Have you been thinking about what to put on your resume as you prepare to apply for an internship, graduate school, or your first professional position? Stony Brook University offers a wide variety of opportunities that complement the classroom experience. These opportunities can give you a competitive edge as you enter the workforce or graduate school. You should begin early in your academic career to reap the maximum benefits.

Stony Brook University offers over 250 clubs and organizations. Through your involvement in campus life you will learn valuable skills that will contribute significantly to your personal and professional success after college.

How about obtaining an internship to see what it is like to work in the real world? An internship is a real world experience related to your career goals and interests. Internships can be done during the semester or during the summer. Some internships are paid, while some are not but will offer you credit towards graduation. You do not need to be a junior or a senior to complete an internship. If interested in completing an internship you should contact the Career Center, your academic department, or even the Division of Student Life. The Division of Student Life offers internships in Student Activities, Campus Recreation and Wellness, and Student Media.

Are you a Stony Brook student that has the desire to “make a difference”. There is nothing more rewarding than to finding a way to devote your time, energy and compassion to help your neighbors and give back to your community. The Career Center can help find the right position for you through the Volunteer for Community Service program.

Today’s job market is highly competitive and students that have completed internships, volunteered in their communities, and have held leadership positions in clubs and organizations obtain employment or get accepted to graduate school more quickly following graduation. What are you waiting for? Get off the couch and start filling that suitcase!
his past fall the Student Media Services office launched the Lunch Beat program. The Lunch Beat program provides lunch and educational sessions that give students the opportunity to interact in small groups with a career professional. Lunch Beat sessions allow the professional to tell stories about their careers while offering expert advice to students who may plan to pursue these fields as careers.

Stony Brook students are hosts for each guest who are from a variety of disciplines in the following professional media and journalism fields; television, radio, education, news services, legal areas, publishing, theater, film, information systems, communications, and other relevant fields. Students can ask job related questions in an informal setting to help them prepare for further careers. This new lunch time learning program engages the student and helps them explore media and journalism professions.

Lunch beat topics address everything from technical skills to public affairs and sensitive media issues. The first guest this semester was Dini Diskin –Zimmerman from Stony Brook University’s educational technologies division. Dini is a producer, director, editor and educator. Mrs. Zimmerman gave the students a brief tour of the on-campus ECC building television studios. She spoke about her extensive experience directing and helping to develop new television networks and shows.

The students who attended were from various academic disciplines including, media arts, journalism, business management, theater arts and cinema cultural studies. They had the chance to share their own media and journalism experiences with Dini and ask her questions. Dini Diskin-Zimmerman answered student questions about accurate reporting, what should motivate a good story, where to find solid information, as well as telling the students about some of the history of Long Island’s local television news network and CNN’s beginning years.

During future “Lunch Beats” the students plan to host a local news reporter, a magazine publisher, a digital archivist, a flash animation artist, a film festival planner, and a public relations executive. We hope these lunch time learning experiences will become an important part of the co-curricular programs the office provides for students at Stony Brook University.

This program meets the Student Media Office's Integrated Media Model goals of integrating academic learning with practical experience in media fields. The program also encompasses the model’s 5 E’s which strive to help students and educators to engage, explore, explain, extend and evaluate success. This model follows the CAS standards for education.

Note: Lunch beat will be held at various on-campus eateries and last from 1 ½ hours to 2 hours. The program is available to all students who are interested in media fields; however there is an application and an attendance limit. For more information regarding the Media Lunch Beat Program contact Isobel Breheny-Schafer at 632-6828.
As a prospective intern, you never really know what to expect. You hear stories of interns whose sole tasks are to get coffee, file papers, and be personal assistants. While others have great experiences that help guide them with their future plans. You hope for the best and prepare for the worse.

Interning at Stony Brook University with the Department of Campus Recreation has far surpassed my expectations of what I had hoped to learn and take away from an internship. Not only has this internship opened my eyes to a lot of new opportunities but the campus community itself has been an eye opening experience. Along with developing new skills, being able to interact with students and staff and seeing how they appreciate each other’s diversity and individuality on a daily basis is something that can never be taught in a classroom.

The experiences and first hand interactions have been the most beneficial part of interning here. Having the opportunity to attend committee meetings has exposed me to various departments throughout campus and has allowed me to see how they interact and rely on each other to complete various tasks and goals.

