

Welcome to Susan O'Connor

I am pleased to introduce Susan O'Connor who will join us June 27 as our new Career Counselor. Susan comes to us with a rich background in both Human Resources and Counseling. Many of you already may be familiar with Susan, as she has been our Volunteer Coordinator for the last two years, manages our computer training program, and wears many other hats as needed!

One of the things we hope to focus on as Susan formally joins our team is mindfulness. Mindfulness is living in the moment and learning to pay attention, in the present moment, and without judgment. It's like training a muscle – training attention to be where you want to be. This reduces our tendency to work on autopilot, allowing us to choose how we respond and react. There are so many stresses that each of us deals with on a daily basis these days. This is especially true if you are looking for a job, going through a divorce, are experiencing financial difficulties, just to name a few. If we can learn to be mindful, and live in the present moment, rather than dwelling on the past or worrying about the future, we can calm ourselves and provide better focus on the tasks at hand today.

There are a few exercises you can do to keep you mindful throughout the day. They are all simple and require just a few moments of time. The first is Mindful Breathing, focusing your attention on breathing in and out. The second is Concentration, focusing all of that attention on each breath you are taking, and nothing else. Thirdly, Awareness of Your Body, becoming aware of your body as you are breathing. Fourth, Releasing Tension, sitting back and relaxing for a few moments as you continue your complete awareness of your breathing and your body. Finally, Walking Meditation, paying attention to each step you take, enjoying it and being fully present.

All of us at The Women's Center want to promote mindfulness with our clients and newcomers as it helps to alleviate those negative thoughts that distract us from being able to focus on goals and move forward in achieving empowerment. If you would like more information about Mindfulness, please stop by the Women's Center.

What Happens to Child Support When Your Kids Leave for College

It's that time of the year again, time for your college-age son or daughter to begin making final preparations before they leave for school and embark on a new chapter of their life. However, at a time when college tuition costs are skyrocketing, the feelings of pride for your child can be overshadowed by financial concerns. These concerns are made all the more real for *custodial* parents receiving child support for the benefit of their children as numerous issues can arise when a child leaves home to attend college.

When is a College Age Child Emancipated?

According to the New Jersey Courts, emancipation occurs when the child has "moved beyond the sphere of influence and responsibility exercised by a parent and obtains an independent status of his or her own." This is important because once a child is declared emancipated, neither parent has the legal obligation to further support them, which includes paying child support. This can be a scary thought for a custodial parent with a child/children in college. Pursuant to New Jersey statutory and case law, the attainment of the age of 18 is "prima facie" (at first glance) evidence that a child is emancipated. However, the Courts treat emancipation as a fact sensitive issue, analyzing all relevant information prior to deciding if a child 18 or over should be emancipated. An extremely important factor analyzed by the Courts is the attendance at college. For instance, if your child/children are attending school full time, the Court will most likely determine that they are in need of continued support. This will hold true even if the child has a part time job.

Part Time vs. Full Time Attendance

The distinction between part time and full time attendance at college is very important to a Court when determining whether a college age child is emancipated. While, as stated previously, emancipation is a fact sensitive inquiry, Courts are more willing to emancipate a child attending school on only a part-time basis, especially if they have a job. For instance, in a recent decision, the Appellate Division held that a child who goes to school part time, works full time and lives at home should be emancipated.

(Continued on Page 2, Left Column)



(Continued from Page 1, Right Column)

What about Modification?

Emancipation involves the termination of child support, but child support can be modified when a child goes to college. For example, take a look at the recent case of *Jacoby v. Jacoby*. However, due to the various factors that a Court will consider in emancipating a child, it is strongly recommended that you obtain legal advice if your spouse or former spouse is attempting to emancipate your child in Court.

By Gregory A. Pasler, Esq., and Nicole A. Cioffi, Esq., Garibian PC Family Law Firm, 400 Lanidex Plaza, Suite 104, Parsippany, NJ.



