



ST FRANCIS COLLEGE EST. 1859

VOL 5 FALL '25 EDITION

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IT'S ALL RIGHT HERE.

TERRIER NEWS UNLEASHED

St Francis College · 179 Livingston Street, Brooklyn NY · www.sfc.edu



SFC Unveils Graduate School of Advanced Studies, Expanding Academic Excellence

St. Francis College proudly announces the official launch of the **St. Francis Graduate School of Advanced Studies** — a bold and exciting new chapter in our institution’s legacy of academic excellence.

The Graduate School is **now open** and ready to welcome students, faculty, and community members who are ready to take the next step in their academic journey with administrative offices in Room 5202.

This new graduate school builds on the strong foundation of our academic programs and the expertise of our dedicated world-class faculty.

With this launch, we’re creating more opportunities for students in Brooklyn and beyond to pursue advanced degrees in a way that’s flexible, forward-thinking, and rooted in the Franciscan values that define us.

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The Graduate School offers **seamless pathways** for SFC undergraduates to continue into graduate programs, while also welcoming new learners from across the region to pursue their academic goals in the heart of New York City.

We extend our sincere gratitude to **Dr. Gale Gibson-Gayle, Vice President of Academic Affairs and Dean of Graduate Programs**, for her visionary leadership in shaping this initiative. Her dedication and strategic guidance have been instrumental in bringing this vision to life.



This new and innovative graduate school represents the gold standard in the Higher Ed experience. We're doing this Better, Faster, and Fairer — right here in Downtown Brooklyn.

- SFC President Tim Cecere

A special thank you also goes to the **GradCentral staff** and **SFC faculty** whose collaboration, expertise, and commitment made this launch possible.

Together, we're shaping the future of graduate education — **It's All Right Here** at St. Francis College.

Graduate Programs Offered

- Childhood Special Education, MS
- Computer Science, MS (in-person & online)
- Creative Writing (Fiction), MFA
- Creative Writing (Graphic Writing), MFA
- Creative Writing (Nonfiction), MFA
- Creative Writing (Poetry), MFA
- Creative Writing (Screenwriting & Playwriting), MFA
- Cybersecurity & Critical Infrastructure Protection, MS
- Early Childhood Education, MS (in-person & online)
- Exercise and Sports Science, MS (Online format)
- General Psychology, MA
- Information Technology, MS (in-person & online)
- Literacy, MS (in-person & online)
- Management (Business Analytics), MS
- Management (Business Management), MS
- Management (Digital Marketing), MS
- Management (Health Care Management), MS
- Management (Information Technology), MS
- Management (Project Management), MS
- Management (Social Innovation & Entrepreneurship), MS
- Professional Accountancy, MS
- Public Health, MPH
- Special Education, MS (Not Certified)

*More information or inquiries on graduate programs, please contact **Graduate Admissions** at graduate@sfc.edu or visit them at **Room 5202**.*

Terriers Gaming Squad Tips Off Esports Season with a Big Win!



The **Saint Francis Terriers Gaming Squad** officially launched their season on October 23, 2025, with an electrifying match in NBA2K against Radford University. This wasn't just any game—it was part of the **UPA College Esports League**, where schools from across the country compete in popular video games.

Our Terriers came out strong, securing a **100-87 victory** thanks to standout performances from key players:

- **Logan Philips**, our Point Guard, dropped an incredible 50 points and grabbed 4 steals, leading the charge.
- **Angelo Rodriguez**, our Shooting Guard, added 31 points to the scoreboard.
- **Jackson Showalter**, our Center, recorded his first triple-double of the season—a major achievement in competitive gaming!

This win marks the beginning of what promises to be an exciting journey toward the Spring Championship. Whether you're a seasoned gamer or just curious about esports, now's a great time to support the squad and learn more about this growing part of campus life.

Stay tuned for updates, match highlights, and ways to get involved!

Looking for a place to game, compete, or just unwind between classes?

Stop by the **SFC Esports Center** in **Room 6111** — your campus home for all things gaming and competition!