One committee that I have been fortunate to serve on is the Equal Employment Opportunity Committee (EEO). Serving on the EEO Committee has opened my eyes to the hiring and interviewing processes and how it is applied to the search process. While assisting a search committee I was able to see these laws enacted while filtering through resumes and conducting phone interviews. I also have been able to attend interviews for a position opening in the Department of Campus Recreation an experience that will benefit me in the near future in my own job search. Afterwards, when evaluating the candidates, I was amazed at some of the things that the interviewer spoke about while comparing candidates that didn’t even occur to me. Observing this “behind the scenes” interview process coupled with the opportunity to ask “interview type” questions and hearing how the candidates responded was a great learning experience for me.

Another learning experience I will take away was the ability to attending department meetings. In these meetings I observed how responsibilities are delegated, who is accountable for what, and how everyone has to work together to accomplish the mission of Campus Recreation. My most rewarding experience was the opportunity to help plan and organize various special events hosted by the Department of Campus Recreation. The amount of time needed to put together a successful event, along with the organization of information and the coordination between departments has shown me how important it is to work with others and plan ahead. It has been instrumental in my learning experience.

Overall, my time at Stony Brook University has been an unforgettable and extremely educational experience that has taught me lessons that will help in my future. I am thankful to everyone who has contributed to my learning experience here, especially the staff in the Department of Campus Recreation.

Ashley DaSilva

Ashley DaSilva is an undergraduate from Cortland State University completing a full-time internship with the Department of Campus Recreation.
B eing a college student comes along with a lot of responsibility. As a commuter, those responsibilities often accompany unrelated obligations, such as work or family needs. Sometimes it can be hard to follow our schedules precisely and use time management skills to our best advantage, but patience and practice can indeed help. Here are some bits of advice from a newbie (and trust me, I still have a lot to learn!) that can save you some time in your schedule that may not have much to spare! Good luck to you all!

**If you take the TRAIN/BUS:**

**Arrive early.** Public transportation may arrive late, but rarely comes early. If you have to wait for a tardy ride, **be patient.** It is always better to be ready and waiting to go, rather than running to catch your mode of transportation. That is no way to start a day!

**Make sure you can pay the fare.** Put your fare money aside **before** you get to your stop. By doing this, you won’t have to pull out your wallet last minute—or let others see it if you are in a neighborhood where you feel less comfortable.

**Avoid drawing too much attention to yourself.** Most people taking public transportation are interested in getting to their destination more than anything else, so politeness is always helpful. You will likely appreciate the same in return.

**Relax.** You can do this by reading/studying, listening to music on a personal audio player, or closing your eyes and breathing slowly. **Stressing out will not make your commute go faster.**

**BE ALERT!** Be aware of your surroundings, such as who is sitting next to you and where your belongings are. If you do decide to close your eyes, wrap your arms around your bag or place it aside and keep one of your hands on it. If something or someone makes you uncomfortable, move away calmly. Do not bring it to attention that you are scared; it might make the situation worse. If you are experiencing discomfort, do not hesitate to alert an authority figure, such as the workers on the train or your bus driver.

**If you miss your bus/train,** keep that cell phone handy! First, call your destination and tell them that you may be late. You may have to wait for the next train/bus. Then, if you feel the need to vent about the situation call a relative or a friend and explain the situation clearly and calmly.

**Advice for EVERYONE:**

**Before you go to sleep, pack your schoolbag.** Make sure you include everything you need in it for the following day. Avoid taking anything extra with you; it will make your bag unnecessarily heavy. **If you have a school locker,** use it!

If you can’t bring yourself to set aside your outfit for the day, at least **plan on what you are going to wear** and make a mental note of where those pieces of clothing are.

**Set the alarm!** The only thing worse than getting less than 8 hours of sleep is the way you feel when you’re being rushed out of bed because you slept too much. I know, the beeping does make you feel like smashing the little machine against the wall, but it will help you. Better that than the dog (or your little sister) jumping on the bed and throwing you out of it. Now, THAT’S a rude awakening.

**EAT BREAKFAST!** I didn’t say go to IHOP every morning, but skipping breakfast is like driving a car with an empty gas tank: it’s a plan destined to fail. If you must eat on the go, try a piece of fruit or a granola bar. Or pack some of both in a container with yogurt. Be creative, and don’t skip it! You will be thankful.

*For information about lockers, contact the Faculty Staff Association at 631-632-6517.*

**If you DRIVE:**

**Make sure there is gas in the car** the night before you head to campus. Either fill up your tank when you notice it that evening, or plan to leave the house a little earlier the next day to complete this task.

