

# ARC Newsletter

April 2008

## Message from the Director

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Spring is the time for rebirth and regeneration. The Academic Resource Center has stepped into the spirit of springtime with the re-launching of the ARC Newsletter. Kudos go to Professor Ann Cobb and Ms. Shirley Thomas for their leadership in that effort, and thanks to all of the Center representatives who contributed articles for this publication. Once again, the Coppin community can be made aware of the happenings in the ARC, and be kept abreast of the events, workshops, student support activities, and student successes. As the Director of the Academic Resource Center, I am very pleased to be a part of an area where staff is constantly looking for ways to better serve Coppin students and provide the support that will aid in their success. –Juanita Gilliam

## Meet Steve Delice: On the Right Track

Steve Delice is a junior at Coppin State University and is best known as one of the greatest hurdlers in the history of the university. This Haitian native, despite the ups and downs in his life, has shown that determination leads to success, and that determination shows in all dimensions of his life.

A mentor, a tutor, a brother, a student, and an athlete, Delice has a humanitarian heart that led him to major in Global Studies, with the hope of using his intelligence and friendly personality to offer assistance to international third world countries. For Delice, helping the less fortunate is a passion. Delice strongly believes in giving back to his community and has worked with humanitarian organizations such as UNICEF and other smaller non-profit groups in his native home land Haiti. "The Lord has blessed me in so many ways that it would be wrong not to help others," he says.

Despite his busy schedule, Delice still finds time to balance his long life passion for hurdling with his future dream of becoming a world class sales and marketing director in a major international corporation. An Honors program scholar and a Dean's List scholar for three years, Delice believes that anyone can do anything he or she puts his or her mind to. In June, 2007, Delice was named All-American after finishing 10th in the 400-meter hurdle with a time of 51.17 seconds at the NCAA championships in Sacramento, California. This is the first such honor given to a Coppin State male outdoor track athlete. He also represented his homeland Haiti in Rio de Janeiro, Brazil, at the Pan American Games in July, 2007, where he broke Haiti's 400 meter hurdle record. Currently, he is ranked number seven in the country in the 400 meter hurdle, and on April 9, 2008, he was named the MEAC Track Athlete of the week. "I am happy to be where I am, and I don't take it for granted."

Delice's vision combined with his commitment to his academic and athletic career has made him a model student. This self-motivated scholar is determined to leave a legacy that will set a positive example for other young people and is, therefore, working harder to break track records and become an even better student.

-- Mary Ann Dogo-Isonagie



Delice takes a break between class and practice.

## Praxis Practice

In collaboration with the School of Education, The ARC Math, Reading, and Writing Centers, will assist teacher candidates preparing for PRAXIS I. PRAXIS I is a pre-professional skills test in the PRAXIS teacher licensure and certification series that measures basic academic skills in reading, writing, and math. Dr. Tina Stevenson, interim chair for Curriculum and Instruction, has established a program that will not only help students prepare for PRAXIS I but also provide them with an opportunity to receive a scholarship to help them pay the fees associated with taking the test.

The Math, Reading, and Writing Center staffs have each prepared a special series of exercises for the PRAXIS candidates. As part of each candidate's individualized program, he or she should complete reading, writing, and math diagnostic tests on PLATO, an online instructional program, to get a sense of his or her strengths and weaknesses. Each student should then complete three hours of practice work in whatever skill he or she needs help. For example, a student may not need assistance with his or her math skills but may need assistance in reading or writing.

To contact an individual Center for more information about its PRAXIS program call the ARC - Main Office (410) 951-3062.



Tutor Anthony Brown shows student the right way to solve the problem

## Study Skills & STEM Sponsor Study Group

The ARC Study Skills Center, in collaboration with the STEM program, has set up structured, facilitated study groups for students enrolled in specific math and science "bottleneck" courses. Each study group has an assigned STEM tutor, who works closely with the class instructor to get familiar with course material, test dates, lab schedules, etc.

Facilitated group study provides an informal setting in which students are likelier to seek clarification about course material they find difficult, thereby increasing the probability of doing well in that course. In addition, because of the small group size, students get individual attention, again offering a greater chance for students to achieve excellence. Group study participants are encouraged to notify the tutor of their specific problems before the session, thus allowing ample preparation to meet the students' needs. Because the goal of the program is to help students get a better understanding of their course material, students are invited to provide regular feedback, using session - evaluation surveys. The data collected are used to determine whether this goal is being met and to gauge the quality of the tutorial service.

Study groups have been established for the following courses: Vertebrate Structure (Instructor: Dr. Jordan, STEM Tutor: Gertrude Afriyie); Zoology (Dr. Jordan, Ashley Queen) ; Computer Science 199 (Dr. Ray/Dr. Lowe, Damion Lee) ; Computer Science 220 (Mr. Dorsey, Marcus McCoy) ; Chemistry 102( Dr. Nesbitt, Robert Thomas) ; Math 131 (Dr. Kerzhner, Isioma Okonkwo); Math 132 and Math 201 (Ms. Smith, Sandra Assan). A long-term goal of the program, however, is to build an infrastructure that can support study groups for all STEM courses.