Our **Esports Center** is equipped with *PlayStation 5 consoles, Nintendo Switch systems, and high-performance PCs*, giving students the chance to play a variety of games solo or with friends.

We're open **Monday through Friday, from 11:00 a.m. to 5:00 p.m.** You can book an appointment to secure your spot or drop in anytime for a quick gaming session.



HIGHLIGHTS

Brendan J. '68 & Barbara A. Dugan Memorial Golf Outing



St. Francis College proudly hosted the **2025 Brendan J. '68 & Barbara A. Dugan Memorial Golf Outing**, bringing together alumni, friends, and community partners for a day of camaraderie, competition, and purpose. The event was a resounding success, filled with energy, generosity, and unmistakable Terrier pride.



This year's outing honored **Kathleen Mills, CPA '09**— Partner at PKF O'Connor Davies, Professor of Accounting at SFC, and a dedicated member of our Alumni Board of Directors.

Katie's leadership and unwavering commitment to student success embody the values that define the SFC community.

Proceeds from the outing will benefit the McGuire Scholars Program (soon to be **Kessler Scholars Program**), which provides transformative opportunities, mentorship, and resources to empower the next generation of leaders and changemakers.

The outing also served as a meaningful tribute to the legacy of *former SFC President Brendan and Barbara Dugan*, whose lives of service continue to inspire our Franciscan mission.

The 2025 Brendan J. '68 & Barbara A. Dugan Memorial Golf Outing was more than a fundraiser—it was a celebration of legacy, leadership, and the Franciscan spirit that drives us forward.

Together, we're doing it Better. Faster. Fairer.

ALUMNI SPOTLIGHT

Shakima Figuera ('05)



This month's Alumni Spotlight shines on **Shakima Figuera-Collins**, a proud graduate of St. Francis College, who currently serves as the **Brooklyn Community Manager and Vice President at JPMorgan Chase**. Her journey from SFC to leading transformative financial initiatives in Central Brooklyn is a testament to the power of education, leadership, and community commitment.

In her role, Shakima leads efforts to bring financial literacy and empowerment to emerging neighborhoods by partnering with local organizations to make financial education accessible and engaging.

Her mission is clear: to help close the racial wealth gap and equip individuals with the tools to thrive financially.

She's also been featured on **PIX11's "Monica Makes It Happen"** offering guidance on homeownership and financial planning for first-time buyers. Her approachable style and deep-rooted commitment to community development make her a standout leader in the financial sector.

From her formative years at St. Francis College to her current leadership at JPMorgan Chase, Shakima Figuera-Collins exemplifies the values of service, innovation, and empowerment. Her story inspires current students and fellow alumni alike to lead with purpose and make a meaningful impact in their communities.

Well done Shakima!

CAREER CORNER

Career Corner: Moussa Berthe '24



This month's Career Corner spotlight features Moussa Berthe '24, an SFC alum whose passion for accounting was sparked during his time at St. Francis College. Surrounded by inspiring professors and the supportive Class of 2024, Moussa found a sense of community that helped shape both his personal and professional journey. He currently works as a **Audit Senior Associate** at **EisnerAmper**.

” *“St. Francis laid the foundation for everything. The people, the environment—it all played a role in helping me grow into the person I am today. Every step, whether a success or a setback, has contributed to my growth. If I had the chance to do it all over again, I wouldn't change a thing.”*

His thoughts on returning to SFC to speak with current students..

” *“It has been especially meaningful. I truly enjoy sharing my experiences and offering guidance to the next generation of talent.”*

His advice to fellow Terriers?

” *“Stay resilient, keep networking, and always seek new opportunities. Don't give up on what excites you, what makes you want to get up every morning and push forward.”*

He also lives by two guiding principles:

” *“Never stop being curious and always stay open to learning, no matter where you are in your career.”*

“Don't be afraid to put yourself out there and show the world what you're capable of. The sky is the limit. Apply yourself, work hard, and trust that your efforts will pay off. One day, you'll do great things—make them remember your name.”