**Budget your time for traffic.** If it looks like your foot is going to be on the brake for a while, be patient. If you can, shut off the car (only if you will be waiting for more than 5 minutes, if there is an accident or bad weather, for example.)

**Try to arrange a carpool partner(s).** Not only will you be helping the environment, but if you take roads like the Long Island Expressway, having a passenger will enable you to use the HOV lane, which can often cut some time off of your commute.

**Getting stressed out will not make your commute go faster.** Avoid dreading a worst-case scenario, and if you do get into a sticky situation, stay clam. This is definitely easier said than done, but it will pay off as opposed to blowing up at another driver or a police officer (road rage).

**Being late to campus is not an excuse to break the law.**

**Be smart when it comes to weather.** If the weather is questionable, make sure you leave yourself extra time for your commute so you can be cautious on the roads. If the weather is nice but not too hot, **open your windows.** Air conditioning should be used sparingly, as it will save you gas.

**Playing a little music can really change your mood for the better.** I suggest your favorite CD as opposed to the radio (you know how repetitive that can get!) Also, be kind to your speakers, your ears, and those of others and **don’t blast the volume.**
All classes will take place in the SAC Lower Level Fitness and Spinning Studios. Registered undergraduates can participate for free. Faculty, Staff and graduate students are required to purchase a punch card to participate. All participants are required to show SBU ID. Classes are on a first come first serve basis. For more information on these classes or general questions please contact Allyson Stein, Wellness Manager, at 632-7263.

### Winter Intersession Fitness Class Schedule

#### JANUARY 2008

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<th>Mon</th>
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<td>New Year's Day</td>
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<td>12:15-1:10p Total Body</td>
<td>12:15-1:10p Pilates</td>
<td>12:15-1:10p Kripalu Yoga</td>
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<tr>
<td>Spring Fitness</td>
<td>Please download a copy on our website!</td>
<td>It will be available January 1st!</td>
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### Group Fitness Class Punch Card Prices

- **14 Winter Classes (expires 1/24/08)**: $49.00
- **4 Winter Classes (expires 1/24/08)**: $16.00

Undergraduate Students are FREE

**WELLNESS CENTER**

**$35 WINTER MEMBERSHIP SPECIAL**

For staff, faculty and affiliates of SBU with a valid ID

**FOR DECEMBER 2007 & JANUARY 2008**

Payment can be made at the Bursar’s Office, Administration 261
In January we will be looking forward to an exciting five weeks of opening activities. Our theme this year is **50 Red Hot Ways to Chill!** This theme was developed by the student and staff committee in order to honor the long standing “Chillfest” theme and the 50th Anniversary of Stony Brook. During the first five weeks of the Spring Semester we will be having over 100 programs but, we will be hi-lighting just 50 on the poster.

The 50 programs will be traditional, innovative, enjoyable and diverse. A lot of departments and student groups on campus with be hosting and co-hosting these events. The Chillfest 2008 Committee has been working on offering a variety of programs to the students and making traditional programs even better.

To list just a few we have…

*Bingo for Books, IFSC Chocolate Factory, Scooping Out Success, Men’s and Women’s Basketball Games, Stony Brook Basketball Mayhem, Open Mic Night, CASB’s Lunar New Year, SAB’s Welcome Back Party, RHA and Opening Activities Superbowl Sunday Event, Basketball Tip Off Tournament, Involvement Fair, Ash Wednesday Mass, IFSC Fraternity and Sorority Night, ASU’s Caribbeans vs. Africa Party, Snowboarding Trip, Catamount Ski Trip, NJ Nets vs. Dallas Basketball Game, Hillel’s Health Fair, Craft Night, ESP’s Hate Crimes, ASA’s Soduko Tournament, Fitness Jam, SAB Lover’s Lounge, SAB’s Stony Brook Battle of the Bands, Rec-A-Thon, Malik Star Search, Hillel’s Israel Experience Shabbaton, All Day Leadership Conference, Video Game Tournament, Cross Country Ski/Show Shoe Trip, Exec-Chef’s Kitchen, SAB’s Profile Pic Photo Shoot, Sports Club Fair, APhiA’s Women’s Appreciation Day, Chinese Christian Fellowship’s Tea House, Alpha Phi Alpha’s Miss Black and Gold Pageant, Ballroom Dance Team’s Dance Competition, Hillel’s Operation Solomon Shabbaton, and many more!!!*

We look forward to welcoming you back to campus with some thrilling programs. Start the Semester off right and join us.

