

## **SAMANTHA KIRrane '09: STUDENT LEADER AND PEER MENTOR**

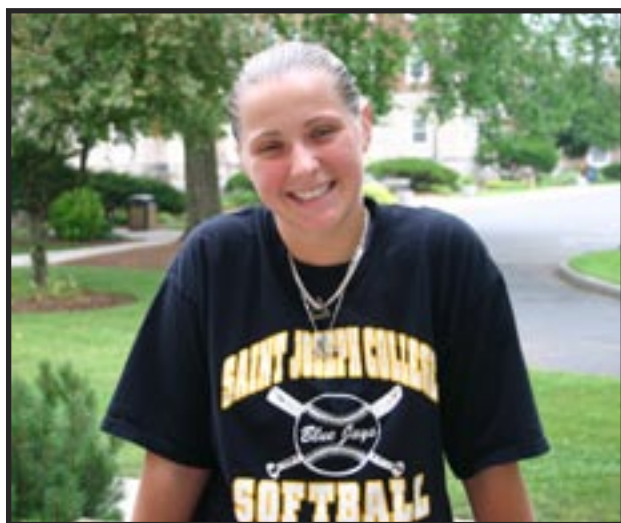
**W**hen your daughter attended Orientation this summer, she probably met Sam Kirrane '09, who served as a student Orientation leader. Sam goes out of her way to make someone feel at home – her bright smile and easygoing manner invite conversation. “I love being an Orientation leader and finding ways to make the incoming students feel at home,” Sam said. “Our College has a strong sense of community and I want these students to feel it as powerfully as I do.”

As she led first-year students to various activities or guided them in a test-taking strategies workshop, Sam also took the time to ask them questions and allay any concerns. “I really want to be a personal resource for the students as they transition into college,” Sam said. “I give them my e-mail address and phone number so they can contact me. I constantly hear from students I met at Orientation with questions they have once they return home.”

A sophomore Psychology major from Long Island, Sam is an active student leader. In addition to playing left field for the Blue Jays softball team, she volunteers for the soccer team and helps manage the basketball team. Sam is co-chair of the entertainment committee for the Student Programming and Events Council (SPEC) and tutors in the Academic Resources Center (ARC). She constantly looks for ways to use her own experience as service to others. This is evident in her work at the ARC, where she serves as a Mathematics and content tutor.

Sam particularly likes to tutor students in test-taking strategies: “When I took this seminar at my First-Year Orientation, it really changed the way I prepared for tests. In high school, I was taught to rush through exams in order to get them done on time. Joanne Ronalter (a tutor in the ARC) taught me how to be thorough, how to seek key words, and other techniques. My grades went up quite a bit and I am happy to be able to teach this year’s first-year class what was so important for me to learn.”

This year, Sam will also work as a peer mentor in the First-Year Seminar program. She is part of a group of sophomore, junior and senior students who are placed in the Seminar courses to help first-years with a variety of issues. “The peer mentors provide one-on-one assistance with class



Sam Kirrane '09

work and they help get the students involved in campus and extracurricular activities," Sam said. "It is a great program that offers social and academic support as the students transition into college."

Sam will work in the same First-Year Seminar she took last year: Together Everyone Achieves More – An Adventure Approach. Described as "an exploration of the background, philosophical basis, ethical issues, and theories of adventure and experiential education," the course explores the experience of group interactions. "To me, the course was about learning life skills; learning how to expand your boundaries and to trust others and the elements around you," Sam recalled. "It was a great class."

Sam's enthusiasm for learning and compassion for others makes her a stellar leader. "My leadership activities have broadened who I am as a person. I try to stay involved in a variety of activities because each one expands who I am," she said.

## MOVE-IN WEEK

**T**here's not much in life that matches the excitement of leaving home for college. Nicole Hoskins '09, a sophomore Nursing student, recalls the joy and anticipation she felt: "Although moving away from home onto campus was a liberating experience, I was still nervous. There was a period of adjustment where I had to learn to live with others and to stay focused on what was really important. Looking back, it was a quite a reality check and I was glad there were resources in place."

