

The CCMemo

COUNTY COLLEGE OF MORRIS
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Employee Newsletter
September 9, 2011

Upcoming Events

MetLife on Campus

September 9, 10 a.m. - 2 p.m., LRC 115
October 11, 10 a.m. - 2 p.m., HH 110
November 10, 10 a.m. - 2 p.m., LRC 115
December 6, 10 a.m. - 2 p.m., LRC 115

To register for a session, email dsharpe2@metlife.com.

September 11th Remembrance Ceremony

September 12
12:30 p.m., Student Community Center

The ceremony will include music provided by the CCM Chamber Choir, Poetry by Professor Sander Zulauf, remarks by Kyle Stallings on behalf of the students and music by Professor Richard Gradone. This ceremony will also serve as a closing for the September 11th display currently in the Student Community Center that features a quilt that was made by our students to commemorate the event.

Please join us as we remember the day that changed so many lives forever.

How to Get High Naturally

Presenter: Matt Bellace, PhD

September 13
12:30 - 1:30 p.m., Dragonetti Auditorium

Matt Bellace's presentation is dynamic, funny, interactive and emphasizes healthy decisions for college students. Bellace has been speaking nationally and internationally for over 10 years. He captures students' attention with his unique style and delivers his message about natural highs and healthy decisions without "lecturing" students.

If you would like to add a class incentive for attending this presentation or would like your class to come, a sign-in sheet for each course can be provided. To reserve your class a spot or for additional assistance, call ext. 5142. Sign-in sheets will promptly be returned to appropriate faculty.

\$200,000 in Scholarships and Awards Available at CCM

Some \$200,000 in scholarships and awards are available this academic year for students attending County College of Morris (CCM), the college's Foundation has announced.

A total of 95 scholarships and awards cover almost all academic disciplines, including several that are available to nursing students, students studying landscape management, music, international studies, hospitality management, public administration or business, and students with disabilities.

This year, a new scholarship has been added, the *Donna Kahn Scholarship* for students studying nursing.

The online application system on the college's website streamlines the process making it easier for students to apply.

"Our online application process, introduced last year, makes it very convenient for students to view all available scholarships and to apply online," said Joseph Vitale, president of the CCM Foundation. "Thanks to the generosity of our donors, CCM students who qualify for these scholarships have additional ways to underwrite the cost of their education. We hope all students will visit our website and investigate the criteria for applying for these awards."

Most scholarships are awarded based on grade point average and many are based on financial need.

"We offer scholarships primarily to Morris County residents to attract stellar students to our school," said Harvey Willis, director of the CCM Financial Aid Office.

"It is particularly important to reward exceptional students during these difficult financial times," added Louise Massoni, scholarship coordinator and financial aid advisor.

Willis and Massoni also emphasized that the CCM Financial Aid Office is available to assist students. Along with the online application, a list of available scholarships can be found on the Financial Aid page of the CCM website. Students interested in applying for a CCM scholarship should visit www.ccm.edu/admissions/FinancialAid/Scholarships.aspx.

Longer Nights / Brighter Stars

September 23, 7 p.m.

September 24, 3 p.m. and 5 p.m.

Longo Planetarium

With a telescope, binoculars or even the naked eye, there are many interesting sights that you will be able to find if you attend this guide to your winter sky.

For reservations, call ext. 5076.

Free Basic-Skills Training for Employees

County College of Morris Assistance Helps Businesses to Enhance Productivity

As a participating member of the New Jersey Basic-Skills Workforce Training Program, the County College of Morris (CCM) Center for Business and Technology is offering free basic-skills training to employees of area businesses.

The basic-skills program is being offered at no charge to employers thanks to the partnership the New Jersey Department of Labor has established with the New Jersey Business and Industry Association and the New Jersey Community College Consortium for Workforce and Economic Development. Employees can participate in training in English as a second language, written and verbal communications, customer service, basic and intermediate computer skills (Word, Excel & Outlook), and mathematics and measurements.

Classes with flexible dates and times can be delivered on site at the business location provided at least 10 employees are enrolled. Employees also can attend pre-scheduled classes held at CCM's Randolph campus. As few as one employee can be enrolled for classes at CCM. All participating employers, however, need to pay their employees their usual hourly rate during the time they are taking part in the training sessions.

