

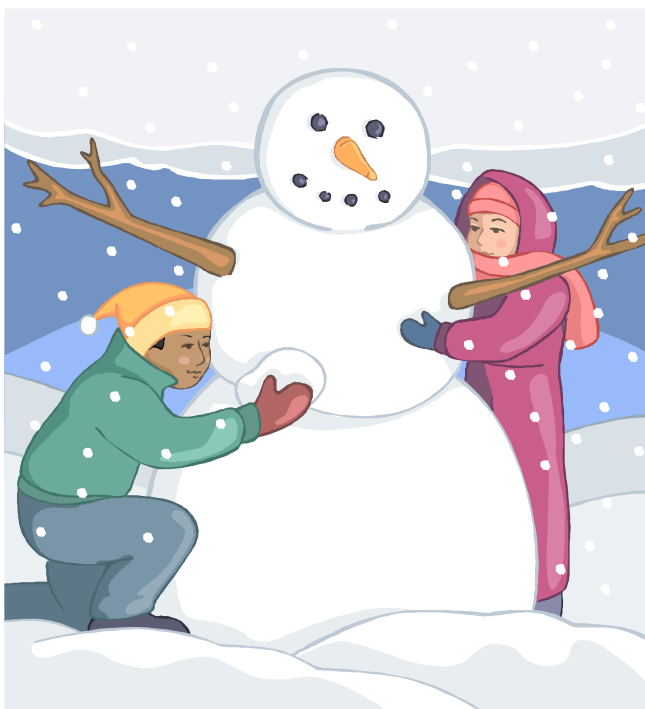
CSI/CUNY CLUE NEWS

*DECEMBER 4-10, 2011
& THE REST OF DECEMBER 2011*

Prior to the completion of 12 credits, attendance at 2 Co-Curricular (C.C.) & 2 Personal Growth (P.G.) CLUEs is necessary to satisfy the CLUE requirement. Students must be on time and stay for the entire event in order to receive CLUE certification. For more information, contact the Office of New Student Orientation, 2A-208 (718) 982-2529

**You can find a complete listing of the current week's CLUE NEWS
[WWW.CSI.CUNY.EDU / ACTIVITIES/INDEXHTM](http://WWW.CSI.CUNY.EDU/ACTIVITIES/INDEXHTM)**

SEASON'S GREETINGS



CLUE News is a publication of the College of Staten Island's Office of New Student Orientation / CLUE and is distributed weekly during the Fall and Spring semesters.

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NSOCLUECSI

New Student Orientation/CLUE at CSI

★ Office of ★

★ New Student Orientation/CLUE ★

★ Building 2A, Room 208 ★

★ 718.982.2529 ★

★ NSOCLUEMENTOR@CSI.CUNY.EDU ★

IF YOU ARE READING THIS ISSUE EARLY, YOU STILL HAVE TIME TO CATCH THESE CLUE REPEATED FROM LAST WEEK'S ISSUE

FRIDAY, DEC 2

BASIC SKILLS FOR WRITING SERIES: AVOIDING GRAMMAR MISTAKES

(CC)
1:25 P.M. - 2:15 P.M.
1A-108C

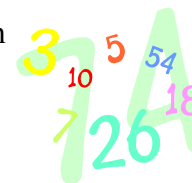
WORKSHOP: Grammar is an important component of good writing. This Basic Skills for Writing Series workshop will help you identify and overcome common grammar mistakes that most college students make. Learn where your weaknesses are and how to overcome them. Sponsored by the SEEK Learning Center.



BASIC MATH SKILLS SERIES: COMMON MATH MISTAKES

(CC)
3:35 P.M. - 4:25 P.M.
1A-108C

WORKSHOP: Don't you just hate it when you get a math problem wrong because of a silly mistake? This Basic Math Skills Series workshop provide tips and tricks for overcome, and avoiding the most common math mistakes. Sponsored by the SEEK Learning Center.



