

BEOC TODAY

SUNY BROOKLYN EDUCATIONAL OPPORTUNITY CENTER

www.sunybeoc.org

A LOOK INSIDE:

News You Can Use - pg2

BEOC in the Community - pg3

BEOC Upcoming Events & Notices - pg4

Follow us on    



BEOC SPOTLIGHT



Mindful Mondays

by Maryan Dumas, Academic Advisor

As a life-long learner, I have participated in various courses in the area of mindfulness counseling for wellness and engagement.

As a new addition to the Advisement Team, I thought Mindful Mondays would be helpful to the BEOC school community. Mondays can be tough for many people, as they often feel tired after the weekend. It can be difficult for people to get back into a positive mindset and feel motivated at school or work. Mindfulness means being in the moment, without interpretation or judgment.

Mindful Mondays is a weekly workshop that introduces students to stress management techniques that help them remain positive, satisfied, and focused through their day. To register and attend the next session on April 10, at 3p.m., please visit Schoology on the Advisement tab.



NEWS YOU CAN USE



Welcoming Engagement in the Classroom for Men of Color

by J. Luke Wood, VP of Student Affairs & Campus Diversity

Professor of Education - San Diego State University

featured on LinkedIn.com | 3/2015



Student engagement is a common concept often used among educators in conversations on student success in college. Engagement involves the “time and effort students invest in their studies and other educationally purposeful activities” (Kuh, 2009, p. 683). Being engaged encompasses a wide array of activities including the effort students place in the classroom, collaboration with peers, the use of technology, being academically challenged, interactions with faculty, and use of student services. Repeated evidence has demonstrated that greater levels of engagement, particularly academic engagement, leads to enhanced student outcomes (e.g., persistence, achievement, attainment, transfer).

The concept is so often referenced and traditionally accepted that it has shaped perceptions on student success for generations of scholars and practitioners. Informed by this perspective, some educators have supported discussions, engaged institutional assessments, created interventions and programs, and implemented initiatives that focus on ‘mending’ students. Permeating these efforts are perennial questions on whether students are asking questions in class, responding to questions, participating in group projects, and visiting faculty during office hours. However, rarely is a more fundamental question posed; have we as educators made our students feel ‘welcome’ to engage?

Click [here](#) to read more...

CUNY launches *Week of Admissions* sessions for prospective students

by CUNY Weekly online newsletter - 3/27

The City University of New York announced that it is hosting **CUNY Week**, a week of college fairs, information sessions, and panels for prospective undergraduate students and parents to attend in-person and virtually from March 27 to April 4 across the University. In addition to the CUNY Virtual College Fair and four centrally hosted sessions, there are 44 events available from 13 undergraduate CUNY colleges. Attendees of the sessions who are graduating from New York City Public Schools between January and August 2023 and have not yet applied to CUNY will continue to be able to apply to its 25 colleges at no cost until April 30, utilizing the fee waiver announced by the University earlier this month.

The University will host its CUNY Virtual College Fair on March 29, from 4 to 6 p.m., where prospective first-year and transfer students can meet in virtual rooms with representatives from the CUNY colleges to discuss admissions requirements, academic programs and campus life.

Read more: <https://www1.cuny.edu/mu/forum/2023/03/27/cuny-launches-week-of-admissions-sessions-for-prospective-students/>



BEOC IN THE COMMUNITY

Medical Assisting Program Orientation 2023

February 8, 2023 - BEOC held an orientation session for perspective Medical Assisting students. The event featured presentations and activities facilitated by staff and faculty members. Students were able to explore the program's offerings and interact with BEOC members. In last month's newsletter, we highlighted our Medical Assisting 2023 graduates at their pinning event, so we look forward to seeing these new students next year experiencing the same. We are excited to be working with them, and wish these students a warm welcome!



Medical Assisting Orientation



After Decades Cleaning Homes and Working As a Nanny, 52-Year Old Earns a College Degree

Article featured on BMCC website: bmcc.cuny.edu | May 24, 2022

SUNY BEOC was again highlighted in a story about one of our former students Lyn Thomas - a 2019 GED Prep graduate. Here is another article featured by CUNY Borough of Manhattan Community College (BMCC)

Click [here](#) to read more....

BEOC UPCOMING EVENTS & NOTICES

A Message from the Advisement Center

BEOC students,

Even though midterms have passed, tutoring is still available for all students. Please visit Schoology and access **My Virtual Library>Groups** to make an appointment. Studying the right way is key to passing your classes. Please watch this quick YouTube tutorial for tips to creating a study guide.

<https://www.youtube.com/watch?v=-jxigPhoPfs>

Be sure to take advantage of all the resources available to you at BEOC.

Maryan Dumas
Student Advisor
Advisement Center



Brooklyn Educational Opportunity Center Spring 2023 Academic Calendar



Date	Day	
April 4	Tuesday	Spring 2 Schedule Adjustment Period Ends
April 5-13	Wed-Thurs	Spring Recess / No Classes in Session
		Classes Resume
April 14	Friday	Mid-semester Grades Due
April 17-21	Mon-Fri	Mid-semester Faculty Advisement
April 28-May 4	Fri-Thurs	Spring 2 Midterm Evaluations & Advisement



A Message from the Library Resources Center

BEOC MA and MEDBILL students,

Click the link to view a tutorial on accessing the Cengage Help Desk: <https://www.youtube.com/watch?v=O2x2hVgItD4&feature=youtu.be>

If you have any questions, please email us at library@beoc.cuny.edu.

Kevin Saw, MLIS
Learning Resources Coordinator
BEOC LRC/Library