Welcome Weekend at Saint Joseph College begins on Saturday, August 26 when first-year students move into the residence halls. They will be greeted by members of the Alumnae Association - known as the Blue Jays Bellhops - who help move students into their rooms. That evening, the Office of Student Activities and Orientation Programs kicks off its schedule of events with Big Prize Bingo, an acoustic performer, and ice cream in McGovern Hall.

Returning students move into the halls the following day. The student body is invited to attend Late Night in The O'Connell Athletic Center, which includes a "dive-in" movie (in the pool!) and a variety of sports tournaments and events.

Classes begin on August 29 and the College community gathers for Convocation followed by a picnic on the quad. That evening, students convene in the Hoffman Auditorium at 7:00 p.m. for a Welcome Back Celebration: three live bands emceed by a comedian.

### Activities throughout the week include:

- Comedian Robbie Printz in McGovern Lounge at 8:00 p.m. on Monday
- Ding Dong for Dollars Game Show, played on the quad at 8:00 p.m. on Wednesday
- Videoke in McGovern Lounge at 8:00 p.m. on Thursday



A father helps his daughter move in to the residence halls last fall.

- Big Prize Bingo in McGovern Lounge at 8:00 p.m. on Friday
- A bus trip to Six Flags New England on Saturday
- Fleece and Pillow Making in McGovern Lounge at 3:00 p.m. on Sunday.

Remind your daughter to check in with the Office of Student Activities and Orientation Programs (located on the first floor of McGovern Hall) for a complete schedule of the semester's activities. For further information, contact Tracy Lake, director of Student Activities and Orientation Programs at 860.231.5447 or [tlake@sjc.edu](mailto:tlake@sjc.edu).

## A FAMILY-FRIENDLY COMMUNITY

**W**hen you drop your daughter off at campus for the start of the academic year, it need not mean farewell! Parents and family members are invited to participate in a variety of activities throughout the fall semester.

**Convocation**, the official opening of the academic year, will be celebrated on Tuesday, August 29. In addition to marking the first day of classes, Convocation brings the community together in a ceremony that blends the religious with the academic. Reverend David Cinquegrani will lead the congregation in prayer, asking for God's blessing on the year ahead. President Evelyn C. Lynch will welcome students, families, faculty and staff; she will update the community on the College's recent programs and initiatives and will share its vision. Assistant Professor of Nursing Carla Sullivan, winner of the Reverend John J. Stack Teaching Excellence Award, will deliver the Convocation Address. Convocation begins at 11:30 a.m. in The Connor Chapel of Our Lady and is followed by a community picnic on the quad.

**Family Day** is scheduled for Saturday, September 30; parents and siblings are cordially invited to return to campus. The day-long event features our traditional Tailgate Party, a picnic lunch, academic presentations, family activities, games, live music, and more! Family Day highlights include:

- A morning softball scrimmage
- Three athletic games with fun half-time events:
  - ◆ Volleyball: Blue Jays play a tri-match against Simmons College and Emerson College at 11:00 a.m.
  - ◆ Tennis: Blue Jays vs. Simmons at noon
  - ◆ Soccer: Blue Jays vs. Simmons at 1:00 p.m.
- Tailgate party picnic: burgers, hot dogs, salads, dessert and more



Dr. Wayne Steely, associate professor of Spanish and winner of the 2005 Reverend John J. Stack Teaching Excellence Award, speaks to the College community at Convocation 2005.

- Family Fun: a variety of activities and games for all ages
- Academic Presentations: Join Art History Professor Dorothy Keller in her discussion of the College's exquisite architecture ... visit our state-of-the-art science labs with Dr. Peter Markow and students as they lead an interactive experiment ... get a "taste of the classroom" as faculty from several academic disciplines lead seminars and discussions.
- Afternoon Liturgy in The Connor Chapel of Our Lady
- Music under the stars: Join alumnae as they dance to the music of Eight to the Bar. This eclectic group is known for its mix of swing, rhythm and blues, Motown and more.

