

THE LINK

Division of Student Affairs

"We Make the Difference...One Student at a Time"

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Homecoming Feb 12 - 18, 2012



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DIVISION OF STUDENT AFFAIRS DIRECTORY

Dr. Franklin Chambers Vice President	Community Standards Vanessa Parent, Coordinator (410)951-3932
Dr. Joann Christopher-Hicks Associate Vice President (410)951-3933	Army ROTC (410)951-3950
Career Services Center Linda Bowie, Director (410)951-3919	Residence Life Kevin Pertee, Director (410)951-6300
Center for Counseling and Student Development Michelle Reynolds, Director (410)951-3939	Student Activities Joselyn Bryant-Webb, Director (410)951-3922
International Student Services Program Carla Tyree, Coordinator (410)951- 3933	Visit us on the web www.coppin.edu/studentaffairs

Meet the DOSA Staff: Ms. Michelle Reynolds, Center for Counseling and Student Development

You may have seen Ms. Reynolds on a fly-by visit to the Center for Counseling's "Oasis" relaxation room. You may have spoken to her at a resource fair on campus or had her teach one of your classes in place of your professor. Either way, Ms. Reynolds is everywhere and on a mission to support students throughout their time at Coppin and remind them not give

up on their dreams. Ms. Reynolds has been the Director of the Center for Counseling and Student Development for 2 years but did not always think she would end up working in education. As an undergrad, Ms. Reynolds majored in Communications and had dreams of working in the entertainment industry. In fact, she still dreams of being a celebrity stylist, radio personality, or talk show

host! With a Master's degree in Psychology, she may not be the next "Dr. Phil" but she is making a difference in the lives of Coppin students. Ms. Reynolds's favorite part of working in student affairs is running into graduates out in the community, working in their selected fields, or attending graduate school. Their success stories keep her coming to work every day. When she is not counseling students at Coppin, Ms.

Reynolds loves spending time with her family, friends, and her dog.



Meet the DOSA Staff: Ms. Josalyn Bryant-Webb, Student Activities



As a proud member of a sorority, Ms. Bryant-Webb knows a thing or two about Greek life and Student Activities. As a Coppin Alumni, Ms. Bryant-Webb is committed to offering students the same "out of the classroom" experience that she had as a student here. Her passion for developing students as leaders and ensuring they become better citizens is what keeps her working in student affairs.

Ms. Bryant-Webb takes pride in knowing that the Office of Student Activities offers students opportunities to attend culturally diverse events or travel to leadership development conferences, all while expanding their network of potential employers and colleagues. She continues her own professional development as a member of NASPA (National Association of Student Personnel Adminis-

trators) and ACPA (American College Personnel Association). What you don't know about Ms. Bryant-Webb is that she minored in Dance at CSU and has recently joined the Baltimore Dance Center to continue her love of dance that started as a child. She loves to travel and can be caught up in a *Law and Order* or *Martin* marathon every now and again.

Homecoming is Coming! Office of Student Activities

The highlight of the spring semester at Coppin is, without a doubt, our annual Homecoming Week. During the week of Feb. 12th - Feb. 18th, there are a variety of activities and events to not only celebrate our student athletes, but also to celebrate our Coppin Eagle pride! This year, Student Activities has put together an amazing schedule which includes the "Gospel Explosion 2012", comedy show featuring B-Phlat, and exciting performances from Meek Mills and Miguel. As usual, the week will culminate in our

Men's and Women's basketball games against Howard University, followed by the annual Step Show! We cannot wait to celebrate with you, so be sure to mark your calendars and buy your tickets early.

For more information, contact the Office of Student Activities or visit

**<http://events.coppin.edu/Homecoming/index.asp>
for the full schedule.**



Couple Communication

Center for Counseling and Student Development

Juggling the demands college students face in a committed relationship can be challenging. Relationships and academic achievement demand significant time and energy, which may sometimes feel incompatible. Filling both roles can be a problematic for any couple relationship. Having the right tools to negotiate these different responsibilities represents a crucial step toward enhancing the quality of life experience, as a student and significant partner.

The quality of relationship with a significant other is

based on clear communication. As a student, scholastic expectations can easily consume free time previously reserved for the couple. This shifting schedule can make it hard to participate in a regular calendar of activities. As a result, individuals may feel less important to their mate.

Feeling less significant often comes from outside pressures that strain the couple. Communicating positive and negative feelings about these outside demands is essential. Clear and open communication reinforces the importance of the relationship. Partners should carefully assess each other's needs and negotiate

what is important to the individual and to the relationship.

Couples that successfully solve problems grow closer. Consider the following tips to strengthen your relationship.

1. Clarify what you want and what you need, as an individual and as a couple.
2. Realize your partner will not be able to meet all of your needs.
3. Attempt to recognize your partner's point of view, even if you disagree. It's OK to agree to disagree.
4. Genuinely listen to your partner concerning critical

differences.

5. Recognize love is a verb. Learn your love language. Explore how both you and your partner show love.

For more information regarding healthy relationships join the Center for Counseling and Student Development during their Valentine's Day outreach event on Tuesday, February 14, 2012 from 11:00am-2:00pm in the Tawes Lobby.



