



TRANSFER TIMES

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Why Volunteer?

On the eve of the inaugural, President Obama demonstrated the spirit of social responsibility that characterized his presidential campaign by visiting a school to help prepare care packages for troops overseas. In his inaugural address the President said, "The spirit of service must inhabit us all."

If you are inspired and choose to participate in this new "era of social responsibility" you may discover that volunteer service pays back in many unexpected ways.

There has been a significant amount of research on the benefits of community service to students. Among the most significant benefits cited are the psychological, social and cognitive gains experienced by student volunteers. According to several researchers, students who volunteer their time and energy have shown increases in positive emotions and overall mental health and decreases in depression and stress (Thoits & Hewitt, 2001; Smith, 1999). For students who are already stressed because of work, family obligations, and academic pressure, an activity that potentially leads to feelings of psychological well-being may be worth pursuing.

The social benefits of volunteer service include the development of new relationships, expanded social networks and enhanced interpersonal skills. These new

relationships may be ones that last a lifetime. The social networking opportunities allows students to hear about job openings and to develop great references. It is also reported that community service can lead to increased interest in caring for others and feelings of social connectedness (Smith, 1999).

Cognitively, student volunteers directly benefit in ways related to their academic pursuits. Although students take courses that help to develop political and civic awareness, it is "through participation in voluntary associations [that] individuals develop a keener appreciation for civic affairs ... and their obligations to participate in the political process" (Smith, 1999). Sandra LeSourd (1997) adds, "...by becoming involved in various aspects of community life, facets which students would be unlikely to involve themselves otherwise, students gain new



Inside This Issue

- ◆ Informational Sessions
- ◆ Educational Pathway: Physician Assistant
- ◆ Spring 2009 Transfer Fairs



information to consider and new ways to think about things”. Importantly, volunteer service develops critical thinking and problem solving skills. “When students are given the opportunities and responsibilities of decision making in a task that is interesting and important to them, they tend to think more deeply about the issues at hand”*. This training and experience with analytical thinking is essential for academic success.

*This article is adapted from:

Benefits of Student Participation in Community Service, published online by the University of Michigan. http://sitemaker.umich.edu/356.black/benefits_of_participation_in_service

Out-in-Two Scholars Volunteer

College-based volunteer service is exemplified by BMCC’s Out-in-Two scholars. The students in this scholarship program are expected to provide service to the college and to the community each semester. Last semester, BMCC’s scholars tutored students in New York City elementary schools and high schools and packed meals at the New York Food Bank for delivery to homeless shelters throughout the metropolitan area. The program’s coordinator, Allana Hankey-Thomas, reports that several of the scholars were so inspired and motivated by their experience that they volunteered for additional community service.



Transfer Informational Sessions

In keeping with the college’s motto, “Start Here. Go Anywhere”, the Academic Advisement and Transfer Center invites senior colleges to visit our campus every semester. The spring 2009 schedule is below. For more information please contact Allana Hankey-Thomas in room S763.

NYU/CCTOP	Wednesday, February 11, 2009
Columbia University	Wednesday, February 25, 2009
The New School	Wednesday, March 11, 2009

Scholarship Workshops

Wednesday, March 11, 2009	2:00PM-3:00PM
Thursday, March 12, 2009	5:30PM-7:00PM

For more information please contact Sussie Gyamfi in room S343

NYU College of Dentistry Open House

Saturday, March 21, 2009
9:00AM-12:00PM

- ◆ Learn about preparing for, applying to and attending dental school
- ◆ Meet current students
- ◆ Tour the dental facilities
- ◆ Learn how to finance your dental education

New York University
 College of Dentistry, Room 614
 345 East 24th Street (1st Avenue)

Please register online by March 6, 2009
www.nyu.edu/dental/events/openhouse

The priority application deadline for fall 2009 admission to CUNY senior college is
Sunday, March 15, 2009.

Complete your application online at:
www.cuny.edu

Educational Pathway:

Physician Assistant

What is a Physician Assistant (PA)?

