Lunar Eclipse Entertains Moon Watchers

By J. P. Hochberg

No, there is no Man in the Moon, and it isn’t made of cheese. For one hour, 22 minutes, the moon was covered entirely by the Earth’s shadow, save for a glow around the rim that made the moon resemble a giant jack-o-lantern. Why not? Halloween occurred just days later.

Unlike a solar eclipse, it’s perfectly okay to look at a lunar eclipse. At 9:14 P.M. New York time, the eclipse started. It looked like a bite was taken out of the moon. At 10:23 P.M. it became a total lunar eclipse and remained until 11:45.

The cause of the lunar eclipse is simple. The Earth blocked all direct sunlight from the moon. The Earth passes directly between the sun and the 2,160-mile-wide moon. The only light hitting the full moon was from the planet’s sunrises and sunsets. This explains the orange and red hue. The next total eclipse of the moon in this hemisphere will not be until March 2007.

Strength Training Benefits All Body Types

By Jennifer Estrada

A new way of staying fit that is working well for men and women of all ages and fitness levels is strength training. Strength training programs of the last decade have typically involved weight machines but studies show that people should also include free weights and exercises which use the body’s resistance in their programs while practicing moving their muscles and joints.

The many benefits of strength training, especially among women are now appreciated more than ever before. Strength training programs increase bone strength, helping to prevent bone loss conditions such as osteoporosis. They also improve joint stability and help reduce risk of injury during sports and everyday activities. This type of training transforms body composition by increasing lean body or muscle mass and decreases body fat. This change in the muscle to fat ratio leads to a higher metabolism meaning you burn fat faster.

William J. Kraemer, Ph.D., professor in kinesiology and physiology at the University of Connecticut says, “It’s important not to start out with bad habits or the wrong personal trainer.” He also comments that it is good to vary your workouts, by alternating among light, moderate and heavy workouts. Lifting heavy weights everyday prevents progress because the body gets used to it. By exposing the body to different types of workouts, it will stimulate the development of bone, muscle and other tissues.

Strength training is good for calorie control because you may be able to increase lean tissue mass and with that the body burns a few more calories at rest. Making sure one learns the principles of strength training is important to understand what is trying to be accomplished. It is also important to check with a doctor about an appropriate exercise program suitable for one’s health before taking on this type of exercise.

Over exercising can be damaging to the body. Each body goes at its own pace and sometimes preliminary exercises are necessary in order to strength train. The basic program for this exercise is for the chest, upper back, shoulder, abdominal muscles, lower back, thighs, hamstrings and the entire leg. Many should also know not to expect results right away. Every person is different and typically, improvement occurs in the first few weeks, but then there will be a period of muscle development. Remember not to overdo it. Over training is probably most common in the younger populations who are more aggressive. It takes time to build strength. Listen to the body before taking anything too excessively.

Strength training can help in many areas and is a great way of releasing stress and getting fit by improving self confidence at the same time.
Citizen Change: Vote Or Die!

By Jasmine Gerald

Citizen Change, a national, non-partisan and non-profit organization created to educate, motivate, and empower American youth to vote, wants to answer the call of the huge disconnect between young voters and the political process. The more than 42 million Americans aged 18-30 that are eligible to vote on November 2nd, are called the “forgotten ones.” According to the US Census, 42 million young voters aged 18-30 represent 25 percent of the voting population, but only half of those young people were registered in 2000.

Citizen Change’s founder Sean “P. Diddy” Combs has only one mission, which is to make voting hot, sexy and relevant to a generation that has not reached full participation in the political process.

Combs has been promoting the urgency to vote in the same way that anything else young Americans demand such as CDs, movies, fashion, etc. has been promoted. He is on television, on the radio, and everywhere that young people are, promoting the voting urgency.

The message Vote Or Die! is quite shocking but Combs feels that it is very appropriate because it has become a matter of life or death for the “forgotten ones” who will not be able to survive if the current issues of unemployment, failing education and denial to proper health care continue to be ignored.

One student says, “I believe in everything that P. Diddy is trying to accomplish for our generation and seeing what he is doing has encouraged me to register to vote.”

However, another student says, “Even though he is encouraging people to vote I feel that he is making a profit for himself doing so; selling T-shirts, and all of the Vote Or Die! material.”

Combs along with his own “Coalition Of the Willing” which include celebrities such as Jay-Z, Leonardo DiCaprio, Jamie Foxx, Ellen DeGeneres, Ashton Kutcher, 50 Cent, Mary J. Blige, and Drew Barrymore, have been spreading the message Vote Or Die! everywhere in the youth culture.

Combs has made many public appearances to get the message Vote Or Die! across to young people. He has been at numerous award shows, on television shows (BET & MTV), and he even attended the Republican and Democratic Conventions. One student says, “I make sure that I catch 106 & Park on Tuesdays so that I do not miss P. Diddy tell us about the election.”

On November 1st The Citizen Change & Choose or Loose “Rock the Awe” Campaign was held. Then on November 2nd Citizen Change encouraged you to Get Out and Vote! According to Citizen Change, on November 2nd the community of the “forgotten ones” will be remembered forever. Change seems to be the ideal goal that is floating around in this coming election, but change cannot happen without participation.
Traditionally, weight training was strictly for bodybuilders, but as time went on athletes and scientists say that weight training is extremely important for sports and many other physical activities because it has a positive effect on the individual’s performance.

There are a numbers of reasons why weight training is very important to an individual’s performance. For example, weight training produces extraordinary gains in size and strength, balances strength and endurance of different body parts, and prevents unnecessary injuries from occurring. Also, in a lot of cases weight training can help a person recover quicker from an injury. Most important, it improves how you feel about your body and your emotional strength.

As you can see there are a lot of benefits that a person can get from lifting weights and this is the reason why athletes and bodybuilders lift weights. They not only lift weights because they have to in order to perform better at their sport, but mainly because of the benefits that their bodies get from lifting weights. Also, weight training protects them from all kinds of injuries they happen. For example, a Queensborough Student who is currently enrolled in a weight training class says, “I feel weight training is very important because it is vital to stay in shape. Without staying in shape the bones of the body tend to loose their durability. As a twenty-one year old female, Cheryl says “I know the medical problems that await me, problems like osteoporosis and other bone diseases. Therefore I will take care of my body now. Like they say prevention is better than a cure.”

