and promote dialogue between political parties to ameliorate political strife and improve social justice in his country.

Financial Aid Work Study Fair

Learn about the Federal Work-Study Program and its benefits. Get hired on the spot!

You are cordially invited to attend the Federal Work-Study Job Fair on Wednesday, October 12, 2011 from 10:00 a.m. to 2:00 p.m. in the E building Atrium. Receive information about: How to apply, how to be placed, and how to get paid. Off-campus and on-campus site supervisors will be available for immediate placement, so please stop by.

Check your Financial Aid Status via The CUNY Portal - eSIMS

Be a proactive manager of your education at LaGuardia.

The CUNY Portal is a gateway to CUNY applications, services and CUNY resources. With a single sign-on, you can access many CUNY applications. Now you can check your student information; check financial aid application status (both Federal FAFSA and State TAP); view financial aid awards; fix errors; link to the Education Department's Online Entrance Interview for Direct Loans; and link to the interactive loan request page, all through the CUNY Portal.

- Go to www.cuny.edu.
- Click "Log-in" at bottom left of navigation bar
- Type in your Username and Password. Click the "Log In" button. (If you do not have an account, click "Register Now!" to get a username and password.)
- Click the link to *CUNY's Online Center for Admissions and Financial Aid* under the "Apply to CUNY" section.
- Click Financial Aid on the left of the navigation bar.
- Click on Application Status – this will lead you to FAFSA and TAP applications
- Click on Award Summary to view a display of Pell, TAP, campus-based aid and direct loans.

You will also find links to:

- Guide to Financial Aid
- FAFSA on the web
- Higher Ed. Services Corporation (HESC)
- Summary of Financial Aid Programs
- Federal Tax Benefits for Tuition and Fees
- Preventing Financial Aid Scams
- Identity Theft Prevention

Financial Aid Disbursement Schedule

Know when to expect your financial aid payments.

For students who are eligible to receive a Pell refund, Federal Work-Study payment, loan disbursement and other Title IV grants, the schedule is available at <http://web.laguardia.edu/sfs/payments.aspx>

A check will be generated and sent to you via mail, direct deposit to your bank account or deposited onto your CUNY Scholars Support Card.

CUNY Scholar Support Prepaid Cards

Get your financial aid faster and easier!

Students eligible to receive financial aid may receive payments on a CUNY Scholar Support Prepaid Card. This is not a credit card; it is a prepaid "MasterCard" card accepted at any store or ATM where MasterCard debit is accepted. Student payments will be automatically deposited to the card and can be used immediately. Sign up for the CUNY Scholar Support Prepaid Card at www.cuny.edu/scholarssupport.

Direct Deposit Through Any Bank

Why wait for checks in the mail?

With direct deposit, your money will be available to you immediately! Direct deposit of your financial aid checks into your bank account can be arranged by completing and submitting the Student Financial Assistance, Direct Deposit Request/Authorization form which is available at the Bursar's window in the M building basement lobby.

Perkins Loan - Entrance Interview

All students who have been awarded a Federal Perkins Loan for 2011-12 must take the online Pre-Loan Entrance Interview before a check can be issued. Follow these four simple steps:

- Log on to www.lagcc.cuny.edu/financialaid.
- Take the Entrance Interview.
- Print the confirmation page upon completion of the Entrance Interview.
- Bring the confirmation page to Mr. Stanley Rumph, in C-107, for final approval of your Perkins Loan. We will accept only electronically signed Promissory Notes.

Direct Loan - Entrance Counseling

All students applying for a Federal Direct Loan must complete the Department of Education's online "Entrance Counseling for Borrowers' Quiz." Just follow these five simple steps:

- Log on to www.dlserver.ed.gov.
- Take the quiz.
- Print out the rights and responsibilities page, and sign it.
- Bring the signed rights and responsibilities page, within 30 days, to Student Financial Services (C-107), where you will complete your loan application.
- E-sign a Master Promissory Note (MPN) at <http://dlenote.ed.gov> using your PIN. If you do not have a PIN, you can request one at www.pin.ed.gov.

Once the MPN is completed, you will receive a disclosure notice from the Department of Education approximately 10 days before the scheduled disbursement date. The Disclosure Notice will indicate the approved gross loan amount(s), fees, net loan amounts, and anticipated disbursement dates. All loans are disbursed in at least two disbursements.

Attention Student Borrowers!

If you are graduating, drop below six credits, or are leaving LaGuardia Community College, and you have an outstanding Perkins or Direct Loan, Federal regulations require you to complete an exit counseling/interview. The exit counseling/interview serves to remind you of your rights and responsibilities, and gives you the opportunity to speak with a financial aid counselor about any questions that you may have regarding your loan. *What will happen if you leave the college without taking an exit counseling/interview?*

- Your school records, including your academic transcript and diploma will not be released until you complete this requirement.

