

# PARENT & FAMILY ASSOCIATION NEWSLETTER

The official newsletter of Parent and Family Programs



## Welcome John Jay Parents and Families!

The Office of Student Transition Programs is very excited for you and your new student to be joining the John Jay College community!

Unfortunately, due to COVID-19 we won't be able to host events on campus but we will be sending out monthly newsletters and hosting 2 virtual events a semester!

We look forward to you being an active part of our John Jay family!

### WHAT'S INSIDE THIS NEWSLETTER?

New Student Orientation and Convocation Updates

College Updates

Important Dates and Upcoming Events

How to support your students

Counseling Corner

Department Feature: Student Transition Programs

---

# Welcome from Danielle M. Officer

Greetings Parents and Families,

It has truly been a busy first few weeks of school as we adjust to the “new normal”. Each year we are excited to welcome new students and families and reconnect with our returning students and families.



I, too, am a parent of a college student and I know that having a student in college is both rewarding and sometimes stressful. I want to assure you that here at John Jay College of Criminal Justice we are working to support students’ learning and provide them with the resources necessary for them to be successful.

Beginning my twelfth year at John Jay, I serve as Senior Director for Student Affairs and Conduct Officer. Within my position I oversee Student Transition Programs, the Center for Student Involvement & Leadership and Student Conduct. Student Transition Programs manages Parent and Family programming and it is our goal to connect and engage with all parents and families of our John Jay students. We are here to offer assistance whenever possible, answer your questions, and provide you with tips and suggestions to support your student throughout their academic journey. Over the year, we will be hosting informational sessions, providing opportunities for family and parent engagement and sending you monthly newsletters. We truly hope to see you at one of our events and learn from you how best we can support you and your students.

Throughout your student’s college career, if there is any way that I can provide support please feel free to reach out to me at [dofficer@jjay.cuny.edu](mailto:dofficer@jjay.cuny.edu) or 212-237-8185.

Welcome to the Bloodhound Family!



# New Student Orientation & Convocation Update

The Office of Student Transition Programs transitioned our New Student Orientation for our new first year, transfer and Graduate students to online to keep our community safe. We added an Online Orientation Portal through Advantage Design Group to allow for seamless, easy access. The new students had the ability to access the portal starting the middle of July and could complete the portal on their own time.

We also hosted four weeks of Orientation Sessions hosted via Zoom. We hosted various events such as: welcomes with campus leadership, Student Academic Success Programs, panels, our annual Involvement Fair and ended with our Virtual New Student Convocation.

We had approximately 2,000 students attend the various Zoom sessions and over 1,100 students complete the online portal.



At the virtual New Student Convocation on Thursday, August 27th, President Mason, Provost Li, Interim Vice President of Enrollment Management and Student Affairs Hartigan eagerly welcomed our new students. There were over 175 new students, faculty and staff in attendance.

Ernesto Malavé Jr., Class of 1998, BA in Government and Assistant Director of the Edward T. Rogowsky Internship Program in Government & Public Affairs, was the keynote speaker.

This year we asked some of our new students to speak on what John Jay values resonates with them the most. Diego Gil and Lyndsay Lamparielle represented the incoming freshmen class, while Koumamo Piebo represented our incoming transfer students. It was a great addition to the event and we plan to keep that for our future Convocations.

**Today, you are embarking upon an academic journey that will provide you with the credentials to continue your education, or to begin your careers.**

***Yi Li  
Provost &  
Vice President for  
Academic Affairs***

# College Updates

We understand that this has been an unsettling time for everyone and there have been a lot of questions regarding how the College will function for the 2020-2021 academic year. That is why the College has decided that for the Fall 2020 semester, most classes will be offered online and only a small number of Science labs will be held in-person or in a hybrid format on campus.

Our Priorities for our John Jay Community:

- The health and safety of our students, faculty, and staff always is, and will continue to be, at the forefront of our minds, guiding each of our decisions.
- We are committed to providing all John Jay students with an excellent education that lives up to the mission of the College.
- We are planning carefully to ensure that when New York City enters Phase Four of reopening, we are ready to proceed in a manner that's coordinated, effective, and consistent with all public health guidelines.



John Jay College and CUNY have created websites that includes announcements , updates and resources available to students during distance learning.