As you can see weight training is very important to people who aren’t athletes or bodybuilders and the reason is because of the benefits to their bodies. It is said that as a result of lifting weights, a person can become faster, stronger and more competitive, especially if you’re an athlete or bodybuilder.

One young student in his early twenties, Ronnie, who happens to be a professional weight trainer, says, “I feel weight training is very important because it is important to have it as a daily routine. It increases your strength and muscular endurance. It also gives your body a better projection since the muscles are the mid-point of kinetic chain. Weight training is also a good way to burn calories and to decrease your body fat percentage.”

Last, weight training is one of the most flexible sports activities simply because it can be used for a number of different things such as improving your looks, losing fat, building self confidence and getting the fit body that you always wanted.

Weight Training Attracts the Non-Athletic

By RAZIA MOHAMED

The exercise industry may arguably be one of the fastest growing and successful businesses in the United States and in the whole world. A recent news release from IDEA has noted a significant growth rate in the industry. Going to the gym and training to be fit has become much more socially acceptable. During the 1950s and 1960s, gym members were predominantly men training for specific goals such as size in the case of bodybuilding, explosive strength in the case of power lifters, explain explosive strength and aerobics and a combination of all of these goals or more well known as athletes. However, by the end of the 1960s, society’s view of exercises began to change. Furthermore training began to provide a structure for the relationship between exercise and health simultaneously.

Fitness training did not require high level of skill, as may be the case with tennis, basketball or other sport forms of exercise. Simply, it was an active lifestyle. Nowadays, fitness training is aimed at altering physical characteristics in a society that has become very appearance conscious.

The typical client of the 1970s and early 1980s may have been better prepared for activity in the gym as a result of an environment that required more activity. Back then people were a lot more active than now, their work and home environment was more inundated with automation. Personal computers, cell phones and technology designed to ease the worker’s job were not as prevalent as they are today, as opposed to 20 or 30 years ago, are augmented with much more automation. This also leads to a decrease in daily physical activity, in turn, leading to dysfunctions and increased incidents of injuries.

It is important to understand the definition of fitness, to understand why people have changed their mentality about exercising throughout the years. Fitness is nothing more than the optimum functional efficiency of the kinetic chain, in another word, the perfect interaction-relation between the nervous, skeletal and muscular systems which are in charge of producing movement for our bodies. If we get to look at fitness from this definition, we would understand in a deep way why the types of member in the gym have been changing and also their perspective towards exercising.

Since the mid-1980s people have become more aware of obesity and musculoskeletal changes in their body due to decrease of daily activity level. Nowadays the gyms are filling full with members that are very dysfunctional. Obesity, diabetes, high blood pressure, arthritis, low-back pains, knee injuries and chronic diseases in the adult population are the main drive for members to begin to exercise and increase their activity level.

The goals of the patients in the modern gyms are to lose weight, tone up, release stress, increase muscle mass, decrease body fat percentages and improve cardiovascular endurance, very different from the goals in a person from 20 years ago. Going to the gym would help to achieve all of these goals most of the times, but the question is how do people know where to start? What kind of routine is best for them? That’s why everybody that’s new to the exercise environment should consult a specialist or fitness professional to avoid feature injuries and to achieve an optimum efficiency from his or her body.

Exercise Industry Growth Rate Soars

By RAZIA MOHAMED

Put away your summer. Everything seems to be changing from the leaves to a new school year and soon we will be going into the year 2005. The latest and hottest fashion for this year are the big chunky sweaters, shoes from the 50’s, pants with wide legs and pearls with the long layered look.

This fall the colors that will be worn are browns, tans which will be mixed with other colors such as blue, pink and many others as well. In addition, the fabrics that will be seen this year along with these colors will range from many different extremes. Also a lot of silky, satins and metallic textures will be combined with velvet and pinstripes in order to make a very bold statement about that kind of material and color. Another style to look for is the use of cat print fabric designs. The cat print and pinstripes will be popular this season because they will make one’s outfit stand out.

Apart from fabrics, handbags of many different sizes, colors and designs will be worn this year. Like the fabrics, handbags will be designed using bold textured fabrics. A fun newcomer this year is the “doctoris bag” style, with the top handle and snap clasp and purses will be designed with animal print and leather, large belt buckle closures will be very popular this season. The large belt buckle closures will add a dramatic element to a basic bag.

The jewelry that will be worn this fall is going to be pearls in every color and size possible. This will be a “must have” this season, and the pearls will be seen in every pastel color imaginable. The large layered look is going to be very popular this fall also. This year gold is making a comeback as well as jewelry of copper and metallic tones. Apart from that chandelier earrings are still a top seller, because of the strong statement that these earrings make they can be worn with other kinds of jewelry as well. The broche is also a newcomer to the jewelry scene.

This fall skirts and pants made of tweed will be paired with a shimmering blouse to soften the look. Tweed is a kind of fabric that is used to give a kind of feminine ladylike look.

Also, finally modesty is back because this fall the femine ladylike look is a comeback. A high waist and wide legs will be the style of pants and skirts will be worn full. In addition suits will be tailored and blouses are going to be modest. The big chunky sweaters are also making a comeback, which will be designed with large collars and bulky knit.

Apart from the clothes, jewelry and handbags, this year the shoes that will be popular will look like they were from the 50’s. A few of the shoe trends to look for this fall are the two-tone black and white shoes, and the silver heeled boots, and calf high boots and platform shoes. For the coats that will be worn are the ponchos of every style and sizes. Also this fall coats will be big and bold and dramatic, meaning that they will have the pinstripes design and will come in many different colors.

Fall Fashion Tips for 2004

By RAZIA MOHAMED
Violence Continues to Erupt in Iraq

BY ABRAHAM M.

More raids go on as violence erupts to a high level in Iraq.

A militant group that had reportedly taken two Macedonian men hostage had taken their lives on October 18th. This was shown on Al Jazeera TV. As it was airing, no one could not only watch, they could not even listen to the sounds of the men’s cries. The militants had claimed that the two Macedonians were spying for the United States. These people, like the rest of the captives, had no chance of a reprieve.

In further developments, the British government will soon be sending more troops sometime in November at the request of the American government. These British troops are scheduled to be stationed in parts of Iraq.