Moussa's mindset continues to keep him grounded, driven, and motivated, and he's proud to represent the Terrier spirit wherever his career takes him. **Congratulations Moussa!**

For more information, you can send an email to careercenter@sfc.edu or visit the **Center for Career Exploration (CCE)** at **Room 6111**. <https://sfc.joinhandshake.com/>
Follow us on Instagram @[@sfc.careercenter](https://www.instagram.com/sfc.careercenter)

CAREER CORNER

How to Ask for a Recommendation Letter for Work or Graduate School

TIPS TO MAKE THE PROCESS SMOOTH AND SUCCESSFUL

Asking for a recommendation letter can feel daunting, but it's a crucial part of your graduate school application. A strong, personalized letter can highlight your strengths and set you apart from other applicants. To make the process smoother and more effective, here are some tips to guide you.

Choose someone who knows you

Pick a professor, mentor, or supervisor who can speak confidently about your academic strengths and character. Someone you've worked closely with—like a research advisor or internship supervisor—is more likely to write a strong, personalized letter than someone who barely remembers you.

Ask early - at least 4 to 6 weeks before the deadline

Giving your recommender plenty of time shows respect and allows them to write a thoughtful letter. When you ask, be polite and direct. A message like, *"Hi Professor Reyes, I'm applying to [Program Name] and would be honored if you could write me a recommendation letter. The deadline is [Date]..."* works well.



Provide all the necessary details

Once they agree, make it easy for them. Share the program name, submission instructions, deadlines, your resume or CV, and a short summary of your goals. You can also include key points you'd like them to highlight.

Follow up politely if needed

If the deadline is approaching and you haven't heard back, it's okay to send a gentle reminder. A message like, *"Just checking in to see if you need anything else from me for the recommendation letter. I really appreciate your support!"* keeps things on track without sounding pushy.

Always say thank you

Whether they agree to write the letter or not, express your gratitude. A thoughtful thank-you email or handwritten note shows professionalism and helps maintain a positive relationship.

Asking for a recommendation letter is a step toward your future. Be confident, courteous, and organized—you'll make a great impression before your application is even reviewed.

TERRIER ALUMNI CAREER CORNER

From recent grads to seasoned professionals, St. Francis College alumni are making their mark across industries and around the world. In this issue, we celebrate the paths our students have taken—and the shared spirit that continues to unite them, no matter how far they roam.



Nia Reynolds '19 is an Operations and Communications Associate with More Canvas Consulting, an organization assisting businesses and leaders with strategic planning. While earning her **degree in Media and Communication** at SFC, she held internships with Aegle Design and Light of Gold PR & Marketing, where she also held a position after graduating as Senior PR & Marketing Assistant!



Giselle Campbell '16 is a Speech-Language Pathologist with the NYC Department of Education, providing speech and language services to students. On her journey to this role, she built upon her foundation of an SFC **Health Sciences degree** with a job at One Medical, and clinical placements at Omni Rehab Center, the NYC DOE, and Coney Island Hospital while pursuing her formal credentials in speech-language pathology.



PRO TIP:

Want to learn more about these alumni?

Use **LinkedIn** to connect with these professionals and request an informational interview, where you can ask them questions about their industry, day-to-day work, and what advice they have for a student in the field. You already have something in common - your SFC connection!

Be sure to follow Student Affairs on LinkedIn (<https://www.linkedin.com/company/sfcnysa>) too!



Volpe Lecture Series Spotlights Maternal Healthcare with Dr. Denise Howard

St. Francis College proudly welcomed **Dr. Denise Howard**—Chief of Obstetrics and Gynecology at NewYork-Presbyterian Brooklyn Methodist Hospital and Assistant Professor & Vice Chair at Weill Cornell Medicine—for a compelling conversation on **“Contemporary Issues in Maternal Healthcare.”**

The event, part of the **Thomas J. Volpe Lecture Series**, was moderated by **Dr. Amal Biscaino**, SFC’s Director of Nursing Academic Success. Together, Dr. Howard and Dr. Biscaino explored pressing topics in women’s reproductive health, including disparities in maternal care, systemic challenges, and the innovations shaping the future of healthcare delivery.

