



TCNJ THE COLLEGE OF
NEW JERSEY

Parent & Family Newsletter

February 2015

Hello, Parents and Families!

The Spring semester holds exciting opportunities for your student(s) here at The College of New Jersey. The Career Center will be hosting its bi-annual Career & Internship Day, TCNJ Healthy Campus Planning Council (HCPC) has developed a month-long mindfulness program to promote students' well-being, and students will soon be packing up for Spring break. We are also excited to spotlight one of our faculty members and her incredible research on cancer immunology along with the courses she teaches at TCNJ. Find out about additional significant upcoming events and other information for this Spring semester at the end of this newsletter.

Hope you are all staying warm!

Susie Orecchio, MA, NCC

Assistant to the Vice President for Student Affairs

Coordinator of Parent and Family Programs

Highlights from the Vice President for Student Affairs (VPSA)

It is my pleasure to introduce myself in this edition of TCNJ's Parent and Family Newsletter. I recently celebrated my one-year anniversary as the Vice President for Student Affairs. In my role, I provide leadership and oversight for the outside the classroom experience of our students. This includes everything from Residence Life and Dining to Counseling and Health Services to Student Activities and Leadership. One of the most important aspects we do in Student Affairs is focus on the health and well being of our students. I have found that



the Spring semester can be a particularly stressful time of year. Parents and family members can help students manage this stress by connecting students with resources and programs we have available.

Visit <http://caps.tcnj.edu/> to find links to Counseling & Psychological Services, Anti-Violence Initiatives, Alcohol and Drug Education Program, and Student Health Services.

Leadership is another essential component of our students' time at TCNJ. In the Division of Student Affairs, we believe our students can positively change the world. The many diverse organizations and clubs that are established on our campus give students the ability to grow as leaders throughout their membership. Our dedicated faculty and staff are committed to mentoring our students as they put their time and effort into organizations and services about which they are passionate.

As Vice President for Student Affairs, I work closely with the administrators and staff from each department to ensure that our students' voices are being heard and that any changes or new programs being implemented will benefit each student at TCNJ.

I look forward to my next year here at TCNJ as we continue to build meaningful programs and connections with the students.

Thank you,

Amy Hecht, Ed.D.

Vice President for Student Affairs, The College of New Jersey

Ten Tips on Making the Most of Networking

TCNJ Career & Internship Day

Friday, February 27, 2015, 9am-1pm in the Rec Center

<https://career.tcnj.edu/2014/11/13/2015-spring-opportunities-fair/>

By Debra K. Kelly, Director of TCNJ Career Center

Parents and family members continue to prove to be an excellent Career Center partner by promoting and encouraging students to use campus functions and resources in furthering their career and academic plans.

Please share our top ten tips!!

1. **Encourage campus engagement.** Encourage students to participate in leadership, employment, or volunteer activities so the student practices and enhances the use of soft skills. New to campus? Check out Student Activities, Student Employment and Office of Leadership to get a start.
2. **Explore & develop a plan of action for the event and academic year.** Encourage students to meet at least once a semester with their advisor or career counselor to gain a game plan.
3. **Research the organizations in attendance.** Beyond review, the student should take a look at what articles have been written recently about the organization. Career Insider and Glassdoor are two resources found on the Career Center website to assist. In addition, encourage students to follow organizations on social media.
4. **Dress professionally.** Is your student's birthday or a holiday coming up? Think about a suit for a gift. The average student participates in over two internships and will need a mix and match suit combination sooner than you think. Employers are impressed by the sea of business attire throughout Career & Internship Day. When in a suit, the student informs the employer non-verbally that he/she understands there will be different rules of dress when employed or interning.
5. **Etiquette counts.** Manners make us all comfortable. The etiquette you have been taught pays off in the long run. Within the first 30 seconds, employers are creating an impression related to fit. Students that shake hands, maintain eye contact and exhibit great posture exude enthusiasm beyond words.
6. **Resume review & bring 50 resumes.** Encourage students to take advantage of the open hours on Monday/Thursday 1:30-3:30pm, Tuesday 3:30-5:30pm and Friday 10am-12pm at the Career Center in Roscoe West 102. Students can gain a quick resume critique in the days leading up to the event.
7. **Develop an introduction.** Encourage your student to think from the employer's perspective when communicating with a potential internship supervisor or employer. Encourage your student to take advantage of InterviewStream (video streaming tool that records your introduction) and other resources available on our website.
8. **Volunteer to assist at the event.** This is a great opportunity to "small talk", so encourage students to volunteer at networking, career fair and alumni events.
9. **Arrive early!** Encourage students to be the early bird! Most of the 100 employers arrive early and it will give the student a chance to understand the set up and possibly see more employers.
10. **Follow up.** Nationally we know that less than 10% of college student candidates follow up after an interview. Encourage your student to send a thank you email. It could be the difference between two candidates.

