

CareerFocus™



**How to See the World
by Starting at SCCC**

**Careers in Today's
Clean, Computerized
Manufacturing Industry**

**Tips for Keeping
Your Confidence
in Any Interview**

**Human Services:
Joyful Jobs That
Help You Help Others**

**Now Taking Reservations for
Rewarding Careers**

**Is the Hotel and Resort
Management Field for You?**

and more...

Photo: Joan Larsen Wozniak

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From Achieving Lifetime Goals.

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sunysuffolk.edu/OffHours

CareerFocus™

Questions about SCCC programs and services described in this publication should be directed to the Admissions Office at 631-451-4100.

Executive Editor: Mary Lou Araneo,
Vice President for Institutional Advancement

Editor: Drew Fawcett, Associate Dean for
Institutional Advancement

Writers: Drew Fawcett, Mary M. Feder,
Director of College Relations and Publications

Visit SCCC on the Web at:
sunysuffolk.edu

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533 College Road
Selden, NY 11784

Michael J. Grant Campus

Crooked Hill Road
Brentwood, NY 11717

Eastern Campus

121 Speonk-Riverhead Road
Riverhead, NY 11901

SCCC Mission Statement

Suffolk County Community College promotes intellectual discovery, physical development, social and ethical awareness, and economic opportunities for all through an education that transforms lives, builds communities, and improves society.

SCCC Vision Statement

Suffolk County Community College commits to maintaining high educational standards, to fostering and inspiring student success, and to creating diverse opportunities for life-long learning. By attracting strong leadership and distinguished faculty to a college of excellence, we create an enriched learning environment that empowers students to transform their lives.

Suffolk County Community College

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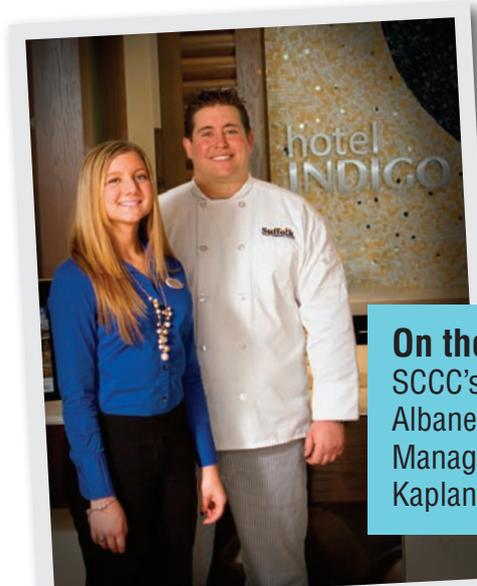
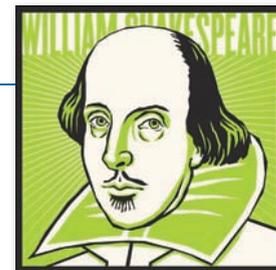
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Features

- 2-3 Campus Conversations**
- 4 Programs of Study**
- 5 The Suite Life: Careers in Hotel and Resort Management**
- 6 Top 10 Career Trends of the Last Decade**
- 7 Academic Adventures: Studying Abroad**
- 8-9 Maintaining Self Confidence in Today's Job Market**
- 10 CS vs. IT: Which Computer Career is Right for You?**
- 11 Getting Hired with a Degree in Human Services**
- 12 Manufacturing a More Rewarding Career**
- 12 Grande Experiences in the HVAC/R Field**
- 13 The Inside Scoop on Interior Design**
- 14 Green Jobs Grow at SCCC**
- 15 The 4 Cs Can Catapult Your Career**
- 16 Sew Cool: True Tales from a Hollywood Costume Designer**



On the cover:
SCCC's Jacqueline Albanese (Hotel/Resort Management) and Josh Kaplan (Culinary Arts)

Find Answers to your
Career Questions
CareerFocus Café
www.careerfocuscafe.com

CareerFocus Café is the new online companion to CareerFocus magazine

Campus Conversations



Shark Sightings at SCCC

During the past year, the College has implemented a multi-phase plan to consolidate two campus-based NJCAA athletics programs into one College-wide program. As part of this initiative, an effort was developed to create a new name and identity for the intercollegiate athletics teams. Following a comprehensive identity assessment and input from students, faculty, administration and alumni, the College is pleased to announce that its athletics teams are now known as the Sharks.

The primary logo (pictured below) was chosen through a vote that was open to the entire college community. The new identity package will even include a mascot – a first for the College.

Go Sharks!



Montaukett Learning Resource Center Rises in the East

Eastern Long Islanders have yet another reason to choose Suffolk County Community College: a new LEED-certified 40,000 square-foot Montaukett Learning Resource Center on the Eastern Campus in Riverhead. It is located at the center of the campus and provides a state-of-the-art library, a large lecture hall, computer classrooms, distance learning classrooms, the Academic Skills Center, gallery space and varied learning spaces for students to pursue collaborative and independent study.

“The new Learning Resource Center creates an unparalleled environment in which students and community members can learn, grow and succeed together.”

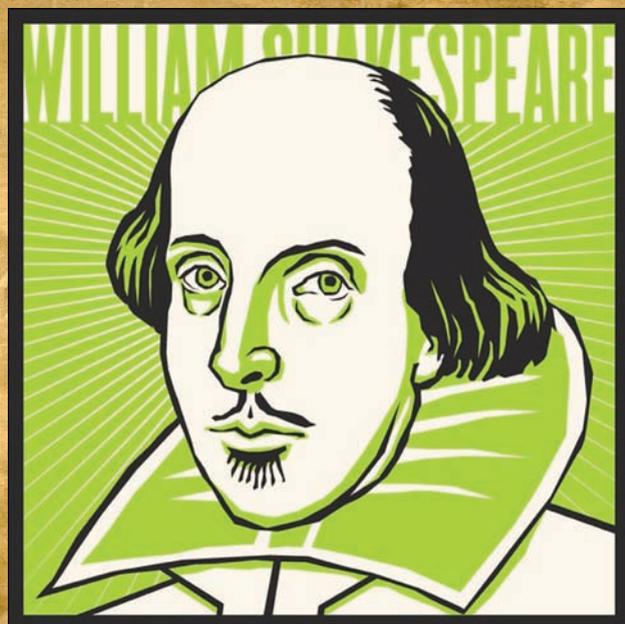
Dr. Shaun L. McKay, President of SCCC

It Pays to Stay on L.I.

Established by President Dr. Shaun L. McKay, the new Stay on Long Island Initiative (SoLI) is designed to help SCCC's brightest students achieve their educational dreams. It provides full- and partial-tuition scholarships to students who will be graduating with a high GPA and transferring to select four-year Long Island colleges and universities.

"Through the Stay on Long Island Initiative, we will cultivate and tap the intellectual capital of those individuals who have the best potential for transforming our region," said Dr. McKay. "We will provide these students with exceptional educational experiences and we will not lose them to outward migration."

To date, partnering institutions include Adelphi University, C.W. Post/Long Island University, Dowling College, Hofstra University, New York Institute of Technology, and St. Joseph's College.



Shakespeare Doth Return!

The College is pleased to announce that after a yearlong hiatus, The Long Island Shakespeare Festival is reborn and better than ever with free performances of an abridged version of Shakespeare's King Henry V. Performances will be presented, rain or shine, at SCCC's Ammerman Campus in Selden.

Performance dates are:

June 30th at 2:00 p.m. and 7:00 p.m.

July 1st, 2nd, 7th, 8th, and 9th at 7:00 p.m.

July 3rd and 10th at 2:00 p.m.

These free performances are funded by the Suffolk Community College Association, Ammerman Campus.



Suffolk Men's Soccer Team Wins National Championship

This past November, the 2010 NJCAA Men's National Soccer Championship was won by Suffolk County Community College in a 2-1 victory over Herkimer County Community College. It is the first national championship in the history of Suffolk's soccer program. Suffolk finished the season undefeated (19-0-1), and the College's goalkeeper, Jesse Nulty, was named tournament MVP. Coach Frank Vertullo was named NJCAA Division III Coach of the Year. He also won The National Soccer Coaches Association of America (NSCAA) Junior College Division III Men's Coach of the Year Award. Since taking the reins at Suffolk four years ago, Vertullo has compiled a 67-3-6 record, the best in junior college play during that span!