Dr. Howard’s insights, drawn from her extensive clinical and academic experience, offered students, faculty, and guests a deeper understanding of the complexities surrounding maternal healthcare in today’s world. Her emphasis on clinical leadership, access, and patient-centered care resonated strongly with attendees.

We extend our heartfelt thanks to Dr. Denise Howard for sharing her expertise and to Thomas J. Volpe for his enduring commitment to bringing global issues to the SFC community through this distinguished lecture series.



Brother Gregory Cellini Featured in Vatican News Interview

Brother Gregory Cellini, O.S.F., Director of Mission, Ministry, and Interfaith Dialogue at St. Francis College, was recently interviewed by **Vatican News** about the growing Franciscan Month initiative.

In the interview, Brother Gregory shared how the celebration — which began right here at SFC — has expanded nationally, inspiring colleges and communities to embrace Franciscan values like peace, service, and care for creation.

He emphasized the importance of living a “Franciscan way of life” and reflected on this year’s theme, which honors the 800th anniversary of St. Francis’s Canticle of the Creatures.

SFC is proud to see one of its own leading a movement that’s making a meaningful impact across the country.



A moment of solidarity during Franciscan Month...



Celebrating Interfaith Community at St. Francis College - SFC Hosts 4th Annual Interfaith Appreciation Breakfast

St. Francis College proudly hosted its **4th Annual Interfaith Appreciation Breakfast**, gathering students, faculty, staff, and community partners to celebrate shared values of peace, unity, and care for our world.

The event served as the culmination of SFC's Franciscan Month, a series of programs held throughout October to honor the College's mission and heritage. The month-long celebration was led by **Brother Gregory Cellini, O.S.F.**, Director of the Office of Mission, Ministry, and Interfaith Dialogue, whose leadership continues to inspire the SFC community to live out the Franciscan values of compassion and service.

Attendees were moved by a series of reflections from distinguished guest speakers, including:

- **Dr. Allen Burdowski**, Vice President for Health Sciences, St. Francis College
- **Assemblymember JoAnne Simon**, New York State Assembly
- **Nancy Lorence**, Metro NY Catholic Climate Movement
- **Dr. Tom Petriano**, St. Joseph's College
- **Mariam Abozeid '26**, SFC Student

Thank you to everyone who joined us in celebrating the Franciscan spirit that continues to make SFC a welcoming home for all.

THE LEARNING LOUNGE



SFC Students Shine at 58th Annual MACUB Conference

We're thrilled to announce that our talented SFC students made an outstanding impression at the **58th Annual MACUB (Metropolitan Association of College and University Biologists) Conference**, held at Molloy University!

Out of 109 posters presented across six research categories, our students earned top honors:

- **Best Poster in the Clinical Category**
(Mentored by *Maria Serrano de Sousa Frias*)
- **Second Place Poster in Ecology and Environment** (Mentored by *Dr. Emily Herstoff*)

We also extend heartfelt appreciation to the **STEM Resource Center, CSTEP, and LSAMP** for their continued support in fostering student research and academic excellence.

For more information about the **STEM Resource Center** (stem@sfc.edu) or **CSTEP Program** (cstep@sfc.edu), you can send them an **email** or visit them at **The Hub** in Room **7101**, or follow them both on Instagram **@sfc.stem** and **@sfc_cstep**

STEM Volunteer Day Recap

The STEM Volunteer Day, hosted by **CSTEP**, the **STEM Resource Center** and **SFC STEM Clubs**, was a wonderful success that showcased collaboration, compassion, and community engagement across STEM disciplines. The event brought together students from multiple STEM clubs for a day dedicated to service and teamwork.

A total of 32 students participated in the sandwich-making activity organized by the **Nursing Club, Pre-Med and Health Promotions, and Pre-Dental Club**, preparing sandwiches to support local food security efforts.