Perkins Loan Borrowers: **You must take the online exit Interview** at www.lagcc.cuny.edu/financialaid.

Direct Loan Borrowers: Complete your exit counseling online at: www.dlserver.ed.gov.

Don't Default on Your Student Loan

If you default on your student loan, you will face the following serious consequences:

- Your loan will be reported to national credit bureaus and it will damage your credit rating;
- A defaulted loan can make it more difficult to buy a home or a car;
- Legal action can be taken against you;
- Your wages can be garnished;
- Your income tax refund can be withheld;
- You may not be eligible for additional student aid.

For information about Student Loan Repayment options:

Federal Direct Student Loan borrowers can visit the NSLDS website: www.dlserver.ed.gov

Perkins Loan borrowers can visit the Educational Computer Services, Inc. website: www.ecsi.net

Federal Work Study Grant - Use It or Lose It!

Use your Federal Work Study award for 2011-12. *Why pass up the opportunity to obtain great work experience?*

As soon as you get your award letter for FWS for 2011-12:

- Come to Student Financial Services (C-107).
- Sign up for a FWS orientation/placement workshop.
- Be sure to bring your award letter to the workshop.

Visit the Student Financial Services Resource Center (C-109)

- File your FAFSA online & automatically receive a PIN # from the Dept. of Ed.
- Link to the TAP application
- Take online Federal Direct loan entrance & exit interviews
- Link up with other government websites for your financial aid questions

October 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
2	<p>Movement Studio E-151 Power Pilates 12pm-1pm</p> <p>Latino Heritage Film Screening "Chifles: Plantain Chips" Poolside 9am-5pm</p> <p>Health Services AmeriGroup Insurance M-Lobby 10am-4pm, Metro Plus Insurance C-Lobby 10am-4pm, Fidelis Insurance E-Lobby 10am-4pm, Affinity Insurance C-Lobby 10am-4pm, United Health Care Insurance E-Lobby 4pm-8pm</p>	<p>Movement Studio E-151 Vinyasa Yoga 12pm-1pm Hatha Yoga 5:15pm-6:15</p> <p>Latino Heritage Meet Latino Elected Officials Poolside E-242 1pm-2:30pm, Arts & Crafts 10am-12pm, Poet Maria Aponte 3pm-4:30pm</p> <p>Health Services Metro Plus Insurance C-Lobby 10am-4pm, HIP Insurance E-Atrium 10am-4pm, Health Services Outreach M-Lobby 10am-4pm, Free HIV & STI Testing MB-40 11am-4:00pm, United Health Care Insurance E-Lobby 4pm-8pm</p>	<p>5</p> <p>BMEC Writing-Session I: Creating a Good Abstract C-107 2:30pm</p> <p>Leadership & Diversity Cultivating Mindfulness for Leaders TBA 2:30-4:30pm</p> <p>Latino Heritage Q&A with Felipe Luciano 11:45am-1pm Little Theater, Nuyorican School Poetry Jazz 1pm-2pm Little Theater, E-Atrium Latino Celebration with raffle prizes 2pm-4:35</p>
9	<p>Movement Studio E-151 Power Pilates 12pm-1pm</p>	<p>Movement Studio E-151 Vinyasa Yoga 12pm-1pm Hatha Yoga 5:15pm-6:15</p> <p>Latino Heritage Angie Cruz reads from her novels Soledad & Let it Rain Coffee 1pm-2:30pm Poolside</p> <p>Health Services Metro Plus Insurance C-Lobby 10am-4pm, HIP Insurance E-Atrium 10am-4pm, Health Services Outreach M-Lobby 10am-4pm, Free HIV & STI Testing MB-40 11am-4:00pm, United Health Care Insurance E-Lobby 4pm-8pm</p>	<p>12</p> <p>BMEC Time Management C-107 2:30pm</p> <p>Movement Studio E-151 Power Pilates 12pm-1pm Japanese Swordsmanship 6pm-7pm</p> <p>Recreation Basketball 2:30-4:30pm GYM</p> <p>Health Services Health Plus E-Lobby 10am-4pm, CAPE Program M-Lobby 10am-4pm, Affinity Insurance C-Lobby 10am-4pm, United Health Care Insurance E- Lobby 4pm-8pm</p>
16	<p>Movement Studio E-151 Power Pilates 12pm-1pm</p> <p>Health Services AmeriGroup Insurance M-Lobby 10am-4pm, Metro Plus Insurance C-Lobby 10am-4pm, Fidelis Insurance E-Lobby 10am-4pm, Affinity Insurance C-Lobby 10am-4pm, United Health Care Insurance E-Lobby 4pm-8pm</p>	<p>Movement Studio E-151 Vinyasa Yoga 12pm-1pm Hatha Yoga 5:15pm-6:15</p> <p>Health Services Health Plus E-Lobby 10am-4pm, Metro Plus Insurance C-Lobby 10am-4pm, HIP Insurance E- Atrium 10am-4pm, Health Services Outreach M- Lobby 10am-4pm, Free HIV & STI Testing MB-40 11am-4:00pm, United Health Care Insurance E- Lobby 4pm-8pm</p>	<p>19</p> <p>BMEC Exploring Library Resources C-107 2:30pm</p> <p>Movement Studio E-151 Power Pilates 12pm-1pm Japanese Swordsmanship 6pm-7pm</p> <p>Recreation Flag Football 2:30-4:30pm GYM</p> <p>Health Services Health Plus E-Lobby 10am-4pm, CAPE Program M-Lobby 10am-4pm, Affinity Insurance C-Lobby 10am-4pm, United Health Care Insurance E- Lobby 4pm-8pm</p>
23	<p>Movement Studio E-151 Power Pilates 12pm-1pm</p> <p>Health Services AmeriGroup Insurance M-Lobby 10am-4pm, Metro Plus Insurance C-Lobby 10am-4pm, Fidelis Insurance E-Lobby 10am-4pm, Affinity Insurance C-Lobby 10am-4pm, United Health Care Insurance E-Lobby 4pm-8pm</p>	<p>Movement Studio E-151 Vinyasa Yoga 12pm-1pm Hatha Yoga 5:15pm-6:15</p> <p>Health Services Health Plus E-Lobby 10am-4pm, Metro Plus Insurance C-Lobby 10am-4pm, HIP Insurance E- Atrium 10am-4pm, Health Services Outreach M- Lobby 10am-4pm, Free HIV & STI Testing MB-40 11am-4:00pm, United Health Care Insurance E- Lobby 4pm-8pm</p>	<p>26</p> <p>BMEC Writing-Session 2: MLA Style Elements C-107 2:30pm</p> <p>Movement Studio E-151 Power Pilates 12pm-1pm Japanese Swordsmanship 6pm-7pm</p> <p>Health Services Health Plus E-Lobby 10am-4pm, CAPE Program M-Lobby 10am-4pm, Affinity Insurance C-Lobby 10am-4pm, United Health Care Insurance E- Lobby 4pm-8pm</p>

