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New York School of Career & Applied Studies

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Tempo

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Human Services

The Human Services Department prepares students for careers in social work, gerontology, education, and a variety of other positions related to helping people.

The chair of the Human Services Department, Dr. Gerald David, has overseen the department since 2002 and the Deputy Chair, Cynthia Swangin has served the department since 2009.

Prof. Swangin has a great passion for the Human Services Department. She started her academic career as an adjunct and subsequently succeeded the former deputy chair. When speaking to Prof. Swangin you can feel her admiration for the students and for teaching. She is dedicated, personable, and puts all her energy into Human Services' classes, monthly department meetings and workshops.

Dr. Gerald David oversees the Human Services Department for Manhattan and the Psychology Department for Brooklyn and Queens. David worked for the Department of Education and participated in grant writing for children who needed remedial help, psychotherapy or counseling. His comprehensive background helps him make sound decisions and set policy in Human Services.

David and Swangin agree that students who enroll in the Human Services major are often people who were caught up in "the system" and

know first-hand of its up and downs. Many students enter the program in order to make changes and help others with their experience and knowledge. They may have been exposed to the system in foster care or victims of domestic violence. "If you are dealing with human beings – that is human services. It is a compassionate major where working with others who are less fortunate resonates for the right individual. Being em-

Gerontological Services and Human Services Administration.

"Human Services prepares students for positions in many agencies. Students can work as paraprofessionals in the Department of Education (with an education degree), private agencies, group homes, and senior citizen facilities. The students come with varied backgrounds and we hone in on those skills. Many are working in an agency and they are taking these classes to further their careers," explained David.

"Human Services is a large umbrella of classes that pertain to other majors such as psychology, education, sociology and more. We use those concentrations as a stepping stone for students who are working in various parts of the system and want to make changes," Swangin stated.

"When the students graduate and are ready to seek employment, we can help them secure a job. We help the students with resumes, interviews, job searches, and

employment in agencies. We have clubs, groups and workshops and we conduct career services in these groups," stated Swangin.

Human Services is designed to give the students real time experience and help them find jobs. The students spend 112 hours in agencies performing field work. They engage with schools, senior facilities, Children Services and more.

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Human Services Department Chair Dr. Gerald David and Deputy Chair Prof. Cynthia Swangin

pathetic and having a deep desire to impact positive change is crucial for those who seek to pursue a career in human services," stated Swangin.

The Human Services Bachelor of Science degree offers the following concentrations: Addiction Services, Adult and Family Services, Child and Youth Services, Developmental Disabilities,



NEW YORK SCHOOL OF CAREER & APPLIED STUDIES

A DIVISION OF TOURO COLLEGE

Where Knowledge and Values Meet

THE DEAN'S MESSAGE

Dean Eva Spinelli-Sexter



As we greet 2017, we anticipate continued growth in our college. Many of you will be graduating this June and attending one of the various graduate schools Touro College offers. Our Health Science programs have expanded and we celebrate Touro's launch of the first new dental school, in the New York area, in nearly 50 years.

We encourage our students to select majors based on their life goals. We have many different student services departments at NYSCAS where you can discuss your major and make decisions about your academic future. We also have a free Tutoring Center where students can receive assistance in most subject areas. We are here to help make your academic experience memorable and productive.

As you work to realize the goals you set on New Year's, we hope some of your resolutions include dedication to your education. In order to stand out, you must hone your abilities and skills and become an expert in your subject area. Our faculty and staff are always available to assist you in becoming the best you can be – so please reach out. We are all here to help you achieve your goals.

Warm wishes,

E. Spinelli

Human Services

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The chair and deputy chair vet agencies and have numerous contacts in the field. Students network into a job while interning and many are hired by their intern agency. If a student chooses to earn a degree in Child and Youth, Swangin will place them in a related agency for field projects. Human Services is one of the few majors where a student can take what they learn and integrate it at work, right away. It is ideal for a general entry level position.

Students can be employable from day one because of the 112 intern hours. They can enter the community with a college degree, practical work experience and they are prepared for employment to serve the people. Those who wish to continue on the graduate level can enter the fields of psychology, social work and sociology.

Prof. Swangin read a letter, from a recent graduate, addressed to Human Services Professor Thomas Bennet: "I finally have a bachelor's degree, yay me! It's been a long journey. Thank you for being you and all the good examples you set. I got a job as a supervisor in case management at Samaritan Village. I am moving on to my master's degree. Thanks again, you have truly been a blessing in my life."

