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Left: Dr. El-Haggan, Dr. Franklin Chambers, and Mr. Dick Seimer helping SGA President Lauron Thompson with the Ribbon Cutting Center and Right: CSU Students enjoying the grand opening of the new Digital Gaming Room on the lower level of the Towes Center.
Meet the DOSA Staff: Ms. Linda Bowie, Career Services Center

Ms. Linda Bowie has worked in the Career Services Center for 22 years. Prior to Coppin, she had a variety of jobs over the years but has found the most enjoyment in helping students discover the connections between who they are, and how they can use their talents and skills to carve a career path that brings them satisfaction. Ms. Bowie started out as a research assistant, working with pre-med students at another university. While elbow-deep in Petri dishes and discovering the effects of sodium cyclamate on the development of fertilized eggs of sea urchins (we don’t know what that means either), she asked a student why they chose to major in biology. Ms. Bowie quickly discovered students made decisions based upon “perceived” tangible rewards, prestige, or their family’s desire. They had a limited appreciation of what a career in medicine would require or if it would be a good fit. It was at that point she became interested in leading students to make informed decisions regarding their majors and careers. After a stint working at Sloan Kettering Cancer Research Institute, she obtained her M.S. in Counseling and Guidance from Jacksonville State University and has enjoyed a long career at Coppin in the Career Services Center. In her spare time, Ms. Bowie enjoys gathering with her family and friends for food, fun, music, and dancing.

Meet the DOSA Staff: Mr. Kevin Pertee, Residence Life

As the Director of Residence Life for the past two years, Mr. Pertee works with students both inside and outside of the classroom. He is there to help guide you through the process of living and thriving on campus. “Some students do not realize that everything they do in college is shaping their future.” This statement is particularly true for Mr. Pertee. Early in his college experience, while obtaining a B.S. in Business Administration with a concentration in marketing, Mr. Pertee saw a need to fill in the Residence Halls. He created a volunteer position to help bridge the gap between RAs and other students. From there, his life in student affairs blossomed into a long-term career of helping students resolve personal and academic challenges. Mr. Pertee later obtained his M.S. in Adult Education focusing on Administration and Supervision. In his free time, Mr. Pertee enjoys travel and home-improvement projects. He also tutors adults preparing for their GED’s so they can pursue higher education.

Student Senate Makes the Transformation to SGA

Student Activities has made a significant change to the governing body overseeing student clubs and organizations. If you haven’t heard, Student Senate is now “SGA” or Student Government Association. The senators of each student group voted to make this transition so that all student groups would have equal voting rights within SGA and to give them access to funding that they may have previously been blocked from. The executive board of SGA has been busy revamping and revitalizing student involvement on campus. From having meetings addressing student concerns to encouraging increased school pride, this administration has started this first half of the year with a fire that has kept the student body going and looking for more. This semester, SGA assisted the Division of Student Affairs and the IT Division with the Grand Opening of the Digital Game Room (lower level of the Tawes Center) and hosted a highly attended Town Hall Meeting.

E-Board (L to R): Brenda Kathurima (Secretary), Jessica Ham (Treasurer), Mr. & Miss Coppin State (Justin May & Ester McLean), Lauron Thomas (President), Latasha Coleman (Vice President), and Jerome Barney (SAPB Chair)
Beating the Holiday Blues
Center for Counseling and Student Development

Got a wish list but no money? Feeling lonely, sad anxious or depressed?

You’re not alone. The holiday season can be a very stressful time of the year and many find themselves feeling down or blue. This includes college students. A number of college students do not have family to visit. Students who have family often times don’t have the money to travel or buy gifts. And a few have families they rather not visit.

To avoid feeling blue during the holiday season requires a healthy balance between what others expect of us and what we expect of ourselves. To effectively beat the holiday blues keep the following tips in mind.

- It’s OK to feel what you feel: If you don’t feel as happy as you think you should, don’t fight it.
- Seek sun: If you find yourself feeling blue, be sure to get at least 20 minutes of sunlight each day. Sunlight can help to fight any chemical causes for your holiday funk.
- Help someone else: It’s hard to feel down while you are busy helping someone else. Volunteer at a soup kitchen, wrap gifts for unfortunate kids, or spend time with an elderly relative or friend.
- Create your own traditions: If you don’t have family, share the holidays with good friends. Don’t wait for them to include you; make them welcome in your home instead. If cooking a Christmas dinner feels like a drag, do brunch.
- Stay busy and avoid unstructured time: If you know the holidays are difficult for you, plan ahead to minimize difficult feelings.
- Finally, do not be afraid to ask for help: It’s normal to feel stressed, unhappy or depressed during the holiday season. To talk with a counselor, call the Center for Counseling and Student Development at 410-951-3939.