Accredited Programs of Study

BUSINESS

Accounting
Business Administration
Business Management
Information Processing
Marketing
Office Management
Paralegal Studies
Retail Business Management



COMMUNICATIONS AND THE ARTS

Computer Art
Graphic Design
Journalism
Interior Design Assistant
Music
Photographic Imaging
Radio and Television Production
Theatre Arts
Visual Arts



PROGRAMS IN COMPUTING

Computer Science
Information Technology



HEALTH, COMMUNITY AND HUMAN SERVICES

American Sign Language
Chemical Dependency Counseling
Criminal Justice
Dietetic Technician
Early Childhood Education
Fitness Specialist
Health Information Technology/Medical Records
Human Services
Nursing
Occupational Therapy Assistant
Physical Therapist Assistant
Practical Nursing
Veterinary Science Technology



LIBERAL ARTS/UNIVERSITY PARALLEL

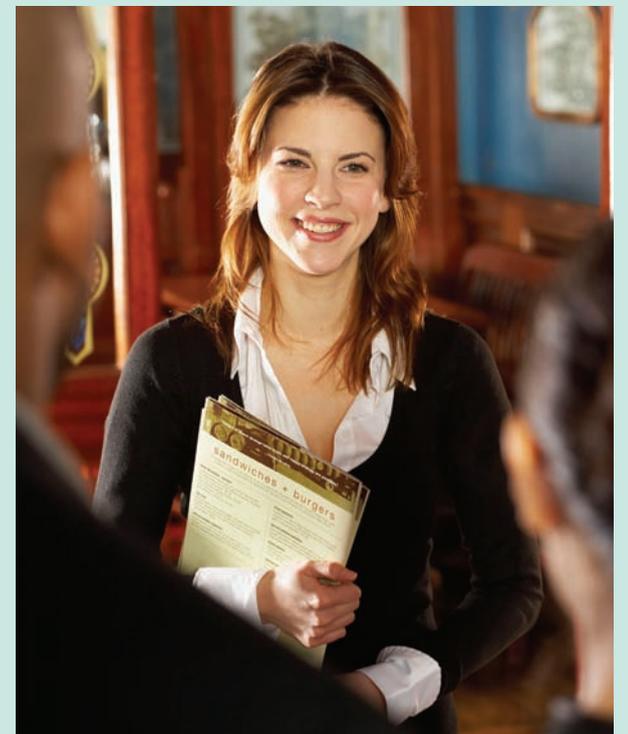
Education (Adolescence)
Education (Child Study)
Education (Early Childhood)
General Studies
Humanities
International Studies
Mathematics
Science
Social Science
Women's Studies

TECHNICAL, SCIENTIFIC AND ENGINEERING CAREERS

Automotive Specialist
Construction Technology: Architectural Technology Option
Culinary Arts
Drafting (CAD)
Electrical Technology: Electronics
Engineering Science
Fire Protection Technology/Fire Investigation
Heating, Ventilation and Air Conditioning
Hotel and Resort Management
Manufacturing Technology

Certificate Programs

Accounting Certificate
Automotive Service Specialist: Toyota Option
Business: Business Management Certificate
Business: Information Processing Certificate
Business: Retail Management Certificate
Culinary Arts: Restaurant Management
Culinary Arts: Baking and Pastry Arts
Engineering & Technology: Drafting-CAD Certificate
Fire Investigation Certificate
Heating, Ventilation, AC & Refrigeration Certificate
Hotel and Resort Management
Information Technology Certificate: Local/Wide Area Networks & Telecommunications
Information Technology Certificate: Application Development & System Administration
Information Technology Certificate: Database/Web Development & Administration
Paralegal Studies Certificate
Practical Nursing



Now Taking **Reservations** for a Career in Hotel/Resort Management

By Drew Fawcett

“There are approximately 52,000 hotels and more than 1.7 billion hotel rooms in the U.S. alone,” says Gary Wood, Assistant Professor for the Hotel and Resort Management program at Suffolk County Community College. “Even with the recent poor economic conditions that we’ve faced, now is a great time to get into this field. Both business and leisure travel are on the rebound – and somebody has to fill those rooms.”

With 20 years of experience at Marriott International, Professor Wood has a keen knowledge about the industry and the type of individual who will succeed in it. “Our best students exhibit assertive hospitality skills and deliver them in their daily lives. They are social and can relate to people in all stations of life. They are creative problem solvers who understand that they are responsible for providing a service to guests and are able to figure out what that specific need is.”

As the name implies, SCCC’s Hotel and Resort Management degree (A.A.S.) and certificate programs are designed for individuals with a career interest in the lodging and resort industries. These fields represent a wide range of businesses, from the small country inn or bed and breakfast, to multinational chains of hotels and resorts. Management opportunities exist in front-office operations, food and beverage management, banquet-meeting sales, human resources, facilities management, and more.

“We realize how important it is to get exposure within a commercial hotel environment,” says Professor Wood. “I often use my personal contacts to help arrange these internships and, in many ways, we are fortunate to be situated near high-end properties on Long Island’s east end.”

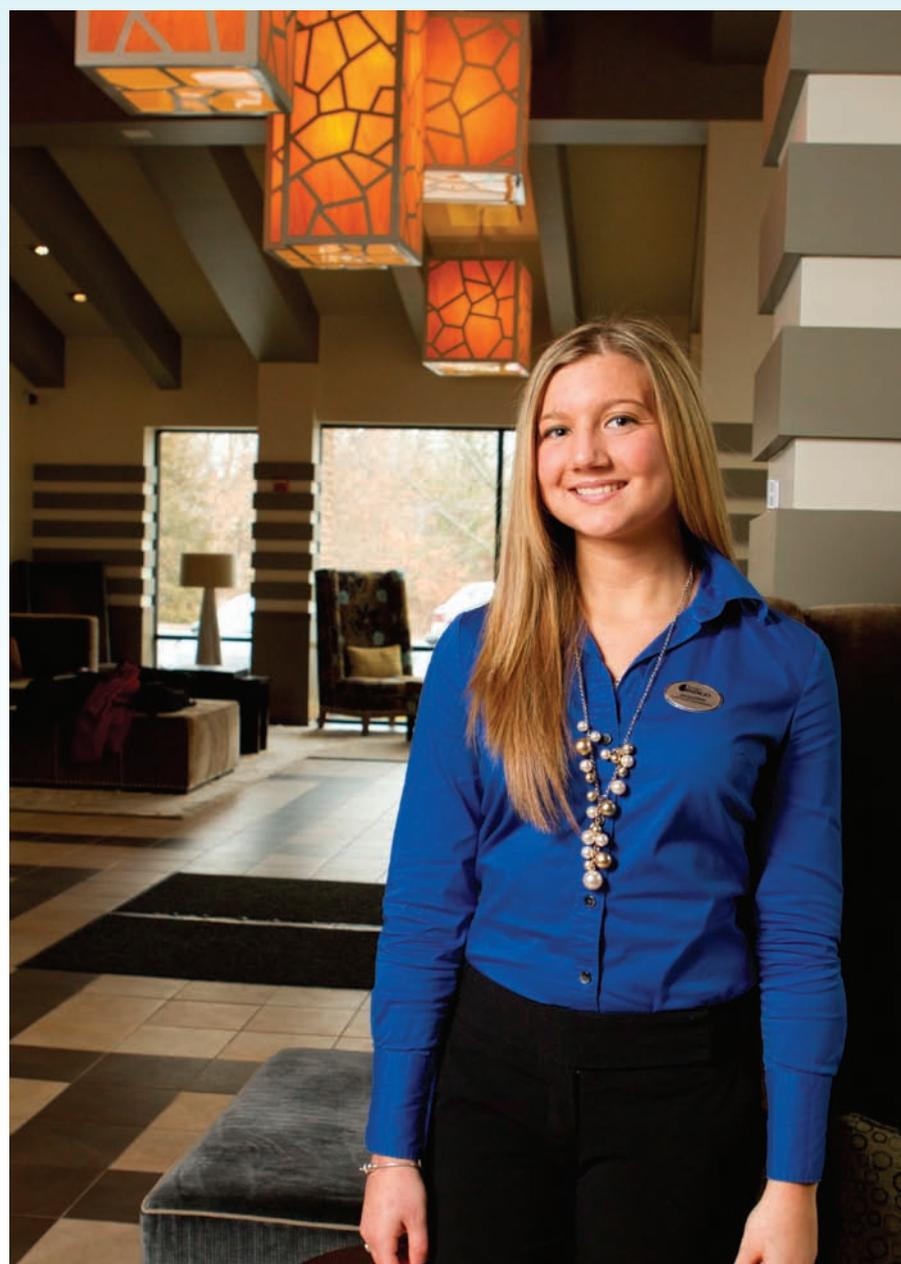
A perfect example is Jackie Albanese. Ms. Albanese originally enrolled in SCCC’s Hotel and Resort Management program because she wanted to study close to home. But after her professor arranged an introduction for her at the newly opened Hotel Indigo East End in Riverhead, she now has a position as a Guest Service Representative that may ultimately allow her to travel around the world. Hotel Indigo East End is part of the InterContinental Hotels Group, which includes seven hotel brands in 100 countries. The

Hotel Indigo East End offers a boutique experience with 100 guest rooms, contemporary indoor/outdoor poolside/fireside fine dining, and full-service corporate and special events catering.