"We hear such awesome stories of survival and strength. It is such a rewarding experience to work in the Human Services Department," Swangin proudly stated.



Touro College Library Director Bashe Simon

As the school year gets under way and students settle into classes, the process of learning begins. It is a wonderful thing, to learn. An education will open your mind to endless possibilities, and infinite solutions to everyday occurrences and ways to surmount obstacles.

Attending college gives you the ability to make intelligent decisions in your chosen field. We can only achieve success by working hard and studying and there is no better way to study than using reference materials. In today's society, some of our reference materials, namely text books, have evolved into different forms of information. No longer do we need to rely solely on physical text books. Now we can simply type the name of the book into our computer or phone browser and the information appears. For some students, this method of research is familiar. For others, the use of text books and reference books are a trusted method of analytical exploration.

Touro College has 12 libraries city wide. Three are in Manhattan, two in Queens, one in Long Island and six in Brooklyn. Bashe Simon is the director of the Touro College libraries. She has spent 25 years in the library and one would say she knows more about the workings of our libraries than anyone else.

Simon graduated from Brooklyn College with a bachelor's degree in elementary education and received her master's degree in Library Science from Queens College. She entered Touro as a librarian, then was promoted to assistant director, and for some time now, has been the director. She travels to all the libraries, but her home base is the Touro College library at 43 West 23rd Street.

"The library has changed over the past 25 years," stated Simon. "We have replaced card catalogues with computerized catalogues."

"There are many scholarly resources available in the Touro College library that you won't find on Google or any internet browser. Touro College subscribes to many



**Touro College Library Director
Bashe Simon**

literary services that are not distributed for free on mainstream web browsers. Touro College pays for these services and makes them accessible to our student body. Students can utilize these services in the libraries and they can also be procured from your computer or smart phone. This enables students to do research off-campus. Students can access databases and ebooks via a password obtained from TouroLib.org. Students must register for this free service," said Simon.

This is especially helpful for students who are studying in the health science field where they need medical and scholarly information which is more than internet search engines can provide. Timely and relevant journal articles are essential when writing a research paper in MLA (Modern Language Association) or APA (American Psychology Association) format. The assistance of the librarian is invaluable in aiding the student in finding the appropriate resources for their research paper.

"The library subscribes to numerous databases in different fields. Books are not the only sources of information you can find at the Touro Library. The library offers streaming videos in various subjects ranging from National Geographic to PBS Educational Series. History, counseling, psychology and educational videos are also available for students to view and learn," Simon explained.

The library also offers instruction in information literacy – a valuable tool for students who need assistance in acquiring the ability to do research.

In addition, the library assists faculty members. They offer webinars for professors on topics that would enhance their teaching and research: APA, MLA, citations, copyright and plagiarism. For the students, tutorials are available on these subjects, too.

"The most important thing to remember when considering using the library for research is originality. Anything you can find online – others can find too. Your research paper should contain original ideas and a thesis that will be interesting and thought provoking. The library can offer you those resources, while Google cannot. The library carefully vets and purchases materials that are accurate, correct and scholarly. By providing these resources we teach the students to look deeper and find more valued information than online search engines can provide," Simon stated.

Simon reflected on whether books would ever become obsolete. "There will always be a need for books. College libraries have pared down shelves for computer rooms and cozy spaces for studying. It may come to a bookless library – one day – but for now digital libraries will still need librarians to help students find information online. Seeing a society without physical books and just digital material is also scary," stated Simon. "What happens if the digital library goes down or even worse becomes corrupted or hacked? At least books are a physical substance and probably here to stay forever," Simon happily stated.

Our Students & Faculty RISE

Prof. Paola Corso & Steppin' Stanzas

English Professor Paola Corso knows a thing or two about going up the down staircase. Corso is a poet who has penned six books on fiction and poetry and won the Tillie Olsen Award for Creative Writing for "The Laundress Catches her Breath."