'Tis the Season for a Change
Office of Residence Life

As the semester comes to a close, students can’t help but get excited about going home for a much-needed break. But no one loves moving their belongings out of the residence halls only to move back in a month later. Well now you don’t have to! This year, during the winter break, residential students will be able to leave the majority of their belongings in their rooms. Students are still expected to pack what they need to return home for the break as the residence halls will be unable to be accessed during the vacation however they will be able to leave bulky items like TVs, linens, and storage containers. The residence hall staff would like to remind students to take any valuables including laptops, jewelry, iPods, etc. with them. If you are a residential student, please refer to the Winter Shut-Down Check List being distributed in the residence halls for a complete outline of Residence Life’s expectations. Here are a few key reminders:

1. Remove all items from the common suite areas (including bathrooms)
2. Clean your room before leaving and remove everything from the floor and under your bed.
3. Empty, defrost, and clean your microfridge
4. If you do not have a roommate, make sure the vacant side of the room is clear and ready for a new student to move in
5. Lock all your doors
Happy Holidays!!!

Nkenge Kirton in the Spotlight
International Student Services Program

Congratulations are in order for Coppin State University senior Nkenge Kirton who is the 2011 first-place recipient of The American Marketing Association (AMA) Baltimore Chapter’s Undergraduate Marketing Education Scholarship. In addition, Ms. Kirton was selected as one of Coppin’s “best and brightest” to attend the 2011 Thurgood Marshall College Fund Leadership Institute and Career Fair in New York City and she is also currently the President of the Student Volunteer Corps. Ms. Kirton is originally from Barbados, where she obtained her Associates Degree in Technical Studies from Queens College. We commend Ms. Kirton on her many achievements!
How Can Students Manage Anger In Healthy Ways?
Office of Community Standards

Communication is the key to any good relationship. But what happens when you get angry with someone? Should you scream in their face? Throw something at them? Push them or shove them? Many people react quickly without thinking of the potential consequences for their actions or their words. Many students find themselves in situations where they are so angry or at something they don’t know what to do besides lash out. Relationships can suffer and you can also face disciplinary or criminal action as a result of your words or actions. We asked some students ways they thought their peers could better cope with feelings of anger instead of lashing out and behaving violently. Here’s what they had to say:

“I think you should talk to people or write down what you are feeling”
Lisa (senior)

“First - Remove yourself from the situation to give yourself time to cool down. Then ask for help from a friend or your RA”
Caroline (senior)

“Talk about your feelings with the source of your anger or with friends. We spend too much time trying to hide our emotions while they’re eating away at us. We can talk about it and maybe even solve the problem behind it.”
Eric (grad student)

HBCU Networking and Career Development
Career Services Center

The American Small Business Alliance (ASBA) hosted its 5th Annual HBCU Career Development Marketplace November 9th & 10th at the Hyatt Regency in Crystal City, VA. ASBA provided transportation and lodging for 17 CSU students.

The conference was designed to inform and educate students on various issues facing new entrants into the workforce. Junior Elementary Education major, Winter Willoughby stated, “This was a great opportunity to network with students from other HBCUs, employers, and successful HBCU graduates.”

The event consisted of three parts: workshop series, career-fair marketplace, and town hall meeting. As a part of the Workshop Series, Coppin alumnus, Tyrone Powers, Ph.D. gave a very enlightening presentation entitled, “Diversity in the Workplace”. Other presentations covered financial literacy and entrepreneurship. The career marketplace was an opportunity for students to speak with over 40 vendors to learn about jobs, internships, and graduate/professional schools. The Town Hall Meeting allowed students to speak informally with experienced HBCU alumni from key industries such as Accounting, Business & Information Technology, Communications, and Criminal Justice.

Coppin students were very appreciative of this opportunity and sought out Mr. Tariq Shane, President of ASBA, to express their gratitude and desire to be invited back next year.

UPCOMING EVENTS

12/8: ANNUAL HOLIDAY SOCIAL @ 7pm in Fireside Lounge
12/17: DECEMBER COMMENCEMENT (undergraduate and graduate students)