"Breathe In - Breathe Out TCNJ"

Ashley Borders, Associate Professor of Psychology

This month, TCNJ's Healthy Campus Program Council (HCPC) is sponsoring a month-long mindfulness challenge for the entire TCNJ campus entitled Breathe In - Breathe Out TCNJ. Students, faculty, and staff are invited to try out mindfulness-related activities like yoga and meditation on a regular basis for one month.



There are many activities that reduce stress (e.g., exercising, talking with friends, sleeping). Mindfulness is unique because in addition to reducing stress, it can also help people cope better with upsetting situations and increase effectiveness in everyday life. College students are often drawn to mindfulness because it helps them clarify their values and become aware of what is most important to them. It can also help them feel more in control of their reactions to upsetting situations, which is crucial for maintaining mental health and healthy relationships. Additionally, it can help people live less on "auto-pilot" and become more conscious and flexible in how they respond to others. Basically, it helps people experience their lives more fully, connect to others more deeply, and live more intentionally.

The HCPC is a committee comprised of faculty, staff, and students whose mission is to create holistic programs and policies focused on enhancing the mental, physical and spiritual well-being of students, faculty and staff. Through this challenge, the HCPC hopes to inspire as many people as possible to engage in activities with proven mental and physical health benefits – during a time of year that is stressful for many people. As part of the challenge, we have created a website (healthycampus.pages.tcnj.edu/breathe), Facebook page, and Twitter account in order to inform the TCNJ community about yoga/meditation sessions at TCNJ, online resources, and local yoga/meditation studios. The student organizations Circle of Compassion and Humanitarian Yoga have been instrumental in leading meditation and yoga sessions several times a day. We encourage people to commit to either 50, 75, or 100 minutes of mindfulness-related activities each week. Various departments and organizations have also created additional internal team challenges, which are friendly competitions designed to increase the motivation of members. So far, over 200 students, faculty, and staff have committed to our mindfulness challenge. In the first week alone, the average participant engaged in over 75 minutes of mindfulness-related activities!

We appreciate that starting a mindfulness practice is no small feat. It is surprisingly hard to set aside our many responsibilities for even 15 minutes a day so that we can cultivate calmness and inner peace. However, if we can encourage people to try out some new activities for even just a few weeks, they may be motivated to continue these health-promoting activities even after the end of the month.

Faculty Corner

Dr. Jana Gevertz Shares her Research: Curing Cancer through Mathematics

Jana Gevertz, PhD., Associate Professor in Mathematics and Statistics

My academic career began as a mathematics major and biology minor at Rutgers University. As an undergraduate, I developed a passion for the interdisciplinary field of mathematical biology - a field in which tools from applied and computational mathematics are used to study biological processes. To further pursue these interests, after my undergraduate studies, I went to Princeton University where I earned my PhD in Applied and Computational Mathematics. In August of 2009 I joined the faculty at The College of New Jersey, and I am now an associate professor in the Department of Mathematics and Statistics.