ON THE ROAD WITH CAB TO MEDIEVAL TIMES



(PG)
5:30 P.M. - 10:30 P.M.
Lyndhurst, NJ

SPECIAL EVENT: Be swept away to an age of bravery and honor and witness epic battles of steel and steed. From ringside seats, discover a feast of the eyes and appetite with all the splendor and romance of 11th Century Spain. You will thrill to a rousing 2 hours live jousting tournament , marvel at awe-inspiring horsemanship and falconry, Medieval Times serves a four-course meal fit for royalty. Let your journey begin! Tickets on sale 11/8 for CSI Students with Valid CSI ID \$20.00. Guest of Students \$25.00 must be 18 or older on sale 11/14 in the Office of Student Life 1c-201 Mon-Fri 8:30am-5pm Wed & Thurs 8:30am-6pm. Transportation Provided Bus leaves CSI 5:30pm. Funded by Student Activity Fees. Sponsored by Campus Activities Board.

(CONTINUED) IF YOU ARE READING THIS ISSUE EARLY, YOU STILL HAVE TIME TO CATCH THESE CLUE REPEATED FROM LAST WEEK'S ISSUE

FRIDAY, DEC 2 CONTINUED



(CC)
8:00 P.M. - END
Center for the Arts (1P)
Lab Theater-Room 110

DRAMA PRODUCTION: DUET-SENIOR PROJECT

SPECIAL EVENT: The Drama Program presents Duet a Senior Project directed by senior Dramatic Arts, majors. Mark your calendars; this is a "must see" production. Tickets \$5.00 at CFA Box Office. Sponsored by the Drama Program.



SATURDAY, DEC 3



(PG)
8:00 P.M. - END
Center for the Arts (1P)
Springer Concert Hall

JOHN PIZZARELLI QUARTET: SWINGIN' INTO THE HOLIDAYS

MUSICAL EVENT: Tickets: \$30, \$35, \$40. Come listen to all of your favorites during this holiday season! Using greats like Nat "King" Cole and Frank Sinatra as touchstones, Pizzarelli is among the prime interpreters of the great American songbook, bringing to his work the cool jazz flavor of his brilliant guitar playing and singing. Sponsored by the Center for the Arts.



DID YOU KNOW

...that you can send messages to a student coordinated e-mail service where your questions, suggestions or complaints about anything at CSI will be answered daily?

The address is: NSOCLUEMENTOR@CSI.CUNY.EDU

... stay in the know and on top of everything CLUE through Facebook and Twitter.

You can find the Office of New Student Orientation and the NSOCLUE Student Mentors on Facebook at “New Student Orientation/CLUE at CSI”, and click “Like” to get updates about upcoming events or “Follow” us on Twitter at NSOCLUECSI. We look forward to hearing from you; we met many of you at Orientation and are interested in what you have to say, what you want to know, and most of all, how you are doing at CSI!

...that sometimes unauthorized people have come to campus to sell tickets to a variety of social activities (e.g., comedy clubs.) They go into classrooms and state that they are representing the CSI Office of Student Life. These are outside companies and they have NO connection to the College. The Office of Student Life does not sell any tickets in your classrooms. Students who have purchased these unauthorized tickets have not always gotten what they were promised. Please let Public Safety know (x2113) if this happens in your classroom. Thank you for helping us to help our students.

...that the Wellness/Drop-In Center provides free Nicotine Replacement Therapy to students? Are you thinking about quitting smoking? Have a quit date in mind? Come to the Wellness Center, 1C, Room 112 for free patches or gum to aid you in quitting. We also have free condoms and plenty of information regarding health and wellness!

....that Health Services has a limited supply of oral contraception and Nuva Rings available to start students on a birth control plan. If you are interested please make an appointment with the Nurse Practitioner to review your health history and receive a free month’s sample. Call 718-982-3045.

...that Health Services has the HPV vaccine, Gardasil, available free of charge to students. If you are considering being vaccinated, now is the time! Free vaccine available to any female student age 26 and younger and male student age 18 and younger. For questions or appointments, please call 718 982-3045 or walk into 1C, 111.