Watch [www.sjc.edu](http://www.sjc.edu) and your mail for more details about Family Day. For further information, contact Tracy Lake at 860.231.5447 or [tlake@sjc.edu](mailto:tlake@sjc.edu).

Finally, be sure to check the arts schedule at The Carol Autorino Center throughout the year. The Center presents a wide variety of artistic and cultural events including music, dance, theatre, lectures and more. It is also home to the College's renowned Art Gallery. Visit [www.sjc.edu/arts](http://www.sjc.edu/arts) for upcoming events.

## THE PERFORMING ARTS SERIES IN THE BRUYETTE ATHENAEUM

- September 16: Janis Ian in Concert, 7:30 p.m.
- September 28: Koresh Dance Company, 7:30 p.m.
- October 27: *5x5 Dance Festival*, Collegiate Showcase, 7:00 p.m.
- October 28: *5x5 Dance Festival*, Professional Showcase, 7:00 p.m.
- November 1 - 3: Blackfriars Stage Company productions of *Julius Caesar* and *A Midsummer Night's Dream*

*Julius Caesar*: November 1 at 7:30 p.m. and November 2 at 10:00 a.m.

*A Midsummer Night's Dream*: November 1 and 3 at 10:00 a.m.

- November 19: Little Theatre of the Deaf, 1:00 p.m.
- November 19: The Cashore Marionettes, 4:00 p.m.

*Coming next spring: Buckets and Tap Shoes, Duquesne Tamburitians, American Repertory Ballet, Three Men and a Baby – a salute to Frank and Dean, Barbara Hammer's Lovers/Others, pianist George Winston, Noel "Paul" Stookey – of Peter, Paul and Mary - in Concert with Kate Callahan, and singer Judy Collins!*

All performances take place in the Hoffman Auditorium. For tickets and information, call the Frances Driscoll Box Office at 860.231.5555 (Monday – Friday, 10:00 a.m. – 2:00 p.m.) or visit online at [www.sjc.edu/arts](http://www.sjc.edu/arts).



The Sonia Plumb Dance Company performs in the *5x5 Dance Festival*.

## DEVELOPING CAREER POTENTIAL

The Career Development Center at Saint Joseph College offers students a wide variety of programs and services. From exploring career options to searching for a job to finding the best internship to learning how to write an effective resume – the Center encourages students to maximize their professional potential. It also offers an ongoing series of workshops designed to develop students' personal and professional skills.

Remind your student to visit the Career Development Center early in her college career to make the most of these services. In particular, ask her to watch the Website for more information on the **Lunch and Learn Workshop** series:

- The **Show Me the Money** series teaches financial literacy by showing students how to make good financial decisions. Topics include: understanding interest rates, credit and credit cards; reading a credit report; managing debt, budgeting and savings; identity theft; investment and financial planning.
- **Dream Catcher** focuses on career and life-related topics. Workshop titles include: Secrets of a Professional Resume Writer; Acing the Interview; Marketing Yourself at a Career Fair; Dress to Impress for Success; The 21st Century Worker; The Balancing Act for Life and Work and more.

The Career Development Center is located on the first floor of McDonough Hall. Students are invited to contact Stephen Seaward at 860.231.5503 or [sseaward@sjc.edu](mailto:sseaward@sjc.edu).



Steve Seaward, director of the Career Development Center, delivers a Lunch and Learn Series workshop.

## A DAY OF SERVICE

Each fall, Saint Joseph College commemorates its history and affiliation with the Sisters of Mercy with a day devoted to service. Students, families, faculty and staff are invited to participate in Mercy Day 2006 on Saturday, September 23. Participants sign up to volunteer at one of several non-profit organizations in the Greater Hartford area including CUREchief, Mercy Housing and Shelter, Foodshare, Catholic Charities, and Rebuilding Hartford Together.

Last year, 150 members of the College community worked at 10 different sites. Sally Nguyen '09 spent the morning making headscarves for cancer patients with the organization, CUREchief. Sally said, "Mercy Day brought us together as a community."

Kristin Allukian, interim coordinator of community service, invites students and family members to contact her for more information or to sign up as a volunteer. Kristin can be reached at: 231.5411 or [kallukian@sjc.edu](mailto:kallukian@sjc.edu).