THURSDAY	FRIDAY	SATURDAY
		1
<p>6</p> <p>Movement Studio E-151 Vinyasa Yoga 12pm-1pm Hatha Yoga 5:15pm-6:15pm</p> <p>Health Services Metro Plus Insurance C-Lobby 10am-4pm, Fidelis Insurance E-Lobby 10am-4pm, Health Services Outreach M-Lobby 10am-4pm, United Health Care Insurance E-Lobby 4pm-8pm</p>	7	<p>8</p> <p>Movement Studio E-151 Basic Step 9:50am-10:30am Body Sculpt 10:40am-11:20am</p>
<p>13</p> <p>Movement Studio E-151 Vinyasa Yoga 12pm-1pm Hatha Yoga 5:15pm-6:15pm</p> <p>Global Conversation Meet Ambassador Aldabert Cooper of Belize "Sustainable Development" E-242 10:30-1pm</p> <p>Health Services Food Stamp Program M-Lobby 10am-4pm, Learn CPR 1pm-2pm TBA, Metro Plus Insurance C-Lobby 10am-4pm, Fidelis Insurance C-Lobby 10am-4pm, United Health Care E-Lobby 4pm- 8pm, Health Services Outreach M-Lobby 10am-4pm</p>	<p>14</p> <p>Leadership & Diversity Coaching for Leadership MB-10 2:30-4:30pm</p> <p>Health Services AmeriGroup Insurance M-Lobby 10am-4pm, Health First Insurance E-Lobby 10am-4pm</p>	<p>15</p> <p>Movement Studio E-151 Basic Step 9:50am-10:30am Body Sculpt 10:40am-11:20am</p>
<p>20</p> <p>Movement Studio E-151 Vinyasa Yoga 12pm-1pm Hatha Yoga 5:15pm-6:15pm</p> <p>Recreation Table Tennis & Volleyball 2:30-4:30pm GYM</p> <p>Health Services Free HIV & STI Testing MB-40 11am-4:30pm, Metro Plus Insurance C-Lobby 10am-4pm, Fidelis Insurance E-Lobby 10am-4pm, Health Services Outreach M-Lobby 10am-4pm, United Health Care Insurance E-Lobby 4pm-8pm</p>	<p>21</p> <p>Leadership & Diversity Understanding Leadership Styles MB-10 2:30-4:30pm</p> <p>Recreation Soccer 3:30-6:30pm GYM</p> <p>Health Services AmeriGroup Insurance M-Lobby 10am-4pm, Health First Insurance E-Lobby 10am-4pm</p>	<p>22</p> <p>Movement Studio E-151 Basic Step 9:50am-10:30am Body Sculpt 10:40am-11:20am</p>
<p>27</p> <p>Movement Studio E-151 Vinyasa Yoga 12pm-1pm Hatha Yoga 5:15pm-6:15pm</p> <p>Recreation Table Tennis & Volleyball 2:30-4:30pm GYM</p> <p>Health Services Metro Plus Insurance C-Lobby 10am-4pm, Fidelis Insurance E-Lobby 10am-4pm, Health Services Outreach M-Lobby 10am-4pm, United Health Care Insurance E-Lobby 4pm-8pm</p>	<p>28</p> <p>Leadership & Diversity Leadership Exploration & Development MB-10 2:30-4:30pm</p> <p>Recreation Soccer 3:30-6:30pm GYM</p> <p>Health Services AmeriGroup Insurance M-Lobby 10am-4pm, Health First Insurance E-Lobby 10am-4pm</p>	<p>29</p> <p>Movement Studio E-151 Basic Step 9:50am-10:30am Body Sculpt 10:40am-11:20am</p>