DID YOU KNOW (CONTINUED)

...that Health Services Free and Confidential (OraQuick Advance) **HIV Oral Test** on every third and fourth Wednesday of the month during the fall semester. Mouth Swab – No blood drawn. Results are available in 20 minutes. Call 718.982.3045 or stop by the Health Center, 1C-112 to make a 30 minute appointment. Appointment hours are 10:00 AM -1:30 PM and 2:00 pm – 4:00pm. The last appointment is at 3:30 PM **Photo Identification is Required.** Sponsored by the Health and Wellness Center.

...that you can rent a locker @ the Campus Center. Are your books getting heavier and heavier? You don't know what to do with your stuff? Well, rent a locker and give your back a rest. Students interested in renting a locker should come to the Office of Student Life (1C) room 201 between 10:00 a.m. to 3:00 p.m. Lockers are rented each semester for a cost of \$10.00 for rental and \$5.00 for a security deposit. All lockers come with a combination lock and easy access during the academic year.

...that your child can help you earn a CLUE credit? The Child Development Lab in the Psychology Department invites children under the age of 2 to participate in fun experiments. Parents who are students at CSI can earn a PG CLUE credit. Sessions take only 30 minutes and you will be with your child the entire time. In our studies babies play with toys, crawl, or walk on special playground equipment, like tunnels or stairs. Participants find our studies interesting and enjoyable. To make an appointment email sberger@mail.csi.cuny.edu or fill out a form on-line at www.library.csi.edu/~berger/childlab. This is a PG CLUE.

MONDAY, DEC 5

COLLEGE SKILLS SERIES: OVERCOMING MATH ANXIETY

(PG)
1:25 P.M. - 2:15 P.M.
1A-108C

WORKSHOP: Math is not a scary monster or an aptitude people are born with, it is a skill you can learn. This College Skills Series workshop provides tips and tricks for overcoming the fear of math. Sponsored by the SEEK Learning Center.



COLLEGE SKILLS SERIES: UNDERSTANDING AND AVOIDING PLAGIARISM

(CC)
3:35 P.M. - 4:25 P.M.
1A-108C

WORKSHOP: Are you not quite sure when it is paraphrasing or when it is plagiarism? Come to this College Skills Series workshop to learn more about plagiarism, and how to avoid it. Sponsored by the SEEK Learning Center.

TUESDAY, DEC 6

BASIC SKILLS FOR WRITING SERIES: WORRY-FREE RESEARCH PAPERS

(CC)
1:25 P.M. - 2:15 P.M.
1A-108C

WORKSHOP: If you experience difficulties with writing papers, you are not alone. This Basic Skills workshop will explore different approaches, including reports, issue analysis and advocacy or persuasion. You will learn how to organize notes, form a focus, and construct a thesis statement. A step-by-step guideline to writing a paper will be discussed, as well as some basic tips to help organize and monitor writing tasks. Sponsored by the SEEK Learning Center.



(CC)
6:00 P.M. - 9:00 P.M.
Campus Center (1C)
Green Dolphin Lounge

ANNUAL HOLIDAY DINNER

SPECIAL EVENT: Join students, faculty, staff and friends for a night of dinner and dancing. \$10.00 per person includes full dinner and live DJ! RSVP by 11/30. Sponsored by the CSA and ALPHA.



WEDNESDAY, DEC 7

(CC)
11:15 A.M. -12:05 P.M.
1A-108C

BASIC SKILLS FOR WRITING SERIES: POLISHING YOUR FINAL PAPER

WORKSHOP: If you experience difficulties with editing your papers, you are not alone. This Basic Skills for writing workshop will help you finalize your end-of-semester papers. You will be able to spot and correct your mistakes with simple, easy-to-remember techniques. Sponsored by the SEEK Learning Center.