You will be able to find John Jay College specific resources and updates here:

<https://johnjay.jjay.cuny.edu/coronavirus-updates/>

You will be able to find CUNY resources and updates here:

<https://www.cuny.edu/coronavirus/>



**Our priority is the health and safety of our students, faculty and staff and we are committed to providing all students with an excellent education that lives up to the mission of the College**

***Karol Mason  
John Jay College  
President***

# Important Dates & Upcoming Events

## Parent & Family Association Upcoming Events

### Partnering with Parents to Support Your Students

Wednesday, October 28, 2020 from 5:30pm-6:30pm

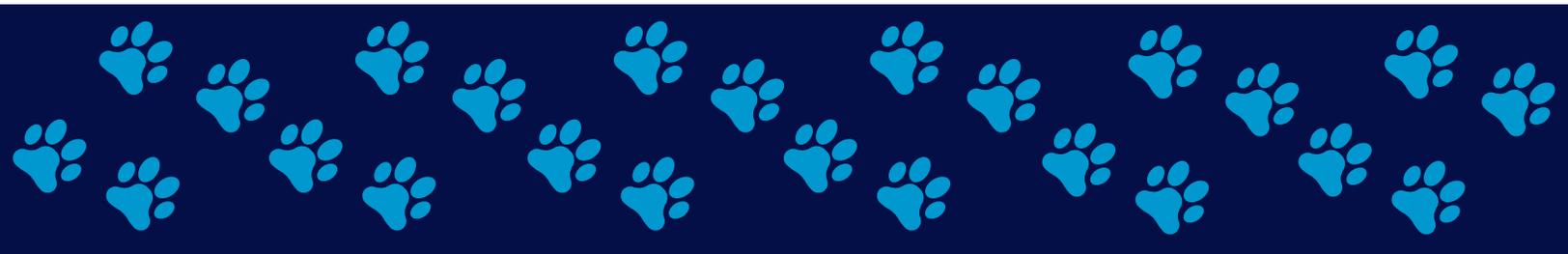
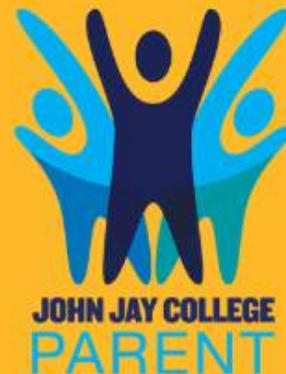
Hosted through Zoom

This session focuses on what it takes to support and ensure your student is successful. You will have the chance to speak with Danielle Officer, Senior Director of Student Affairs and Conduct Officer on what John Jay College of Criminal Justice can do to support you and your students not only in their college career but during this time of distance learning.

Please register here: <http://bit.ly/partnerwithparents>

**Parent & Family  
Association**

Welcome to the Bloodhound Family!



# Advice from a Student

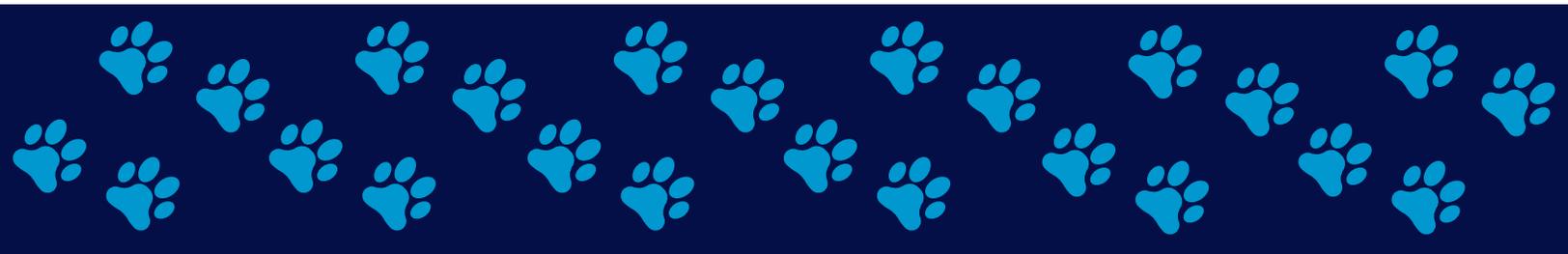
---

We decided to add this portion of the newsletter to provide some insight on what your student is going through during their college career and who better to give advice than a current student in the same position! Let's introduce you to our student!

Hi! I'm Seema, a senior at John Jay. In May, I will be receiving my B. S. in Forensic Science with a concentration in criminalistics, and a minor in anthropology. I'm from New Jersey, and have lived there during my entire college experience. Currently, I am team leader of Student Transition Programs, manager of a restaurant, and an intern at a medical examiner's office.

Midterm season is upon us, and here's some tips on what you can do to help your student be successful:

- Help them come up with a study schedule. Prioritize their exams by date and try to focus on one subject at a time.
- Ask if they need help setting up their study space. Each student learns different, some need it quiet while others need loud music, some need to be confined to a cleared desk while others need to be spread out and have study materials everywhere they look. Each student is different and their study space will reflect that. Also, having a timer around will help your student keep track of time and know when to take breaks.
- Don't expect too much from them. A student's very first exam season is very stressful, and they may not be able to go to work that week, or do the dishes that night. Especially if this student is a procrastinator and has not yet figured out time management, they will likely be holed up in their room the whole day.
- Stressed people forget to eat and drink water. I can't tell you how many times I went to my room to study and 12 hours passed and I never noticed. I would go to bed without eating anything, because I simply forgot. But, the brain needs food and water in order to retain information. Check in on your student every few hours to make sure they are okay.