The Iraqi government was polled as the most corrupt government due to its high oil prices that are soaring and its police that are being raided. Also a recent survey taken by the Iraqi population that was conducted by the International Republican Institute said that 65% of Iraqis believe that Iraq will be a safer place to live in a year from now than it was six months ago.

When violence broke first broke in April of 2004 against Iraq and its foreigners, Nicholas Berg, a businessman from Pennsylvania, who was also Jewish, was one of the first to be killed. The soldiers were unarmed when Berg and Kim Sun Il, a South Korean translator who was kidnapped was also Jewish, was one of the first to be killed.

In other news, Iraq Prime Minister, Ayad Allawi, had warned of more increasing terrorist activities. Fifty soldiers were killed last October when returning from a United States military training camp. The soldiers were ambushed and most were shot execution style to the back of the head by Iraqi rebels in Northeast of Baghdad. One week later, eleven Iraqi soldiers were killed with one beheaded and the other ten riddled with bullets to the back of the head execution style.

Korean Club in the Parade

BY SABRINA SONG

The Korean Club members participated in the biggest Korean Parade in 24 years of the Parade, on October 2, 2004 in Manhattan. It was held four days after Chu-Sok, the Korean Thanksgiving day.

The 24th Korean Parade was supported by the Korean society and supervised by the Korean Times newspaper. It was held from Broadway and 41st ST. to 23rd ST in Manhattan. Many politicians participated in this parade including Mayor Mike Bloomberg. Following tradition, the New York mounted police started the parade. Also, there was a Samulnori (a performance with four musical instruments), a fan dance, some Taekwondo, some Kumdo, and Hwarangdo, showing Korean traditional music, dance and martial arts.

From Korean Club six members participated, the advisor Dr. Young Kim, President Sabrina Song, Vice President Dong Sobo Seo, Secretary Sarah Lee, Treasurer Hyerim Hahn and Hye Min Choi.

We wore traditional clothes called Han-Bok and danced with beautifully colored and red feathered fans. Many people who had come out to see the parade were amazed by our colorful clothes and magnificent dancing. We received a lot of applause and many people took pictures. After parade was done, people went to 32nd ST where the feast was held. There were many special products from Korea such as pickled sea foods, ginseng, steamed red ginseng, and many others.

We felt like celebrities because so many people wanted pictures with us. There were all excited especially those of us who have never participated in the parade before. As a Korean-American living in New York, occasionally we forget where we come from. However, by taking part in this parade it was a good chance to look back on our culture. We were proud to be part of this activity where we could show other people our Korean culture.

When the Population Is Reduced By One

BY RUSLEY D.

Can you imagine being at home and getting a knock at your door and seeing two men standing their telling you that your loved one just died? For Dixie Codner this is a day she will replay in her mind over and over, as well as 1,000 American families around the United States of America.

With this ongoing war in Iraq, the numbers can only be on the rise, this being the deadliest war in America since the Vietnam War.

With the state of California having the most number of casualties, smaller rural towns such as Shelton and other middle nations have been severely treaty. As of October 26th, this terrorist cell was renamed Al Qaeda in Mesopotamia and has allied itself with Osama Bin Laden. Al Zarqawi’s group was formerly known as Tawhid and Jihad.

In other news, Iraq Prime Minister, Ayad Allawi, had warned of more increasing terrorist activities. Fifty soldiers were killed last October when returning from a United States military training camp. The soldiers were ambushed and most were shot execution style to the back of the head by Iraqi rebels in Northeast of Baghdad. One week later, eleven Iraqi soldiers were killed with one beheaded and the other ten riddled with bullets to the back of the head execution style.

The average age range for those who died is about 26. The youngest being 18 and the oldest is 59, and about half were married. Part-time soldiers who rarely see any action besides the occasionally see flood and hurricane were being called out by increasing numbers. Ten times as many of them have died in April to July of this year then the first two months of the war.

And still a large number of Hispanics have died, about 122 in Iraq, meaning that an unusually high number of Hispanics have died even though they are one of the least represented. For those who were deployed in 2004, 10 percent were Hispanic in culture. Ms. Navarrete, a spokesperson for a Hispanic advocacy group, said, “It seems that in time of peace we’re underrepresented but in time of war, the situation is completely changed.”

One analyst says the reason for the great number of Hispanic deaths is that Hispanics make up a large number of men who in the begining of the war was the branch who suffered the most loss.

Vermont, a Democratic leaning state, has seen some of the most deaths per capita. Among some of the swing states Oregon, Maine and Iowa have been heavy losses as well. But for many small towns in those states the war has not swayed their votes. They still oppose Kerry and what he stands for. But for Ms. Codner, she has turned from her Republican ways and says she will be voting against Bush. And that Friday when in the mail the Codner received three boxes with a yellow form on the front with “Deceased,” checked it off it all to a grim reminder of what thousands of families throughout the United States have and are going through.
Prepare Yourself For Flu Season

BY ADRIENNE CHAN

Many have read or heard about this year's rapidly progressing flu epidemic. While the nations lacking the supply of flu vaccinations, only a number of selected individuals are able to obtain the flu vaccine this year, such as elderly people and baby infants. So what about the rest of the people? The positive thing about it is that people who are not eligible for the vaccine ascertain that they are healthy and have stronger immune systems to fight the flu; the negative approach is that they are still at high risk of contracting the flu.

Because colds are caused by viruses, there is no particular cure for the common cold. Antibiotics do not kill these viruses and can lead to resistant strains of bacteria. Therefore, prevention and maintaining a healthy immune system is the best approach to combat the cold virus; however, once it is diagnosed, the best people can do is try to minimize their symptoms. Here are several precautions to prepare people for the outbreak of the flu season, which runs from September until March or April.

Wash hands. Viruses can stay on hands for a long time, but if touching eyes, nose, ears, or mouth is avoided, they cannot be infected. Frequent hand washing is effective. Washing hands before eating help keep the germs away and avoids the consumption of it.

Getting enough sleep. Most people need 7-8 hrs a night to gain optimal rest.

Regulating Stress. Stress weakens the immune system and leads a person to become susceptible to having the flu.

Consuming ample amounts of liquid, fruits, and vegetables. Drinking an abundant amount of water maintains hydration. Eight glasses of water intake is recommended for each day. Plenty of nutritious food is essential to building and maintaining a healthy immune system. A well-balanced diet also provides sources of energy and nutrition for absolute growth and development.