“It’s been absolutely fantastic,” says Ms. Albanese. “Everything I learned in the program has related to real-world situations. I think because I am so well prepared, Hotel Indigo has been comfortable in allowing me to gain more and more responsibility in my position.”

Indeed, while Ms. Albanese started out taking reservations and checking guests in and out, she is now helping to create dinner floor plans for their restaurant, Bistro 72, as well as assisting in the property’s marketing and e-communications. “I am acting as a liaison with the outside ad agency and further enhancing the hotel Facebook site and e-blast capabilities,” says a proud Ms. Albanese.

In addition to an internship, students within the program receive exposure to a comprehensive mix of courses including hospitality, culinary arts, marketing and business classes to gain a broad understanding of how a hotel operates. “It really is a great industry,” says Professor Wood. “Although the hours can be long, it offers the potential to experience immediate gratification with every guest that walks through the door.”



Jackie Albanese at Hotel Indigo East End in Riverhead, NY

“There are approximately 52,000 hotels and more than 1.7 billion hotel rooms in the U.S. alone. Even with the recent poor economic conditions that we’ve faced, now is a great time to get into this field. Both business and leisure travel are on the rebound – and somebody has to fill those rooms.”

Gary Wood, Assistant Professor, Hotel and Resort Management program, Suffolk County Community College

Top 10 Career Trends of the Decade

Workwise, the 21st century started out with a shudder

Today's job seekers face a workplace and job market that have changed dramatically in the past decade. Experts assess the changes: some good, some bad, some a little bit of each.

Students want to know what majors are in demand and what a typical entry salary would be. Security is uppermost in their minds.



BAD:

Less satisfaction, more uncertainty

1 The job market is more volatile

The decade that started in 2000 began with one of the best job markets ever for job hunters, especially in fields like technology. It ended with the country in a deep recession. In between, the job market vacillated between being a buyer's market and a seller's market. "A lot of things have gotten more extreme," said Joyce L. Gioia, strategic business futurist and president and CEO of The Herman Group. This "seesawing" trend in the job market is one of them.

2 Job satisfaction has dropped

In fact, according to the Conference Board, it's the lowest it's been since they started measuring it. The low marks are especially striking for workers under age 25, says John Gibbons, director of employee engagement research and services for the Conference Board.

3 Workers have less job security

"Companies move their workforces up and down much more fluidly," said John Challenger, CEO of global outplacement firm Challenger, Gray & Christmas. "It leaves all of us more vulnerable to instant job loss, especially in times of recession."

GOOD:

More freedom, more innovation

4 Work is more flexible

Non-traditional hours and working from home are very popular with workers, Gioia said. Some employers are still more flexible when it's difficult to find workers—but others have embraced workplace flexibility no matter what the job market is like.

5 There's less stigma to losing a job

The upside to the lack of job security is that workers who are laid off are less likely to have their peers—and future employers—assume they were doing a bad job. "I think we've entered into an era of no-fault job loss," Challenger said. "People lose their jobs in downsizings even if they're performing OK."

6 Innovation is on the rise

More companies are realizing that innovation is the key to their success, Gioia said. "Either they will innovate or they will be an also-ran," she says. This means they are more open to new ideas from employees.

IT DEPENDS:

Fashion, free-agents and focus

7 More work is temporary

"We continue to see growth in short-term assignments and project work," Challenger said. For workers who feel that they have been forced into temporary work, this is a negative trend. But some workers appreciate the flexibility, and it's increasingly possible to make a living doing project-based work in some fields.

8 Dress codes are in flux

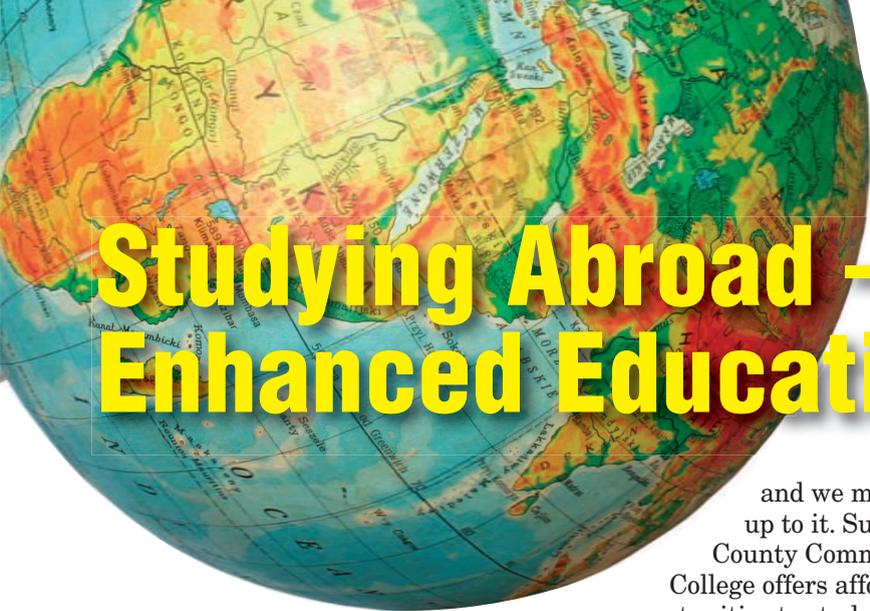
The decade started out with much more casual dress in the workplace, then swung back to a more traditional tone. Today, "everything is kind of mixed up," Challenger said. Workers have to take a cue from those around them: Some workplaces are more formal and others are casual. Gioia said both casual and formal workplace dress have gotten less extreme: "I'm not seeing people wearing tank tops and bare midriffs anymore, but at the same time I'm not seeing a return to suits and stockings and heels."

9 Technology lets workers do more

Now that workers can check their e-mail from the beach and log into the corporate network from home, they are more productive. Companies are also expanding workers' jobs to include a wider range of tasks. "It's a very narrow line that businesses need to walk between the notion of job enrichment and job enlargement," Gibbons said. Having expanded responsibilities can be a good thing—unless it feels like you're just being asked to do two jobs for the price of one.

10 Career choosers focus on the practical

As the cost of education has sky-rocketed, students have focused on the careers where they are most likely to find a job and earn a good salary, said Susan Walter, counselor and career services coordinator at Monterey Peninsula College in Monterey, Calif. "Students want to know what majors are in demand and what a typical entry salary would be. Security is uppermost in their minds." This probably means more students will be able to pay back their student loans, but it also could mean some don't even try to get the job they really want.



Studying Abroad – Setting off on an Enhanced Educational Experience

By Mary M. Feder

Studying in another country is not just an adventure, it's a smart move for securing your future. Today's job market is global. We are bombarded with competition from abroad

and we must be up to it. Suffolk County Community College offers affordable opportunities to study abroad and experience life in another country.

This summer, SCCC's Office of General Education is offering Study Abroad opportunities in Santiago de Compostela, Spain; Sorrento, Rome and Florence, Italy; Quebec, Canada; and London, England. Courses include: Culinary Arts, Italian and Spanish languages and cultures, International Law and International Business, Comparative Social Systems and Theatre. SCCC is also supporting several nursing initiatives that send nursing faculty and students to underdeveloped areas of Latin America. All of these programs offer an opportunity to expand one's world view, while enriching one's educational experience.

"The opportunity to study abroad is one that should not be missed. The experience will change your life and will be with you forever," says Richard Britton, Associate Dean for General Education.

Employers are looking for graduates with a world view. We are no longer only competing with graduates from other schools in other states. The competition is with graduates from around the world. Studying abroad can be that key item on your

resume that will single you out as an achiever. It can tell a prospective employer that you have a broader horizon than the average candidate and that you see the world from an enriched perspective.