# Advice from Students

Danielle M. Officer, Senior Director for Student Affairs and Conduct Officer and Betty Taylor-Leacock, Deputy Director of Program Management & Development facilitated Sistah Circle with students from the Urban Male Initiative. During the conversation, students shared strategies they employ to be successful in college and in life. We thought it would be a great idea to share these tips with you so you can continue to support your student's success. Here is what they shared:

## **Monae, Junior:**

- Utilize tutoring resources
- Manage your time wisely
- Create a Google calendar with deadlines
- Seek therapy to address stressors
- Utilize white noise machines to drown out distractions
- White boards can be helpful for reminders
- Seek out means for taking time for yourself such as an improv group

## **Leslie, Senior:**

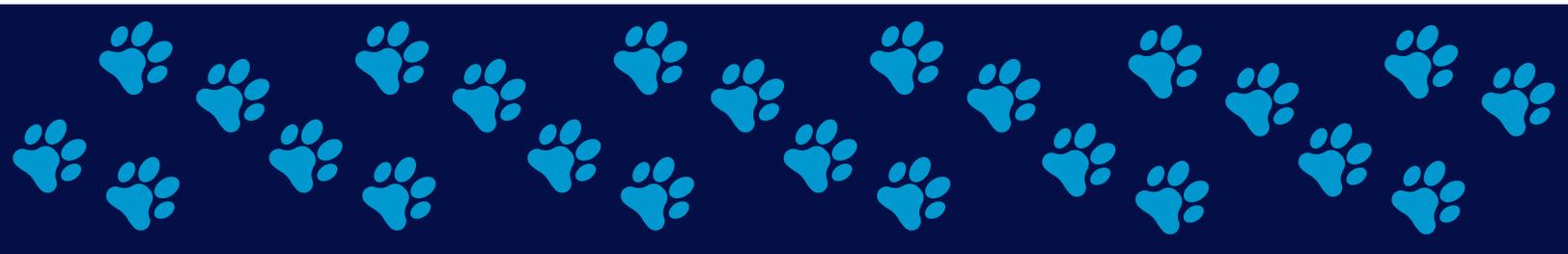
- Create Zoom study groups
- Break down your assignments into small manageable tasks
- Using the Pomodoro technique: pick a task, set a timer for 25 minutes, work on the task till the timer goes off, take a short 5-minute break
- From the book *The 7 Habits of Highly Effective People*, by Stephen Covey, prioritize the important projects and get those done first. Too often people spend too much time with the things that are least important.

## **Dilcia, Junior:**

- Create a separate space for yourself
- Create a schedule and a checklist of to dos
- Reward yourself for achieving your accomplishments
- Make a do not disturb sign or studying sign and hang that on your door
- Set boundaries for yourself

## **Andaiya, Senior:**

- Purchase a planner to keep track of deadlines
- Start a schedule and stick with it but cut yourself some slack when you don't get everything on your to do list accomplished
- Schedule time for yourself and others
- Create a gratitude or affirmation jar and read them weekly



# How To Support Your Student In a Distance Learning?

The global pandemic has caused unprecedented uncertainty in our lives. College students, like the rest of us, are impacted by the unfolding challenges at every level. With the abrupt change from face-to-face learning to online learning, academic and non-academic elements of college students' lives have been disrupted. This article suggests some advice and tips for parents to support their college students during this time.

It is important as a parent to try to maintain a sense of normalcy and routine for your child as much as possible. A college environment is where young adults become independent. It allows students to learn how to communicate effectively and engage in their education on their own. Do not reach out to professors on behalf of the student because it is not legal to share information with anyone besides the student without a signed FERPA form. Instead, encourage your child by offering a space in your home for your child to complete their work but not to hover or coddle their zone.

- Help your student to plan and get organized
- Model calmness and strategies of effective behaviors (make sure to carve out time for your self-care to model stress-management for your student). It is okay to let your child know that you're stressed too and that it's ok for them to be anxious and worried.
- Be aware of their mental health. Sometimes basic relaxation techniques can work but don't hesitate to help them find professional help. Mental health is just as important as physical health, especially in academics. Also, be aware of what support resources are available for students and make sure they know how to access them.
- Be authentically interested in what your child is doing and working on. Ask questions and what they think about the course content. Don't expect perfection. A student can earn a C and still find value in their education experience!