Out of those participants, 16 students personally delivered the sandwiches to the Brooklyn Heights Community Fridge, helping provide meals to those in need and strengthening the connection between the college and the surrounding community.

Meanwhile, 7 students from the **Environmental Club** and **Geology Clubs** spent the afternoon at Cadman Plaza Park, engaging in flower planting to beautify the space and promote environmental stewardship.

Members of the **Math Club** contributed their energy and enthusiasm by assisting across all activities, demonstrating the collaborative spirit that defines the STEM community.

This special event reflected the shared mission of CSTEP and the STEM Resource Center, to foster not only academic excellence but also civic responsibility, teamwork, and a sense of belonging among students pursuing careers in science, technology, engineering, and mathematics.



STUDENT LIFE @ SFC

7 Reasons for Joining Clubs at SFC

HOW CAMPUS INVOLVEMENT CAN SHAPE YOUR COLLEGE EXPERIENCE

College is more than lectures and exams—it’s a chance to grow, connect, and discover who you are. **Joining a club is one of the easiest and most rewarding ways to do that.**

Here are seven reasons to get involved, along with tangible action tips to help you take the first step.

Make New Friends

Joining a club connects you with people who share your interests, helping you form friendships that can last a lifetime. Attend the **SFC Club Fair** and sign-up. Follow **@sfc_sga on Instagram** to stay updated on club events and socials.

Explore your Interests

Whether it’s acting or media, clubs like the **RAVE Club** or **Terrier TV and Radio Club** let you try new things or dive deeper into your passions. Visit a few events before choosing where to commit.

Build Leadership Skills

Take initiative in clubs like **Student Government Association** or **be a club leader** in any student club. Even small roles—like helping plan an event—can teach teamwork, organization, and confidence.

Make a Difference

Many student clubs host impactful events. For example, the **Nursing Club** might organize a breast cancer fundraiser, or clubs would collaborate with the **STEM Center** or the **Counseling Office** for upcoming service projects.



Have Fun and De-Stress

Balance academics with fun by joining the **Dance Team, Psychology Club, Geology Club,** or **Environmental Club**. These clubs offer a break and help you enjoy college life..

Feel Connected and Empowered

Clubs like the **Carribbean Student Association** or **Latin American Society** offer safe spaces to share, grow, and lead. Your voice matters—and your presence makes a difference.

Boost your Resume & Network

Professional clubs like the **Pre-Medical and Health Promotions** or **Accounting Society** show employers you’re engaged and career-focused. Keep track of your roles and accomplishments for future interviews.

Joining a club can transform your college experience. So take that first step—explore, engage, and enjoy the journey.

For more information or to start a new club, visit **The Office of Student Life at 5106** or email **studentlife@sfc.edu**.

Follow us on Instagram @lifeatsfcny.



SFC Goes Pink: Terriers Unite for Breast Cancer Awareness

St. Francis College proudly joined the nation in Breast Cancer Awareness Month with SFC Goes Pink, a campus-wide initiative to raise awareness and support for this vital cause. October is dedicated to reminding everyone about the importance of early detection, education, and community support—and our Terriers embraced it wholeheartedly.

The day was filled with energy and engagement: the SFC Dance Team performed, bringing spirit and excitement to the event, while the Pre-Med and Nursing club students hosted a bake sale, with all proceeds going directly to the National Breast Cancer Foundation.

Their efforts helped educate the campus, raise funds, and honor those affected by breast cancer.

These efforts are part of a larger, decades-long impact. Breast cancer death rates in the United States have dropped by 44% since 1989—a testament to the power of awareness, research, and advocacy. For 40 years, Breast Cancer Awareness Month has played a pivotal role in saving lives and spreading knowledge across the nation.

*Thanks to everyone who participated, donated, and celebrated **SFC Goes Pink** this October. Your efforts show that together, Terriers can make a tangible difference and continue the fight against breast cancer.*

OAA SUPPORT SERVICES SPOTLIGHT

Struggling This Semester? Trouble Concentrating?

YOU MAY QUALIFY FOR ACADEMIC ACCOMMODATIONS!