Physician assistants are health care professionals licensed to practice medicine with physician supervision. PAs conduct physical exams, diagnose and treat illnesses, order and interpret tests, counsel on preventive health care, assist in surgery, and write prescriptions. Within the physician-PA relationship, physician assistants exercise autonomy in medical decision making and provide a broad range of diagnostic and therapeutic services.

How did the PA profession begin?

In the mid-1960s, physicians and educators recognized there was a shortage and uneven distribution of primary care physicians. To expand the delivery of quality medical care, Dr. Eugene Stead of the Duke University Medical Center put together the first class of PAs in 1965. He selected Navy corpsmen who had received considerable medical training during their military service. The curriculum of the PA program was based in part on the fast-track training of doctors during World War II.

How is a PA educated?

PAs are educated in a medical model designed to complement physician training. The education consists of classroom and laboratory instruction in the basic medical and behavioral sciences followed by clinical rotations in internal medicine, family medicine, surgery, pediatrics, obstetrics and gynecology, emergency medicine, and geriatric medicine. The average PA program curriculum is 26.8 months. PAs are required to take continuing medical education classes and be retested on their clinical skills on a regular basis. PA programs are accredited by the Accreditation Review Commission for the physician Assistant (ARC-PA). There are approximately 140 accredited programs. All programs must meet the same ARC-PA standards.

What are the prerequisites for applying to a PA program?

Applicants to physician assistant programs must complete at least two years of college courses in basic science and behavioral science as prerequisites to PA training. This is analogous to the pre-med studies required of medical students. Preference is usually given to candidates who have prior experience in health care. Most PA students have earned a bachelor's degree and have three years of health care experience before they are admitted to a program.



What is the difference between a PA and a physician?

While the core curriculum is similar for both professions, physicians receive more formal education. They are also required to do an internship, and most also complete a residency. PA's do not have to undertake an internship or residency. A physician has complete responsibility for the care of the patient. PAs share that responsibility with the supervising physicians.

This article is an abridged version of the fact sheet, "Information About PAs and the PA Profession" and the "Issue Brief: Physician Assistant Education, Preparation for Excellence" published by the American Academy of Physician Assistants. For additional information visit the web site:

<http://www.aapa.org/geninfo1.html> .

For a list of accredited PA programs contact the: American Academy of Physician Assistants Information Center, 950 North Washington Street, Alexandria, VA 22314.

CUNY Physician Assistant Programs

York College and City College offer fully accredited PA programs. Both programs are extremely competitive. Interested students are required to submit two separate applications: 1) an application to the PA program; and 2) a transfer application to the City University of New York, University Application Processing Center (UAPC). Check the college web sites for more details on the admission process and for a list of the academic prerequisites.

Spring 2009 Transfer Fairs

3 Days! 3 Opportunities



- ◆ Gather information about the academic programs offered at the senior colleges
- ◆ Discover the career possibilities associated with various degree programs
- ◆ Speak directly with admissions counselors from CUNY, SUNY, & other private colleges
- ◆ Explore scholarship opportunities

Nontraditional Career Transfer Fair

Wednesday, February 18, 2009

12PM –5PM

Richard Harris Terrace Promenade

CUNY/Private College Transfer Fair

Tuesday, February 24, 2009

11AM-3PM &4PM-8PM

Richard Harris Terrace Promenade

Evening/Weekend Students Transfer Fair

Saturday, February 28, 2009

11AM-2PM

Richard Harris Terrace Promenade

About the AATC

The Academic Advisement & Transfer Center provides students with comprehensive one-on-one academic advisement and transfer services to facilitate well informed decisions about appropriate senior college choices after graduation.

Additionally, the AATC:

- ◆ administers the Title V program for liberal arts students and the Out-in-Two Scholarship Program
- ◆ houses and maintains a transfer library with both print and electronic resources
- ◆ offers e-advisement, distance learning advisement and nontraditional career advisement
- ◆ Sponsors 6 senior college transfer fairs annually

We are here to serve you 7 days a week