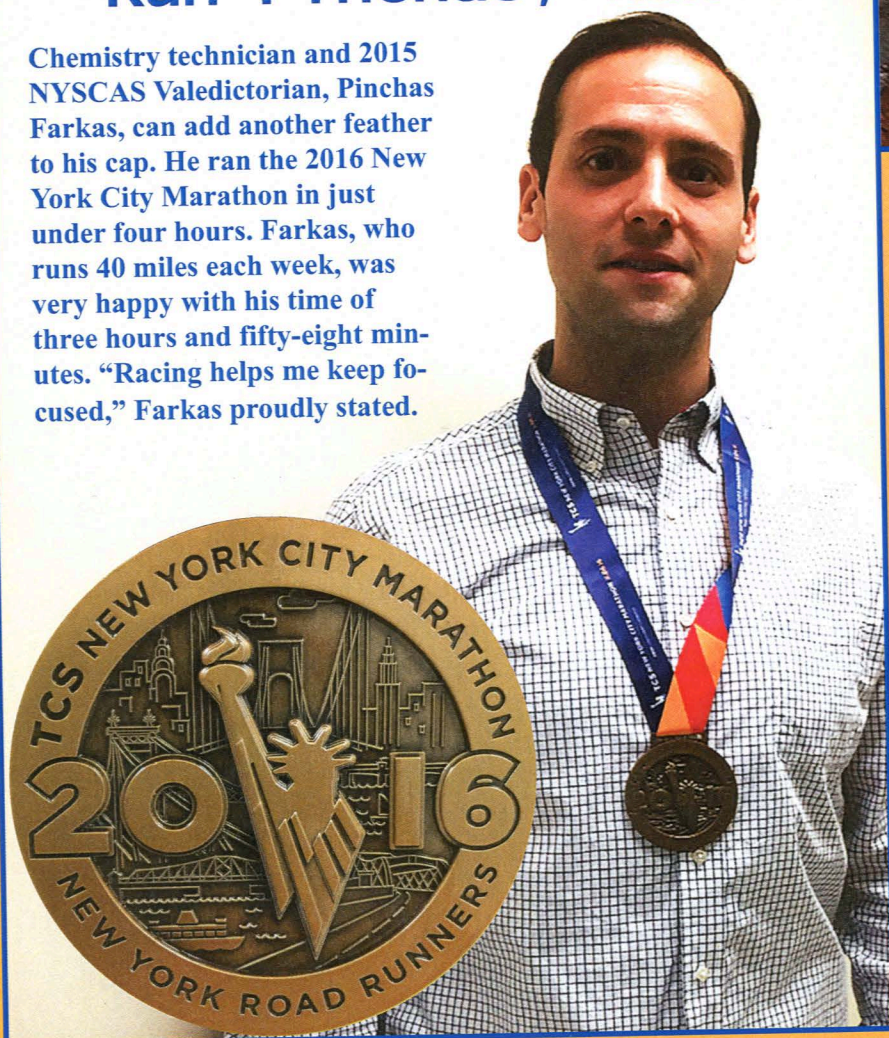
Corso, who calls herself a 'literary activist,' joined a clean up movement in her native Pittsburgh. "We were trying to make the neighborhood more appealing by cleaning up the stoops and streets," stated Corso. One day, as she was picking up trash from a staircase, Corso had an idea, "Why not use the stairs as an actual theater? It was a bit of a revelation," Corso exclaimed. "The steps would serve as seats and the stair landing – the stage. Why would anyone need to travel to the theater district or spend money on entertainment when it simply could exist outside their front door?" asked Corso.

The idea turned into a grant funded organization "Steppin' Stanzas."



Run Pinchas, Run

Chemistry technician and 2015 NYSCAS Valedictorian, Pinchas Farkas, can add another feather to his cap. He ran the 2016 New York City Marathon in just under four hours. Farkas, who runs 40 miles each week, was very happy with his time of three hours and fifty-eight minutes. "Racing helps me keep focused," Farkas proudly stated.



Corso is clearly excited about her grassroots organization and hopes it will begin to blossom in New York City and then across the country.

"Think of all the artists and stoops we have. It is an excellent medium for poets, musicians, singers, writers, and actors from all areas of theater and cinema," stated Corso.

Corso attended Boston College and received a bachelor's degree in sociology. Her first master's degree, from San Francisco State University, was in Community Organization and Public Administration. Her second master's degree, from CUNY's City College, was in English and Creative Writing.

Corso teaches Reading and Critical Thinking in Ethnic Studies at NYSCAS' Manhattan campus and works as a resource coordinator in the Learning Resource Center at the Kings Highway location.

Prof. Susan DeCastro at The 2016 Olympics in Rio De Janeiro

Some people spend their summers lying on the beach with a good book. Others work and sweat through the dog days of summer with a nice cold drink. And some go to Rio, that is Rio de Janeiro!

television, because of the competition between international athletes.