Avoid sharing, drinking, and eating utensils with people, especially ones who are sick. The flu is very contagious; therefore sharing foods and consumption tools with others increases the flu to disperse.

Taking multivitamin supplements. Taking vitamins each day can assure a person that he or she will have enough vitamins and minerals in their body.

Exercise. Exercising regularly has been shown to reduce the occurrence of flu and colds; it also keeps the body running strong.

Also, keeping warm. Although not dressing warm is not the direct cause of the flu, wearing enough clothing and gears for the season is crucial. It prevents the exposure to the elements that weaken the immune system.

Following the various guidelines should create a great shield against the flu. Since there is no real cure for flu, prevention is the most effective way to avoid it. However, if an individual still becomes infected by the flu, he or she should stay home until recovered. No one wants to share the flu or sickness of others.

YOUR CHILD’S EDUCATION DEPENDS ON YOU

BY TRACY D

Parents at Queensborough Community College not only want a good education for themselves but hope that their young child receives one too. Early child intervention is a program designed to give your child a head start in reading, writing and arithmetic. Most parents do not understand the importance of early learning and how it helps in developing the minds of their children.

The Nurturing Center, Inc. is designed to give your child the head start they need before going into elementary school.

Ms. Beverly Davis is the executive director of The Nurturing Center Inc, located in Cambria Heights, Queens, New York. She has a full staff of five certified teachers and nine assistants and a school nurse. The center is broken up into five classes ranging in age from one year including infants to five years old. The student to teacher ratio is about ten to one.

A child should go to school as early as just a year old. At that age, learning is every day, whether through repetition, song, or visual learning and play.

The school is broken into five classes by age and each class has a certified teacher and assistants. Children in classes from one to three years old taught the same material but all the teachers had different styles in the way it was taught. The memorization of letters, numbers, colors, shapes, and calendar work provides a foundation for more advanced and skilled work.

The four year old classes focus more on phonics and basic addition and subtraction. They also do science and history.

The five year old class is where the real work begins. Michael, one of the children who graduated from The Nurturing Center, Inc., is able to read fluently, to write complete sentences and was able to add, subtract, divide and multiple all by himself. Michael says, “I love school because it’s fun.”

The center will do their best to expand your child’s learning, but feel that it is also the parent’s responsibility to reinforce what was learned at school, at home with homework. Every night each child receives homework, so parents can spend more time with their children and can show them the importance of homework from now until they get into college.

We all know that new parents make excuses to spend more time with their child when it comes to sending them to school for the first time. We have all heard, “I don’t want the other kids or the teachers to hit on him,” or “He’s only four, I send him when he is five,” or “She goes to the babysitter now and it’s cheaper than daycare.” Parents believe that the child may not be ready for a school experience when in actuality they are not ready to let go.

Since New York has new laws to end social promotion, don’t let your child repeat any grade because they fell behind. So let them advance and go to The Nurturing Center, Inc. If not, visit the schools in your area and make the first step to being more involved in your child’s academic life.

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The Food and Drug Administration has concluded that antidepressant pills should be labeled, “black box,” which also means that its characteristics are unknown, not specified, and can be highly dangerous. The FDA wants to urge the doctors not to give out the antidepressant pills, especially to children. After researching and debating for over a year, they have decided that the pills have a link-age in making the children more depressed with high suicidal thoughts. Every few months the FDA calls for a tougher label change in order to prevent children from taking the antidepressant pills.

In the first six months of the beginning of the year 2004, the percentage of those taking antidepressant pills has gone up 7%, in comparison to last year 2003. Out of both years combined, 7% were children under 18 years old, and 2 to 3% showed that they had suicidal thoughts. According to the FCA, in the year 2002, 10.8 million prescriptions of the antidepressant pills were given out to adolescents. Dr. Harold Koplewicz, a psychiatrist at the New York University Child Study Center, disagrees. He feels that if all the doctors and the psychiatrists follow up with their patients, then there shouldn’t be a problem. He feels that there is not any problem with the pills, but with the amount of pills taken and the usage of those pills.

Barbara G. Wells, a dean of the school of pharmacy at the University of Mississippi, voted against the “black box,” because she felt that if there is such restriction against the antidepressant pills, then it will be harder to give them out to the patients. On the other hand, pharmaceutical companies say that they will comply with whatever decisions that the FDA makes, but the makers of the drug feel differently. They feel that the drugs are a help to those who need it, especially to the children.

There are other factors that conclude the FDA’s decision. Mainly, it is about doctors not following up with their patients, as well as not following up with the recent information given about most of the drugs. There are so many warnings and assumptions that the media makes that most doctors tend to ignore most of the comments made by outsiders. It is very dangerous to believe an assumption that is made once. But doctors usually tend to believe those assumptions that are made many times.

If the doctors do not gain the recent studies of certain medications, then they do not practice the information with their patients, and the patients tend to get more side effects, if there are any. But doctors usually are responsible for their knowledge on certain medications and are required to give out supplementary drugs because of the side effects that the main drug causes.

For example, out of all the antidepressants such as GlaxoSmithKline’s Paxil and Pfizer’s Zoloft, Wyeth’s Effexor and the others, Pfizer, which distributes an antipsychotic pill that treats schizophrenia, found that there is a risk of diabetes for the patients that take the drug. So let’s say that the doctor missed that conclusion on Pfizer, and then the doctor would not even think about giving out supplementary pills to prevent diabetes. So who’s fault is it when there are side effects or when someone dies from misuse of drugs?
CMath to Compass: Math Placement Befuddles Test Takers

By JEREMY ROMERO

In March 2004 the City University of New York distributed a new format for the Math Placement Exam now referred to as The Compass Test which was designed to improve student performance and test administration. The previous test the CMath was administered in a traditional format where students could access any question throughout the exam. Since then the new computerized format has caused much discomfort for students, the professors and the Testing Department.

Entering college students are required to take a Math placement exam to demonstrate their Math level, in order for the school to get a better understanding of the student’s mathematical abilities. Not every student, however, has to take this placement exam. Those who performed very well on their high school Math Regents or SATs do not have to take this test. Yet, for those students who do not meet the school’s criteria required to take an Elementary Math course before they can proceed with any other Math courses. This course is used to memorizing instead of fully understanding the material.