If you're experiencing challenges that affect your learning, you may be eligible for academic accommodations.

Examples of situations where accommodations may apply include:

- **Medical or mental health conditions** that impact concentration
- **Learning disabilities** or ADHD that affect how you process information
- **Temporary situations**, like a *broken arm* or *recovery from surgery*
- **Sensory or physical disabilities** that affect mobility, hearing, or vision
- **Legal obligations** such as court appearances or required meetings with law enforcement

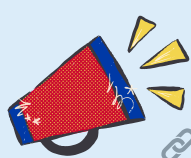
Accommodations are designed to ensure **equal access** and can support students with disabilities, chronic health conditions, mental health concerns, or temporary injuries.

Accommodations might include things such as **extended test time, formal excused absence, extended time on assignments, and reduced-distraction environment**



PRO TIP:

If you think you might qualify, contact **OAA (oaa@sfc.edu)** to learn more about the process. We're here to help you succeed!



THERE IS STILL TIME TO APPLY FOR ACCOMMODATIONS FOR THE FALL 2025 SEMESTER.

[Submit your Fall 2025 Accommodation Request Form here](#)

Accommodations must be **RENEWED EVERY SEMESTER** to ensure continued support!

WHAT ARE ACCOMMODATIONS?

In a school setting, disability accommodations are modifications or adjustments to the learning environment that enable students with disabilities to participate fully in their education.

Your privacy matters. All documentation and student information is kept strictly **confidential** within the OAA.

Questions?

Contact the OAA for assistance. *We are here over the summer to support your success!*

✉ Email: **oaa@sfc.edu**

📍 Office: **Room 7201**

📷 Instagram: **@sfc.accessibility**

HEALTH & WELLNESS SPOTLIGHT

The Quiet Weight of Winter and the Healing Power of Kindness

As days grow shorter and temperatures drop, some people may shift into “the winter blues” aka **Seasonal Affective Disorder (SAD)**. Winter becomes a time where reduced sunlight and disrupted sleep-wake rhythms impact countless people causing low mood, fatigue, decreased motivation, and withdrawal from social connections.

Loneliness can deepen these seasonal struggles causing us to feel disconnected or unseen even in a crowded room. Studies show it increases risks for depression, anxiety, and even heart disease. Older adults are especially affected due to retirement, grief, hearing and sight loss, and limited mobility. Recognizing loneliness as a shared human experience helps to reduce stigma and encourage connection in our St. Francis College and broader community.

Kindness as a Bridge Back to Connection

While we can't control the rhythms of nature and the turn of the seasons, we can control our thoughts, feelings, and actions to contribute to our mental health and well-being. Positive psychology highlights kindness as a natural remedy. Small acts of care release the brain's “feel-good” chemicals (serotonin, dopamine, and oxytocin) boosting mood and sense of belonging. Kindness benefits both the giver and receiver, helping to restore purpose and connection during darker months.



Here are a few gentle reminders and practical tips to help you nurture your mind, body, and spirit using Positive Psychology and the power of kindness:

PRACTICE KINDNESS TOWARDS YOURSELF

Practicing self-compassion softens the self-criticism and isolation that often accompany loneliness. By treating ourselves with the same kindness we'd offer a friend, we strengthen feelings of belonging and remind ourselves that we are worthy of care and connection.

Self-Care as a Non-Negotiable

Set aside time for what nourishes you, whether that's sleep, movement, balanced meals, or quiet moments alone. You are worth caring for.

Self-Compassion

Speak to yourself like you would to a close friend. Self-compassion allows you to build resilience without self-criticism. Sometimes, our feelings are just trying to communicate something we can do to better support ourselves.

Progress, Not Perfection

When something goes wrong, intentionally look for a lesson, strength, or opportunity hidden in the challenge. You can do this by ending your day by writing down three good things from your day and why they mattered. Focusing on the small wins and reframing setbacks as temporary allows each small step forward to strengthen your confidence and motivation.