The Brazilian Consulate sponsored a 100 day inauguration for the Olympics in New York City. DeCastro attended and was informed about the volunteer program at the Rio Olympics. She submitted an application to volunteer through the online site in November 2015. She was required to take various tests online and received updates throughout the next few months. The process was intense, but DeCastro was vigilant because she really wanted to experience volunteering at the Olympics. One of the major requirements for becoming an Olympic volunteer was the ability to work

main press center and the Maria Lenk Aquatic Center, which included synchronized swimming, diving and other competitions.

When the spectators arrived, she worked at the entrance checking tickets and scanning bar codes on



NYSCAS' Prof. Susan DeCastro, Coordinator for the Digital Multimedia Department and Graphic Design, went to Rio de Janeiro this past summer to volunteer at the Summer Olympics.

DeCastro, who hails from Philadelphia and lives in Manhattan, developed an interest in Brazilian culture through music. She played a bell in a Samba band and began to study the language of Portuguese. In 1987, a friend invited her to Rio de Janeiro and she developed a love affair with the people and the culture. She used her artistic talents to begin an art study of the Brazilian landscape and culture. DeCastro left her home in Philadelphia to study art at New York University, in New York City. She graduated with a master of arts in visual art and graphics.

DeCastro always loved watching the Olympics, on

with others. So DeCastro joined a Facebook group for Rio2016 and made connections with people through social media.

"It was pins and needles for a while, not knowing if I would be invited to volunteer," stated DeCastro. The invitations were sent out slowly and on June 8, 2016 she received her notification. "I was thrilled to be selected out of hundreds of thousands of applicants to be one of the 50,000 volunteers," DeCastro stated. She loved the adventure and idea of doing something good for the world.

Social media played a large role in making all the arrangements to go to Rio. Online she found other volunteers and joined them in a house share in Rio.

The Rio2016 website taught her everything she needed to know about the Olympics.

Castro was appointed to two different venues, the

badges. Because she is multilingual she was able to translate for attendees. DeCastro watched the games when she wasn't volunteering. As a volunteer she was entitled to free food and transportation. She volunteered near the basketball arena and watched the USA team play basketball against other countries. It was very exciting. She bought tickets to see track and field and had the great thrill of watching Olympic Gold Winner Michael Phelps in his first race. She also observed the dress rehearsal for the opening ceremonies and had access to the Olympic Parks. DeCastro was the only American on her team.

DeCastro absolutely loved the experience and all the wonderful people she met.

"I cannot wait for the 2020 Olympics in Japan!" DeCastro exclaimed.

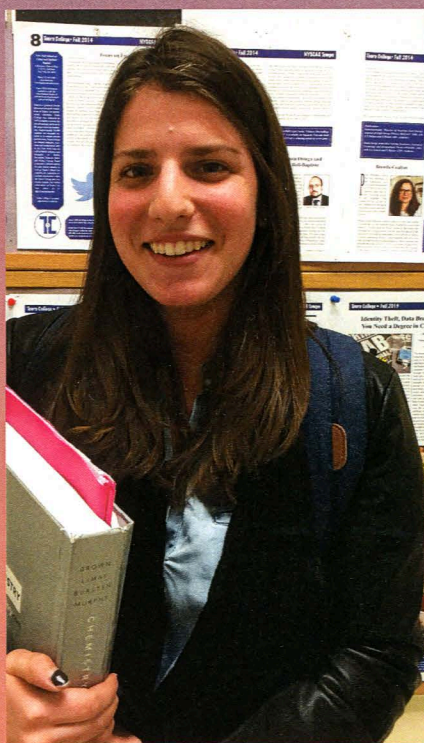
Road Trip Across America

Growing up in a tight-knit home with very giving parents, Katie Levy always understood the importance of lending a helping hand and giving back to her community. She admired celebrities and athletes who travelled outside of the United States to help other countries. Not only did she observe this through social media, but also when speaking with people in her community and school. “The work that is done outside of America is unbelievable and, of course, necessary. But, why do so many people jump at the opportunity to try and fix other countries, while the country they live in needs aid, too?” asked Levy.

As a 21 year-old college student, Levy was lucky to have an opportunity that not many can say they have experienced. She travelled across America, on a bus, over the course of 36 days and learned about its history, politics, and activism. Little did Katie know, this trip would change her views on many different aspects of her life.

From Atlanta to California and from Chicago to New York City, she found a new appreciation for America. Not only did she learn about the history of the country and how to stand up for her beliefs — she also learned about the small elements of life that connect each American citizen. “As a high school student, this summer trip did not mean much to me. As a college student, this trip changed my life,” stated Levy.