## References

Bender, S., 2020. Supporting Our Quaranteens During The COVID-19 Crisis. [online] CollegiateParent. Available at: <https://www.collegiateparent.com/parent-blog/supporting-our-quaranteens-during-covid-19-crisis/>

Madison, M., 2020. How Parents Can Support College Students Amid COVID-19 Challenges. [online] Newsymom. Available at: <https://newsymom.com/2020/04/30/how-parents-can-support-college-students-amid-covid-19-challenges/>

Loyola.edu. 2020. Supporting Your Student Through The Coronavirus Pandemic - Counseling Center - Loyola University Maryland - Loyola University Maryland. [online] Available at: <https://www.loyola.edu/departments/counseling-center/public-health-initiatives/covid-19-resources-support/parent-support>

---

## Department Feature

# Student Transition Programs

Welcome to the the 2020-2021 academic year at John Jay College of Criminal Justice! We are looking forward to reconnecting with our current families, excited to get to know our new families and for you to be joining the Bloodhound family! All parent and family members are part of the Parent and Family Association!



In Student Transition Programs, we are responsible for your students' transition into John Jay College with New Student Orientation and then helps them transition out of John Jay College with assisting and celebrating them graduating!

Don't worry, we don't forget about the parents and family members! We understand that you are a big part of these transitions and we want to ensure you are included in these milestones. This is the purpose of our Parent and Family programming and the Parent and Family Association. We, also, want your transition and connection to the college to be successful and strong.

In addition to our work with New Student Orientation and Commencement, we also oversee the Peer Ambassador Leadership Program. The Peer Ambassador Leadership Program is an on campus paid position aimed to develop students into strong leaders who will "Educate for Justice" on campus and beyond. It provides an excellent opportunity for students to network at all levels of the College. These students help us execute our many events that we host throughout the year.

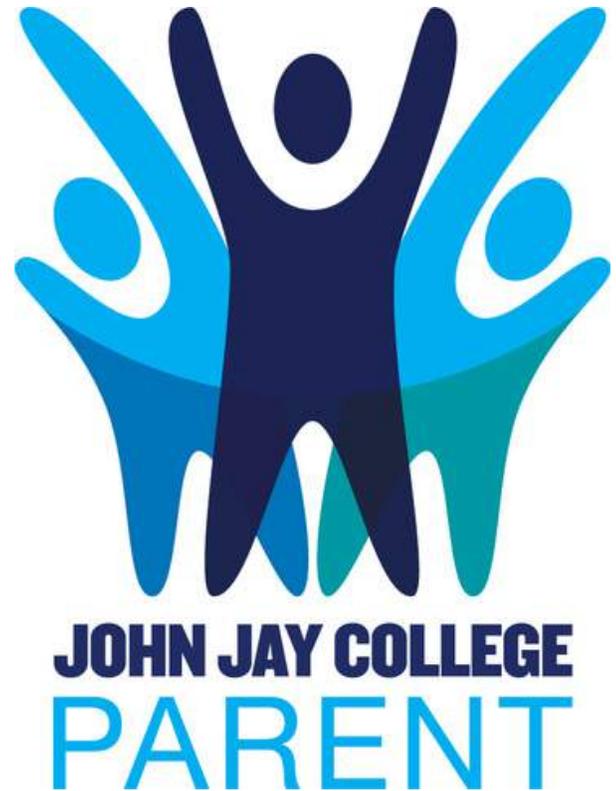
We look forward to partnering with you, not only on your students' experience but with your experience as a John Jay College parent, as you are a big part of your student's life!

In the upcoming months, we will be in touch about our welcome event for parent and family members.

Please feel to email us at [parentsandfamilies@jjay.cuny.edu](mailto:parentsandfamilies@jjay.cuny.edu) to stay in touch!

# Why Should You Be Active In Our Parent & Family Association?

The Office of Student Transition Programs understands and recognizes the vital role parents and family members play in the academic success of their students. Because family members are a very important part of our College community, we will make every effort to promote family communication and involvement. Whether you are family members of new or returning students, we hope your experience with John Jay is positive and rewarding.



The purpose of the Parent and Family Association is to:

- Assist family members in navigating campus resources, services, and programs
- Assist family members in supporting their students and empowering them to take responsibility while enrolled at the College
- Enhance communication between the College and family members
- Develop a sense of community amongst John Jay families to provide support, advice, and opportunities for involvement.

This year, we will be sending newsletters, hosting webinars and virtual meet ups!

If you have suggestions of topics for our newsletter and webinar or ideas for Parent and Family Association events, please submit them here:

<https://bit.ly/parentsuggestion>

We hope you stay engaged with us while your student is enrolled at John Jay!