Prior to the day of service, Saint Joseph College will host a variety of events for students as part of Mercy Week:

- Tea and Film Screening, September 18: Join other members of the College community and kick-off the Mercy Week celebration with a “comfortable cup of tea” and a short film on Catherine McAuley and her legacy. Grab a cup of tea and a biscuit and socialize with others while learning about the Mercy tradition and its influence on Saint Joseph College.



Students and family members participate in Mercy Day 2005.

- Archives Exhibit, September 19: The Saint Joseph College Archives will present an exhibit on the College’s Mercy tradition.
- On-Campus Day of Service, September 20: Come to McGovern Lounge from 9:00 a.m. - 4:00 p.m. for on campus volunteer opportunities throughout the day. Some of the service projects include a blood drive, a coat drive and Amnesty International letter writing.
- Lecture, September 21: Dr. Margaret Farley, the Gilbert L. Stark Professor of Christian Ethics at Yale Divinity School, will deliver a lecture at 7:00 p.m. in the Hoffman Auditorium.
- Softball Game, September 22: Pick up your “Saint Joseph College Day of Service T-Shirt,” get directions to your volunteer site, and get pumped up for a day of service by playing in a friendly game of softball.
- Wrap-Up Mercy Week with Adventures in Spirit, September 25: Reflect on what Mercy Day means to you and how you will carry out the tradition throughout your academic year.

## ACADEMIC ASSISTANCE AT THE ARC

Located on the second floor of Mercy Hall, the Academic Resources Center (ARC) provides students with tutoring in all disciplines. The ARC also administers the College’s writing portfolio program, runs a Grammar Hotline, and furnishes handouts on research documentation styles and other topics. Throughout the school year, it conducts workshops on a variety of topics – all intended to assist students in their academic skills.

This fall, the ARC will host the following workshops. Please urge your daughter to take advantage of these outstanding services.

- Time Management – How to Overcome Procrastination
- Listening and Note Taking Efficiency
- Speed Reading and Active Reading Strategies
- Multiple-Choice Test Taking Strategies
- APA Workshop: Formatting and Documenting

- How to Study in Math and the Sciences
- Research Paper Management: Organizing a Research Paper and Developing a Thesis Statement
- Meet the Academic Resources Center Tutors
- Nutrition and Stress Management

For dates, times, and further information, contact the ARC at 860.231.5514 or [arc@sjc.edu](mailto:arc@sjc.edu).

## RENOVATED DINING FACILITIES

Over the summer, the College will complete the final phase of its renovation to the dining facilities in McGovern Hall. The Dining Hall, redesigned with new seating, lighting, flooring and décor, will include a cook-to-order facility where diners make a menu request and fresh food can be cooked to their liking. An outdoor patio in front of McGovern Hall will also be completed.

The renovation of the Dining Hall follows the renovation of the Jay's Nest which was completed over the winter break. Daily menus are posted online at [www.sjc.edu/dining](http://www.sjc.edu/dining).

## MySTUDENTBODY

MyStudentBody is a research-based, interactive, online prevention education program designed specifically for college students. Your daughter will be required to complete the first year alcohol course. The Website, [www.mystudentbody.com](http://www.mystudentbody.com), can be accessed from any computer with an Internet connection using the school code: bluejays1. Please include an e-mail contact during the initial sign-on so that a lost password can be retrieved from the site administrator.

To begin the mandatory program your daughter should sign on as a "required user." The program takes about one hour to complete. If the course is not completed in one session, she will be returned to the last active section used.

This Website will also be available to students throughout the year as a source of reliable information about the effects of alcohol consumption and stress management.

*The Saint Joseph College Update* is written by Laura Sheehan, staff writer/editor, and designed by Keith Campagna, coordinator of publications/design. We welcome your feedback; please contact [lsheehan@sjc.edu](mailto:lsheehan@sjc.edu).

If you would like your e-mail address removed from our mailing list, please notify [mbobman@sjc.edu](mailto:mbobman@sjc.edu).