(CC)
12:20 P.M. - 1:10 P.M.
Campus Center (1C)
Room 211

WORLD ON WEDNESDAY SCOTLAND THROUGH THE EYES OF THE EARLY GEOLOGISTS

WORKSHOP: Professor. Alexander from the Department of Engineering Science and Physics will speak about her recent trip to Scotland and share her photos she took from her collection. Come and explore the rocks of Scotland, as seen by the first geologists. We will follow the early discoveries in geology by visiting field sites all over Scotland. Sponsored by the Center for International Service.



(PG)
1:25 P.M. - 3:20 P.M.
1A-108C

COLLEGE SKILLS SERIES: MANAGING YOUR TEST ANXIETY

WORKSHOP: Have you ever experienced test anxiety? You are not alone! Test anxiety can have physical or emotional symptoms, and can even cause you to 'blank out' on test material. Come to this great College Skills Series, personal growth workshop, to learn strategies to manage test anxiety. Sponsored by the SEEK Learning Center.




WEDNESDAY, DEC 7 CONTINUED

(CC)
2:30 P.M. - END
Center for the Arts (1P)
Recital Hall

RECITAL: CSI CHORUS


MUSICAL PERFORMANCE: Fall recital featuring the members of the CSI Chorus directed by Marina Alexander. This concert includes a visit by the Three Kings. **Tickets are \$5.00.** Sponsored by the Music Program.




(PG)
5:45 P.M. - 6:45 P.M.
Campus Center (1C)
Green Dolphin Lounge

GDL CAFÉ MUSIC BY DARRELLE LONDON


SPECIAL EVENT: Darrelle's story is one of following your heart over your head. With the smarts to get accepted to law school, she chose to instead take a chance on her music. Since making that fateful choice, Darrelle has toured Canada, played in LA and New York, and opened for VV Brown at the Troubadour club in Hollywood. She has also performed at several festivals including Lilith Fair, International Pop Overthrow, and North by Northeast. Audiences have been captivated by her playful tunes, disarmingly sweet voice and tell-it-like-it-is lyrics. If you like smart pop music that is "light with a bit." You'll love this quirky Canadian indie darling. Funded by Student Activity Fees. Sponsored by Campus Activities Board.


(PG)
6:30 P.M. - 9:30 P.M.
Center for the Arts (1P)
Room 116

GIFT WRAPPING PARTY!

WORKSHOP: Come get into the Holiday Spirit and help those in need. We will be wrapping gifts that will be donated to Safe Horizon. Pizza will be served. Sponsored by the Women's Center.




(CC)
7:30 P.M. - END
Center for the Arts (1P)
Williamson Theatre

RECITAL: THE CSI JAZZ ENSEMBLE

MUSICAL PERFORMANCE: Fall recital featuring the members of the CSI Jazz Ensemble directed by Michael Morreale. An evening of great jazz. **Tickets are \$5.00.** Sponsored by the Music Program.



THURSDAY, DEC 8

COLLEGE SKILLS SERIES: COPING WITH END OF SEMESTER STRESS

(PG)
1:25 P.M. -3:20 P.M.
1A-108C

WORKSHOP: Its' that time of year again. Not only do you have to deal with the stress of the holidays, but there are final exams, papers, labs and projects to deal with. Many students experience increased stress levels, and finals are particularly stressful. Come to this great College Skills Series, personal growth workshop, to learn strategies to lower your stress levels.



CLUB HOUR MUSIC RECITAL: JAZZ ENSEMBLE

(CC)
1:30 P.M. - END
Center for the Arts (1P)
Recital Hall- Room 120

MUSICAL PERFORMANCE: Music recital featuring faculty of the Department of Performing and Creative Arts and guest artists. Jazz like you never heard before. Admission is FREE. Sponsored by the Music Program.



(PG)
5:00 P.M. - 6:30 P.M.
2A-206

INTERNATIONAL COFFEE HOUR

WORKSHOP: The International Coffee Hour at the Center for International Service is a time for social interaction and is also an ideal environment for the expression of ideas. The monthly event also enables students to meet new friends out of a classroom setting. Moreover, students interested in studying abroad are encourage to join this gathering so that they can begin to understand more about the world through discussions with people from different countries. Everyone is welcome to bring their own music, tapes, and pictures from their own countries to share. Refreshments will be served. Sponsored by the Center International Services.