Coming in October...

- Student Success Workshops throughout the month
- CUNY/SUNY Transfer Fair

Oct.4

- Last Day to apply for Graduation ' - for the Fall 2011 Semester
- Last Day to apply for Nursing (except LPN), Occupational Therapy Asst., Physical Therapist Asst., Veterinary Technology Candidacy

Oct. 7-10

No Classes- Classes will resume on October 11. College offices closed on Monday, Oct. 10.

Oct. 25

****Last Day to officially withdraw from a Fall Session I course with a "W" grade.** If you are struggling in a course and fear that you may fail- you may want to officially withdraw from that course. An official Withdrawal will not affect your Grade Point Average. However, there may be other repercussions.

Before taking the "Withdrawal" action:

- Speak with an advisor to find out how withdrawing will affect your academic progress.
- Also inquire how withdrawing will affect your financial aid check – visit the ESC, room C107
- Official Withdrawal Assistance events will be taking place check your LIVE@LaGuardia email for more information.

Coming in November...

- DegreeWorks workshops throughout the month!
- Gear up for the Spring 2012 Semester with Early Continuing Advisement. Check your LIVE@LaGuardia email for your invitation!
- Late November - Fall Session II bills are mailed

Nov. 8

No Classes

Nov. 13

Student Leadership Conference
8:30 AM - 5:00 PM E-Lobby

Prepare now to excel in any environment. Whether it is school, work or your personal life the skills learned will give you an edge anywhere.

Nov. 23

Irregular day: Classes will meet according to a Friday schedule.

Nov. 24 - Nov. 27

No Classes

- Re-Authenticate your PIN for security purposes
- Apply for a FAFSA PIN #
- Secure your PIN
- Apply for LaGuardia Foundation Scholarships, as well as external scholarships
- Download direct deposit application forms
- Apply for the CUNY Scholar Support Prepaid Card

Resource Center Hours: Monday – Thursday
9:00 a.m. – 6:00 p.m.

Student Financial Services Hours

Monday & Thursday	9:00am - 7:00pm
Tuesday & Wednesday	9:00am - 5:00pm
Friday, Saturday, Sunday	CLOSED

Closed Monday, October 10 (Columbus Day)

Pell/TAP Queries?

(800) 433-3243	General information about Federal Aid
(888) 697-4372 or www.hesc.com	Information about CUNY TAP application
www.hesc.org (888) 697-4372 or www.hesc.com	TAP or Loan status Stafford Loans
(847) 688-6888 or www.sss.gov	Selective Service
(888) 442-4551 or www.va.gov/education	VA Education Benefits
www.dlserver.ed.gov	Direct Loan Servicing System

Beware of Student Grant Scams

An advisory from the US Department of Education

The U.S. Department of Education is aware, “that someone claiming to be a representative of the U.S. Department of Education (ED) is calling students, offering them grants, and asking for their bank account numbers so a processing fee can be charged. Specifically, the caller tells the student he understands the student has federal student loans and offers to replace the loans with an \$8,000 grant. The caller explains that a processing fee

must be charged and obtains the student’s checking account information.”

Never provide your bank account or credit card information over the phone unless you have initiated the call and trust the company you are calling.

If you are a victim of this or a similar scam, you should take the following steps:

1. Immediately contact your bank, explain the situation, and request that the bank monitor or close the compromised account.
2. Report the fraud to the Education Department’s Office of Inspector General hotline at 1-800-MIS-USED (1-800-647-8733) or oig.hotline@ed.gov. Special agents in the Office of Inspector General investigate fraud involving federal education dollars.
3. Report the fraud to the Federal Trade Commission (FTC). The FTC has an online complaint form at www.ftc.gov/scholarshipscams and a hotline at 1-877-FTC-HELP (1-877-382-4357; teletype for the hearing impaired: 1-866-653-4261). The FTC will investigate if the fraud is deemed widespread; therefore, it is important that every student contacted by the person or people in question lodge a complaint so the FTC has an accurate idea of how many incidents have occurred.
4. Notify the police about the incident. Impersonating a federal officer is a crime, as is identity theft.