For more information, please contact Study Group Facilitator Carol Rose by visiting the Study Skills Center in GJ 210 or by calling 410-951-3058.



Mary Ann Dogo-Isonagie and Gertrude Afriyie

## Writing Center Update: MWL and OWL

The Writing Center continues to be an important arm of the Academic Resource Center. While continuing to provide basic, intermediate and advanced levels of instruction and tutoring in an open and supportive learning environment, it continues to move forward, incorporating new ways to help our students. This academic year, the Writing Center has been very busy working on two new projects:

In September, the Center collaborated with the English Department to better serve our students to use My Writing Lab as a resource in the Center. My Writing Lab (MWL) is an online learning system that provides better writing practice through diagnostic assessment and progressive exercises to move students from literal comprehension to critical thinking and writing. With this better practice model, students develop the skills needed to become better writers. After a very successful pilot program (2006 – 2007), MWL has been incorporated into all English 101 composition courses, and professors and students are benefiting from the inclusion of this new technology into their classes. To facilitate the use of the system in the Center, Dr. Roger Stritmatter, Coordinator of English Composition, designated a portion of an English Composition grant to the hiring of tutors who are skilled in the use of MWL. In the fall semester, Ms. Jasmine Countess, a senior English major, was hired for this position, and she served as a liaison between the Center and the department to assist students with MWL. He has also designated a portion of his grant for the future purchase of additional computers and equipment and the hiring of tutors to open a MWL Center in the Writing Center.

Also in September, Ann Cobb, Interim Coordinator of the Writing Center, began work on a Coppin State University online writing lab (OWL). The CSU OWL is modeled after the OWL at Purdue and other online writing labs at campuses across the nation. It will be maintained by English professors as well as professional and peer tutors. The CSU OWL will provide basic information on grammar, mechanics, and the writing process; it will also link the campus community to a variety of online writing resources and instructional material designed to support the development of student writers, to assist with writing assignments and projects, and to provide instructional material for professors and other educators. For those who need assistance but have difficulty getting to the Writing Center during the scheduled hours, the OWL will provide necessary resources and support material. Thanks to the proofreading efforts of Ms. Juanita Gilliam, ARC Director, Ms. Shirley Thomas, Reading Center Coordinator, and Ms. Carol Rose, Study Skills Center Coordinator, the basic OWL is complete and is now in the web design phase. This project is an ongoing one that will continue to add and update information and resources for the Coppin State University campus community.

Other highlights of the year were the Poetry Slam and Book Exchange, a very successful collaboration between the Writing Center and the Reading Center, and the Fanny Jackson Coppin Poetry Contest; the winners will be announced April 17, 2008.



Peer tutor Corey Bell discusses the writing process.

If you teach him [Douglass] how to read, he will want to know how to write, and this accomplished he will be running away with himself." -- From The Narrative of the Life of Frederick Douglass, An American Slave

"Writing is easy: All you do is sit staring at a blank sheet of paper until drops of blood form on your forehead."

-- Gene Fowler

"I always do the first line well, but I have trouble doing the others." -- Moliere

## Fast Food: Best Choices

Today, when everyone is so busy, people turn to fast food because it is easier, and it tastes good. College students in particular eat fast food because it is convenient and less time consuming than going to the cafeteria or making their own meals. While choosing to eat fast food is an alternative to eating in the cafeteria or cooking at home, the food does not supply the nutrition needed to keep students' bodies in optimal health during their college years. When eaten too frequently, fast food, often loaded with calories, fat and sodium, can cause health problems, such as diabetes, hypertension, and heart disease. Students who choose to eat fast food can, however, make good choices. Examining some of the most popular restaurants, I am suggesting the following healthy selections:

**Subway - Best Choices:** any of the "7 Under 6" sandwiches. The lowest calorie sub is the Veggie De-lite, 200 calories, 2.5 grams fat, 37 grams carbohydrate, 7 grams protein. **Best Low Carbohydrate Diet Choices:** any of the "7 under 6" salads, with either oil and vinegar dressing or the fat-free Italian dressing

**Wendy's - Best Choices: Caesar Side Salad** (no dressing or croutons): 70 calories, 4 grams fat, 2 grams carbohydrate, 7 grams protein, 45% Vitamin A, 30% Vitamin C. Use the Fat Free French dressing (80 calories, 19 grams carbohydrates, 0 fat) or one of the reduced fat dressings. For those on a low carbohydrate diet, the Caesar dressing is the best option; it adds only 1 gram of carbs, has 16 grams of fat, 150 calories. **Grilled Chicken Sandwich:** 300 calories, 8 grams fat, 36 grams carbohydrate, 24 grams protein. For those on a low carbohydrate diet, ask for the grilled chicken without the bun and add it to the Caesar side salad.