PRACTICE KINDNESS TOWARDS OTHERS

Positive psychology shows that helping others increases happiness. Acts of kindness strengthen social bonds and remind you of your own impact on others. Being part of a community helps fuel both connection and confidence.

Smile or Say Hello

A simple acknowledgment can create a spark of warmth in both you and those around you, especially during darker months.

Send a Kind Note

Write a quick message of appreciation to someone you appreciate (family, friends, professors, neighbors, community members). Gratitude expressed outwardly strengthens social bonds.

Random Act of Kindness

Hold the door open, offer a compliment, or buy coffee for the person behind you. These micro-acts ripple outward more than you might imagine.

Volunteer or Give Back

Engaging in community service connects you with others while activating a sense of purpose that counters loneliness.

Practicing Presence in your Relationships

Take five minutes to be fully present with someone. Just listen, notice, and connect.

Loneliness and seasonal mood changes remind us that humans need light—both literal and emotional. Even small gestures of kindness can lift spirits, strengthen community, and remind us that we’re part of something larger and healing.

That’s why, through the first two weeks of November, we invite you to stop by the **Counseling & Wellness Center (RM 7214)** or the **Recharge Room (RM 6212)** to create a kindness card that will be delivered to a local Senior Living Community right here in Brooklyn.



Join us on **Wednesday, November 13**, for a special **World Kindness Day crafting event**, where you can make cards with us and learn more about the organization we’ll be supporting. We’ll also be organizing an on-site visit to the Senior Living Center in late November.

Need Support?

Visit us in the **Counseling & Wellness Center**, where you can sign up for individual mental health counseling with one of our staff.

Email: sfccounseling@sfc.edu | Office: **Room 7214** | Instagram: [@sfc_counseling.wellness](https://www.instagram.com/sfc_counseling.wellness)

Our counselors can work with you to help you manage stress, resolve problems, and help you understand yourself better. Counseling is not designed to tell you what to do, but to help you work through decisions and implement choices for better well-being.

FITNESS CORNER

GET MOVING, TERRIERS!

Pilates Fitness Class & What's Next



We kicked off our **fitness classes** for the semester, and our first **Pilates** class was a resounding success!

The class was filled with energy as participants worked on strength, flexibility, and balance. Everyone left feeling refreshed, strong, and inspired to keep moving. It's amazing to see so many people engaging in these new offerings, and we're thrilled that the Pilates class was such a hit.

Looking ahead, we've got even more exciting fitness classes coming! Soon, we'll be adding **Zumba** to the schedule. So get ready to dance, have fun, and break a sweat!

These free fitness classes are part of our commitment to providing a variety of fun and accessible ways for students to stay active this semester.

Whether you're a seasoned fitness enthusiast or just starting out, there's something for everyone.

Thank you to everyone who joined us for Pilates, and we can't wait to see more of you at our upcoming classes! Keep an eye on your inbox for our upcoming fitness class invitations—don't miss your chance to join in!

Stay active, stay happy!

Our **Fitness Center** is open **Monday through Friday, 9 AM-5 PM**, and has everything you need: strength-training equipment, cardio machines (StairMaster, rower, bike, treadmill) and a friendly space to reach your goals. Visit **Room 5612**. Have questions or want more info on upcoming fitness classes? Email us at sfcfitness@sfc.edu

November Wellness Challenge: Move Your Body, Boost Your Mind

As the clocks fall back and daylight fades earlier, it's easy to feel a dip in motivation or mood.

Shorter days and less sunlight can contribute to seasonal affective disorder (SAD)—a common response to reduced daylight that can leave you feeling sluggish or down.

But there's good news: one of the best ways to beat the fall and winter blues is to **get moving**.

This November, we're challenging our campus community to make movement a daily habit—whether it's a brisk walk between classes, a quick stretch break, a trip to the gym, or joining a fitness class with friends. **Physical activity boosts mental health, focus, and academic performance** by releasing endorphins, reducing stress, and helping you stay energized and alert.