When filing complaints, you should provide detailed information about the incident, including what was said, the name of the person who called, and from what number the call originated (if the student was able to obtain it via caller ID). Additionally, if unauthorized debits have already appeared against your bank account, you should mention this fact in your complaint. Records of such debits could be useful in locating the wrongdoer.

For information about identity theft prevention, visit www.ed.gov/misused.

For information about preventing financial aid scams, visit www.studentaid.ed.gov/lsa.

10 Scholarship Scam Warning Signs

Knowing the warning signs can keep you from being a scholarship scam victim.

1. FEES: You should not have to pay a fee to search for or apply for scholarships.
2. CREDIT CARD OR BANK INFORMATION NEEDED: Valid scholarship service providers or sponsors do not require you to provide bank account information.
3. SCHOLARSHIP GUARANTEED: No one can guarantee that you will win a scholarship because no one can control scholarship judges’ decisions. Be wary of “high success rates” – they usually do not refer to actual award winners.
4. NO WORK INVOLVED: Thought and time are required to complete your scholarship application. So don’t believe anyone who tells you otherwise.
5. NO CONTACT INFORMATION: Upon request, legitimate sponsors will provide you with a valid email address, telephone number and mailing address (not a P.O. Box).
6. UNSOLICITED SCHOLARSHIPS: If you have been contacted to receive an award for which you have not applied, it is most likely a scam.
7. PRESSURE TACTICS: Is your sponsor pressuring you to apply and pay a fee for the application? Stay away!
8. CLAIMS OF “Exclusive” SCHOLARSHIPS: Valid scholarship providers make their scholarships available through several services.
9. SPONSOR GOES OUT OF THEIR WAY TO SOUND OFFICIAL: Check with your school to verify the sponsor’s legitimacy. Don’t believe a scholarship service or sponsor is legitimate just because it has an official-sounding word like “national,” “state,” “federal” or “education” attached to their name.
10. YOUR QUESTIONS ARE NOT ANSWERED DIRECTLY: Proceed with caution if your questions are not answered directly.

Financial Aid Academic Program Appeal Academic Year 2011 - 2012

Financial aid academic program appeal will only be approved by the Appeals Committee within the current academic year. Documents supporting the appeal must be attached to the appeal form for review. The dates for supporting documentation must be within the current academic year the appeal is being requested. The decision of the committee is final.

The Financial Aid Appeal Waiver Form is available online; click “Download Forms” on our website <http://web.laguardia.edu/sfs/df.aspx>

Appeals must be requested within 30 days of notification.

Students can only apply for a one-time waiver for TAP.

Welcome Back

Afternoon

The Honors Program will hold a Fall *Welcome Back Afternoon* on *Wednesday, October 5, from 2:30 to 4:00 p.m.* in the Poolside Cafe. Current and prospective Honors Program students are welcome to join us for networking opportunities and snacks. Learn how the Honors Program is making the transfer experience more accessible and meet members of the Honors Student Advisory Committee (HSAC), who will share ways to get involved in upcoming networking and scholarly activities this fall.

Health Services Center October 2011 Events

Dept. of Human Resources Food Stamp Program	Thursday, Oct. 13	M-Building Lobby 10:00AM – 4:00PM
Learn CPR	Thursday, Oct. 13	Room TBA 1:00PM – 2:00PM
AMERIGROUP - Child & Family Health Plus Insurance Enroll.	Mondays & Fridays 3, 14, 17, 21, 24, 28, 31	M-Building Lobby 10:00AM – 4:00PM
AIDS Center of Queens County Free HIV and STI testing	Monday & Thursday 17, 20	Health Services Center MB40 11:00AM – 4:30PM
Health First Child & Family Health Plus Insurance Enroll.	Fridays 14, 21, 28	E – Building Lobby 10:00AM – 4:00PM
Health Plus Child & Family Health Plus Insurance Enroll.	Tuesdays & Wednesdays 4, 5, 11, 12, 18, 19, 25, 26	E – Building Lobby 10:00AM – 4:00PM
Steinway Child & Family Services, Inc. CAPE Program	Wednesdays 5, 12, 19, 26	M-Building Lobby 10:00AM- 4:00PM
Metro Plus Child and Family Health Plus Insurance Enroll.	Mondays, Tuesdays, Thursdays 4, 6, 11, 13, 17, 18, 20, 24, 25, 27, 31	C- Building Lobby 10:00AM – 4:00PM
HIP Child and Family Health Plus Insurance Enrollment	Tuesdays 4, 11, 18, 25	E - Atrium 10:00AM – 4:00PM
Fidelis - Child & Family Health Plus Insurance	Mondays & Thursdays 3, 6, 13, 17, 20, 24, 27	E-Building Lobby 10:00 AM – 4:00 PM
Affinity - Child & Family Health Plus Insurance	Mondays & Wednesdays 3, 5, 12, 17, 19, 24, 26, 31	C- Building Lobby 10:00AM – 4:00PM
Health Services Center Outreach Activities	Tuesdays & Thursdays 4, 6, 11, 13, 18, 20, 25, 27	M - Building Lobby 10:00AM – 4:00PM
Hispanic AIDS Forum Free HIV Testing for Everyone	Tuesdays 4, 11, 18, 25	Health Services Center MB40 11:00AM – 4:00PM
United Health Care Child & Family Health Plus	Mondays - Thursdays 3, 4, 5, 6, 11, 12, 13, 17, 18, 19, 20, 24, 25, 26, 27, 31	E – Building Lobby 4:00 PM – 8:00 PM