The Compass Test introduced a new format that is a total turn around from the CMath. There are two parts to the test, “S1” which is pre-algebra and “S2” which contains algebra questions. In order to receive a passing grade both sections need to be passed with a score of 27. Victor Fichera from the Testing Department states that the test “forces the students to think more.” It is about merging all the information in the course to solve a question. This makes it more challenging for students to pass because students are used to memorizing instead of fully understanding the material.

The computerized format starts by giving questions of medium difficulty. If the student does not get the correct answer, the computer then gives an easier question on the same material. If the easier question is also not answered correctly, it then moves on to another topic, once again on a medium difficulty level. If the student does not get that answer, the computer simply ends the test. This could occur during the first ten minutes of the exam, rather than having the student spend an hour taking a test and still failing. The University finds this new format to be better for the students because they do not have to sit through a long test for which they are not prepared.

Since this computerized format is still very new, during this past summer of 2004, a program was sent out to the schools which was not thoroughly tested by ACT, the company responsible for the programs supplied to CUNY. Therefore, it caused difficulties for the students who took this test because the computer was issuing certain sections of the test. When the results of the test were supposed to be in, they weren’t because all the students did not complete the test. Therefore, the test needed to be rescheduled causing problems for the students and the Testing Department who had to reschedule the test. The question remains, how reliable is the new computerized format for the Math Placement Test?

Students Fail to Apply for Federal Aid

By MARLENE CRUZ

A new study says hundreds of thousands of college students who may be eligible for federal financial aid don't get it because of a simple reason, they don't apply.

A study released by the American Council on Education, which represents colleges and universities, says that half of the 8 million undergraduates enrolled in 1999-2000 at institutions participating in federal student aid programs did not complete the main federal aid application form.

Many didn’t apply simply because they assumed they wouldn’t get aid. But the study found 1.7 million low income students also failed to fill out the Free Application for Federal Student Aid (FAFSA).

The study showed 850,000 of those students would have been eligible for a Pell Grant, which is the primary federal grant for low income students. Students often miss the opportunity to apply for financial aid because they aren’t aware of how the system works.

The study also shows many students get penalized by turning in FAFSA forms in late. There is no deadline for federal aid like the Pell Grants, but many state and institutional sources require FAFSA submissions before April 1. The study found 55 percent of those who filed a FAFSA did so after that date and the later the submission, the lower the percentage of applicants who received aid.

Jennifer Estrada, a student at QCC says, “Filling out financial aid forms is not hard and does not take that much time. She says any advisor will be happy to help you fill out the forms making it much easier for you, so there’s no excuse why not to apply if it’s going to benefit you in your college education.”

Students who are attending or planning to attend college must be full time that is having 12 credits or more plus equated credits before they can apply for this federal grant program. To continue to be eligible, students must attend classes and continue to make satisfactory academic progress in their selected major. A student must have achieved at least a 2.0 GPA after two years of attendance at their college. PELL will only pay for a limit of thirty equated credits, which excludes ESL courses.

To apply for aid, you need to fill out the Free Application for Federal Student Aid or FASA. You can do that most easily and efficiently online at FAFSA on the Web. Of course, you can apply instead with the paper FAFSA, which is available at libraries or college counselor's office. You can also call 1-800-4-FED-AID (1-800-433-3243) to have a paper application sent to you.

“In my opinion, everybody should apply for financial aid,” says Katherine Cabrera student at Queensborough.

The Holocaust Center Raises Funds for Expansion

By ELIZABETH TIEFELBAUM

The Holocaust has impacted the lives and minds of people throughout the world. Yet, the magnitude and effects of these atrocities are difficult to comprehend because it is something that took place so long ago in a far off country in a very different period in history.

As Americans, we like to think that we have evolved past the systematic killing of an entire race of people based solely on hatred. The truth of the matter is as a nation and world we most certainly have not. Almost sixty years ago, six million Jews were targeted, apprehended, tortured and killed; one and a half million of those killed were children, and more then twenty three million people were killed in total, after all was said and done. Although the Holocaust is remembered as the worst deliberate and brutal genocide the world has seen, the last century as a whole is the most genocidal century in history.

Many Queensborough students may not be aware that for the last twenty years our campus has housed The Holocaust Resource Center and Archives. It is the only Holocaust Center in the CUNY system. It also serves as the International Office for the Association of Holocaust Organizations, which is a network of almost all of the Holocaust Centers and Museums in the world. The Holocaust Resource Center serves as both a museum and library that contains over 10,000 literary volumes, over 800 videos on Holocaust and genocide as well as nearly 400 doctoral dissertations on microfilm.

The Holocaust Resource Center and Archives have displayed over twenty powerful exhibits ranging from artwork, photography, documentation and even personal and historic narratives. The Center is led and directed by Dr. William Shulman and staffed by volunteers many of whom are Holocaust survivors. The Center is open to the students and faculty of Queensborough as well as other high schools and the community at large.

Currently, a campaign is under way to create a new home for the Holocaust Center. The center is looking to achieve the adequate funding needed to provide a greater space, an expansion of educational services, as well as provide greater exhibition space. For years, the Center has depended on state and city funding. This funding that they have relied on is not enough and Queensborough Community College has launched a fundraising campaign in order to enable the Center to expand its resources. Plans are under way to move the Holocaust Center from its present location in the Library Basement to the second floor of the Administration Building. Once funding is achieved, the new 7,000 sq. ft. facility will open sometime in 2006.

In the heart of the Holocaust Center are goals to educate research and remember the past and present acts of violence and hatred that once plagued the world and still and still do today. It is clear that we are far from having achieved world peace, thus we must continue to inform, to educate and most importantly, embrace the past in order to ensure a greater tomorrow.
Free Money for QCC Students

By Pascale Mevs

Although we are not all certain of what our future educational plans may be, there is one factor communal to us all. Regardless of where we choose to continue our education, we must find a means by which to finance such education. Scholarships are an ideal means by which to fulfill the cost requirements of higher education.

The Miriam-Webster Dictionary defines a scholarship as “a grant-in-aid to a student (as by a college or foundation)”. Students define scholarships as “free money”. Indeed, a scholarship can be considered free money since they do not have to be repaid. However, scholarships do not come without a cost. While scholarships do not have to be repaid, they do have to be earned.