THURSDAY, DEC 8 CONTINUED



(CC)
5:45 P.M. - 6:35 P.M.
1A-108C

BASIC SKILLS FOR WRITING SERIES: AVOIDING GRAMMAR MISTAKES

WORKSHOP: Grammar is an important component of good writing. In this workshop you will be able to identify and overcome common grammar mistakes that most college students make. Learn where your weaknesses are and how to overcome them. Sponsored by the SEEK Learning Center.



(CC)
7:30 P.M. - END
Center for the Arts (1P)
Williamson Theatre

FALL DANCE RECITAL

PERFORMANCE: Fall recital featuring the students of the PCA Dance Program. Directed by Charles Thomas and Niambi Keyes. If you have an appreciation for dance, this recital is for you. **Admission is \$10/\$7 students and senior citizens.** Sponsored by the Dance Program.



(CC)
7:30 P.M. - END
Center for the Arts (1P)
Recital Hall

RECITAL: THE CSI GUITAR ENSEMBLE

PERFORMANCE: Fall recital featuring the members of the CSI Guitar Ensemble directed by Edward Brown. If you enjoy guitar music, you won't want to miss this evening of entertaining guitar music. **Tickets are \$5.00.** Sponsored by the Center for the Arts.



FRIDAY, DEC 9

COLLEGE SKILLS SERIES: HOW TO STUDY AND CONCENTRATE/STUDY SKILLS FOR THE DISTRACTED

(CC)
10:10 A.M. - 11:05 A.M.
1A-108C

WORKSHOP: Do you experience distractions and problems concentrating? This College Skills workshop will provide you with the tools to learn how to create a successful study environment. You will learn the best time to study and how to study and concentrate. Sponsored by the SEEK Learning Center.



BASIC SKILLS FOR WRITING SERIES: PAPER PREPARATION: WRITING AN OUTLINE FOR COLLEGE PAPERS

(CC)
1:25 P.M. - 2:15 P.M.
1A-108C

WORKSHOP: Do you need help organizing your thoughts for your paper? This Basic Skills for Writing Series workshop provides a step-by-step guide to writing a great outline. Sponsored by the SEEK Learning Center.



BASIC MATH SKILLS SERIES: COMMON MATH MISTAKES

(PG)
3:35 P.M. - 4:25 P.M.
1A-108C

WORKSHOP: Don't you just hate it when you get a math problem wrong because of a silly mistake? This Basic Math Skills Series workshop provide tips and tricks for overcome, and avoiding the most common math mistakes. Sponsored by the SEEK Learning Center.



MONDAY, DEC 12

(CC)
1:25 P.M. - 2:15 P.M.
1A-108C

BASIC SKILLS FOR MATH SERIES: UNDERSTANDING SIGNED NUMBERS

WORKSHOP: Do you need help understanding signed numbers? This Basic Skills for Math Series workshop will provide you with assistance in understanding and working with integers. Sponsored by the SEEK Learning Center.



(CC)
3:35 P.M. - 4:25 P.M.
1A-108C

COLLEGE SKILLS SERIES: UNDERSTANDING AND AVOIDING PLAGIARISM

WORKSHOP: Are you not quite sure when is it paraphrasing or when its plagiarism? Come to this College Skills Series workshop to learn more about plagiarism, and how to avoid it. Sponsored by the SEEK Learning Center.

TUESDAY, DEC 13

(CC)
10:10 A.M. - 11:05 A.M.
1A-108C

COLLEGE SKILLS SERIES: TEST TAKING STRATEGIES

WORKSHOP: Different types of assessment tools (essay, short answers, and multiple choice exams) require different strategies. You will discuss the differences, as well as the challenges for each assessment tool. This College Skills Series workshop includes approaches to studying, and guidelines and tips for multiple choice exams. Sponsored by the SEEK Learning Center.