One of the most inspirational stops on her tour around America was Washington D.C, where she learned an immense amount about the core of the country. In



Katie Levy

Washington D.C., she had the opportunity to visit the National Coalition for the Homeless and heard two former homeless men speak about their journey.

“My eyes were opened to the challenges facing America. Not only did I learn about serious problems in the United States, I started thinking about what I wanted my future to look like,” stated Levy.

“From learning about the gentrification in Memphis, walking the same steps as Martin Luther King Jr., and witnessing the first same sex marriages at City Hall in New York City, I realized and understood the greatness of America. But, I also saw the sadly disturbing side of America:

the site of the Oklahoma City bombing and the campus of Columbine High School where two students opened fire on their fellow classmates,” Levy explained.

“As a result, I wanted to make a difference and start making changes. In 2011, I went on a weekend trip to New Orleans,

to join one of the many who helped clean up and rebuild the city from Hurricane Katrina.

Throughout the weekend, I helped replant a huge garden that was destroyed by the water and winds of the hurricane. Many people relied on and loved this garden. It was a place to harvest fresh vegetables and flowers. Although I did not help rebuild a house or a school I knew this small act of kindness went a long way for the owners of the garden and for the people of New Orleans. In addition, replanting this garden opened up employment for the people who lost their jobs during this challenging time. Overall, it is still heartbreaking to see, after so many years, that New Orleans is still struggling,” Levy stated.



Levy’s trip around America and weekend trip to New Orleans gave her a new perspective on her country and allowed her to understand that America was not just a place to live. America was a place where one could walk through history, share stories, and learn from one another.

“To most people, America means home, freedom, and the American Dream. To me, visiting different cities and sites across America helped me realize that I have a passion for helping people. Walking through cities that needed so much aid, I could not help but feel that I wanted to be the person to effect a change. Whether helping America or specifically helping people, I knew that the success in my life would come from inspiring, motivating, and uplifting the people that surround me,” stated Levy.



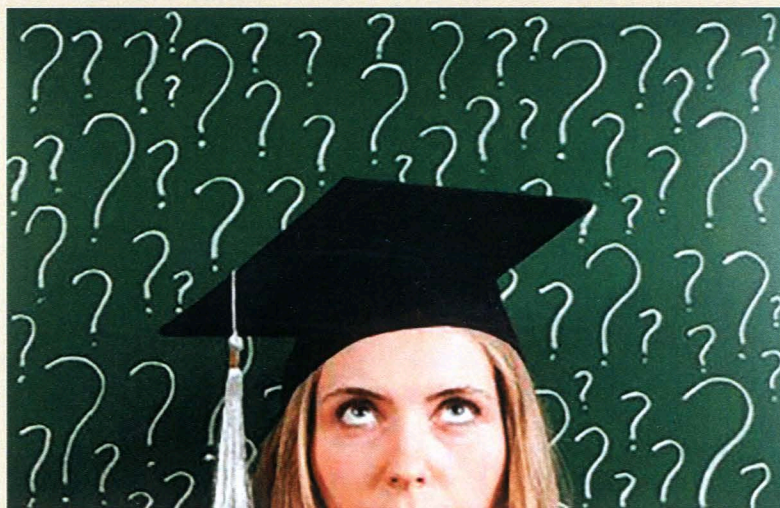
Deciding On Your Future

One of the most perplexing aspects of going to college is deciding on your future. Some students may not have a clear idea about their future goals. People change as time passes and a career that looked good at 20 may not look as promising at 30 or 40. Our interests may move in different directions as we mature. So how do we incorporate this into our college education? Most people will earn a bachelor's degree once in their lives – so they must make it count. Four years of studying gives you ample time to choose between classes and courses of interest, but will it be your life's goal?

One student, Jonathan, decided he wanted to go into business. While taking all the required classes, for Business Management he decided to put off going for his MBA (Master of Business Administration) and look for a job. The competition was fierce. He was offered clerical positions in banks, small businesses and import/export companies. Most of these positions were dead end, because he did not take the time to fully research the type of position for which he was qualified. He promptly made an appointment with the Academic Advising Department and the Career Services Department and learned more about the job market and what to expect. Today, he is employed at a large firm – with room to grow and attending graduate school for his MBA.

What realistic goals should graduates set? The first would be to intern or secure a part-time job in a company that fits their interests and career goals. If you begin in a corporation at a lower level, you may establish a foot-hold in the company and when you graduate you may be able to secure full-time employment.

