Top 10 Productive Things to Try This Summer

For those of you whose most reliable relationship is with Netflix, or those who prefer to stay in and avoid the warm weather (we are a rare breed), and even those of you who enjoy being active, here are a few tips for staying productive this summer.

1) Try teaching yourself a new skill, like JAVA.
   Learning how to use or navigate a programming software is an entertaining and useful skill, and looks good on a resume.

2) Find a summer job.
   It’s always nice to have a little money in your pocket. What better way to prepare for next semester than to SAVE, SAVE, SAVE!

3) Volunteer for a community service project.
   Summer is always a great opportunity to find ways to get involved in outreach initiatives.

4) Research graduate schools.
   If you’re considering graduate school after Manhattanville, summer is a great time to start researching your options.

5) Teach yourself how to cook (or how to cook something new).
   The only thing more satisfying than a home cooked meal is a home

Eating Disorder Awareness Week

I organized this event series with help and co-sponsorship from the Counseling Center, Mentor Program, Duchesne Center, Psychology Department, and Chartwells.

On the first day, February 23rd we had a lecture discussing eating disorders followed by a panel and prizes with Dr. Elana Light, the Staff Counselor, Laura Wolfe, Registered Dietitian Nutritionist, Emily Behnke and Annie Gelfand (recovering students).

On the second day, February 24th, there was a movie screening of Dying to Be Thin followed by a panel discussion with Dr. Glenn Pollack, the director of the Counseling Center, Annie and Emily.

Overall, the event series went well and I am planning on making this a yearly event as I believe that raising awareness about this issue is very important, especially on college campuses. In the future it would be great to make it a longer event to include more activities such as Awareness Walk and talks for athletes, parents, events about media, etc. I found out about the National Week in early February, so there was not enough time to make it as big as I wished, but it was a nice start and all the people that showed up gave me motivation to do it again. If even one person can learn something new or get help or any benefit from it is enough to know it is worth doing again. It was also great to have all departments mentioned above helping me as I would not have been able to do it without their help.

Written by:
Mentor Sasha Pavlova ’17
Q: In your opinion, what makes Manhattanville College unique?
A: Manhattanville is not exactly unique in the way that it is a small, private liberal arts college. What really makes Manhattanville unique when compared to other small, private, liberal arts colleges is its location, the programs the college offers for its students, some of the unique campus facilities, like the Castle, and that the college is a Division III school.

Our campus is very close to NYC and that offers so much to the students at Manhattanville. The heritage of the college also makes it very unique- the all-women’s background and some of the traditions that are involved with that history make this school very different from other colleges.

Q: What role do you play on campus as the VP of Student Affairs?
A: My role should have an impact on every aspect of the lives of the students here outside of the classroom. That’s not to say that there is not an overlap with certain educational components to student affairs, however. Seamless education is key for my division and my oversight of student affairs. We have a mind, body and spirit approach to making sure that the needs of our students are met. So, my role is to make sure that there is oversight; to make sure these are the approaches made toward student affairs, and to make sure that there is collaboration and cooperation both internally (within my division) and externally (with other divisions/departments).

Q: What is the primary goal you wish to accomplish during your time here at Manhattanville?
A: My biggest goal, and I knew this coming into Manhattanville, is to incorporate best practices for the Student Affairs Division. No parts of the department should exist in a silo, for example. So a lot of my job, and my goals for the student affairs division, involve reorganization of the operations within the division.

Q: How can students best contribute to the betterment of the institution and the betterment of their college experience?
A: I would say that the best way to be successful in college, and to ensure success after college, is to get involved on campus and to stay engaged with college happenings. You really do get of college what you decide to put into this experience. College is about being a student, yes, but it also involves student engagement as part of that educational process.

Q: What is the most important piece of advice you’d share with any college student?
A: I would really stress the importance of experiencing an internship of some kind- whether it is a paid or unpaid one. Having an experience like that provides insight and helps you to decide what you want to do with your future. It may change your entire view about a field you thought you were sure you wanted to go into, or it could help you solidify your decision to go into a certain profession. In either case, it really is important, I feel, for students to get that hands-on experience through some sort of an internship. It’s one of the most valuable experiences a college student can go through.

Interview conducted by:
Mentor David Nielsen ’16
Britany is one of our Seniors who is in her second year as a Mentor. We asked her about why she decided to become a Mentor and how everything is going this semester as a Mentor.

**Q: Why did you become a Mentor?**

A: I became a Mentor because I was highly interested in making a difference on campus. I wanted to impact the lives of students by assisting them in pursuing their dreams and accomplishing their goals!

