

# Fall 2013 Student Life Guide



**EXPLORE**

*a world of possibilities*



# Supporting Our Veterans



## VETERANS' SERVICES

On-Campus Counseling now available to Veterans and their families by appointment through the Secaucus Vet Center, Department of Veterans Affairs. **Call 201-223-7787 for an appointment. 70 Sip Avenue, 2nd Floor (Building A). Free & confidential.**

Walk-in hours now available to Veterans and their families to meet with representatives from the Secaucus Vet Center, Department of Veterans Affairs.

**Stop by Advisement & Counseling Services, 12 p.m. - 2 p.m. on Thursdays at 70 Sip Avenue, 2nd Floor (Building A). Free & confidential.**

## VETERANS' PROGRAMS

Wellness Week Event – Veterans' Jeopardy! Wednesday, October 9, 2013  
Come and increase your awareness of the veteran experience.

**Wellness Week Event – Wellness Fair** Thursday, October 10, 2013 • 11 a.m. - 2 p.m.  
The Vet Center Mobile Unit will be on campus to assist Veterans immediately and on-site with any concerns.

**Veterans' Appreciation Day** Thursday, November 7, 2013

**The Veteran Lounge** – A four-part series about the veteran experience. (70 Sip Avenue, 2nd Floor (Building A))

- **From Combat to Classroom** Thursday, October 3, 2013 • 11 a.m.
- **Serving Those Who Served** Thursday, October 17, 2013 • 3 p.m.
- **Boots to Books** Thursday, November 14, 2013 • 10 a.m.
- **Campus Rucksack**  
Veteran resources on and off campus – Thursday, December 5, 2013 • 2 p.m.

**Hosting all events will be a representative from the Secaucus Vet Center**

**Contact: [advising@live.hccc.edu](mailto:advising@live.hccc.edu)**



## Meet the Deans & Faculty



All events will include lunch.

One student at each event will leave with a **KINDLE FIRE**.

This is a great opportunity to meet the Deans and Faculty at HCCC of your major and do some exploration while in your process of selecting a major.

<b>Wednesday, September 18</b>	Library 12:00 p.m. - 1:00 p.m. B Student Lounge *
<b>Thursday, September 26</b>	Library 12:00 p.m. - 1:00 p.m. NHHEC Student Lounge
<b>Thursday, October 3</b>	Division of Academic Development & Support Services 12:00 p.m. - 1:00 p.m. B Student Lounge *
<b>Wednesday, October 23</b>	Business, Culinary Arts & Hospitality Management Division 1:30 p.m. - 2:30 p.m. Culinary Conference Center
<b>Tuesday, October 29</b>	Division of Academic Development & Support Services 12:00 p.m. - 1:00 p.m. NHHEC Student Lounge
<b>Thursday, November 14</b>	Health, Science & Technology Divisions 12:00 p.m. - 1:00 p.m. B Student Lounge *
<b>Tuesday, November 19</b>	Humanities & Social Sciences Divisions 12:00 p.m. - 1:00 p.m. B Student Lounge *

\* Building B - 25 Journal Square

# JOIN A CLUB OR ORGANIZATION!

Watch for great programs and events from these clubs and organizations this semester.

- Art Club
- American Culture Club
- Biology Club
- Chi Alpha Epsilon (Honors Society)
- Computer Science Club
- EOF Alliance
- Gaming Central
- Gay Straight Alliance Club
- Environmental Club
- Honors Student Council
- Human Services Club
- Literary Club (*Tapestry*)
- Muslim Student Society Club
- Model United Nation
- The Orator* (Student Newspaper)
- Phi Theta Kappa (Honors Society)
- Psychology Club
- Psi Beta (Honors Society)
- Reflections* (Student Yearbook)
- Science Engineering Club
- Spirit Exploration Society
- Strength of the Journey
- Student Government Association
- Teacher Education Club

For questions or to sign up, please call  
**201-360-4195**



## Off-Campus Trips

Take this opportunity to explore cultural and sporting events in our area.