Another student, Bryan, decided he wanted to be the next social media guru. So he spent endless hours coding and programming websites and applications. He had Apps on the Apple Store, ran social media websites and tried very hard to become the next Facebook, Twitter, Snapchat, and Instagram success. These technology programs, that hit it big in the 2000s, appeal to all young people looking for a get rich quick scenario. Yet, there are just so many ideas to be had. You can actually count how many of these websites made it big. The student, along with his



peers, never left room for a Plan B. So they took every computer class offered in college and excelled in their fields waiting for their big break. After four years and a bachelor's degree, they still haven't hit it big, but their business degree – specializing in information technology – has made them a valuable commodity in the computer science field.

All of these students had the "Plan A Syndrome," one direction, one attitude, and one major. Everyone needs a "Plan B." If your first plan doesn't work out, you need a second plan to fall back on – so what is a student to do?

Here are some points you may want to ponder as you explore the world of academics. What is a well-rounded education? What is the best way to get on the path to achieve success? What are your life goals?

1 . Diversify – Whatever your major, take other classes, even if they are just electives. How many students have decided after taking a social work class that it was far more interesting than accounting? Students who take classes, outside their major, turn out to be more successful in their careers and life. They have a more well-rounded education, thus, enabling them to communicate and interact on a higher, more educated level with people of diverse backgrounds.

2 . Challenge yourself – Many students play it safe in college with degrees in subjects they find safe. If history is your thing, why not mix it up and take a class in literature? Unless you are on a health science track or actually have decided on a major, challenge yourself with other classes. You never know how interesting a subject is until you take a class in that area.

3 . Double major/minor – Students who never speak to an advisor do not know they can have a double major/minor, in addition to other academic opportunities.

In NYSCAS, education and psychology go hand-in-hand as a major and a minor. These joint fields of study position students well – when seeking employment.

4 . Keep abreast of the times – Read the newspapers and look at job postings. Before you invest in your education, research the fields that have a positive outlook for the future and match the salary you have in mind.

5 . Employment – There are many online sites that offer job predictions so you can easily research the next growth area.

One example is health care for the elderly. As people live longer, there is a need for health care professionals to serve them. This opens up more roles in management, business and human services. Make connections between the needs of the job market and your own skills.

6 . Go with your heart – Usually, if you do what you love, you will be happy in your life. If music or sports is your scene, then perhaps you should find out what it takes to become employed in those fields. Business, accounting, computer science and more play a large part in the music and sports industries.

7 . Find friends who will help you network – The one exceptional aspect of college is your ability to meet people from all over the world. Sharing and exchanging ideas with people outside of your norm might give you more insight into the type of career you want. So don't avoid the geeks, jocks, or brainiacs. Talk to people from different socioeconomic backgrounds and religions. Branch out and expand your horizons. Networking is an important key in securing employment.

8 . Above all – make a Plan B. You never know what journey life will take you on and it is always best to be prepared with a backup plan and strategy. By taking various classes in college, networking, and extending yourself beyond your realm of safety, you will become a more knowledgeable, educated and well-rounded person who has so much more to offer future employers.

NYSCAS Basketball Team "Tornados" WINNING!



If you are interested in joining the Tornados for the 2017-2018 season please contact Coach Irv Bader at 917-270-3711 or irv.bader@touro.edu.

The *Tempo* newsletter is published by Touro College's New York School of Career and Applied Studies (NYSCAS). NYSCAS offers classes at sites throughout Manhattan, Queens and Brooklyn.

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If you are a NYSCAS community member with an interesting story or accomplishment, you can schedule an interview with the Tempo's editor, Prof. Deborah Becker, by visiting Room 312 or calling 212-463-0400 x 5572. Students can also submit short articles of 100-250 words to receive a byline and have their writing featured in the newsletter along with their picture. Student articles are accepted on a case-by-case basis and are edited for style and content.

About Touro College and University System

Touro is a system of Jewish sponsored non-profit institutions of higher and professional education. Touro College was chartered in 1970 primarily to enrich the Jewish heritage, and to serve the larger American community. Approximately 18,000 students are currently enrolled in its various schools and divisions. Touro College has branch campuses, locations and instructional sites in the New York area, as well as branch campuses and programs in Berlin, Jerusalem and Moscow. Touro University California and its Nevada branch campus, as well as Touro College Los Angeles, are separately accredited institutions within the Touro College and University System. For further information on Touro College, please visit us at Touro.edu.

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For Touro's complete Non-Discrimination Statement, please visit Touro.edu.