Please note that the Health Services Center reserves the right to change venue and or location without prior notice.

Fill 'er Up! New Water Bottle Filling Station in E-Atrium

Now you can fill up your water bottle at the new water bottle filling station in the E building atrium, next to restrooms E-142 & 143.

The filling station is situated inside the wall and operated by a sensor. Place your water bottle on the mini platform and the water flows automatically. Quick, easy, and more importantly, it's good for the environment.

Every time someone reuses a water bottle at the filling station, that's one less plastic bottle that ends up as waste. The filling station is able to track how many plastic water bottles we save. Users have already helped eliminate waste from over 200 disposable plastic bottles.

The filling station is consistent with the Sustainability Council's efforts to raise awareness and reduce the College's carbon footprint.

For additional information, please visit the College's sustainability Web site at:

<http://www.lagcc.cuny.edu/sustainability/>
Choose to reuse!



Check Out the New Honors Network Website!

LaGuardia Community College's Honors Student Advisory Committee (HSAC) has launched the Honors Network website <http://www.laguardiahonors.com/>, which features information about the Honors Program, upcoming events, strategies for transfer to selective four-year colleges and more.

- With the new website, HSAC's goals are:
- to make transfer information accessible to all students
 - to inspire students to dream big
 - to give students the tools to be competitive in their transfer and scholarship applications

Check out the new website or stop by the Honors House (M-222 B & C) to learn more and connect with HSAC students.



NEW Bursar Hours

Beginning Monday, October 3, 2011, the Office of the Bursar (located in MB-55) will have new operating hours.

The new hours of operation will be as follows:

Monday	9:00 - 7:00 pm
Tuesday	9:00 - 5:00 pm
Wednesday	9:00 - 5:00 pm
Thursday	9:00 - 7:00 pm
Friday	9:00 - 4:30 pm

Writing Center Moves

The Writing Center has moved to B-200, a beautiful space one flight of stairs up from the B building lobby. Elevator access is also available.

Hours of operation remain the same:
Monday - Friday 9:15 a.m. to 9:00 p.m., with sessions every class period.

The Writing Center tutors look forward to seeing you in B-200!

Visit the Writing Center

The Writing Center has moved to B-200, a bright, sunny and spacious location right in the front of the B building on the second floor. It's easy to get to, everyone agrees it's quite beautiful, and it's there for you! Here are some reminders about the free, professional tutoring you can get at the LaGuardia Community College Writing Center:

- You don't need an appointment; just arrive before the beginning of the class period in which you want to see a tutor.
- It's open every day, Monday – Friday, 9:15 a.m. – 9:00 p.m. (except for 3:25-4:25).
- You can ask for the same tutor, if you like (most people do).
- You can bring in your work at any stage, from just getting started or having trouble getting started, to half-way through, to ready to hand in after a critique from a tutor, to graded and needing revision for a better grade.
- You can bring a writing assignment for any course*, from English to Sociology to Business Management, or any writing you are doing on your own, such as a resume, cover letter or scholarship application.
- Whenever possible, you should bring the actual assignment your teacher gave you, so that you and your tutor can accurately discuss what you have to do, and whether or not you've done it.

- When you don't have a specific paper to worry about, we encourage you to come in to work on one or two specific aspects of writing that you'd like to improve, like good introductions, or detailed paragraphs, or correct verb tense or avoiding run-on sentences. Your tutor will be happy to focus on what you really need to learn and practice in order to become a stronger writer. *That's real tutoring!*
- The longer your paper, the more time it will take for a tutor to go over it with you, which may mean more than one session. Normally students only get one session per day, so bring your work in early enough to allow for a return visit.
- Also bring your work in early enough to allow for a return visit after you make the changes and improvements that you and your tutor discuss, so that your tutor can see if you got it right. Bringing in a paper at the last minute is better than nothing, but you won't have much time to discuss your work, and you'll have even less time to change it.