**Small Chili:** 227 calories, 7 grams fat, 21 grams carbohydrate, 15 grams protein, 5 grams fiber.

**Sour Cream and Chive Potato:** 370 calories, 5 grams fat, 73 grams carbohydrate, 7 grams protein, 60% Vitamin C, 20% iron.

**Taco Bell - Best Choices:** To reduce fat and calories for any item, order it "Fresco Style" to replace the cheese and dressings with salsa.

Taco: 170 calories, 10 grams fat, 9 grams protein, 12 grams carbohydrate, .5 bread, 1 meat, 1 fat

**Low carbohydrate diets:** Order any of the chicken items Fresco Style (without sour cream), and then don't eat the tortilla or shell.

Here are suggestions from the U.S. National Library of Medicine for making healthier fast food choices:

- Order a child-size or half sandwich, with lean meats and lots of vegetables, whole grain bread, no mayonnaise or sauces
- Order a hamburger with a plain beef patty plus lettuce and tomato is a healthier choice. Skip the cheese, sauces, and fries;
- Order pizza with less cheese, and add veggie toppings;
- Try salads with light or fat-free dressings or lemon juice -- skip the bacon and creamy dressings;
- As a general rule, stay away from heavily breaded or fried dishes, as well as creams, dressings, and sauces.

You can reach and maintain a healthy weight as well as maintain optimal health if you follow these instructions. Making good food choices will equip you to become healthier in mind, body and soul, thereby improving all aspects of your life, especially your college life.



"Health is more than absence of disease; it is about economics, education, environment, empowerment, and community. The health and well being of the people is critically dependent upon the health system that serves them. It must provide the best possible health with the least disparities and respond equally well to everyone."

--Joycelyn Elders  
U.S. Surgeon General 1993-1994

## The Book Bonanza!

For the third year, The Academic Resource Center's Reading Center is sponsoring the Book Bonanza!, a semester-long reading contest open to all Coppin students. Spearheaded by Reading Center Coordinator, Shirley T. Thomas, the Book Bonanza!, which kicked off on February 29, has "Freedom" as this year's contest theme.

The contest books are *47*, a fiction narrative by Walter Mosley, and *A Promise to Persevere: It's Not Where You Are, It's Where You Finish!*, a compelling autobiography by Baltimore native Michael Miller. Contest participants must attend a book discussion scheduled for each book. The first discussion, which was held on Friday, March 28, focused on Miller's autobiography, *A Promise to Persevere*. Troubled as a teen, Miller turned his life around through education. Miller attended the March 28<sup>th</sup> book discussion and discussed his book with the attendees. The second discussion, scheduled for Friday, April 18, is for the discussion of *47*, Mosley's narrative. This story is about a young male slave who is befriended by a mysterious runaway.

At the May 9<sup>th</sup> contest finale, contestants will submit projects that demonstrate not only how well they understood the books, but also showcase their creativity. Their projects will be judged by a three-member panel comprised of Coppin faculty and staff members. First, second, and third place prizes will be awarded. Last year's prizes for the Book Bonanza! were Barnes & Noble gift cards of \$50 to the first-place winner and \$25 to the second-place winner. A spring gift bag was awarded to the third-place winner.

"This is a great [endeavor] put forth by Thomas and it is commendable," said Ronnie Collins, Dean of the Honors College and director of the McNair Program at Coppin. "A student who reads well has positioned himself or herself for success, and in my judgment, those who read well are positioned to lead."

Collins said the contest itself is the prize: "Our students need this...the more we read, the better we are able to process further readings." He adds that the theme for the Book Bonanza! and its purpose ties in well with Coppin's second annual "Celebration of Excellence," which will take place April 21-26, 2008. This year, the committee is focusing the celebration around the 40-year legacy of Dr. Martin Luther King, while continuing to encourage students to strive for excellence.

"With this celebration, we are recognizing academically excellent students who regularly go unnoticed," said Collins. "We also want to document for the community that this is a campus of excellence."



Professional tutor Carolyn Savage carefully reviews the assignment.

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*"A student who reads well  
has positioned himself or  
herself for success"*  
Dean Ronnie Collins

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"Once you learn to read, you will be forever free."

— Frederick Douglass

"The more that you read, the more things you will know.  
The more you learn, the more places you'll go."

— Dr. Seuss, *I Can Read With My Eyes Shut!*

# Nurturing Potential . . . Transforming Lives

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*" Champions aren't made in gyms. Champions are made from something they have deep inside them – a desire, a dream, a vision. They have to have last-minute stamina; they have to be a little faster; they have to have the skill and the will. But the will must be stronger than the skill."*

*--Muhammad Ali "The Greatest"*

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*"Once we learn that this country and the Western world have no monopoly on goodness and truth and scholarship, we begin to appreciate the ingredients that are indispensable to making a better world. In a life of learning that is, perhaps, the greatest lesson of all."*

*--John Hope Franklin  
Educator and Historian*

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Student athlete Indra Laurencin and tutor Tasha White

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