Study Abroad participants have exclaimed:

"The experience in Spain is out of this world! It can happen once in a lifetime, no matter how old you are."
– Laura Haller, 2009

"Culture, family, education, friendship and fun, how can it get any better!" – Brian Barber, 2009

"It changed my life!" – Joe Carrai, 2010

For further information about the SCCC Study Abroad Programs, visit sunysuffolk.edu/CareerFocus or call 631-451-4100.

Benefits of Studying Abroad

- Improve foreign language skills
- Enhance your resume
- Develop a better understanding of the world and its cultures
- Expand career opportunities
- Interact with people from different cultures
- Improve your world view

It will change your life!

"The opportunity to study abroad is one that should not be missed. The experience will change your life and will be with you forever."

Richard Britton, Associate Dean for General Education, Suffolk County Community College



Yes, You Can

How to recognize your value

By Drew Fawcett

Given the choice between hiring two equally bright candidates—a shiny, happy person or a negative sad sack—who would you choose? It's a no-brainer; individuals exuding self-confidence – faith and trust in their abilities – are those we want to be around and hire.

Lynne Sarikas, director of the MBA Career Center at Northeastern University's College of Business Administration says, "When a candidate doesn't show an ounce of confidence, I may feel terribly sorry, but I can't hire them. We tell students, 'You are selling yourself in interviews. You can't do this effectively if you don't believe in yourself.'"

Marilyn J. Sorensen, Ph.D., a clinical psychologist and author of *Breaking the Chain of Low Self-Esteem*, says a lack of self-confidence can be a symptom of low self-esteem, a condition where a person mistakenly believes that they are inadequate, unlovable, unworthy or incompetent. This way of thinking only increases a job seeker's fear of making a mistake or failing – and plunges their level of self-confidence.

Both note that while cascading job loss, financial strain and depression may erode the confidence of the most optimistic person, it doesn't change the fact that people still want to hire capable, confident people.

What to do if you're unemployed and suffering a confidence crisis? Help is closer than you think.

Eliminate the negative, accentuate the positive

Sarikas and Sorensen believe self-confidence is an inside game, one

While cascading job loss, financial strain and depression may erode the confidence of the most optimistic person, it doesn't change the fact that people still want to hire capable, confident people.

where you must take action to change your thoughts. The first step for the confidence-challenged, says Sorensen, is to diligently edit negative thoughts and only allow authentic self-statements based on fact, truth or history in order to eliminate inaccurate, self-defeating thoughts and behaviors.

In other words, when you think, "I'm an unemployable loser," remember that you have been employed and the contribution you made: "I had a job and I was a reliable, hard-working employee. I'll have a job again."

Both recommend taking stock and writing down your positive traits (Are you honest, funny, cooperative, sincere?), your successes and examples of situations in which you overcame adversity. If you feel your job loss was because of your own negligence, acknowledge it and move on. Rehashing and self-recrimination are cold, comfortless companions.

Can't recall what's so great about you? Ask a friend, former coworker or manager to jog your memory or supply appreciation or recommendation letters. Reference your list and collection of credentials and endorsements often to maintain your self-appreciation. It may sound silly, but no more so than living in your head thinking about how unemployable and unlikeable you are – and far more productive.

Take a break from you

Obsessive thinking about you and your situation won't restore confidence. Sometimes you need to unplug the thinking-about-me machine and make a contribution to others to release yourself from fear and doubt. Being conscious of others' needs and doing something to make a positive difference can help you rediscover your usefulness and well being.



That's why experts recommend volunteering or seeking no-cost ways to be of use while between jobs. Serve breakfast at a soup kitchen once or twice a week or rake leaves for an elderly neighbor. Doing small acts of kindness have a way of getting negative thoughts out of our heads and putting self-affirming ones in their place.

Prepare and practice

How to boost your confidence pre-interview? Sarikas says preparation and practice are key. She suggests thoroughly researching the company and your interviewers. Consider questions you're likely to be asked and your responses. Prepare your own questions and list examples of your work or experiences relevant to the position. Sarikas also suggests anticipating questions such as, "Tell me about a time you had conflict and how you resolved it?" or, as the iconic interviewer Barbara Walters once queried, "What kind of tree would you be?"

"It's understandable that a job-seeker in this market can feel depressed," says Sylvia Camacho, Director of Career Services at Suffolk County Community College's Ammerman Campus in Selden. "But that person really has to believe that the next job interview is going to be the one – and then do the research needed to make it happen."

Ask friends to practice interviewing with you and give you feedback about your performance. Before interview time, ask a friend or mentor for a personal pep rally and then pump yourself up with accurate, positive self-talk. Sorensen adds the importance of taking time to review your list of factual and truthful statements and historical record of successes.

Ms. Camacho also adds that people need to practice smiling. "It may sound like something small but remembering how to smile can be a difference maker," she says.

What's Your Confidence Quotient?

Genuine self-confidence takes courage

Take this quiz to see if you know how to hold on to your self-confidence after a job loss.

1 The best strategy to get your confidence back after a job loss is to:

- a. Acknowledge the loss and give equal time to assessing how you did or didn't contribute to the situation.
- b. Tell everyone about your bad break and rotten former employer. They are certain to agree with you and you'll feel so much better.

2 To accurately assess your positive traits:

- a. Find a list of positive affirmations, look in the mirror and say them out loud to yourself each day.
- b. Write down the things you know that are undeniably good about you. Ask a friend or coworker to jog your memory if you need help.

3 The best thing to do just before going into a job interview is to:

- a. Remember all your authentic positive traits and experiences.
- b. Think about all the mistakes you've made so you won't make them again.

4 You've scored an interview! What should you do to get ready?

- a. Nothing. They've seen your resume and they want you. Job, here you come!
- b. Get your Google on and learn all you can about the company and interviewer.

5 It's been a while since you've lost your job, you've had several dead-end interviews and are feeling desperate. The best thing to do is:

- a. Take some time to help a friend or volunteer a few hours a week.
- b. Continue to make your job hunt your first priority. The harder you work at it, the more likely it is you'll find a job.

Answer Key

Give yourself one point for each correct answer.

1-a. Job loss, currently impacting millions across the nation due the economic downturn, is consistently listed as a top stressor. Personal factors – excessive tardiness or absenteeism or being unfocused at work – can be other reasons behind losing a job.

Sorensen suggests not taking your job loss personally if you didn't do anything wrong. However, if you did play a part, you must be willing to take an honest look at yourself. She suggests writing about why you think you lost your job and what you did rather than ruminating about it in your head. Having the facts written down will help you move on.

2-b. Generic affirmations, such as "I'm a good person," feel and sound absurd for a reason: They are non-specific and lack authenticity. Sorensen says true confidence comes from acknowledgment of one's specific, genuine positive attributes. Unsure of yours? She recommends asking others for help when compiling a positive inventory.

They are often able to remind us of our good qualities when stress inhibits our memory.

3-a. No one can take away your undeniable positive attributes and experiences. Dwelling on past mistakes or situations that you feel didn't work to your advantage are bona fide confidence killers.

4-b. People are undeniably more interested in learning about you when you take an interest in them. As Dale Carnegie, author of *How to Win Friends and Influence People* said, "You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you."

You show your respect and interest when you take the time to learn about your hoped-for employer and interviewer. The bonus is you go to your interview prepared for an intelligent discussion, a key confidence booster, according to Sarikas.

5-a. While it's important to continue researching and applying for jobs, obsessive job hunting and non-stop networking can exhaust you and wreak

havoc on your confidence. Certainly spend time each day on your search, but take a break and help others if you find yourself feeling inadequate and frustrated.

It can be the best thing you can do to help yourself. Why? Because being of service gives your life meaning. It's a reminder that while you may currently feel impotent career-wise, you still have purpose and power in your ability to be useful to others – a sure-fire nutrient that will make your confidence bloom and grow.

Scoring

4–5 points: Well done! You've got what it takes to shine.

2–3 points: Not bad, but understanding and employing some confidence raising tactics may help you enhance yours.

0–1 point: Time for a confidence makeover. Consider asking a friend or mentor to help you in your quest for improved self-confidence.

Be here now

Focus is the watchword for confident interviewing. Sarikas says it's important when interviewing to believe that this is the best place for you to be at this point in time. Don't think about how long you've been unemployed, how you need a job or your competition.

Take the heat off by being attentive to and interested in those interviewing you. Be yourself and don't apologize for what you are not. After all, it's generally not who you are that holds you back, it's worrying about who you think you're not. Be the best you can be and the rest will take care of itself.

Power Up or Reboot With a Career in Computers

By Mary M. Feder

At Suffolk County Community College, students looking to explore the exciting computing field can choose Computer Science or Information Technology. Plug in to determine which field is most appropriate for you.