TUESDAY, DEC 13 CONTINUED

(CC)
1:25 P.M. - 2:15 P.M.
1A-108C

BASIC SKILLS FOR WRITING SERIES: PAPER PREPARATION: THE OUTLINE

WORKSHOP: Do you need help organizing your thoughts for your paper? This Basic Skills for Writing Series workshop provides a step-by-step guide to writing a great outline. Sponsored by the SEEK Learning Center.



(CC)
7:30 P.M. - END
Center for the Arts (1P)
Recital Hall-Room 120

RECITAL: YOUNG ARTIST'S RECITAL

SPECIAL EVENT: Fall recital featuring the members of the Music Program of the Department of Performing and Creative Arts. A night of entertaining music that you don't want to miss. **Tickets \$5.00 at CFA Box Office.** Sponsored by the Drama Program.



WEDNESDAY, DEC 14

(CC)
11:15 A.M. - 12:05 P.M.
1A-108C

BASIC SKILLS FOR WRITING SERIES: PAPER PREPARATION: POLISHING YOUR FINAL PAPER

WORKSHOP: Do you need help finishing off your paper? This Basic Skills for Writing Series workshop provides a guide to editing and polishing your final paper. Sponsored by the SEEK Learning Center.



(PG)
2:30 P.M. - 3:30 P.M.
Center for the Arts (1P)
Room 116

INTERNSHIP WORKSHOP

WORKSHOP: Gaining internship experience while you are in college can be an important part of your career development. Internships give you an opportunity to apply academic concepts and practice, and to explore possible future occupations. They can also assist you in clarifying your career goals and help you determine whether you have made the right career choice without having to make a long-term commitment. Come to this workshop and learn more about the internships and the many opportunities that exist. Sponsored by the Career and Scholarship Center.

CLUES-BY-APPOINTMENT

Do you have an extremely tight schedule with only a small window of free time?

Call the contact number for the desired CLUEs below and you may be able to set up a time convenient for you!

USING CSI'S SPEEDY ELECTRONIC FINANCIAL AID APPLICATION: Are you applying for Financial Aid? Find out about CSI's speedy electronic financial aid application process, and earn a PG CLUE at the same time. An appointment will ensure that a computer station is ready and waiting for you; walk-ins may be accommodated, but only if machines are available. Call 718/982-2601 to make an appointment. The Student Service Center is 2A-402.

Alcohol 101 Plus - An Interactive Video Program: Unplanned Sex...Alcohol Overdose...Aggressive Behavior...Drunk Driving. These are just a few issues often associated with alcohol use among college students. Earn a PG CLUE by spending less than an hour on an interactive video program that explores this topic through realistic scenes. Please call 718-982-3113 or stop by the Peer Drop-In Center, 1C-111, to make an appointment. Appointments are generally available on Mondays, Wednesdays, and Thursdays between 10:00am and 4:00pm.

WELLNESS CONSULTATIONS: Too much stress? Not enough sleep? Students are invited to evaluate their overall wellness and receive a PG CLUE by completing a brief Wellness Consultation. You will have the opportunity to review the results with a Wellness professional staff member. See how much you know about your own strengths and select what steps you may want to take to meet your personal and academic goals. To make an appointment, please call 718.982.3113 or come to the Peer Drop-In Center, 1C, room 111.

Preventing Sexual Harassment: How much do you know about the subject of sexual harassment? The literature suggests that 30% of undergraduate women are victims of sexual harassment while only 5-10% of these women report the harassment. The interactive computer program guides you through the facts to help students identify appropriate responses and resources. Call 718-982-3113 or stop by the Peer Drop-in Center, 1C, room 111 for an appointment. PG CLUE.

EXPERIMENTS IN PSYCHOLOGY LANGUAGE: Students are invited to participate in 2 types of psychological experiments: (1) for Bilingual Russian – English participants, (2) for monolingual English participants. Experiments take 1 hour 15 min., and are conducted with the help of the state-of-the-art eye-tracking equipment. They involve playing with toys and moving around pictures. This is a great opportunity to learn about psychology at work and also earn a CC CLUE unit. To make an appointment contact 718/982-4061 or e-mail sekerina@mail.csi.cuny.edu

NOTE: For all Psychology Experiments: If you are under 18 years of age you will need a pre-signed parental consent form. This form may be obtained at 4S-103 prior to your appointment.