Scholarships are granted for various reasons and thus can be earned in various ways. The College Board’s website contains information on over three billion dollars in scholarship money available according to academic achievement, athletic achievement, leadership skills, religious or social affiliation, veteran status, intended major, state of residence, and many more criteria (www.collegeboard.com). According to the City University of New York website at www.cuny.edu, “there are more than 1,000 scholarships, awards, and special program opportunities offered in the CUNY system alone. Students who plan to remain at QCC may benefit from CUNY scholarships if eligible. Queensborough offers a $500 per semester Merit Scholarship to freshmen with a minimum high school average of 82%. The Kurzweil Memorial Scholarship Fund grants $1,000 annually to students excelling in music. The Peter Vallone Scholarship also offers $1,000 annually to full time students with a minimum 3.0 Grade Point Average. And, the CUNY Belle Zeller Scholarship Trust Fund grants full tuition to students who, in addition to fulfilling additional criteria, maintain a minimum 3.75 GPA. Students interested in any of these scholarships can find more information at the CUNY Academic Scholarships and Programs page at www.cuny.edu/financialaid.

Students wishing to transfer out of the CUNY system also have many scholarship opportunities. One such opportunity is the NYU CCTOP Scholarship. Students applying for this Community College Transfer Opportunity Program scholarship should have a minimum 3.0 GPA, and must apply to NYU’s Steinhardt School of Education. Accepted students will receive a minimum $8,000 scholarship award. Among the award recipients of the 2004/2005 school year, is Lucía Arguello, a former QCC student. Students interested in transferring to other educational institutions can visit http://www.free-4u.com/ny.htm for a list of scholarships available to New York State residents. This site includes both publicly and privately funded scholarships with awards ranging from $500 to $25,000; as well as application and contact information for each of these scholarships.

Evidently, there are numerous scholarships available to those who seek them. Regardless of which scholarship is of interest to them, students should keep in mind that most of these scholarships require the fulfillment of certain criteria. Students should thoroughly investigate these criteria before applying for any scholarship. Most important of these criteria is perhaps the deadline. Many deadlines for fall semester scholarships are in March through May. Interested students should act quickly!

Republic of Georgia and its Wine History

By Gary Georgobiani

It has never been determined in which country the vine originated, but it is believed to have come from Asia, probably, somewhere between the Black and Caspian Seas, in the region of present day Georgia. The history of winemaking in Georgia goes back to the second and third millennium B.C., every long time to perfect the Georgian wine.

The archaeological findings leave little doubt that even in ancient times Georgians had mastered the art of fine wines. Georgians folklore bears witness to the peoples love of the grapevine. Georgia adopted Christianity in the 4th century, and the first cross was made from vines to show the interwovenness to the peoples love of the grapevine. Georgia is blessed with a perfect balance of sun, temperate climate and hard working people, which led Georgians to develop a large variety of wines. There are almost 500 different varietals produced today. Thanks to their extraordinary properties and characteristics the wines of Georgia are well known and loved all over the world. At many international exhibitions Georgian wine have won numerous Gold, Silver and Bronze medals.

The wines like Kindzmarauli, Kvevrikha and Barakoni are the finest bottled wines from the Republic of Georgia. These particular wines are carefully chosen from the finest vineyards. Each wine with its unique history, flavor and culture is grown and bottled in Georgia from grapes whose rights are deeded only to be bottled by Georgia and Georgian people. Georgia also produces other famous wines like Saperavi, Kvareli, Mukuzani and Tsinandali. Each wine exhibits its own unique superior flavor.

Several of Georgian wines are imported in the classic collectible clay bottles, made of the same materials as the ancient jugs. They are imported in limited quantities to protect the value of the Georgian wine. Wines from Republic of Georgia are now being made available in America and to the rest of the world, to experience the history and excite the palates of wine drinkers everywhere.

$30 STUDENT TICKETS!

“STOMP does for rhythm what Freud did for sex!”

Time Out London

Club Hours at QCC Reflect Student Diversity

By Abraham Simantov Mazloumi

While Queensborough Community College has many clubs to choose from, two clubs in particular, the Foreign Language Society and the Multicultural Club reflect the diversity of cultural interests at the college. In addition, there are other clubs based on the variety of religious interests of students such as the Hillel Club which hold annual celebrations. These are just three of many clubs that will be highlighted in this article.

The Foreign Language Society is designed for students to experience other cultures. This is promoted by viewing films, documentaries, lectures, musical shows and visits to museums. This fall the Foreign Language Society showed films such as “Touring in Italy” and “Nowhere in Africa”. The club events included an Italian Heritage and a visit to exhibition on the Austrian Cultural Forum in New York. The field trip was co-sponsored by the Architectural Club.

The faculty advisors for this club alternate each semester. This fall, Dr. A. Ansanis is the advisor, Dr. L.B. Ellis will be the spring 2005 advisor, and Dr. M. Santoro will be the advisor for the fall 2005 semester. All three were responsible for the award that the Foreign Language Society won from the QSA Club Recognition Awards in 2000-2001.

The Foreign Language Society is held in the Humanities Building in Room 230. This Language Society is very vital for students in this school because it has a variety of other traditions. This is possibly the easiest place to learn about other traditions.
Becoming a Leader Through Different Cultures

BY JEREMY ROMERO

An organization in the YMCA, The Global Teens Travel Program challenge teens to discover cultures by traveling to foreign countries they are not familiar with or have never been given the opportunity to travel to. The program is designed to include five components, youth to youth interaction, home stays, community service, education/cultural travel, back home commitment. However, it is not designed only for the opportunity to travel but an opportunity for leadership development, personal growth and new cultural experiences. New York City youth between the ages of 15 to 19 are from lower-income families. Seventy five percent of the teens that are send abroad are public school student and represent minority groups.

The purpose of this program is to challenge the participant to develop stronger self confidence, cooperation, determination, independence as well as appreciation for other cultures. Since 1995 when Global Teens first started 200 teens have been sent to countries all around the world, Venezuela, United Kingdom, Korea, Mexico, Thailand, Germany and Estonia/Latvia, to mention a few.