Computer Science

Computer Science (CS) is the study of the theoretical foundations of information and computation and of the practical techniques for their implementation and application. The program is designed for those who intend to continue their studies at a four-year institution after SCCC. Students may explore topics such as programming principles, computer architecture and organization, data structures, software engineering, and algorithms.

“The education and training offered here is local, but there is a national push underway to promote and

heighten awareness about the computer science field,” said Ben Chen, Assistant Academic Chair and Professor of Computer Science and Information Technology at Suffolk County Community College. “We need to inspire the best and brightest to go into computing. There are deep and challenging problems that can be solved by the next generation.”

Information Technology

SCCC students can also enroll in the Information Technology (IT) program. This program is ideal for those who are interested in the application of computer hardware and software. Courses include Windows and Linux operating systems, networking infrastructures, CISCO, database administration, Java programming, and Android programming. An IT major prepares students for a variety of careers including computer repair and troubleshooting, database management, networking, Internet security, help-desk/technical support, systems analysis, systems administration,



“We need to inspire the best and brightest to go into computing. There are deep and challenging problems that can be solved by the next generation.”

Professor Ben Chen, Assistant Academic Chair and Professor of Computer Science and Information Technology, Suffolk County Community College

application development, and Web development. It also helps students prepare for certification tests such as A+, MCSE, MCP, CCNA, and RHCE. Students interested in a career change may also take advantage of our one-year certificate program to focus on a group of core IT courses. The capstone course – “Internship: Cooperative Education for the Computing Technology” – allows students to get hands-on experience by working with local employers such as hospitals, Federal and State courts, local governments, school districts, and various high-tech companies in computer security, aerospace engineering, and networking management. SCCC’s graduates have secured employment or internships in the U.S. Marshals office, local school districts, and many cutting-edge IT companies.

Employment Outlook

According to the 2010-11 Occupational Outlook Handbook produced by the U.S. Department of Labor, Bureau of Labor Statistics, employment for Computer Network, Systems, and Database Administrators is projected to grow much faster than the average for all occupations and add 286,600 new jobs over the 2008-18 decade.

“Careers for majors in this field continue to be promising and students can be assured that with the training they receive at Suffolk, combined with the guidance and expertise of faculty and staff, they

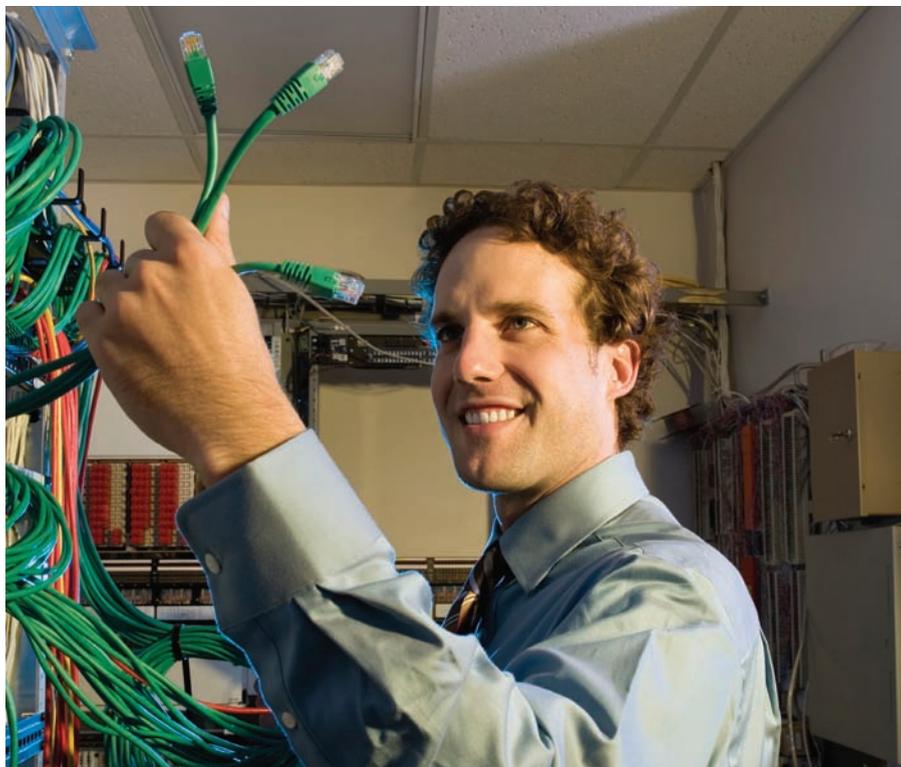
will be well-prepared for their post-graduation experience,” says Professor Chen.

Why Studying at SCCC Makes Sense

At SCCC, students can study in small class settings, get to know their professors and earn their associate degree before transferring to a highly rated four-year college or university to pursue their bachelor’s degree.

After 15 years as a pastry chef, Daniel Belanger decided to attend Suffolk County Community College to change careers to the information technology field. “Suffolk was a great place to start my new career in Network Administration. The professors were very knowledgeable in their field and they were willing to help me further my goals by connecting me with others who could offer job opportunities. Through the knowledge I gained in both my classes and my college internship, I was able to get the perfect job soon after graduation,” he says.

“Suffolk County Community College has become an economic development catalyst for our region especially in the area of information technology. The College’s faculty and staff are engaged in the job of guaranteeing that students receive the education and training they need to succeed. That is what makes it a great place for our students,” says Professor Chen.



A Career in Human Services Helps You Help Others

By Mary M. Feder

When Crystal Shepard joined Suffolk County Community College as a liberal arts major, she thought she would be taking her first steps toward a law degree. However, after one human services class, she was hooked. “Right away, I knew that this was my chosen field,” she says smiling.

After working in the community for many years, Jose Wilson Montoya knew Human Services was the career path he wanted to pursue. “Finally, I decided to return to school for a degree in Human Services as

The U. S. Bureau of Labor Statistics predicts social work and human service positions to be among the most rapidly growing employment opportunities – increasing by 23% through 2018.

an adult student,” he remembers fondly.

With a degree in Human Services, you can become an advocate, youth worker, mental health aide, or case manager. You can work in schools, prisons, government agencies, and nonprofit groups. You may choose to go on to a four-year school for further education in social work, human services or psychology. Some students find themselves drawn to this field immediately while others

find the career first and come back to educate themselves. Either way, the call to help others can lead to a very fulfilling career.

Making Positive Changes in People’s Lives

“Human services professionals are on the front lines in serving and caring for those who are most vulnerable,” says Maureen Bybee, Assistant Academic Chair and Program Coordinator at Suffolk County Community College. “Everyone faces rough times in life and sometimes needs a hand getting back on track. At Suffolk, the Human Services Program prepares you to be an effective helper.”

The Human Services Program at SCCC also teaches students how to apply professional helping methods in a broad range of settings including social services agencies, healthcare agencies, mental health facilities, and more. With this degree, students will develop leadership and interactional skills to better support the people in their local community.

While in the program, students learn about human behavior and systems. They learn how human biology, psychology, and social forces influence each other and impact people. They also learn ways to help people meet their physical, mental, and emotional needs. Through courses in social welfare, psychology, and biology – among other disciplines – students develop skills

in critical thinking, communication, and problem-solving.

“Because of the professors and the intensive preparation they provide, the program was incredibly beneficial. Social work is not easy but Suffolk gives you the tools you need to start working right away or to continue your education for further degrees,” says SCCC alumnus, Jose Wilson Montoya, who has already achieved his bachelor’s degree and is currently working for Suffolk County Department of Social Services as an examiner in client benefits.

