

# SSS STAR Program

“Our mission is to guide, support, and retain our students so that they may successfully graduate from Bloomfield College.”

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## New STAR Workshops Pack the Lab!

The STAR Program has been diligently revamping the Activity Schedule, creating workshops that interest participants and assist with academic and financial success. One of our most popular activities thus far this semester has been the Wellness Center’s “Conflict 101” on Wednesday, October 17, 2012 (pictured below). Students participated in activities with counselors from the Wellness Center, located in the Student Center, that gauged their individual confrontation styles and offered varied tips on how to diffuse conflict situations across all social relationships.



Amerlain Carver (left) and Rubé Williams (right)

Among interesting workshops such as the very popular Chat & chew series, the Program was pleased to also present a workshop entitled “Information in Healthcare Professions.” On Tuesday, October 9, 2012, two healthcare professionals spoke about their job requirements, educational histories, and the necessary skills needed to succeed in any healthcare profession. Dr. Yvonne White-Cadet, an OBGYN based in South Orange, and Dr. Dorita Newsome-Dobbins, a dentist based in Livingston, spoke with students about the diverse paths taken when pursuing a medical degree. Their advice? Study hard, continue education after employment, and view patients as whole people and not just body parts.

We thank BC staff and faculty, and those affiliated outside the College, for their continued assistance!

### STAR Newsletter Editor

Christina Dilkes  
Counselor &  
English Specialist

## Bloomfield College Dean’s List Awards Program

Sunday, October 21, 2012 at 1:30 pm in Robert V. Van Fossan Theatre  
STAR Award Recipients

Lauren J. Bedell  
Daniel A. Bolanos-Blumenthal  
Aaron L. Bullock  
Veronica L. Dodrill  
Nathaly A. Fernandez

Nyeka V. Harris  
Jacqueline Hunterton-Anderson  
Migdalia Maldonado  
Kathryn Schaub

“Be curious always! For knowledge will not acquire you; you must acquire it.” —Sudie Back

## Getting Ready for an Interview? Avoid These Mistakes

You may be knee deep in research papers and exams, but it is never too early to plan for your future career. As you begin thinking about professional protocol, use this helpful September 26, 2012 article from *Forbes* online. Author Jenna Goudreau offers five mistakes Millennials—the term for those individuals 31 and under—make during interviews. If you are getting close to graduation, need employment to pay for tuition, or are considering internships/work study positions, remember what recruiting firm Adecco calls interview mistakes.

1. **Wear Inappropriate Interview Attire:** An overwhelming 75% of hiring managers say that inappropriate clothing kills a candidate's chances. "In an interview, stay away from flashy jewelry, plunging necklines, too-short hemlines, t-shirts, and shoes that are too casual or too difficult to walk in," Goudreau advises. If you have to think twice about an article of clothing's appropriateness, take it off! It's better to be over-dressed than under-dressed.
2. **Have Posted Questionable Social Media Content:** Employers check your social media usage, and judge you accordingly. Social media "faux pas include posting inappropriate or explicit photos, sharing too-personal information about yourself or others, using profanity, and writing with poor grammar and spelling. Young people should be especially careful of their grammar, considering that 46% of hiring managers believe Millennials need to improve their writing skills" (Goudreau). Check your Facebook and Twitter accounts; delete what you would hate a hiring manager to see. (As a side note, pay attention to your Writing Intensive courses and practice your writing skills. They can determine whether an employer will keep you after the probationary period.)
3. **Haven't Done Their Research:** HR interviewers may see younger candidates as creative and better at networking, but knowing little about the company or position hurts an interviewee's chances. Research the company's motto, history, culture, and environment.
4. **Don't Ask Enough Questions:** If you do not ask questions, you may look uninterested. "Some of the best questions for a job candidate to ask in an interview are: How would you describe the ideal candidate? How does this position fit into the company's long-term plans? What can I do for you as a follow-up?" (Goudreau). Be interested in the company and in your place in it.
5. **Overconfident In Themselves:** More than half of hiring managers feel Millennials think they know it all...and do not listen to others. In an interview, emphasize your accomplishments and remember to include how you will be an integral team member.

"If you don't stand for something you will fall for anything."