The purpose of youth to youth interaction is to have the group learn to life with random chosen individuals and appreciate the lifestyle they have. A leader Javier Sanchez who traveled twice as a leader feels that when teens visit countries and families, who are not as luxurious as the United States gain appreciation for their country. The teens see things such as the plumbing system that are not as modern as in the United States and toilets are in the ground.

Home stays are designed to have the teens live on day to day bases with a family to learn their different norms. The host families bring the teens to and from the activities that are programmed. The activities are based on the destination they are in. Their community Service may involve manual labor or human service. In 2000, the group of Venezuela planted various vegetables and herbs in a camp site outside of the capital city of Caracas called Camp Nora. In the United Kingdom also in 2001, the teens engaged in a multi-cultural camp program.

Educational/Cultural Travel, the International YMCA and the host families design an itinerary for the teens to appreciate the host country through studying their culture, history and geography. Teens get the chance to visit the capital city and see the major sites of the country with the hope of building cultural awareness. The last component of the program is back home commitment: there is a reentrance activity where the teens meet to talk about their trips to families and the other group of teens that also participated in the program that particular summer. They are also asked to continue doing service learning projects at their local YMCA or other community organizations.

For a former leader Global teens to him are a program where average New York City students get an opportunity to travel to a place they never anticipated having visit. Global Teens is an opportunity of a life time, not only are teens able to learn about others but most importantly they find themselves within this trip. For any teen who is unsure of their goals in life or simply enjoy traveling, this might be the program for them.
Christopher Reeve: More Than a Hero

BY NATALIA BOLIVAR

Christopher Reeve best known as Superman died on Monday, October 11th at age 52. Many knew him in his role as Superman but few knew his tragedy and his contribution to spinal cord research.

Reeve was born in New York were he attended Cornell University and later The Julliard School, a prestigious performing arts school located in Lincoln Center. He started his career in Broadway as an actor appearing in shows such as The Marriage of Figaro, Fifth of July, My Life, Susannah and Love Letters and other Aspens Paper but it was “Superman” that thrust Reeve into stardom.

Reeve’s life changed forever when he was taking part in an equestrian competition in 1995 when he was thrown from his horse. He was left a quadriplegic and after months of therapy he decided to help the disabled.

Reeve always tried to maintain an active life disregarding his condition. In the last years he dedicated his life to the research of spinal cord injuries and created the Christopher Reeve Foundation in 1999. He appeared in many events as a voice for the disabled and also lobbied Congress for the enforcement protections for those who have experienced catastrophic injuries. He knew life had to continue no matter what, so he decided to return as an actor and director and made an appearance in the Academy Award where he encouraged the audience to take risks and address more social issues. His incredible strength and hope gave inspiration to many disabled and nondisabled.

Doctors said he could never move a muscle again from the face down and that it was difficult to show improvement, but to everybody’s surprise, in 2000 Reeve was able to move his index finger. He was showing amazing improvements which really impressed doctors.

During a serious systemic infection during treatment for a pressure wound, he suffered a heart attack and fell into a coma. Our 52-year-old hero couldn’t make it; he died Sunday afternoon at a hospital near his home in Westchester. Reeve was looking forward to the presidential elections this November, especially to John Kerry’s stem cell research. In fact, Kerry mentioned Reeve in Friday’s debate when addressing stem cell research.

His wife Dana and his three children thanked the millions of fans around the world that supported him over the years. The family has requested that donations be made to the Christopher Reeve Paralysis Foundation. If you would like more information on how to donate or simply know more about his life and his foundation, you can log on to the web at www.ChristopherReeve.org

Christopher Reeve will always be remembered for his passion to help others, his hope and constant dedication for paralysis research.

MOVIE REVIEW: Ladder 49

BY TANNY N. RICHARDS

Since 9/11 the news has covered the tragic deaths of over 300 firemen who lost their lives, in the line of duty while trying to rescue the victims of the World Trade Center attacks.

We became more aware not only how dangerous a job it can be for a fireman, but also how important and necessary it is that we have such men to protect us. Ladder 49 gives us a very intimate look at the personal lives of these heroes; and answers some of the questions as to why and who they might want to help. This film takes us on a journey into the private and working lives of these firefighters.

Ladder 49 starts off dramatically with a twenty story building on fire. When Jack (Joaquin Phoenix) saves a man on the twelfth story of the building he becomes a victim of an explosion, which traps him on the eleventh floor. As he lies there hurt he starts to reminisce about how his life was from the moment he stepped into Ladder 49. Jack recalls the pranks that were pulled on him for being a rookie, the first time he met his wife, the glory and courage of saving people’s lives and last but by far least the heartache of losing colleagues.

We learn how close firemen become to one another by working and practically living together; they develop a bond like brothers would. We learn how much their families are also affected by their work. Wives and children worry about the fireman’s welfare; they too are made to live with the risk.

Ladder 49 is a wonderful movie. It is not the usual overly exaggerated Hollywood film. It was simple and real. The acting was very compelling. You walk out of the movie feeling a new appreciation of these heroes and sympathize with what they go through everyday, whereas ordinary people could not even bear to deal with one of their tragic events in a life time.

When I left the theatre I noticed a few firemen in uniform standing outside. I approached one and asked him, “Do you like your job?” He looked at me very seriously and replied; “It’s the best job in the world, and I’m not just saying that.”

BOOK REVIEW: Bridget Jones Diary

BY ANDELYK PEREZ

Bridget Jones is an average woman struggling against her age, her weight, her job, her lack of ability or beauty to find a man, and her many other issues. In 2001’s Four Weddings Bridget’s battling with two different ideas. One if she would make comments to her self. The other is in her diary in which she would only write the things she would otherwise say to herself.

Bridget lives in all of us, she is the woman who has known her since she was a child, and he hates Chever. Bridget engages the reader from the first page; she is an excellent writer who can easily relate to Bridget’s experiences and emotions.

NHL LOCKOUT, Injured Players Still Getting a Pay Check

BY ANTHONY NOWICH

The NHL Lockout is the biggest joke. The National Hockey League owners may be losing less money by locking out the players, but many teams will still end up forking over millions of dollars to some of the game’s top names this season. That’s why I think this is a joke if they are in the process of being in a lockout. They should not get paid because they are not working.