Great Career Prospects

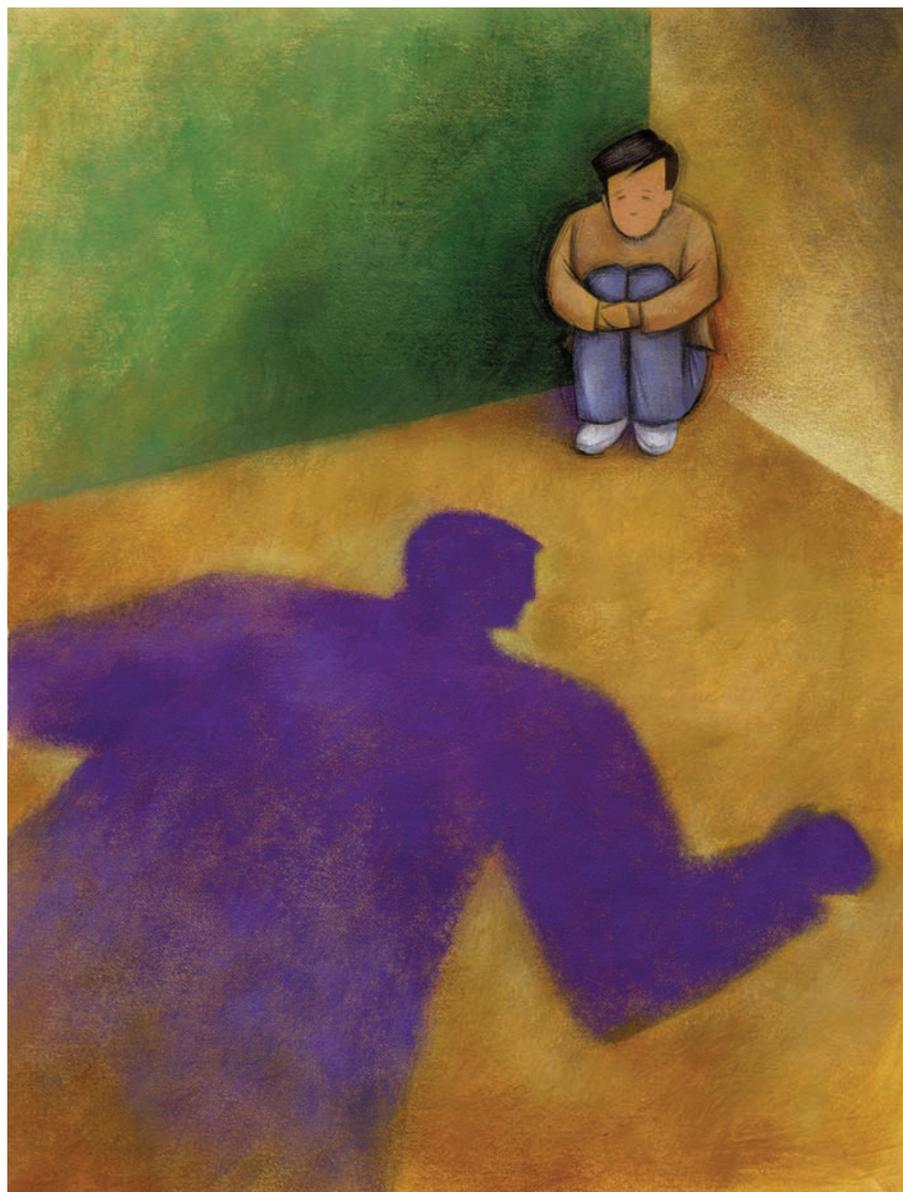
The U. S. Bureau of Labor Statistics predicts social work and human service positions to be among the most rapidly growing employment opportunities – increasing by 23% through 2018.

“Suffolk offers a professionally supervised internship in your final two semesters of study, which helps students get their foot in the door with many organizations in the local area,” notes Professor Bybee.

Through their affiliation with the program at SCCC, many students have found employment with organizations including: Mercy Center Ministries, Federation of Organizations, Madonna Heights, Family Service League, Sayville Project, Suffolk County Department of Social Services and more.

For more information, please visit sunysuffolk.edu/CareerFocus or call 631-451-4100.

With a degree in Human Services, you can become an advocate, youth worker, mental health aide, or case manager. You can work in schools, prisons, government agencies, and nonprofit groups.



Manufacturing a Better Career

By Drew Fawcett

“Despite the recent economy and a general misperception about the vitality of the manufacturing industry, students graduating from our program won’t have any problem landing a good job,” says Dr. Randolph Manning, Associate Dean for Business and Technology at Suffolk County Community College’s Michael J. Grant Campus in Brentwood, New York.

SCCC’s A.A.S. program in Manufacturing Technology is designed to prepare students with strong mechanical skills for rewarding careers as highly trained machinists, manufacturing operators and managers, engineering-design team members, and computer numeric control (CNC) programmers. Students receive training in a new 18,000 square-foot Workforce Development and Technology Center that simulates a machine shop of the 21st Century -- clean, well-lit and computerized to keep expensive, high-tech equipment running smoothly.



“On our end, there’s a huge demand for people who understand the manufacturing process and how it integrates into the overall production of what we do,” says Gregg Aramanda, Vice President for New Business at Edgewood-based CPI Aero, a rapidly growing public company that is engaged in the contract production and assembly

of structural aircraft components for clients including Boeing, Northrop Grumman, Gulfstream, Lockheed Martin, Sikorsky, the U.S. government and more.

“We need about two dozen new employees for this year alone and we are projecting another 40 to 50 people in the next couple of years,”



says Mr. Aramanda. “Suffolk’s Manufacturing Technology program provides its students with the kinds of advanced skills and training that we will need to continue our growth.”

So what kind of person should consider a career in manufacturing technology? Both Dr. Manning and Mr. Aramanda agree that it starts with an interest in technology and a natural curiosity of how things work. “For one thing,” says Dr. Manning, “today’s manufacturing environment is quite different from where it once was. Employers need skilled people who know how to use both their hands and their heads.” Adds Mr. Aramanda, “It also helps to have an ability to understand ergonomics and appreciate spatial relationships.”

For enrollment information about SCCC’s Manufacturing Technology program, please call 631-451-4100 or visit www.sunysuffolk.edu/CareerFocus.

A Grande Experience for HVAC/R Students

By Drew Fawcett

“We have amazing learning facilities,” says Eugene Silberstein, lead instructor for Suffolk County Community College’s Heating, Ventilation, Air Conditioning and Refrigeration (HVAC/R) program. “However, there’s nothing like providing students with real-life, on-the-job experiences – especially at a world-class resort.”

Mr. Silberstein is referring to the Marriot Grande Vista Orlando. Set on 200 acres with close to 1,800 rooms and villas, it is where Mr. Silberstein and 14 of his students were stationed for a week this past February. As part of their Systems Design class, Mr. Silberstein led his students through a comprehensive hands-on energy audit of the facility. The experience gave students first-hand knowledge of how energy systems really work in a commercial application and, at the same time, provided the Marriott Grande Vista with a comprehensive proposal that

detailed tangible ways in which they can save energy and money.

“Introducing the HVAC/R class into our real world operation was a positive catalyst,” says Troy Asche, Florida/Caribbean Regional VP of Resort Operations for Marriott Grande Vista. “Their professionalism, energy and passion were only surpassed by the desire to learn and diagnose our current systems. Marriott’s interest is to continue this valued relationship with the hopes of one day adding some of these talented students to our ranks.”

SCCC offers both a certificate and an associate degree in HVAC/R. Students receive a thorough understanding and working knowledge of the theory and practical applications necessary



for superior systems operation.

Graduates can install, maintain, and repair equipment and accessory units for commercial, residential and industrial usage.

Data from the Department of Labor indicates that almost half of the HVAC/R industry is eligible to

retire in the coming decade. Not surprisingly, the industry is looking to recruit and train more than 60 percent of the current workforce during this period. The local average yearly earnings for HVAC/R techs are \$31,000 to \$43,000. Those operating their own businesses can make much more. Job placement for recent SCCC graduates has been exceptional.

SCCC's Interior Design Program Gets a Makeover

By Drew Fawcett

When you walk into a home or office, do you notice if it's a welcoming space? Are you intrigued by the use of color, textiles, wall coverings and furnishings? If so, there may be a great career in store for you at Suffolk County Community College because their A.A.S. in Interior Design just got even better.

"Interior design is a growing industry and as it evolves, so does our program," says Laurie Lizak, Professor of Interior Design at SCCC. "We have added exciting new classes that develop technical skills and aesthetic principles essential for creating and planning interior spaces in a wide variety of applications."

Of particular note are courses that have been designed with an eye toward new and emerging career opportunities. "Initially, the program was created to train individuals for



the "home" industries, primarily at the retail level: carpeting, window dressing, textiles and furniture," says Professor Lizak. "But today there are so many new areas for interior designers to consider." Courses such as "Interior Textiles and Finishes" and "Kitchen and Bath Design" prepare graduates to apply newfound skills in applications ranging from designing for showrooms to healthcare facilities to television and media rooms, just to name a few. In addition to the staples of residential and commercial interior design, a sampling of specialty fields includes:

Green Design:
Also referred to as "eco-design," sustainable design is

the art of designing furnishings, buildings and products that are made with renewable resources that do not harm the environment. Many consider this to be the fastest growing design segment in the home furnishings industry.