**Wednesday, September 25**  
**Yankees vs. Tampa Bay Rays**  
 Game time 7 p.m.  
 Student Price \$10  
 Guest Price \$20

**Thursday, November 7**  
**Broadway Show: Kinky Boots**  
 Show time 7 p.m.  
 Student Price: \$35.00  
 Guest Price: \$55.00

**Saturday, October 5**  
**Broadway Show**  
**Spider-Man: Turn Off the Dark**  
 Show time 2 p.m.  
 Student Price: \$35.00  
 Guest Price: \$52.50

**Tuesday, November 19**  
**Broadway Show: Wicked**  
 Show time 7 p.m.  
 Student Price: \$30.00  
 Guest Price: \$50.00

**Sunday, October 27**  
**New York Red Bulls vs.**  
**Chicago Fire**  
 Game time 5 p.m.  
 Student Price: \$10.00  
 Guest Price: \$23.00

**Thursday, December 19**  
**Radio City Christmas Spectacular**  
 Show time 5 p.m.  
 Student Price: \$25.00  
 Guest Price: \$40.00

**TBA**  
 Brooklyn Nets  
 Date, Time and Price TBA

Student ticket sales begin on Tuesday, September 17, 2013 at 11 a.m. Please check your HCCC student email account for ticket sale location(s).

## Museum Trips

**Saturday, September 28**  
**Metropolitan Museum of Art**  
 9:30 a.m. - 4:30 p.m.

The bus leaves for all trips in front of 70 Sip Avenue. Only students, faculty and staff are permitted on these trips. You must sign up to attend these trips.

**Saturday, November 2**  
**Museum of Modern Art**  
 9:30 a.m. - 4:30 p.m.

For questions or to sign up, please call 201-360-4160 or email [advising@live.hccc.edu](mailto:advising@live.hccc.edu)

**Saturday, November 16**  
**American Museum of Natural History**  
 9:30 a.m. - 4:30 p.m.

### GROUP EXERCISE

On Tuesdays from 3:00 to 4:00 p.m., HCCC will offer **Zumba classes** in the Student Lounge at 25 Journal Square. Zumba, which combines Latin rhythms and easy-to-follow moves, is appropriate for all ages and skill levels.

September 10, September 17, September 24, October 1, October 15, October 29, November 12, November 19 & November 26.

On Wednesdays from 3:00 to 4:00 p.m., HCCC will offer **Yoga classes** in the Student Lounge at 25 Journal Square. Yoga combines mind, body and spirit and guides the body through various levels of relaxation and strength. (*Attendees should bring mats/towels.*)

September 18, September 25, October 2, October 23, October 30, November 6, November 13, November 20 & December 4.

### FRESH BAGELS

Enjoy fresh bagels every Tuesday between 8:45 a.m. and 9:30 a.m. between October 1, 2013 and December 10, 2013. Served in the Student Lounges at 25 Journal Square and NHHEC.

# Center for Academic & Student Success Workshop Series

## Graduation Persistence Success



### WORKSHOPS AT JOURNAL SQUARE

Tuesday, September 24	Staying on Track	10 a.m.
Tuesday, September 24	ABCs of Transfer	12 p.m.
Wednesday, September 25	My Future 101	11 a.m.
Wednesday, September 25	“MAJOR” Confusion	3 p.m.
Thursday, September 26	I “Think” I Understand My Professor	12 p.m.
Thursday, September 26	Can You Commit?	2 p.m.
Tuesday, October 1	Interviewing 101	10 a.m.
Wednesday, October 2	What Will Future Jobs Look Like	2 p.m.
Wednesday, October 2	Networking	4 p.m.
Thursday, October 3	Can You Commit?	10 a.m.
Thursday, October 3	ABCs of Transfer	1 p.m.
Thursday, October 3	Road Blocks: Avoiding the Pitfalls in College	3 p.m.
Tuesday, October 8	I “Think” I Understand My Professor	11 a.m.
Tuesday, October 8	My Future 101	1 p.m.
Wednesday, October 9	Your Next Step: Evening Programs at Saint Peter’s University	5:30 p.m.
Thursday, October 10	Interviewing 101	2 p.m.
Thursday, October 10	Resume Writing 101	4 p.m.
Wednesday, October 16	Staying on Track	11 a.m.
Wednesday, October 16	ABCs of Transfer	3 p.m.
Thursday, October 17	The Art of Perfecting Public Speaking	1 p.m.
Thursday, October 17	Getting the Most Outside the Classroom	4 p.m.
Thursday, October 17	ABCs of Transfer	6 p.m.
Tuesday, October 29	The Art of Perfecting Public Speaking	10 a.m.
Tuesday, October 29	ABCs of Transfer	12 p.m.
Wednesday, October 30	What Will Future Jobs Look Like	10 a.m.
Wednesday, October 30	Getting the Most Outside the Classroom	3 p.m.
Thursday, October 31	“MAJOR” Confusion	2 p.m.