That's why it's best to make a visit to The Writing Center a regular part of your school week. Clear at least an hour a week to visit the Center and treat that time no differently than you would a class. Don't wait until the end of the semester, when you have three different papers to revise and you're in a panic. Visit the Writing Center soon!

(*except Reading or ESL, which have their own centers)

eportfolio Expo

Join the ePortfolio Expo on October 26, from 1:00 to 3:15 p.m. in the E Atrium. You must have an ePortfolio to participate. If you don't have one, please attend one or more of our ePortfolio workshops in room B-121. The Expo will include a raffle drawing for an iPad, a 2 GB iPod shuffle or an 8 GB flash drive.

NYC Health Insurance

The NYC government offers individuals and small businesses an online resource to help find affordable health insurance. NYC Health Insurance Link provides unbiased, current information on plans from every carrier in NYC. Users will also find educational information on health insurance basics and a comprehensive section on health reform legislation covering reforms already in effect and others that will take place between now and 2014. For more information visit: <http://www.nyc.gov/hilink>

Federal Work Study students are invited to attend the
Student Financial Services

Federal Work Study Job Fair

Wednesday, October 12
10:00 am - 2:00 pm
E-Building Atrium

On-Campus & Off-Campus jobs will be available!

If you have a Federal Work-Study award,
have not been placed on a Federal Work-Study
job, have a picture ID & Social Security card...

You are eligible for placement at the Job Fair!

FREE Student Success Seminars - Fall 2011

Sponsored by the First Year Academies and the Center for Counseling, Advising & Academic Support

Emotional Intelligence: People experiencing overwhelming emotions are not usually effective. Consequently, one of the most essential components of success--by some accounts more important than academic intelligence---is emotional intelligence. Emotional Intelligence is the ability to manage one's emotions and stay on track even when things seem all wrong. Learn how to gain greater emotional intelligence and be empowered not only to be more effective in the pursuit of your dreams, but to experience happiness, joy and peace of mind on your journey.

Monday, October 3 4:35-5:35 p.m.
Carole Julien M135

Técnicas de Manejo de Tiempo en 30 Minutos o Menos: Te has preguntado por que siempre te sientes apresurado para terminar tus reportes? No has encontrado el tiempo para hacer todas tus asignaciones antes de que comience la clase? Está tu horario de dormir totalmente fuera de control? Aprende como manejar tu tiempo y usarlo mas efectivamente.

Lunes, Octubre 3 5:00-5:30 p.m.
Edgar Olivares M157

Do You Have an Attitude? We all have different thoughts, feelings, beliefs and opinions about the various aspects of our lives, including our academic lives. The attitudes we hold have a direct impact on our ability to succeed. What attitudes do YOU have about your ability to succeed in school? Do you expect to fail, "barely pass" or succeed with flying colors? Do these attitudes affect your ability to study effectively, complete assignments on time, and approach your assignments with enthusiasm? Come to this workshop to explore ways to move past attitudes that sabotage success!

Thursday, October 6 11:45-12:45 p.m.
M. Hodge and S. Cevallos C225a

Time Management: Do you wonder why you always feel rushed to finish your term papers? Have you not found time to do all your homework before class starts? Is your sleep schedule totally out of whack? Learn how to budget your time and use it more effectively, whatever your class load or crazy life schedule may be.

Tuesday, October 11 4:30-5:30 p.m.
Sutonia Boykin C225a

Improved Note Taking Skills: How can you take better quality notes in class? There is an art and science to this! Learn techniques to becoming a better note-taker because better notes mean higher grades on tests!

Friday, October 7 12:00-1:00 p.m.
Sutonia Boykin C225a

Wednesday, October 12 12:00-1:00 p.m.
Sutonia Boykin C225a



Become a Creator and Get the Life You've Always Wanted: Imagine everything that you are or will be is completely up to you. You are where you are because of who you are. Everything that exists in your life exists because of you, because of your behavior, words, thoughts and actions. Personal responsibility begins on the inside and moves outward towards the circumstances we create in our world. Creating the life that you want means you have freedom of choice, and because you have chosen each and every circumstance of your life, you are ultimately responsible for all of your success and failure, happiness or unhappiness, your present and, more importantly, your future. This workshop will show you how responsibility goes hand in hand with motivation, achievement, success and happiness.

Tuesday, October 4 4:30-5:30 p.m.
Sutonia Boykin C225a

Tuesday, October 18 4:30-5:30 p.m.
Sutonia Boykin

DegreeWorks: DegreeWorks is a degree audit and academic tracking system that allows you to view your progress and make plans for the future. These workshops are timed so that you'll get a head start on planning your next semester's coursework.