Some of the top players like Ed Belfour, Ed Jovanovski, Rob Blake, Owen Nolan and Alexander are just some of the marquis names on a long list of players who are currently recovering from injuries incurred last season or during the recently completed World Cup of Hockey. If they’re deemed physically unable to play on Oct. 13, the scheduled start of the 2004-05 season, they would be entitled to collect a full salary until they are ready to play, but there is a lockout and they are still receiving their salary. I don’t think that is fair. In a player’s contract “all injured players” is spelled out clearly in the standard playing contract, and was implemented during the 1994-95 lockouts. Many agents don’t expect owners will sign those checks without a fight.

According to the player’s contract, if a team doctor determines that a player is healthy enough to play but the player disagrees, it is incumbent on the player to produce a doctor with a dissenting opinion. Then the stalemate is reached, both doctors will be required to agree upon a third doctor whose assessment will be binding. If the player is cleared, he’ll either be locked out, or in the case of many players on entry-level contracts, be required to report to the NHL team’s minor-league affiliate.

If the player is not cleared, he must continue his rehabilitation as prescribed by team physicians, which may include use of the team’s facilities otherwise unavailable to locked-out players while being paid their full salary. Teams whose players were injured during last season will end up paying out of their own pockets. Insurance policies kick in only if players have missed 30 consecutive games with the same injury, some teams have amended policies or contract clauses for players with their injuries. This situation applies only to those injured players currently under contract. Players without contracts are out of luck.

All I can say is that injured not injured, you should not get paid. If players knew they would get paid if they were injured, everyone would break something in their body to get paid. I think this lockout will be a big turn off to a lot of hockey fans in the United States.
# Academic Advisement/Registration Guide

## Spring 2005

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### Degree Student

| Degree Student with...                           | See your Faculty Advisor in the appropriate department BETWEEN 11/1/04 and 12/10/04. | You will be cleared for registration after seeing an Advisor | 1. In room A -119, or<br>2. By telephone: (212) 541-1016, or<br>3. On the web @ www.qcc.cuny.edu |
| 25 or more credits completed and a GPA of 2.75 or higher. |                                                                                 |                                                                                  |                                                                                  |

### Degree Student

| Degree Student with...                           | See an Academic Advisor L-434                                                   | You will be cleared for registration after you have seen an Advisor | 1. In room A -119, or<br>2. By telephone: (212) 541-1016, or<br>3. On the web @ www.qcc.cuny.edu |
| under 25 credits completed and a GPA of 2.0 to 4.0 |                                                                                 |                                                                                  |                                                                                  |

**First semester QCC students enrolled in ST 100 without a GPA**

| **ST 100 Instructor will advise you.** |                                                                                 |                                                                                  |                                                                                  |

**First semester QCC students Not enrolled in ST 100 without a GPA**

| **See an Academic Advisor L-434** |                                                                                 |                                                                                  |                                                                                  |

### Degree Student

| Degree Student with...                           | See the Counseling Center L-428 and you will be counseled on the appropriate courses. | Make an appointment with the Counseling Center L-428 and you will be counseled on the appropriate courses. | In person with your Counselor located in room L-428. After you have met with your counselor, you have the option to: 1. In room A -119, or 2. By telephone: (212) 541-1016, or 3. On the web @ www.qcc.cuny.edu |
| * 0-12.5 credits completed and a GPA below 1.5 |                                                                                 |                                                                                  |                                                                                  |
| * 13-24.5 credits completed and a GPA below 1.75 |                                                                                 |                                                                                  |                                                                                  |
| * 25+ credits completed and a GPA below 2.0    |                                                                                 |                                                                                  |                                                                                  |

### Degree Student

| Degree Student with...                           | See Academic Advisement L-434                                                   | You will be cleared for registration after you have seen an Academic Advisor | 1. In room A -119, or<br>2. By telephone: (212) 541-1016, or<br>3. On the web @ www.qcc.cuny.edu |
| Re-Admitted student                              |                                                                                 |                                                                                  |                                                                                  |

### Degree Student

| Degree Student with...                           | Not Required                                                                     | Registration start date is January 3, 2005                                      | 1. In room A -119, or<br>2. By telephone: (212) 541-1016, or<br>3. On the web @ www.qcc.cuny.edu |
| Non Degree student                               |                                                                                 |                                                                                  |                                                                                  |

### Degree Student

| Degree Student with...                           | Not Required                                                                     | Registration start date is January 10, 2005                                     | 1. In room A -119, or<br>2. By telephone: (212) 541-1016, or<br>3. On the web @ www.qcc.cuny.edu |
| Senior Citizen student                           |                                                                                 |                                                                                  |                                                                                  |

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**FOR FURTHER QUESTIONS OR INFORMATION, PLEASE CONTACT THE ACADEMIC ADVISEMENT CENTER @ (718) 631-6329 DURING THE HOURS OF 9-5 M, T, L, F and 9-7 T, W or email to: WhatDoITake@QCC.CUNY.EDU**

Spring 2005 - Advisement Begins on November 1, 2004
Spring 2005 - Registration Begins on November 8, 2004

THERE MAY BE AN OPPORTUNITY TO REGISTER IN JANUARY WITHOUT ADVISEMENT, HOWEVER, CLASS SEATS WILL BE GREATLY LIMITED.

NEW Spring 2005 incoming freshmen and transfer students are required to meet with an academic advisor prior to registration. At this initial meeting, an academic plan (My Academic Plan/MAP) is created by the student and advisor. The MAP serves as an initial inventory of academic goal, interest, educational strengths and needs. The MAP, used throughout the student’s academic career at Queensborough Community College, becomes the basis for future consultation with advisors and counselors in the Academic Advisement Center and when an area of study is established, with faculty advisors within the appropriate academic departments.

The initial advisement session focuses on the results of the student’s CUNY/ACT Assessment test and/or identification of their exemption status from these tests. Placement, where needed, in developmental or remedial courses, ensures a foundation for success in collegiate coursework. At this time, advisors and students also develop a first-semester plan that incorporates other areas of their life as well, including a financial aid plan, and work or family schedules.

NEW Non-degree students & Senior Citizens – must complete an application and return it to the Admissions Office before they can register. Applications are available at the Admissions Office or on the QCC web site @ http://www.qcc.cuny.edu/Registrar/printableForms.asp

Registration appointments will be assigned and mailed upon receipt of the application.
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Psychology
Technology