### WORKSHOPS AT NORTH HUDSON HIGHER EDUCATION CENTER

Thursday, September 26	Resume Writing 101	6 p.m.
Wednesday, October 9	Road Blocks: Avoiding the Pitfalls in College	12 p.m.
Wednesday, October 16	Networking	5 p.m.
Thursday, October 31	ABCs of Transfer	12 p.m.

For questions about these workshops, please call (201) 360-4150 or -4152.

Unless otherwise noted, please check in at 70 Sip Ave., 2nd Fl.

(No more than 15 minutes before start time)

Check us out at: [www.hccc.edu/myhudson](http://www.hccc.edu/myhudson)

Fall 2013

# College Fair

Thursday, October 24, 2013

11 a.m. – 2 p.m.

Culinary Conference Center

161 Newkirk St., Jersey City, NJ 07306



## INSTANT DECISION DAYS

<b>BLOOMFIELD COLLEGE</b>	TBA	
<b>CALDWELL COLLEGE</b>	Thursday, October 17	11 a.m. - 2 p.m.
<b>FAIRLEIGH DICKINSON UNIVERSITY</b>	Monday, November 4	11 a.m. - 2 p.m.
<b>FELICIAN COLLEGE</b>	TBA	
<b>MONTCLAIR STATE UNIVERSITY</b>	Tuesday, October 15	11 a.m. - 2 p.m.
<b>NEW JERSEY CITY UNIVERSITY (NJCU) - No Appointment Needed</b>	Monday, October 7	11 a.m. - 3 p.m.
	Monday, October 21	3 p.m. - 6 p.m.
	Tuesday, November 19	11 a.m. - 3 p.m.
	Wednesday, December 4	3 p.m. - 6 p.m.
<b>NEW JERSEY INSTITUTE OF TECHNOLOGY (NJIT)</b>	TBA	
<b>RUTGERS UNIVERSITY-NEWARK CAMPUS</b>	TBA	
<b>SAINT PETER'S UNIVERSITY</b>	Thursday, November 21	11 a.m. - 2 p.m.
	Thursday, December 5	11 a.m. - 3 p.m.
<b>WILLIAM PATERSON UNIVERSITY</b>	Tuesday, November 12	11 a.m. - 2 p.m.

Submit a completed application and official transcript and find out on the spot if you have been accepted to that college or university. Unless noted, you must have a reservation to participate. To reserve your spot, contact the Career and Transfer Services office at 70 Sip Avenue (Building A), Second Floor, or call (201) 360-4184. All reservations are on a first come basis. Walk-ins will be accommodated as space becomes available. All interviews will take place at the CTS office. Transcripts can be obtained through Enrollment Services. They are \$5.00 and must be requested at least two weeks in advance.

Fall 2013

# CAREER FAIR



**Wednesday, October 30 • 11:00 a.m. – 2:00 p.m.**  
Culinary Conference Center • 161 Newkirk St., Jersey City, NJ 07306

Meet with employers to find out about employment and internship opportunities; submit your resume, complete applications and have an informational interview. Career Fairs are held once each fall and spring.

Sponsored by Career & Transfer Services and The Culinary Arts Institute  
For more information contact Stephanie Anne Kuran at 201.360.4221  
or email [skuran@hccc.edu](mailto:skuran@hccc.edu).

# COLLEGE HOUR PROGRAMMING

*Every Thursday!*  
A great time to attend a Club Meeting and attend an event!