Classes are available on a first-come, first-served basis, so businesses are encouraged to apply quickly. For a schedule of open enrollment classes being held at CCM, visit http://www.ccm.edu/Media/Website%20Resources/pdf/cbt/NJBIA_Open_Enrollment_Fall_2011.pdf.

For more information, email cbt@ccm.edu or call ext. 5188.

New Pages on CCM Website Highlight Faculty and More

During the summer months, the Department of Communications and College Relations added several new pages to the County College of Morris (CCM) website to better highlight the college's strengths and to make it easier for people to find what they are seeking. Included among those pages are:

Faculty Directory

<http://www.ccm.edu/facstaff/directory/>

A listing of all CCM full-time faculty highlighting degrees and linking to biographies or spotlights where available. Faculty who would like to include a biography with their listing should follow the format of the Faculty Spotlights (<http://www.ccm.edu/spotlightArchive.aspx>) and email the copy to Kathleen Brunet Eagan, director of communications, at kbeagan@ccm.edu. A photo session will be scheduled later this semester for faculty members who do not yet have a photo for their listing.

Publications Page

<http://www.ccm.edu/publications>

Providing links to CCM's major publications: the President's Annual Report, Connections and the Alumni and Foundation newsletters.

Site Map

<http://www.ccm.edu/sitemap>

An alphabetical listing with links to all departments, programs and services and other information on the website. A link to the site map is located on the bottom of every page on the website. Should you find that anything is missing, please email John Hester, CCM's webmaster, at jhester@ccm.edu

Alcohol and Drug Counseling Certification Program at CCM

Approved by the Addiction Professional Certificate Board of New Jersey

County College of Morris (CCM) this fall semester will begin offering a program for those interested in becoming a certified alcohol and drug counselor.

Nine courses in the 54-course program will be held from September 17 through December 10. All courses take place on Saturday from 9 a.m. – 3:30 p.m. No prior training or advanced education is required to participate in the program.

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CTE Workshops

Getting a Handle on Your Outlook

September 14

2 - 3 p.m., SH 120

A hands-on workshop revealing many secrets of Outlook to make your email organization more friendly and efficient. Facilitated by Marianne Perfetto

New Faculty Orientation Session

September 16

2 - 4 p.m., SH 120

Below are the topics for this session:

1. Introductions and Welcome
2. Pedagogy/Tools for Your Teaching
3. Civility

Individual Grants

September 22

9:30 - 10:30 a.m.

This workshop will focus on:

- Researching grants for individuals
- Searching and navigating the database
- Creating lists of top funders
- Using the tools available from the Foundation Center, NY.

Register at <http://www.ccm.edu/cte>. All sessions that lack sufficient enrollment will be cancelled.

Swap and Shop

For Rent: Condo in Dover, Fox Hill Dr., 2 bedroom, 1 bath, parking, laundry, storage area, water and heating, A/C, with or without furniture, \$1,300. Call 973-668-5865 or email jsarmiento@ccm.edu.

For Rent: Condo in Morris Plains, Mountain Club, Route 10 E, 1 bedroom, 1 bath, parking, laundry, storage area, water and heating, A/C, swimming pool and gym, \$1,100. Call 973-668-5865 or email jsarmiento@ccm.edu.

For Sale: 2006 Jeep Cherokee Laredo 4x4, white with 94K highway miles. Good condition. \$9,500. Call 973-347-2289 and leave message, or email victorias@optonline.net.

For Sale: Four Firestone tires (P225/60R 16) good tread all matched \$100 for all four. Call 973-945-0330.

Alcohol and Drug Counseling

(cont'd from page 2)

The entire program consists of six sections, or domains, with nine courses each. This fall, CCM is offering Domain II and will offer Domain I and the remaining domains at a future date. Domain II consists of the following courses:

Introduction to Counseling, covering the major theories of counseling, including Reality Therapy, Cognitive-Behavioral Therapy, Transactional Analysis, Structural Family Therapy, Client Centered Therapy, Psychodynamic Therapy and Gestalt Therapy.

Counseling Skills, covering the counseling skills of attending, paraphrasing, reflecting of feeling, summarizing, probing, feedback and self disclosure.

Crisis Intervention, covering the more common causes of crises, the general goals of crisis intervention and identifying the psychological reactions clients present during crisis situations.