At TCNJ, I teach both introductory calculus courses and upper-level applied mathematics courses, including a specialized course in Mathematical Biology. Not only do I enjoy bringing biology applications into the mathematics classroom, I also enjoy mentoring students in deeply engaging mathematical biology research experiences. Nine different TCNJ undergraduates from a variety of majors in the School of Science have contributed to my research efforts on using mathematical models to better understand cancer progression and treatment.

Recent research suggests that the immune system plays a fundamental role in tumor progression and response to treatment. The field of cancer immunology is devoted to studying this relationship between a tumor and the immune system, with the aim of discovering innovative therapies (immunotherapies) that harness the immune system to cure cancer. However, the immune system plays a very complicated role in cancer progression. Some components of the immune system help to recognize and eliminate cancer cells, whereas other components can be hijacked by cancer cells to help them proliferate. Similarly, some immunotherapies have been shown to inhibit the progression of certain cancers while having little to no impact on the growth of others. I work in a multi-disciplinary collaborative team to help explain these contradictory phenomena, and to develop optimal

immunotherapies. While my collaborator (Dr. Chae-Ok Yun at Hanyang University, South Korea) attempts to answer these questions using more traditional laboratory-based approaches, my mathematical collaborators and I work to complement her research efforts using computational techniques.

In particular, we developed a set of mathematical equations called differential equations that describe how the number of tumor cells and the number of certain immune cells change in time. The differential equations can be solved using computer software. The output of the model (a prediction of how a tumor should grow when treated with a certain immunotherapy protocol) has been validated against Dr. Yun's biological data on the growth of mice melanoma tumors under the same treatment protocol. A mathematical model is considered "validated" when its output well-describes actual biological experiments, and the model we have developed does well-describe tumor response to treatment in Dr. Yun's melanoma-bearing mice. One of the current goals of my research program is to use this validated mathematical model to identify a treatment protocol that optimizes tumor response to immunotherapies in mice. A long-term goal of my work is to use the predictions of the mathematical model to guide human clinical trials using immunotherapies.

Important Spring Closing Information

As your student prepares to return home for Spring break, TCNJ Residential Education & Housing offers a few things to keep in mind while packing up and heading home to relax:

- All blinds should be left open unless you live in a ground floor room. Please close the blinds if you live on the ground floor.
 - Close and lock all windows.
 - Remove all trash from your room and dispose of properly in the trash room or designated dumpster. Don't forget to recycle!
 - All valuables such as jewelry, money, game systems, etc. should be taken home.
 - Approved pets should be taken home as Residential Education staff will not be responsible for the care of any pets.
 - Turn off all lights and lock your room door.
 - Review, complete and sign the check-out slip that will be placed on your door by the staff.
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Sign Up to Receive Text Alerts

In order to sign up to receive text alerts, please ask your TCNJ student to enter your voice or text-messaging device number(s) in PAWS.

Here are few examples of the types of message alerts you may receive:



- TCNJ weather closing. All classes cancelled and offices closed today. Visit www.tcnj.edu for further details.
- TCNJ facility closure--(insert facility name here). TCNJ e-mail will provide details soon.
- TCNJ emergency--potentially dangerous situation on campus. Remain in or proceed to secure location until further notice.
- TCNJ Emergency Alert--Potential danger has subsided. Visit www.tcnj.edu or check e-mail for details soon.

For more information on the text alert messaging system, please visit <http://emergency.tcnj.edu/tcnj-alerts/>.

Important Upcoming Events this Semester

- Feb. 25: Study Abroad 101 - Info Sessions
- Feb. 25: Study Abroad 401 - Coming Home
- Feb. 25: DC Career Day Orientation
- Feb. 27: 2015 Spring Career & Internship Fair
- Mar. 4: Study Abroad 101 - Info Sessions
- Mar. 9: Spring Regular Mid-Semester Progress Reports
- Mar. 16: Spring Break
- Mar. 24: Wellness Expo - "Thrive"
- Apr. 7: Fall and Winter 2015 Registration Windows
- Apr. 25: Spring Concert