Design for an Aging Marketplace: With more than \$2 trillion in spending power, affluent baby boomers will be building and/or buying second homes near beaches, golf courses and in the mountains. According to Cathy Whitlock, author of *Re-Design: New Directions in Your Interior Design Career*, they will be "... caring for aging parents as well as facing concerns over their own retirement." Accordingly, they will be looking for user-friendly homes that meet the ergonomic needs of older people who want to remain active.

Media and Entertainment Environments: Industry experts say that existing and new homes will continue to include home theatres into their living areas. In addition, design plans will incorporate "Smart Home" automation for the convenient and energy-efficient control of computers, technology, light and climate-control systems, and security and surveillance systems.

A capstone of the program is the new course, "Interior Design Portfolio and Assessment." It provides students with the skills and guidance necessary to create an interior design portfolio in both a manual and digital format. It also provides a comprehensive overview of the content needed to pass the National Council for Interior Design Qualification (NCIDQ) certification.

More than 66,000 people are employed in the interior design industry. Salaries will vary from state to state and are dependent upon economic conditions, the housing market and other variables. According to Ms. Whitlock, starting salaries range from the mid-thirties to the low forties and will be higher in or near metropolitan areas like New York. "Designers in large commercial firms tend to make more money," she says. Depending upon the level of skill and success, designers who own their own business can "...make up to \$120,000 or higher." According to Indeed.com, the following are average NY-metro area salaries in the interior design field:

- Interior Designer – \$77,000
- Senior Interior Designer – \$99,000
- Kitchen Designer – \$56,000
- Junior Architectural Designer – \$58,000

For more information about SCCC's Interior Design program, please call 631-451-4100 or visit www.sunysuffolk.edu/CareerFocus.

"Interior design is a growing industry and as it evolves, so does our program. We have added exciting new classes that develop technical skills and aesthetic principles essential for creating and planning interior spaces in a wide variety of applications."

**Laurie Lizak, Professor of Interior Design,
Suffolk County Community College**

Green Careers in Renewable Energy

By Drew Fawcett

As a “green” workforce revolution grows, Suffolk County Community College stands ready to help train today’s workers for tomorrow’s clean energy jobs through its Pathways to Opportunities Within Energy and Renewables (POWER) program. Serving close to 100 students through SCCC’s Office of Continuing Education, the program provides the following job skills training in renewable energy and energy efficiency:

- LEED Green Associate
- Solar Technology/Photovoltaic Equipment Installer
- Energy Rater/Auditor

“This is an opportunity to become proficient in an emerging field.”

Nina Leonhardt, Associate Dean for Continuing Education, Suffolk County Community College

LEED Green Associate training will prepare participants to take the Green Associate exam, which is the first tier in the LEED credentialing process. The training will provide background in sustainability and green building principles.

Solar Technology training will cover basic solar energy principles, photovoltaics and solar panel installation. The training will meet the basic educational requirements for the North American Board of

Certified Energy Professionals (NABCEP) PV Installer certification.

Energy Rater training will cover the basic principles of building science, efficacy of building and insulating materials and energy

efficiency. Hands-on efficiency testing experiences will be provided. Companies that perform home efficiency analysis must now be certified in Suffolk County.

“This is an opportunity to become proficient in an emerging field,” says Nina Leonhardt, Associate Dean for Continuing Education. “The high price of fossil fuels makes training in these career pathways priceless.” A “Green Recovery Report” issued by the Political Economy Research Institute (PERI) indicates that a significant investment now will create at least 2 million jobs in the fields of energy efficiency and renewable energy.

Students who are accepted and enrolled will be able to participate free of charge. Returning veterans and displaced workers are strongly encouraged to apply. All programs require a high school academic diploma or GED. Those without this credential will be enrolled in a GED program of study prior to participating in a career program. Upon successful completion of a training program, SCCC will award a certificate of completion and will maintain a continuing education transcript for each participant. In addition, participants will be encouraged to obtain a portable, nationally recognized credential.

For more details, please call 631-451-4100 or visit www.sunysuffolk.edu/CareerFocus.



Achieve the 4 Cs

Everyone needs these core traits to succeed

If you want to get ahead at work or land a good job, you need four Cs.

No, we don't mean your grades should be average – far from it. We mean your crucial traits must include a mastery of the 4 Cs – communication, collaboration, critical thinking and creativity.

Count to four

Those four traits will become increasingly important to employers in the years ahead, according to a recent American Management Association survey of 2,115 managers. They are foundational skills that will help you win work and win promotions.

The 4 Cs “pretty much apply to anyone’s job,” and will stay with you when you move up, says Manny Avramidis, the American Management Association’s senior vice president of global human resources. They will work for security guards, securities analysts and CEOs.

The AMA defines the 4 Cs this way:

- **Communication** refers to the ability to effectively express ideas in writing and in speech.
- **Collaboration** means the ability to work with others who may be different from you or have different points of view.
- **Critical** thinking is the ability to make decisions, solve problems and take appropriate action.
- **Creativity** refers to being innovative and using your imagination to see what’s NOT there and to make something happen.

Why they matter

The 4 Cs are growing in significance because of the pace of change in business and the amount of work that must be accomplished in teams. “I can see them become increasingly more important because the world is getting smaller and smaller,” says Avramidis, who oversees the hiring and development of some 1,000 AMA staffers around the world.

communication
collaboration
critical thinking
creativity



They are important enough that three-quarters of managers already have started measuring their current staff’s communication skills, critical thinking and collaboration during performance reviews. In about half the cases, workers were considered “only average” in communications and creativity and innovation, the AMA research found.

The 4 Cs and similar lists have been called crucial by other organizations including the Society for Human Resource Management. Yet two-thirds of human resources managers say some new workers lacked critical thinking, self-direction, overall professionalism and written communications skills, all of which are on SHRM’s core competencies lists.

“Being a subject-matter expert is not enough, particularly in a down economy,” says Margo Rose, whose career in human resources has led her to jobs in social media, recruiting for a Cincinnati law firm and establishing Hire Friday on Twitter. “Critical thinking is so important. I define critical thinking as looking at an issue from lots of different viewpoints and... making an informed decision. If (job hunters) can convey that in a job interview, they’re going to be heads above the rest.”

Learn how

Start by grading yourself on your 4 C skills. Then ask a former boss or coworker to be brutally honest in assessing you, too. Spend time thinking of occasions when you came up with novel solutions or built a bridge with your words. That will give you some target areas in which you can increase your strengths and reduce weaknesses.

If you’re trying to add more of these into your life and your resume, jump into some activities, such as the debate team or the international business round table or a new fundraiser for your favorite charity.

Here are four other approaches, shared by Avramidis:

- Join activities that require communication and collaboration, and then document them on your resume.
- Choose classes where the professor has built the 4Cs into the coursework, and stay away from basic lecture classes where you never use them.
- Grab an internship or part-time job to learn in an environment similar to one you may land in full time later on.
- Develop your skills using some new communication tools, whether IM or ShareSlide or a social network related to your field. But remember: You need to be able to talk face-to-face too.

Though all four skills are important, effective communication really is crucial at every age and stage of a career. And just because you can talk for hours with your friends does not mean you’re connecting with the hiring manager who’s 15 years older than you – or 15 years younger.

Employers also appreciate seeing the 4 Cs woven into your resume and your experiences. Critical thinking combined with communications and creativity means an individual stands out as “a problem solver...finding solutions no one else has even thought of,” says Rose. “That’s going to be a tremendous boon to your career.”

Alumna Profile - Class of 1993

From SCCC to Hollywood

Christine Bieselin Clark

By Mary M. Feder

Christine Bieselin Clark started her career in theatre while studying at Suffolk County Community College in 1991. During her second semester in the Theatre Arts curriculum, Charles Wittreich, Director of Theatre, saw promise in the freshman student and referred her for a summer stock position at Pennsylvania Centre Stage in their Costume Shop. The stage was set and, after earning an A.S. in Theatre Arts with Distinction in 1993, Ms. Clark embarked on her career journey in costume design.

While working as the Costume Shop Manager for the College of Charleston in South Carolina, Christine served as Costume Designer for many southeastern regional theatre productions including: *All in the Timing*; *Raised in Captivity*; *Oliver!*; *Arsenic & Old Lace*, and *Girls Guide to Chaos*.