Addiction Focused Counseling, covering the goals of individual counseling, the three modalities of alcohol and drug addiction treatment and the various stages of recovery.

Group Counseling, covering the four stages of group development, the various styles of group leadership, facilitation skills and strategies for dealing with problematic group members.

Family Counseling, covering how substance abuse can affect families collectively as well as individually, the elements of family intervention and community based services for families.

Cognitive Behavioral Therapy, covering how alterations in thinking can positively affect patterns of behavior. Motivational Interviewing / Motivational Enhancement Therapy, covering the Stages of Change model and how to utilize client centered interviewing when assessing a client's readiness to change.

Pharmacological Approaches to Nicotine Dependence, covering the positive and negative aspects of various pharmacological interventions.

All classes are taught by Ray Cortese, M.Ed., LPC, LCADC, CCS. The cost for each course is \$64.

CCM is an Approved Educational Provider by the Addiction Professionals Certification Board of New Jersey, Inc. Those interested in becoming a Certified Alcohol and Drug Counselor (CADC) should visit www.njconsumeraffairs.gov/laws/adcregs.pdf. For more information on the certificate program at CCM, contact Linda Lower at ext. 5182 or llower@ccm.edu.

Active Shooter Forum

An Active Shooter Forum is scheduled for September 29 at 12:30 p.m. in the Davidson Rooms.

Featured topics are as follows:

- **Screening**
"Shots Fired On Campus"
- **Moderator: Mr. Harvey Jackson, Director, Department of Public Safety**
Overview on how to respond to an active shooter incident and review of the college's policies that may come into focus during such an event.
- **Randolph Police Department**
Description of actions that may transpire during their response to an active shooter event.
- **Roger Flahive, Executive Director of Information Systems**
Update on the Titan Alert emergency notification system.

The forum is sponsored by the Department of Public Safety.

Friendly Reminders

- **Department Restructuring**
Economics has moved to the Department of Sociology, Anthropology and Human Services.

To reflect this move, the department's new name is Sociology, Economics and Anthropology.

Economics and Human Services courses will continue to be represented separately in the CCM college catalog.
- **Opening Convocation Available on Audio**
If you were unable to attend the September 1 Opening Convocation, you can listen to it via mp3 download from the Academic Affairs Links and Information page on the CCM Intranet under "Faculty Meetings."

De-Stress Fest at CCM to Address the Eight Dimensions of Wellness

Featuring Meditation, Massage, Nutrition, Yoga and More

According to the World Health Organization, an estimated one in four people suffer from a mental illness, yet many fail to get adequate treatment.

To help eradicate the stigma of mental illness, County College of Morris (CCM) will be holding its first annual De-Stress Fest, mental health fair, on Tuesday, October 4, from 11 a.m. to 3 p.m. on its Randolph campus in the Student Community Center. The event is free and open to the public.

The De-Stress Fest will examine the eight dimensions of wellness – emotional, financial, spiritual, occupational, physical, intellectual, social and environmental – with an extensive program of events. The festival also fulfills a statewide initiative to address the issues surrounding mental health. The day's events include:

Scavenger Hunt: Find out about the eight dimensions of wellness, 11 a.m. – 1 p.m. and 2 – 3 p.m. Participants will be entered into a raffle to win a prize.

African Drum Circle: Relieve stress and develop peace of mind, 11 a.m. – noon.

Chair Massage: Receive a complimentary five-minute neck, shoulder and back massage courtesy of New Jersey Massage of Parsippany, 11 a.m. – 1 p.m.

Yoga and Abs: Learn the techniques of yoga with TerraSky Center for Wellness of Summit, 11 a.m. – noon and 12:30 – 1:30 p.m.

Mindful Meditation: Learn how to gain stillness of mind and body relaxation. Sponsored by New Jersey Massage, 12:30 – 1:30 p.m.

Panel Discussion: Find out how to support yourself and others when dealing with anxiety, depression, adjusting to new environments and other situations, 1 – 2 p.m.

Ultimate Nutrition: Learn about the importance of maintaining healthy nutritional habits from Larry Heisler, director of New Jersey Massage, 2 – 3 p.m.

The De-Stress Fest is sponsored by the CCM Office of Counseling and Student Success. For additional information, contact Ariella Heisler at ext. 5142 or aheisler@ccm.edu.