## Thursday, August 29

College Hour Kick-Off  
Make Your Own Room Signs!  
11:00 a.m. - 2:00 p.m., B Student Lounge \*

## Thursday, September 5

Bookstore on the Square Fashion Show  
with FREE Smoothies!  
11:00 a.m. - 2:00 p.m.,  
B Student Lounge \*

## Thursday, September 12

First Year Student Financial Aid Workshop  
12:00 p.m., B Student Lounge \*

## Thursday, September 19

First Year Student Financial Aid Workshop  
12:00 p.m., NHHEC

Student Club Fair  
B Student Lounge\*

## Thursday, October 3

Meet the Dean and Faculty: Division of  
Academic Development & Support Services  
Free Lunch and Win a Kindle Fire!  
12:00 p.m., B Student Lounge \*

## Thursday, October 10

Health, Wellness & Community Service Fair  
11:00 a.m. - 2:00 p.m., B Student Lounge \*

## Thursday, October 17

Midterm Stress Reliever  
Make Your Own Lucky Bamboo!  
11:30 a.m. - 1:30 p.m.,  
NHHEC & B Student Lounges \*

## Thursday, October 24

Trick or Transfer College & Service Fair  
Meet representatives from over 30 colleges and  
universities and various departments at HCCC.  
11:00 a.m. - 2:00 p.m.  
Culinary Conference Center

## Thursday, October 31

Campus-wide HCCC Student Trick or Treating  
12:00 p.m. - 1:00 p.m.  
Look for information for treat locations.

## Thursday, November 7

Veterans' Appreciation Day  
Come HONOR those who serve for us!  
11:30 a.m. - 1:30 p.m., B Student Lounge \*

## Thursday, November 14

Meet the Dean and Faculty:  
Health, Science & Technology Divisions  
Free Lunch and Win a Kindle Fire!  
12:00 p.m., B Student Lounge \*

## Thursday, November 21

First Year Student and Student Leader  
Thanksgiving Lunch  
12:00 p.m.  
Jersey City

## Thursday, December 5

DJ: Learn How to Ballroom Dance  
11:00 a.m. - 2:00 p.m., B Student Lounge \*

## Thursday, December 12

Final Exam Stress Reliever  
Make Your Own Lucky Bamboo!  
11:30 a.m. - 1:30 p.m.,  
NHHEC & B Student Lounge \*

\* Building B - 25 Journal Square

## The Division of Student Affairs Presents



# HCCC Wellness Week

October 7 to 12, 2013

## Monday, October 7

\*Game Stop Monday: Wii Edition  
12 p.m. to 2 p.m., NHHEC Student Lounge  
**Vector:** Social/Physical

## Tuesday, October 8

\*Aroma Therapy Diffusers  
12 p.m. to 4 p.m., NHHEC Student Lounge  
**Vector:** Physical/Emotional

## \*Game Stop Monday: Xbox Edition

4 p.m. to 6 p.m., 2 Enos Place (Building J),  
Student Lounge  
**Vector:** Social/Physical

## Wednesday, October 9

### HCCC Mental Health Awareness Day

Random Acts of Kindness  
All Day, Main Campus & NHHEC  
Help spread kindness through our campus  
and community.  
**Vector:** Social/Emotional

## \*Stress Relief for the Mind, Body and Soul

11 a.m. to 2 p.m., 25 Journal Square  
(Building B), Student Lounge,  
12 p.m. to 3 p.m. NHHEC Student Lounge  
**Vector:** Social/Emotional/Physical

## \*Mental Health Awareness Displays

11 a.m. to 4 p.m.  
25 Journal Square (Building B),  
Student Lounge, NHHEC Student Lounge  
**Vector:** Physical/Social/Emotional

## \*Veterans' Jeopardy!

12 p.m., 25 Journal Square  
(Building B), Student Lounge  
Come and learn about the veteran  
experience. \$200 in prizes to be awarded!  
**Vector:** Social/Emotional

## Thursday, October 10

\*Health, Wellness and  
Community Service Fair  
11 a.m. to 2 p.m. (co-sponsored by Allied  
Health), 25 Journal Square (Building B),  
Student Lounge  
Veterans Administration will be on campus  
to meet with veterans and their families.  
**Vector:** All

## Healthy Snack Distribution

11:30 a.m. to 12:30 p.m. and 5:30 p.m.  
to 6:30 p.m., Main Campus & NHHEC  
**Vector:** Physical

## Friday, October 11

\*Light Your World through Conservation  
12 p.m. to 2 p.m., NHHEC &  
25 Journal Square (Building B) Main Lobby  
**Vector:** Environmental

## \*Move Your Hips! – Zumba

3 p.m. to 4 p.m., 25 Journal Square  
(Building B), Student Lounge  
**Vector:** Social/Physical

## \*Need to Relax – Yoga

4 p.m. to 5 p.m., 25 Journal Square  
(Building B), Student Lounge  
**Vector:** Social/Physical

## Saturday, October 12

### HCCC Community Service Day

Community Service Project:  
Jersey Cares - Earth Keepers  
in New Jersey  
9 a.m. to 1 p.m.