**Q: What are you doing with your Mentee?**

A: Right now I am helping my Mentee get through the application process of becoming a resident advisor. My Mentee is also on my club board (LASO) and I am helping her work hard towards receiving a higher board position.

**Q: What’s something you love?**

A: My greatest passion is traveling the world! I want to experience as much culture as I can. I believe every place I've been to has changed me as a person and helped me grow mentally.

**Q: Is there anything else you’d like to share with us?**

A: Everything I do is to make my mother and grandmother. They are my world!

We are sad to see Brittany go after 2 years as a Mentor, but we know she'll do great things!

The Manhattanville Advancement Program (MAP) and its staff have had the greatest influence in shaping me into an ethical and socially responsible leader. In my two years here, I have grown intellectually, as well as personally. Much of this growth results from my time spent in the MAP Pre-Freshman Summer Program and my interactions with MAP staff and students. Everyone involved in the program has a similar goal; to ensure that we all succeed, as students and as individuals.

During my Freshman year, I came to the MAP office and began expressing my concerns about one of my professors. The professor sped through thirty-slide PowerPoint presentations each class and held quizzes every two weeks, most of which covered information outside of the PowerPoints. I recall expressing my frustration and doubt that I would succeed in the class, with one of the MAP Coordinators. A senior, who was also a MAP student jumped into the conversation and began offering solutions, one of which included sitting down with her for an hour each week to review the information. I had never met this student and we had not even exchanged names yet, but she was offering to give up an hour of her time every week, to help me succeed in the class. This is what MAP gives its students; endless connections and various outlets of support.

This interaction was a defining moment in my confidence in the level of commitment the program has to nurturing kind, caring, and dedicated individuals. It is because of my experience in the Pre-Freshman Summer Program, as well as my interactions with other MAP students that I decided to spend this past summer as a Resident Tutor Counselor (RTC) for the Pre-Freshman Summer Program for the MAP students in the class of 2018. I am only one of many MAP students who have decided to give back, to the program and the Manhattanville community as a whole. This program embodies the spirit of the Manhattanville mission statement and the staff works to ensure students are committed to fulfilling the mission statement.

Written by:
Rai-ya Wilson ‘16
We have a new look!

At the beginning of this semester we decided it was time to update our department brand. We loved all of the options that the Office of Communications gave us that we asked our Mentors and Mentees to vote on what they liked best. Above you will find our new Mentor Program logo. We are excited to unveil this logo in time for next year’s planning.

Below you will find our new Center for Student Success branding which represents the Mentor, MAP and the Transitional Programs. Everyone will see our logos around a lot next year, so be sure to remember that it’s the same great events & programs, just with a new look!
Mentee Musings

At first, I was hesitant about having a mentor. The idea of having someone (another student) to talk to about my life seemed restricting. When we first come to college, we have this idea of being 100% independent and self-sufficient. Unfortunately going to therapy or having a peer mentor have an untrue stigma of being “weak”. After meeting with my mentor a few times, I quickly realized that having someone to share my college experience with does not limit my independence. I enjoy having meetings with my mentor, because they allow me to just vent about whatever. If I want to pat myself on the back for a wonderful test grade or complain about a course, my mentor is always ready to listen. Even if I simply want to have a relaxed chat about anything, it is wonderful to know that I have a support system. The best thing about being a mentee is that we choose what we feel like discussing or doing. Last semester, I had a mentor who helped me resolve some personal problems. This semester, I have a lovely mentor who helps me with career planning. I highly recommend everyone getting a mentor. Having a mentor can only help us grow!

Written by:
Nasir Fleming ‘18

Some Pictures from Mentor Events!
A Special Thanks to All of Our Mentors this Year!

Reem Ahmed
Mariah Bigaud
Angela Blandino
Rodrigo Castiglioni
Briana Chambliss
Samyam Chand
Alyson Chase
Lisa Colton
Alyssa Del-Valle
Shan Du
Molly Fishback
Violet Foulk
Andrew Gelinas
Jacob Goldenberg
Teresa Guzman-Pagan
Alyssa Harr
Vanity Hendricks-Robinson
Lindsay Hubschman
Ashley Jack
Mike Joyce
Alicia Leedham
Roselande Louis
Kerry Lowery
Jackie Mastrogiacomo
Michaela Murdock
David Nielsen
Marina Nouel
Kristen Papillo
Abbi Parenteau
Sasha Pavlova
Mary Reed
Sami Reinhardt
Brittany Rodriguez
Patricia Rodriguez-Diaz
Abhi Thapa
Rai-ya Wilson