Seven Strategies for Success

Office of Residence Life

The Office of Residence Life (ORL) would like to welcome all residential students and staff back to living on campus for this semester. Nearly 50% of the residential population earned that highly sought after 3.0 G.P.A or higher for the fall 2011 semester.

To achieve this success, ORL instilled in all residents a seven point applied strategy for academic success based on the following:

1. Regular class attendance
2. Regular class participation
3. Regular study times (not just homework) and weekly tutoring sessions
4. Daily visits to the C.A.R.E center to get that academic help that you need
5. Manage your time effectively so that you do everything you need to take care of first
6. Complete homework assignments and projects on time if not early
7. Stay away from time wasters

The right mix of commitment and academic support as an intricate part of the process enhances the effort and will result in big rewards.



Diversity in Academic Achievement

International Student Services Program

Balancing studies with other life expectancies can be challenging. While some students find it difficult to manage, others have displayed exceptional accomplishments. As we began a new semester and year, the ISSP would like to reflect for just a moment on the outstanding academic achievements of the F1 international student body. In the fall 2011 semester, 21% of these students have distinguished themselves by receiving a 4.0 GPA. Within this same population, 32% of these students received a GPA of 3.5 or higher. We congratulate them on their success and wish them the best in their future studies.



Jenise Anthony, Quincy Darko, Richard Farquharson, Nkenge Kirton, Alphonsine Mofor, Carlinton Morgan, Bengallo Morrison, Janka Schmitt, Sunil Yadav



Mobolaji Akinpelu, Omazonna Amadi, Chinweokwu Anadu, Teo Bennett, Kristine Bindule, Romaine Burke, Irene Cherubet, Aashish Ghimire, Albert Gyeke-Amoako, Oleksiy Krylchuk, Rayon Lawrence, Tolulope Lawson-John, Garth Nelson, Thavendran Reddy

What You Don't Know About Marijuana

Office of Community Standards

Marijuana is consistently the subject of much debate. People argue about the health risks and also about the benefits of legalizing it for medical purposes. College students have a lot of incorrect information about marijuana and today, what you don't know can get you into serious trouble. Your health, school conduct record can be affected, not to mention the legal troubles you may encounter. Here are some common misperceptions and facts about marijuana that you may not have known.

1. MYTH: *Marijuana is harmless.*

Smoking weed is harmful not only to your lungs but to your brain. Short-term effects include memory loss, difficulty problem-solving, and anxiety. Many students find it hard to learn, which in turn hurts their GPAs and their ability to graduate or get jobs. It can also increase symptoms of depression, panic attacks, and thoughts of suicide. Smoking marijuana introduces harmful chemicals into the respiratory system which can lead to various types of lung disease. Studies also show increased incidents of impotence in men.

2. MYTH: *Marijuana makes you mellow*

Studies have shown that people who use marijuana are more

likely to exhibit signs of aggressive behavior than someone who doesn't smoke. This includes physical attacks, stealing, and destroying property.

3. MYTH: *Marijuana is going to be legalized in the near future.*

This may be true, but the bottom line is that, marijuana is still an illegal controlled substance. Even in those 16 states where it is legal for medicinal use (Maryland is not one of them), you must have a medical marijuana permit and there are still limits to how much a patient can possess.

4. MYTH: *If I'm arrested, they'll just give me a fine*

Consequences when caught using and/or possessing marijuana include fines, community service, drug programs, and even jail time. Some employers require employees to be drug tested periodically and if you have a criminal history, it can prevent you from being even hired.



Information from the Office of National Drug Control Policy
https://www.ncjrs.gov/ondcppubs/publications/pdf/marijuana_myths_facts.pdf

Upcoming Events You Cannot Afford to Miss!

Career Services Center

Getting ready to graduate? Looking for an internship? In need of a part time job? Spring is the time to get your resume together, practice interviewing, and attend career fairs. Attend one of the Career Services Center's preparatory workshops so that you are confident and comfortable attending the Maryland Career Consortium Career Fair and the CSU Spring Job Fair.

Note: Attire for both fairs is business casual (no sneakers, jeans, hoodies, or sweats). Put your best professional foot forward!

Career and Job Fair Prep Workshops

Feb. 8th @ 10:00am

Feb. 9th @ 4:00pm

Mar. 7th @ 10:00am

*Location: Tawes Center
Conference Room*

CSU Spring Job Fair

Wednesday, March 14

10:00am - 2:00pm

Location: Talon Center

CAREER FAIR 2012

Wednesday, 2/15/12
10 a.m. - 3:30 p.m.

REITZ ARENA | Loyola University Maryland

Over 100 of the region's top employers expected.*

All here and all with one thing on their minds. Hiring. Move your career in the right direction, seek out full-time, part-time, and internship positions. For a full list of confirmed employers and tips on how to land the position of your dreams, call, visit, or check out your career center's website or go to www.marylandcareerconsortium.org.

■ Bowle State University ■ Coppin State University ■ Goucher College
 ■ Loyola University Maryland ■ McDaniel College ■ Morgan State University
 ■ Mount St. Mary's University ■ Notre Dame of Maryland University
 ■ Salisbury University ■ Stevenson University ■ The Johns Hopkins University
 ■ Towson University ■ University of Baltimore ■ University of Maryland,
 Baltimore County

***This event is for college students and graduates only.**

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UPCOMING EVENTS

HOME COMING 2012!

<http://events.coppin.edu/homecoming>