ONLINE DISABILITY AWARENESS QUIZ: Here is an opportunity to explore some issues about Section 508 of the Americans with Disabilities Act. What is it and how does it impact people with disabilities? Take an online interactive quiz and find out. This CLUE will take approximately 45 minutes to complete, and you will receive a certificate of completion! Call 718/982-2510 for an appointment for this CC CLUE which will take place in the Center for the Arts (1P)-Room 101.

...EXPERIMENTS IN PSYCHOLOGY-SMOKING ON CAMPUS? Do you and a friend need CC CLUE CREDITS? Students are invited to participate in friendly pairs in a research study on students' attitudes towards smoking at CSI. You do not need to be a smoker to participate. Participation will take approximately one hour. This is a great opportunity to learn about how psychologists conduct research and also earn a CC CLUE unit. To make an appointment for you and your friend please call 718/982-4072 or email csismokingstudy@gmail.com. Please leave a message as to the best day and time when you and a friend can come into the lab together. All participants will get a chance to win a \$75.00 BEST BUY gift card Must be 18+. Location is Building 4S-102.

CLUES-BY-APPOINTMENT CONTINUED

The Office of New Student Orientation/CLUE presents the following three “CLUES-BY-APPOINTMENT.” Appointments are available every Monday, Tuesday, Wednesday and Friday between 9:00 a.m. – 4:00 p.m. and Thursdays, between 9:00 a.m. and 6:00 p.m. Stop by the Office of New Student Orientation, located in Building 2A, Room 208, or call 718. 982-2529 to make an appointment. Take advantage of this convenient “one-stop” way to both “learn” and “earn.”

...“**WHO MOVED MY CHEESE,**” is a short story by Spencer Johnson, M.D., about four little fictitious characters and their reaction to change. What can you learn from these characters? Read this delightful and insightful story to find out the answers, and earn both a PG and a CC CLUE. Amazingly, this CLUE which takes no longer than 1 ½ hours to complete . . . *may well impact the course of your life.* This CLUE is brought to you by Elaine Flynn and the Office of New Student Orientation/CLUE. To make an appointment, stop by Building 2A, Room 208, or call 718.982-2529.

...**SCAVENGER HUNT:** Get to know the campus by visiting various offices to learn about the services they provide. Students will have up to a week to complete this DOUBLE CLUE event. Appointments are available Monday through Friday between 9:00 a.m. - 4:00 p.m. Thursday between 9:00 a.m. – 6:00 p.m. To make an appointment stop by the Office of New Student Orientation/CLUE in 2A-208 or call 718/982-2529.

...**MAP QUEST: CSI STYLE:** How much do you know about world geography? Come to this CC CLUE-by-Appointment and test out your skills by participating in a geography quiz. Not a whiz with geography? Use our deluxe map as a guide and go places you've never gone before! Choose two out of seven regions of the world, take our quiz, and use the map as a guide. This CLUE will take approximately an hour to complete and is located in 2A-208. Call 718/982-2529 to make an appointment.

...**DECEMBER HOLIDAY FACT BOOKLET (PG CLUE):** What’s better way to ring in the holidays by challenging how much you really know about the holidays? December is a festive time of year and a great opportunity to learn about the different holidays celebrated by many cultures. Now during the month of December ONLY, learn more about Christmas, Hanukkah, and Kwanzaa by reading our December Holiday Fact Booklet, and then test how much you really know about the holidays by answering questions about each of these holidays. This CLUE-By-Appointment is made available by the Pluralism and Diversity Program. If you are interested in completing this PG CLUE, you may visit the Pluralism and Diversity Program in Building 2A, Room 208. This CLUE is available Monday through Friday (9:00am-4:00pm) and Thursdays (9:00am-6:00pm). Hurry the holidays will be over before you know it, so come learn more about why we celebrate this time of year!