Summer Divorce Workshops

If you are facing a divorce and do not understand family law, why don't you consider attending the Women's Center Summer Legal Workshop. This shortened four-part summer series will cover many of the significant aspects of understanding the divorce process. This informative summer program will be held at the CCM location in Randolph in Room SCC 117 (lower level). Please call 973-328-5025, or email us at womenscenter@ccm.edu to register.

Topics to be covered include:

- 7/18 – Session 1: The Divorce Litigation Process and Choosing a Lawyer; Domestic Violence.
- 7/25 – Session 2: Alternate Dispute Resolution (Mediation, Arbitration, and Negotiation) in Divorce; Collaborative Divorce.
- 8/1 – Session 3: The Case Information Statement
- 8/8 – Session 4: Equitable Distribution, Alimony and Support Issues



WC Newsletter

Published quarterly by
The Women's Center at CCM
SCC 115, Randolph, NJ 07869

973-328-5025

womenscenter@ccm.edu

www.ccm.edu/womenscenter

Mission Statement:

**To serve the varied needs of
women in their quest for
economic self-sufficiency.**

Staff

Director	Melissa Elias
Career Counselor	Mona Witman
Career Counselor	Maureen Haggerty
Job Placement	Michele Coneys
Legal Program Admin.	Betty Squire
Volunteer Coordinator	Susan O'Connor
Admin. Assist.	Gladys Licker
Admin. Assist.	Betty Squire

The Women's Center at CCM is a nonprofit organization serving displaced homemakers, single mothers, and other women. It is sponsored by the **County College of Morris**. The program is funded by the **NJ Division on Women** and the **United Way of Northern New Jersey**. The legal education services are funded by a grant from the **IOLTA Fund of the NJ Bar Foundation** and the **Morris County Bar Foundation**.

REMINDER

FREE LEGAL CLINICS

1st, 2nd, & 3rd WEDNESDAY OF EACH MONTH

CALL 973-328-5025, OR EMAIL

womenscenter@ccm.edu

FOR AN INDIVIDUAL APPOINTMENT

Computer Lab Appointments

Did you know that you can get an individual training session with an instructor to learn any of the Microsoft applications? If you don't have time to attend a class, or perhaps you were put on a waiting list, or maybe you just learn better working one-on-one, call the Women's Center today at 973-328-5025 for an appointment! It is free!

Career Corner

An excerpt from the book:

How Do I Get There From Here? ©2013
One Woman's Journey from Job Elimination
to Recovery – by Nanci Nichols

. . . At the end of the week I was feeling better . . . physically. Mentally, I was still a mess. I knew I had to find employment, and it haunted me. How does someone go from working a steady job to starting over when there were so many years in-between? Job hunting had changed so much since then and now. I knew I had no choice. I had to go back to the computer and begin another search.

It didn't take long for me to become frustrated. Although I knew there were others like me, out of work and feeling lost, starting over was hard. I wondered, with so many of us unemployed, where was the step-by-step guide for me to read? Surely, someone had written one by now. Where was my support group? Where was the employment agency that had the perfect job waiting for me? Where should I go? Who should I call? Where should I carve my SOS for everyone to see?

I realized I was alone in the room. There was no one to respond to my questions. I would have to find my own way. If there was a perfect job out there, it was up to me to locate and secure it. No one was going to come along and hand it to me. I may even have to fight for it. So, the big question was: **how do I get there from here?** . . . I created two folders containing a fresh copy of my resume and three reference letters to take with me to my face-to-face interviews. Then, I packed my briefcase and pressed my interview suit. Two interviews meant two potential jobs were on the line. So, how would I choose between two possible job offers? Kelly offered me the management position in her store. At that moment, it was an easy decision. My job elimination had been a blessing in disguise. It just took me two years to figure it out.

"Have Your Say!"