To help you stay active, the **Fitness Center** is **open daily from 9 AM to 5 PM**. You can also join **Intramurals in the MPR**—Mondays and Thursdays from 1-5 PM, and Tuesdays and Wednesdays from 10 AM-3 PM. Plus, don't miss our **Zumba sessions on November 3 and 20 from 1-2 PM**—a fun way to move and lift your mood—and our **Tennis Competition on November 10**, where you can show off your skills and connect with fellow students.

Don't let early sunsets slow you down—bundle up, get moving, and make fitness part of your fall routine. Every step, stretch, or dance counts. Let's make this November a month of motion, motivation, and mental wellness!



NOVEMBER FITNESS

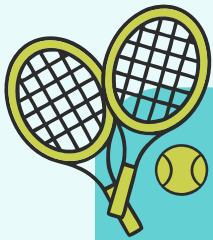


MOVE YOUR BODY

JOIN US FOR...

**NOV
03**

**ZUMBA CLASS
1:00PM-2:00 PM**



**INTRAMURAL TENNIS
COMPETITION
1:00PM-2:00PM**

**NOV
13**

**NOV
20**

**CAMPUS BLOOD
DRIVE**



**ALL EVENTS WILL BE HELD ON
THE 5TH FL IN THE MPR**

**EMAIL SFCFITNESS@SFC.EDU
FOR MORE INFORMATION**



WHO'S IN THE DOGHOUSE THIS MONTH?

This month: NYC Traffic

Nothing tests a New Yorker's patience quite like inching down Flatbush Ave. for what feels like 3 hours just to move one block—or missing your morning class because the bus decided to show up when it felt emotionally ready. Sure, NYC is known for energy, hustle, and endless movement...but sometimes that “movement” is literally not moving at all.

For context, **New York City drivers lose an average of over 100 hours per year sitting in traffic.** That's more than four full days of life spent staring at brake lights, listening to horns, and contemplating your entire existence.

Even if you don't drive, traffic affects all of us — late Ubers, delayed buses, crosswalk gridlock, and that moment when you think you can squeeze through a sea of cars but end up stuck on the median like a confused pedestrian.

At St. Francis College, we rely on smooth commutes—whether you're coming from Queens, Staten Island, or just hopping a few stops on the train before catching a bus. When traffic is a mess, it throws off our schedules, our mood, and yes...sometimes our attendance.

So, Terriers, NYC traffic is officially in the doghouse. Whether you're a driver, bus rider, or innocent pedestrian caught in the chaos—we feel your pain. Hang in there, plan ahead, and may your commute be swift and horn-free.



Getting to St Francis College

For those commuting to 179 Livingston Street, here's a handy guide to nearby subway lines:

- A, C - Hoyt-Schermerhorn Streets station
- 2, 3 - Hoyt Street station
- 4, 5 - Brooklyn Borough Hall station
- F, R - Jay Street-MetroTech station
- G - Hoyt-Schermerhorn Streets station

All of these are within a short walk to campus, keeping Terriers on time and ready for class—even when the city slows down.

*Students who are seeking assistance in purchasing a MetroCard are encouraged to apply for the **Fair Fares NYC program**. This NYC program provides a **50% discount on all subway and eligible bus fares**. For more information and to check your eligibility status, visit the **Fair Fares NYC** website.*

UPCOMING EVENTS

- NOV 2** Fitness Center: Zumba Fitness Class
- NOV 3** First Gen x CSTEP:
First-Gen Family Feud Game Day
- NOV 4** First Gen x CLL:
End of Semester Tips & Tricks
- NOV 5** McGuire/Kessler Olympics
- NOV 6** First Gen x STEM: First-Generation Student
and Alumni Panel
- NOV 10** 14 Days to Interview Ready: Your Fast-Track
Job Prep Challenge
- NOV 13** Intramural Tennis Competition
- NOV 20** Campus Blood Drive
- NOV 22** SFC Open House Showcase
- NOV 24** The Hidden 80%: How to Discover Jobs Before
They're Posted or Advertised
- DEC 4** International Day of Persons with Disability
- DEC 8-9** Stress-Free Finals



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