May 2013

DID YOU KNOW?

1. Did you know Bergen offers summer classes at the Paramus and Meadowlands locations? Paramus campus summer courses begin May 20 (for Summer I and Summer U) and July 1 (for Summer II). Meadowlands campus courses begin June 3 (for Summer I), July 8 (for Summer II), and August 5 (for Summer II Extension). For more information on summer courses visit: www.bergen.edu/summer2013

2. Did you know the Division of Continuing Education has Summer Career Development Programs for adults and summer camp programs for kids and teens? Visit the Continuing Education Office's website at www.bergen.edu to review the Summer brochure.

3. Did you know the Educational Opportunity Fund is a form of Financial Aid? To find out whether you qualify for EOF funding send your questions to eofoffice@bergen.edu.

4. Did You Know the Student Life Office is seeking to start new clubs? Contact the Office of Student Life to get your club ready for Fall 2013 by calling (201) 447-7215.

Graduation Salute
The most exciting time of the academic year is almost here — your college graduation. To help you prepare with graduation essentials, the offices within the Division of Student Affairs have coordinated the Graduation Salute.

What is Graduation Salute?
It is an event designed to help graduation candidates organize themselves prior to graduation day. At the Graduation Salute, students will be able to pick up their cap and gown, their native country’s flag, purchase memorabilia, address degree clearance concerns, connect with career services and four-year college representatives, and identify ways to become involved in the College’s Alumni Network and the Bergen Community College Foundation.

Will there be a decoration station at the Graduation Salute?
Yes! The Decoration Station is back. Graduation candidates will be able to decorate their cap with as many colors, designs, and as much glitter as desired. Graduation Salute will take place on:
- Wednesday, May 8, 9 a.m. to 3 p.m., Gymnasium (Pitkin Building, Paramus Campus)
- Thursday, May 9, 12 p.m. to 7 p.m., Gymnasium (Pitkin Building, Paramus Campus)

Graduation 2013
When is the Commencement Ceremony?
The commencement ceremony will take place on Thursday, May 16, 2013 at 10 a.m. at the Izod Center, East Rutherford.

Need special accommodations and special services at commencement? Students should contact nbabbington@bergen.edu or vsurdyka@bergen.edu or call (201) 447-7991 if special services and accommodations are required. Also visit www.bergen.edu/commencement2013.
**New and Critical Updates**
Recent legislative changes, as well as changes within Bergen Community College, may affect your financial aid. To keep you aware of any new requirements, we will post updates regularly. These updates also may be sent to you via email or through your my.bergen.edu account. Please check your account frequently.

**Federal Pell and Lifetime Limits**
Federal Pell Grant recipients, especially part-time and returning students, need to be aware of an important change in the law setting lifetime limits for students receiving Pell grants. The new law reduces the length of eligibility for Pell from 18 semesters to 12 semesters. The government will track grant usage from the beginning of the Pell program. For more information on the Federal Pell Program and Lifetime Limits, visit [http://studentaid.ed.gov/types/grants-scholarships/pell/calculate-eligibility](http://studentaid.ed.gov/types/grants-scholarships/pell/calculate-eligibility)

If you are concerned that you may be close to depleting your lifetime limits on Federal Pell, please contact the Office of Financial Aid immediately.

**Repeating Courses**
Federal regulations may prohibit you from receiving financial aid for repeating courses. Once you have taken a course and received a passing grade, you may only retake the course one time while receiving financial aid.

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**April Is Alcohol Awareness Month**

**DID YOU KNOW?**
Drinking too much alcohol increases the risk of health-related problems. Alcohol can raise the blood pressure. It can harm the liver, brain and heart. It also can contribute to violence and injuries.

**MAKE A DIFFERENCE**
Encourage friends or family members to make small changes, like keeping track of their drinking and setting drinking limits.

**GET THE WORD OUT**
Drink alcohol only in moderation; no more than one drink a day for women and no more than two drinks a day for men. Alcoholic drinks also contain calories, which matters if you are trying to lose weight. What counts?
- 12 ounces of beer (regular or light, 150 calories)
- 5 ounces of wine (100 calories), or
- 1 ½ ounces of 80 proof whiskey (100 calories)

**Heart Attack Signs in Women**

Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.
1. Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
2. Shortness of breath with or without chest discomfort.
3. Other signs such as breaking out in a cold sweat, nausea or lightheadedness.
4. As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea, vomiting, and back or jaw pain.
5. Call 911 if you are experiencing any of these symptoms.

Source: American Heart Association
Jeff Rottingen

Jeff Rottingen, a 2011 Ramsey High School graduate and wrestling standout, arrived at Bergen Community College in January of 2012 after transferring from East Stroudsburg University. After realizing East Stroudsburg was not a good fit for him, Jeff was encouraged to come to Bergen by his father, who wrestled for the College from 1980-81, and also by friends, who were current Bergen students. Jeff wrestled for the first time at Bergen during the 2012-13 winter season. The 133-pounder finished 7-4 overall and earned a trip to the NJCAA National Wrestling Tournament in Des Moines, Iowa, along with five of his teammates. He finished in 8th place, which earned him All-American honors. When asked recently about his experience, the information technology major said, “I didn’t realize how much potential Bergen offered and the wrestling program at the two-year college is as good as any four-year college. I’ve also learned that your goals can be accomplished if you dedicate the time to work hard and believe in yourself.”

CTE Counselor: Juhi Bhatt’s Mock Interview Event

On Thursday March 28, 2013 the Center for Student Success (A-118) held a "Mock Interview Event," organized by Juhi Bhatt, a career counselor with the Center for Student Success.

The event itself took place in TEC-128 from 11 a.m. to 2 p.m. Students received a 15-minute time slot where they were interviewed individually by off-campus employers and given a 5-minute feedback.

Employers who attended the event included two human resource managers from United Water, Inc., two representatives from Aflac Insurance and a training officer from the Bergen County Police Department. The representatives served on previous search committees and took part in the interview process at their various jobs.

Students who participated were told to bring in a cover letter and resume, which employers took the time to edit and discussed with the students during their mock interviews. Additionally, students had the opportunity to have their interview recorded for personal use, courtesy of the Media Technology department. Twenty-four students attended the event. For assistance with career and academic advising, please contact Juhi Bhatt at jbhatt@bergen.edu or call at (201) 447-7464.

Calendar of EVENTS

- May 8
  Graduation Salute, Gymnasium
  Pitkin Education Center (Paramus)
  9 a.m. - 3 p.m.
- May 9
  Graduation Salute, Gymnasium
  Pitkin Education Center (Paramus)
  12 p.m. - 7 p.m.
- May 20 - June 27
  Summer I courses (Paramus)
- May 20 to August 8
  Summer U courses (Paramus)
- June 3 - June 27
  Summer I (Meadowlands)
- July 1 - August 8
  Summer II courses (Paramus)
- July 8 - August 1
  Summer II courses (Meadowlands)
- August 5 - August 22
  Summer II Extension courses (Meadowlands)

Career&Transfer Help is Here

Counselors at The Center for Student Success (CSS), located in Room A-118 (Paramus), are ready to assist you with identifying an academic major, selecting four-year colleges and universities for transfer, and guide you through the career and job search process. Visit the Center or call a CSS representative at (201) 447-7171 to make an appointment.

Why Attend Bergen?

It’s simple. Bergen provides high-quality and affordable education with plenty of opportunities for student engagement through campus activities and student organizations. At Bergen each student is an individual, not a number. That’s the Bergen advantage. Call Admissions and Recruitment at (201) 447-7200 to become a member of the Bergen community.