— Malcolm X

## Incoming Participants? Schedule an Intake!

—Not sure what classes you want to take?—

—Confused about which electives work toward graduation?—

—Unsure how to read your program evaluation on Web Advisor?—

**Schedule a Pre-Advising Session with a STAR Counselor to make sure you're ready for your Advisement session for Spring 2013!**

## Graduating Seniors? Set Up an Exit Interview!

# SSS★STAR FALL 12 Activity Schedule

Event	Date/Time	Other information
Chat & Chew	Ongoing Bi-weekly	Join us for open discussions on great topics selected by the students or the counselors.
Financial Literacy Series	Ongoing	Come join us for a series of mini information sessions to help you stay on top of the on-going changes in the financial world.
Schedule Your Schedule	Tues., Oct. 23, 2:15-3:15pm	Learn how to select a well balanced schedule that can help you stay on track.
Writing & Revising Strategies	TBD	
Presentation from the Education Department	Tues., Oct. 30, 2-3pm	Understanding all the requirements needed to major in Education. Q&A session after presentation.
Interviewing Techniques and Tips	Tues., Nov. 6, 2-3pm	Come meet a HR professional and learn techniques and tips on interviewing .
Career Services Dining Etiquette	Wed. Nov. 14, 6:30 Location: TBA	This informative dining experience is for <b>JUNIORS &amp; SENIORS ONLY</b> . All interested parties must <b>RSVP</b> prior to the event.
Pre-Finals Chillout	Thurs., Dec. 6, 1-3pm	Relaxation, fun, games-a great way to de-stress before finals start.

★ All events will be held in the Star Computer Lab/Program Room,  
Learning Resource Center, Room 106, unless otherwise noted ★

## Bloomfield College Portrait of Excellence Showcases a STAR Student

One of our own STAR students, Danielle Patterson, has been selected as a Bloomfield College Portrait of Excellence Winner. Bloomfield College's Portraits of Excellence recognizes BC students who excel beyond their peers in areas of academic success, campus and community involvement, and leadership. This is a great accomplishment and Danielle will be recognized by having her Portrait of Excellence Poster displayed on the Wall of Excellence located in Student Center Room 1 as well as the Bloomfield College website. Danielle was nominated for this distinguished award by Gail Ponder, a STAR counselor.

Students have not just seen this Biology major in classes, on campus, and in the STAR lab: Danielle has been in our newsletter before. Her travels to the University of Maryland for the 13th University of Maryland National Conference for McNair Scholars and Undergraduate Research were featured in the May 2012 Special Issue of the STAR Newsletter.



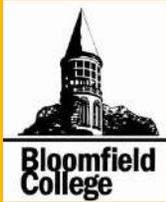
## SSS STAR Program Student Support Services



Bloomfield College  
Learning Resource Center  
Room 107

Phone: 973-748-9000, ext. 1170  
Fax: 973-429-7528

“Our mission is to guide, support,  
and retain our students so that  
they may successfully graduate  
from Bloomfield College.”



TRiO grants provide opportunities  
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students with basic college  
requirements, and motivate students  
toward the successful completion of  
their postsecondary education

**TRiO**  
STUDENT SUPPORT SERVICES

## STAR Staff



**Brenda Quintyne**, Director

**Gail Ponder**, Counselor & Math/Technology Specialist

**Christina Dilkes**, Counselor & English Specialist

**Celeste Walden-Kelley**, Office Manager

## STAR PROGRAM HOURS

Monday: 8:00 am—8:00 pm

Tuesday: 8:00 am—8:00 pm

Wednesday: 8:00 am—8:00 pm

Thursday: 8:00 am—4:30 pm

Friday: 8:00 am—4:30 pm

## Shining STAR Student: Chinedu Anyiam ('14)



The STAR Program has been lucky to add Chinedu Anyiam to its roster of participants. Chinedu has become a fixture on the Quad, demonstrating a passion for campus and community involvement. Not only is Chinedu a hard-working Biology major and Psychology minor, he has also been an integral part of Green Hearts, a movement created to get America's youth involved in the battle against climate change, since its inception. The group aims “to spread the word about Climate Change, Living Sustainably, and the ways in which we can turn our planet in the right direction towards a bright and healthy future for everyone” (“The Green Hearts Environmental Movement”). In his spare time, he has also served as a mentor for Ms. Leslie Doyle’s GEO course, attending trips with freshman students. We applaud Chinedu not only for his academic work, but also for his investment in Bloomfield College's future.

For more information on Green Hearts, visit their website at  
[www.bcgreenheartsmovement.blogspot.com/](http://www.bcgreenheartsmovement.blogspot.com/).