In 1998, Christine traveled west to Los Angeles and began translating her costume design talents to feature films. In 2001, Christine became a proud member of the Costumer Designers Guild (CDG). Her costume design credits include



Christine Bieselin Clark with Angela Lansbury

the recent Disney 3D feature film, *Tron Legacy* (as Co-Costumer Designer). Christine has also worked as the Assistant Costume Designer on *Watchmen*; *300* (nominated for a 2008 CDG award); *Babel* (nominated for a 2007 CDG award); *In Her Shoes*; *Shall We Dance?*, and *Sky High*.

Reflecting upon her success, Ms. Bieselin Clark recalled all of the support she received from her SCCC

professors and how they encouraged her to take on challenges far outside of her comfort zone.

“Never listen to anyone who tells you that your goals are out of reach,” Ms. Bieselin Clark notes. “At Suffolk, I learned that success is attainable for everyone if you work hard and stay focused.”

For more about SCCC’s Theatre Arts program, please call (631) 451-4100 or visit www.sunysuffolk.edu/CareerFocus.



Q&A with Christine Bieselin Clark Co-Costume Designer for *Tron Legacy*

Q: Creating the suits for *Tron Legacy* must have been quite a challenge. How did you take the suit from a computer design to a physical presence?

A: We started with a Photoshop illustration of everything. When we got the body scans, we took our 2D illustrations and made them into 3D right on top of the actors’ bodies – like topographical mapping. Then we did mini outputs called prints, which are 12-inch scale models in resin. We use those to make sure all the details are right. After that, we created a life-sized output. We broke it in half, torso and legs, and did a computer numerical cutting (CNC) of that in foam. We take the whole suit, all of the data, and we put a big block of foam in the machine and cut out the shape of the suit. Then we made molds off of that and injected our molds with foam to make the suits. That life-sized outputting process has never been done on this scale before. Prior to this, no one had ever been able to successfully do a foam latex suit with rapid outputting. We’re blazing trails on *Tron*.

Q: The suits light up! Did you know right away how you were going to do the lights for the suits?

A: The answer is a resounding no. We were completely freaked out by it. We had no idea if technology would be able to satisfy what the filmmakers needed – lights that can move and stretch and not break. Putting lights on moving bodies with a self-contained power source had never been done before.

Q: Why did the suits need lights at all? And how do they work?

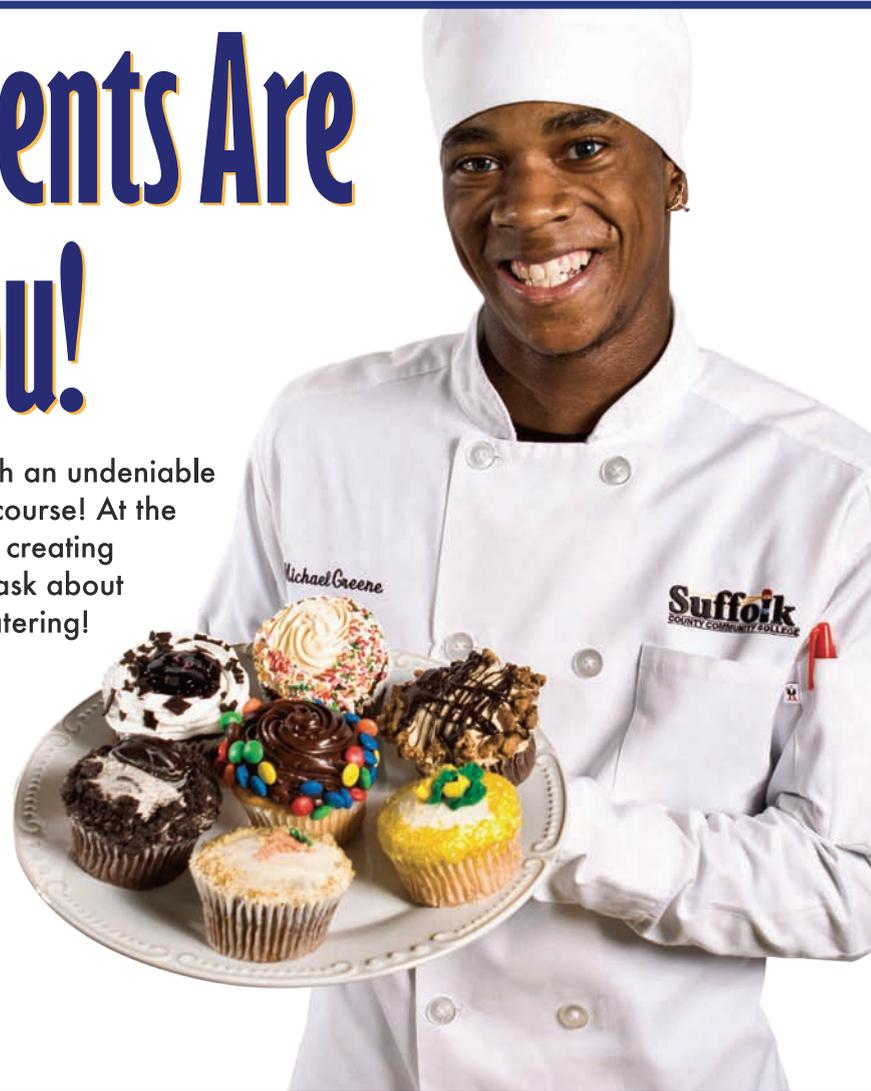
A: There were a lot of reasons. One of them has to do with 3D filming. The double optic effect makes it incredibly hard to do the post-effects in light afterwards. As for putting the lights on, the actors first put on the suits – which takes about 45 minutes. It’s like getting into wetsuits but a million times harder. Next we lay the lights into little channels in the foam suits and secure them with Velcro. The lights are activated wirelessly with remotes, similar to a keyless entry that you would use for your car.



Christine Bieselin Clark with Kathy Griffin and Bette Midler

Taste What Our Students Are Preparing Just For You!

What do you get when you combine fresh, all-natural ingredients with an undeniable passion for pastries? The perfect gourmet cupcakes and cookies, of course! At the Baker's Workshop, students from SCCC's Culinary Arts program are creating delectable desserts and uncommon treats daily. Eat in or take out – ask about special-order cakes, personalized birthday parties and full-service catering!



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- Open 7 Days a Week
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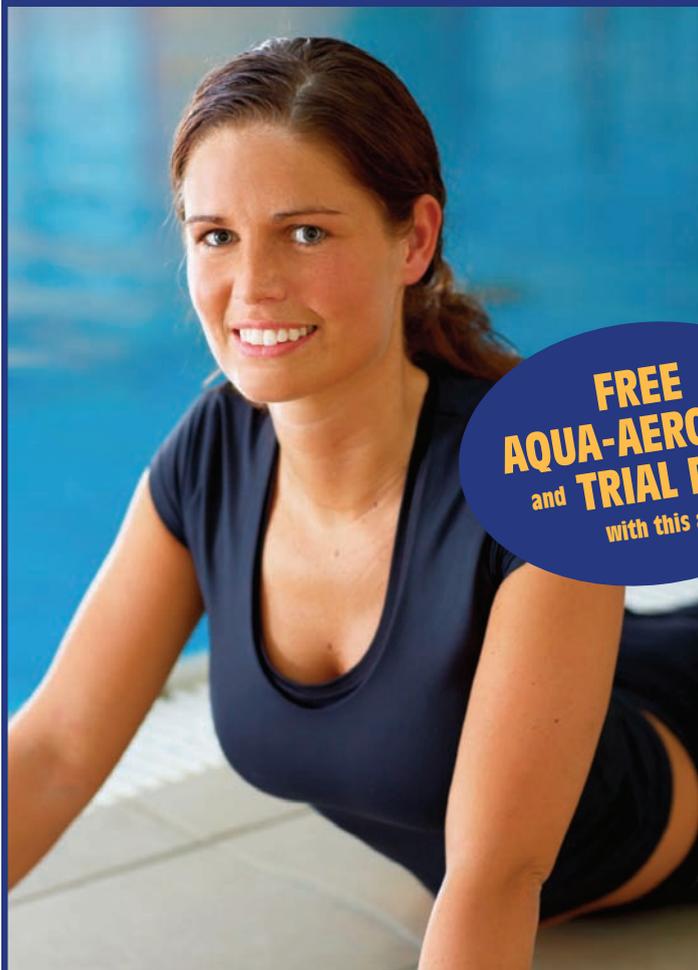
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Left to right:

Luis Corzo, Cornell University, SCCC '09

Sandra Gattuso, UNC Chapel Hill, SCCC '08

Ian Kolmos, New York University, SCCC '09

April Delio, Stony Brook University, SCCC '08

Anna Johnson, CU at Boulder, SCCC '08