Tuesday, October 4 2:15-3:15 p.m.
Carole Julien C201 (lab)

"Intent to Graduate" Don't miss your train! If you have more than 30 credits & would like to review how to apply for graduation (everyone must apply!) please attend one of the following workshops.

Monday, October 3 4:00-5:00 p.m.
Alex Abramov C225a

Tuesday, October 4 2:00-3:00 p.m.
Alex Abramov C225a

Stress Management: Stress is an inevitable part of life that if managed well can be used to improve your functioning. This workshop will help you explore your reaction to stress and identify ways to cope with it. How can you tell that you are stressed out? What can you do to cope with the feelings of stress especially triggered by managing college life with outside responsibilities? How can stress be used as a motivating factor? We'll discuss these and many other aspects of stress management.

Tuesday October 4 5:30-6:30 p.m.
Roni Patterson C225a

Tuesday, October 18 5:30-6:30 p.m.
Roni Patterson C225a

Answer Your Career Questions with

LaGuardia eCareer: Get answers to your career questions in 30 minutes by learning how to access and use LaGuardia eCareer. Each session will be lead by a LaGuardia graduate in C-225, Suite C. Space is limited.

Wednesday, October 5	2:00-2:30 p.m.	C225c
Tuesday, October 11	12:00-12:30 p.m.	C225c
Thursday, October 13	1:30-2:00 p.m.	C225c
Wednesday, October 19	2:00-2:30 p.m.	C225c
Tuesday, October 25	3:30-4:00 p.m.	C225c
Thursday, October 27	3:30-4:00 p.m.	C225c

STUDENT GOVERNMENT ASSOCIATION

Town Hall Meeting

SGA will be hosting a Town Hall Meeting on **Wednesday, October 26th**, at 12:30p.m. in the Little Theater.

Your student governors will be joined by high-ranking members of the college's administration in a free-flowing, but **SERIOUS** discussion, about all things LaGuardia. We want to hear from **YOU** because we need **YOU** to help us build on our school's greatness!

So, tell a friend, to tell a friend, and join us at the Town Hall Meeting on 10/26!

Let's have a chat, LaGuardians!

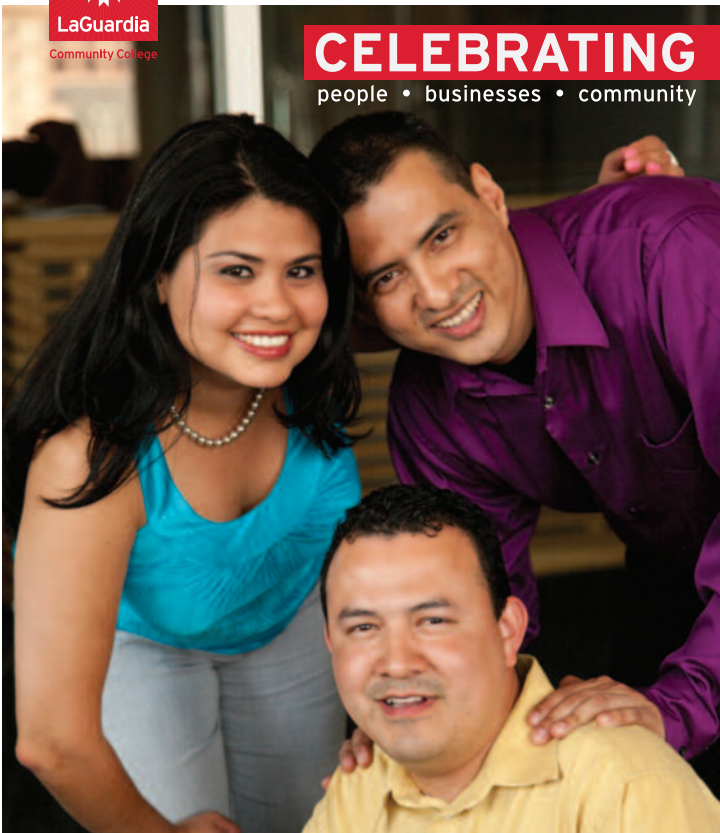


For more information, come to Room M160 • 718 • 482 – 5297
Town Hall questions can be submitted in advance on [f](#) LaGuardia CC Student Government Association and on [t](#) LaGuardiaSGA – [twitter.com/LaGuardiaSGA](#). **Please be respectful.**



CONTINUING EDUCATION
FALL 2011 CATALOG

CELEBRATING
people • businesses • community



Celebrate Your Future!

Push personal boundaries this fall at LaGuardia. Choose from our many courses and programs to help you move forward in your career or reach your educational goals.

We offer affordable professional certificate programs in fields such as:

● Accounting ● Health
● Arts Administration
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● Construction

To learn more or request a catalog:
Call 718.482.7244 or
Visit <http://ace.laguardia.edu> (view catalog online)

LaGuardia Community College
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Long Island City, NY 11101