For Chillfest Program details refer to the Division of Student Life Website [http://studentaffairs.stonybrook.edu/studentlife/](http://studentaffairs.stonybrook.edu/studentlife/)
Black History Month
Human Rights & Social Justice: Lessons from the Past, Challenges for the Future

Black History Month is celebrated throughout in the United States in the month of February. Stony Brook’s annual community-wide observance of Black History Month, coordinated by the Black History Month Planning Committee, includes panels, symposia, and lectures, as well as cultural and social events. Throughout the month of February there are several intriguing and exciting programs occurring in honor of Black History Month. This year’s theme is: Human Rights and Social Justice . . . Lessons from the Past, Challenges for the Future.

Some of the programs that will be offered throughout the month of February include:

- **Black History Month Opening Ceremony, January 30, 12:45pm to 2:10pm, SAC Auditorium.** The annual campus community kick-off celebration, featuring guest speaker CBS EVENING NEWS Reporter Randall Pinkston. Also includes information tables and performances by student organizations. Light refreshments.

- **National Black HIV/AIDS Awareness & Information Program, February 8, 9:00am to 3:00pm, SAC Ballroom A.** Featuring Dr. Melody Goodman, Assistant Professor, Graduate Program in Public Health, Stony Brook University, and Dr. Althea Maybank, MD, MPH, Director, Office of Minority Health at Suffolk County Department of Health Services. There will be posters, displays, performances, HIV testing and more!

- **3rd Annual Black History Month Essay and Speech Contest, February 20, 12:40pm to 2:10pm, SAC Room 304.** An essay and speech contest highlighting the 2008 Black History Month theme: “Human Rights and Social Justice . . . Lessons from the Past, Challenges for the Future.” Application deadline: February 20. Contest winners will be announced at the Black History Month Closing Ceremony on February 28.

- **Annual Black History Month Closing Program, February 28, 8:00pm to 10:30pm, SAC Ballroom A.** All are invited to this culminating celebration of Black History Month! Featuring an array of cultural performances by student groups. Special guest poet Dr. Patrice Nganang, Assistant Professor, Comparative Literary and Cultural Studies Program, Stony Brook University. Dinner included.

February 2008
Black History Month

**Human Rights & Social Justice:**
*Lessons from the Past, Challenges for the Future*

For program details visit the Black History Month Calendar at [http://ws.cc.stonybrook.edu/sb/bhm/](http://ws.cc.stonybrook.edu/sb/bhm/)
Calendar of Events

Wednesday, January 2nd, **Winter Fitness Classes Begin**, SAC Lower Level Fitness Studios
Thursday, January 3rd, 7:00pm, **Men’s Basketball vs. UMBC**, Sports Complex
Friday, January 4th, 12:30pm, **Winter Lunch**—SAC Lobby
Saturday, January 5th, 2:00pm, **Women’s Basketball vs. Vermont**, Sports Complex
Tuesday, January 8th, 12:30pm, **Mid-Winter Lunch (Ying Yangs)**, SAC Lobby
Wednesday, January 9th, 7:00pm, **Men’s Basketball vs. Albany**, Sports Complex
Thursday, January 10th, 12:30pm, **Mis-Winter Lunch (TBD)**, SAC Lobby
Wednesday, January 16th, 8:30am, **Winter Breakfast (Dunkin Donuts)**, SAC Lobby
Wednesday, January 16th, 7:00pm, **Women’s Basketball vs. Maine**, Sports Complex
Friday, January 18th, 5:00pm **Movie Night**, Site TBD
Saturday, January 19th, 2:00pm, **Men’s Basketball vs. Boston University**, Sports Complex
Tuesday, January 22nd, 1pm, **End of Winter Lunch (Subway)**, SAC Lobby
Sunday, January 27th, 4:00pm **Chill Fest Kick-off**, SAC
Monday, January 28th, **Spring Fitness Classes Schedule Begins**
Tuesday, January 29th, 7:00pm, **Women’s Basketball vs. Hartford**, Sports Complex
Wednesday, January 30th, 5:00pm, **Scooping Out Success**, SAC Lobby
Wednesday, January 30th, 7:00pm, **Men’s Basketball vs. New Hampshire**, Sports Complex
Thursday, January 31st, 7:00pm, **Racquetball Tournament**, Sports Complex

Chillfest

50 Red Hot Ways to Chill!
January 27th—February 29th

Full Calendar of Events in
Next Issue of the Student Life Newsletter

http://studentaffairs.stonybrook.edu/studentlife/
632-LIFE