## For more information:

Email  
[advising@live.hccc.edu](mailto:advising@live.hccc.edu)  
to sign up.



Attend each event with a \*  
next to it for a raffle ticket  
for our weeklong Wellness  
Week Raffle for a Kindle Fire!

# RELAX & ENJOY!

\* Building B - 25 Journal Square

## HCCC LIVE

*Break up your day and enjoy LIVE entertainment with your friends and classmates.*



Wednesday, September 4	HCCC LIVE: Jazz	2:00 p.m. - 4:00 p.m.	B Student Lounge*
Tuesday, September 10	HCCC LIVE: Karaoke	11:30 a.m. - 1:30 p.m.	B Student Lounge*
Monday, September 16	HCCC LIVE: Live Music	11:30 a.m. - 1:30 p.m.	NHHEC
Wednesday, September 25	HCCC LIVE: Comedy Hour	12:00 p.m.	B Student Lounge*
Tuesday, October 15	HCCC LIVE: Live Music	5:00 p.m. - 7:00 p.m.	B Student Lounge*
Monday, October 28	HCCC LIVE: Karaoke	11:30 a.m. - 1:30 p.m.	NHHEC
Wednesday, November 13	HCCC LIVE: Open Mic	11:30 a.m. - 1:30 p.m.	B Student Lounge*
Wednesday, November 20	HCCC LIVE: Comedy Hour	12:00 p.m.	NHHEC
Monday, November 25	HCCC LIVE: Karaoke	5:00 p.m. - 7:00 p.m.	B Student Lounge*
Tuesday, December 3	HCCC LIVE: HCCC Idol	11:30 a.m. - 1:30 p.m.	B Student Lounge*



## BINGO

*Who doesn't like BINGO! Relax and enjoy a fun game of BINGO with your classmates. Over \$200 in prizes given away at each session.*

Wednesday, September 4	BINGO: School Spirit Edition	12:00 p.m. - 1:00 p.m.	NHHEC
Monday, September 23	BINGO	12:00 p.m. - 1:00 p.m.	B Student Lounge*
Tuesday, November 12	BINGO	12:00 p.m. - 1:00 p.m.	NHHEC
Monday, December 9	BINGO	12:00 p.m. - 1:00 p.m.	B Student Lounge*



## DJ Dance Party

*Learn a variety of different dances while partying with your classmates.*

Wednesday, August 28	Welcome Back DJ	11:00 a.m. - 2:00 p.m.	NHHEC
Wednesday, August 28	Welcome Back DJ	11:00 a.m. - 2:00 p.m.	B Student Lounge*
Monday, September 30	DJ: Learn to Dance Salsa	11:00 a.m. - 2:00 p.m.	NHHEC
Wednesday, October 2	DJ: Learn to Dance Salsa	11:00 a.m. - 2:00 p.m.	B Student Lounge*
Monday, November 4	DJ: Learn to Spin	11:00 a.m. - 2:00 p.m.	NHHEC
Wednesday, November 6	DJ: Learn to Spin	11:00 a.m. - 2:00 p.m.	B Student Lounge*
Wednesday, December 4	DJ: Ballroom Dancing	11:00 a.m. - 2:00 p.m.	NHHEC
Thursday, December 5	DJ: Ballroom Dancing	11:00 a.m. - 2:00 p.m.	B Student Lounge*