WORKING-OUT FOR FUN & HEALTH

Sponsored by the Sports and Recreation Center

All classes are held in Building 1R and qualify as Personal Growth (PG) CLUEs

Yoga classes will take place in IC-212

NOTE: MODIFIED SCHEDULE ON 12/21/11 NO GROUP FITNESS CLASSES FROM 12/22/11 THROUGH 1/1/12. CLASSES WILL RESUME ON 1/2/12.

12/18/11 AQUA AEROBICS 10:00 AM-11:00 AM

Mondays

4:15 p.m.- 5:15 p.m.	Body Sculpt
5:00 p.m. – 5:45 p.m.	Aqua Aerobics
5:00 p.m. - 6:30 p.m.	Yoga
5:30 p.m. – 6:30 p.m.	Step Aerobic
5:45 p.m. - 6:30 p.m.	Aqua Aerobic Basics
6:15 p.m. - 7:15 p.m.	Body Sculpt

Tuesdays

12:30 p.m. -1:30 p.m.	Step Aerobics
5:15 p.m. – 6:30 p.m.	Yoga
6:15 p.m. - 7:00 p.m.	Day Tone and Stretch
6:30 p.m. – 7:30 p.m.	Circuit Interval Training
7:45 p.m. – 8:45 p.m.	Warrior Workout (Martial Arts, Kick-Boxing, Jump Rope)

Wednesdays

12:30 p.m. - 1:30 p.m.	Body Sculpt
4:15 p.m. - 5:00 p.m.	NEW ABC (Abs, Back & Core)
5:00 p.m. – 6:30 p.m.	Yoga
5:30 p.m. - 6:30 p.m.	Its back Zumba
6:45 p.m.- 8:15 p.m.	Yoga
6:30 p.m.- 7:30 p.m.	Interval Workout with Cardio Dance Moves

Thursdays

12:30 p.m.- 1:30 p.m.	Tal Chi
12:30 p.m. – 1:30 p.m.	Zumba
5:00 p.m.- 5:45 p.m.	Aqua Aerobics
5:30 p.m.- 6:30 p.m.	Instructor's Choice
5:45 p.m.- 6:30 p.m.	Aqua Aerobic Basics
6:00 p.m. - 7:30 p.m.	Yoga
7:45 p.m. - 8:45 p.m.	Kickboxing

Fridays

12:20 p.m. – 1:30 p.m.	Instructor's Choice
5:00 p.m. – 6:15 p.m.	Pilates Style Mat Workout with Dynabands and Resisballs

Saturdays

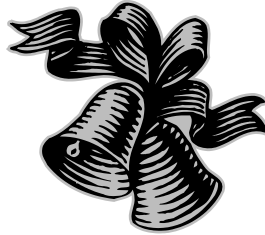
9:00 a.m. - 10:00 a.m.	Step Aerobics
10:00 a.m. - 11:00 a.m.	Weight Training on the Ball

Be sure to sign the Yellow CLUE Attendance Sheet (ask instructor).

A valid CSI student ID required.

Proper gym attire (sweats or other loose fitting clothing) required, including sneakers or footwear with scuff resistant soles. No shoes, boots or jeans allow

SO LONG FOR NOW



IT'S BEEN ANOTHER BUSY SEMESTER OF CLUEs.
WE HOPE YOU ENJOYED YOUR CHOICES ...
WE WILL BE BACK FOR SPRING SEMESTER

HAPPY HOLIDAYS & HAPPY NEW YEAR FROM THE
NSO/CLUE STAFF!

ELAINE FLYNN
(INTERIM DIRECTOR OF NEW STUDENT ORIENTATION/CLUE)

MICHAEL MASLANKOWSKI
(INTERIM ASSISTANT DIRECTOR)

VICKI LEHRER
(GITTLESON)

LINDA FORST
(COLLEGE ASSISTANT)

CORY GOETZE
(CUNY CAP)

&

THE NSO MENTORS

HAPPY NEW YEAR!