## Great Semester Events

*Relax and unwind at these GREAT events.*

Tuesday, September 24	Photo Booth	11:30 a.m. - 5:30 p.m.	B Student Lounge*
Tuesday, October 1	Psychic Fair	11:00 p.m. - 2:00 p.m.	B Student Lounge*
Thursday, October 16	Mini-Manicure	11:30 a.m. - 1:30 p.m.	JC and NHHEC
Thursday, October 17	Lucky Bamboo	11:30 a.m. - 1:30 p.m.	JC and NHHEC
Monday, October 21	Caricaturists	5:00 p.m. - 7:00 p.m.	JC and NHHEC
Tuesday, October 22	Make Your Own Candy Apples	4:00 p.m. - 6:00 p.m.	JC and NHHEC
Thursday, October 31	Campus-wide Trick or Treating	12:00 p.m. - 1:00 p.m.	JC and NHHEC
Thursday, November 7	Veterans' Appreciation Day	11:30 a.m. - 1:30 p.m.	B Student Lounge*
Monday, November 18	Stuff Your Own Stuffed Animal	12:00 p.m. - 1:30 p.m.	JC and NHHEC
Thursday, November 21	First Year Student and Student Leader Thanksgiving Lunch	12:00 p.m.	JC
Tuesday, December 10	Mini-Manicure	11:30 a.m. - 1:30 p.m.	JC and NHHEC
Wednesday, December 11	Caricaturists	5:00 p.m. - 7:00 p.m.	JC and NHHEC
Thursday, December 12	Lucky Bamboo	11:30 a.m. - 1:30 p.m.	JC and NHHEC

**EXPLORE**  
a world of possibilities

For more information:  
Email  
[advising@live.hccc.edu](mailto:advising@live.hccc.edu)  
to sign up.

# Hudson County Community College

W E L C O M E  
W E E K

*Wednesday, August 28, 2013 to Friday, September 6, 2013*

## **Wednesday, August 28**

### **Bagel Wednesdays**

9:30 a.m. to 10:30 a.m.  
25 Journal Square & NHHEC  
Student Lounges

### **Welcome Back DJ**

11 a.m. to 2 p.m.  
(Dance Contest Throughout)  
NHHEC, Student Lounge

### **Snacks on the Go**

5:30 p.m. to 6:30 p.m.  
25 Journal Square & NHHEC  
Student Lounges

## **Thursday, August 29**

### **Students Run on Coffee**

9:30 a.m. to 10:30 a.m.,  
5:30 p.m. to 6:30 p.m.  
25 Journal Square & NHHEC  
Student Lounges

### **College Hour Kick-Off**

### **Make Your Own Room Signs**

11 a.m. to 2 p.m.  
25 Journal Square, Student Lounge

## **Tuesday, September 3**

### **Make Your Own Room Signs**

11 a.m. to 2 p.m.  
NHHEC Student Lounge

## **Wednesday, September 4**

### **Bagel Wednesdays**

9:30 a.m. to 10:30 a.m.  
25 Journal Square & NHHEC  
Student Lounges

### **Welcome Back DJ**

11 a.m. to 2 p.m.  
(Dance Contest Throughout)  
25 Journal Square, Student Lounge

### **School Spirit BINGO!**

### **Dress in HCCC Attire and Double Your Prizes**

12 p.m. to 1 p.m.  
NHHEC Student Lounge

### **HCCC Live: Jazz**

2 p.m. to 4 p.m.  
25 Journal Square, Student Lounge

### **Snacks on the Go**

5:30 p.m. to 6:30 p.m.  
25 Journal Square & NHHEC  
Student Lounges

## **Thursday, September 5**

### **Students Run on Coffee**

9:30 a.m. to 10:30 a.m.,  
5:30 p.m. to 6:30 p.m.  
25 Journal Square & NHHEC  
Student Lounges

### **College Hour Programming Bookstore on the Square Fashion Show with FREE Smoothies**

11 a.m. to 2 p.m.  
25 Journal Square, Student Lounge

## **Friday, September 6**

### **Pool Hall and Games**

11 a.m. to 2 p.m.  
25 Journal Square, Student Lounge

### **Mister Softee on Campus**

12 p.m. to 2 p.m.  
25 Journal Square,  
Student Life and NHHEC,  
Enrollment Center  
(The first 200 students on each  
campus will receive a ticket for  
FREE Ice Cream)

### **Fitness Friday!**

3 p.m. – Zumba, 4 p.m. – Yoga  
25 Journal Square, Student Lounge



*For questions or to sign up,  
please call 201-360-4160  
or email [advising@live.hccc.edu](mailto:advising@live.hccc.edu)*