*It's all about YOU! What YOU need!
What YOU want!*

What your career transition means to YOU!

You are invited to a Career Transition Focus Group. As a member of this focus group, you help us develop the right workshops, the right tools, and the right support for YOU. We would like to hear from YOU.

Please join us on Thursday, July 11, from 10-12:00 in Room SCC 117. The focus group session will be facilitated by Betty Dangler, President of Catalyst4Action, LLC, a Life and Career Transition Coach. Seats are limited so don't hesitate. Confirm your attendance at 973-328-5025.

Upcoming Job Club Topics

- 6/14 The Seven Habits of Highly Effective People w/ Trainer & Group Facilitator, Jeanne Rohach
- 6/21 Summertime Job Hunting
- 7/12 Resume & Cover Letter Writing Tips
- 7/26 Networking Tips
- 8/9 Interviewing Tips & Salary Negotiating
- 8/23 Your Attitude and the Job Search

Job Club meets from 10 – 12:00 and is a great way to network and meet other women. All of this free help is available by calling 973-328-5025, or emailing us at womenscenter@ccm.edu and reserving your place.



Going to a Job Fair?

- Take time to research the companies that will be at the job fair. Note the positions they are seeking to fill. They will be impressed you have knowledge of their company
- Dress professionally. Arrive early. Bring copies of your resume. Carry a pen and pad for taking notes. This is your first impression – make it a good one!
- When you arrive, note the table locations of companies of most interest to you. Go to these locations first, beginning with companies furthest from the entrance, which may be less busy with other job seekers.
- If traveling with a friend or fellow job seeker, approach employers separately; you can always meet your friend later to compare notes.
- Approach the employer in a professional and confident manner. “Good morning, my name is . . . I am especially interested in . . .” Shake the employer’s hand and maintain eye contact.
- Make quick notes. Have a few questions to ask. Request their business card and any additional information about the company.
- Offer to provide your resume. Follow up with a pleasure to meet you note so they remember you from the Job Fair.

Plan to attend the next Job Fair. Check the Sunday *Star Ledger*, the Sunday *Daily Record*, and any local newspapers. Questions? Call the Women’s Center. We are here to help.

By Maureen Haggerty, Career Counselor

Women’s Center at CCM
Summer 2013 Calendar of Activities



June

4,6,11,13 – Word 1
4,11,18,25 – Spring Support Group
5,12,19 – Legal Clinic
6,13 – Financial Workshops (continued)
14,21 – Job Club
18,20,25,27 – Word 2
All weekdays – Computer Lab
Tues-Fri – Career Counseling appointments

August

1,8 – Legal Workshops – Sessions 3 and 4
7,14,21 – Legal Clinic
9,23 – Job Club
All weekdays – Computer Lab
Mon - Thurs – Career Counseling appointments

July

1,2,8,9 – Excel 1
10,17,24 – Legal Clinic
11 – Focus Group – Betty Dangler
12,26 – Job Club
16,18,23,25 – Excel 2
18,25 – Legal Workshops – Sessions 1 and 2
23 – The Effects of Divorce Workshop (10:30-12:30)
All weekdays – Computer Lab
Mon - Thurs – Career Counseling appointments

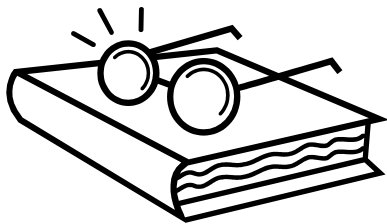
September

4,11,18 – Legal Clinic
6, 20 – Job Club
All weekdays – Computer Lab
Mon - Thurs – Career Counseling appointments



Words of Wisdom

Never settle. Fight for the life, the career, the dreams, the love that you deserve.
By Mandy Hale



Financial Aid Available

There are many existing scholarships from various organizations that can assist you with the costs of tuition as well as books. We can also arrange an appointment for you with the CCM Financial Aid Office if you would like to pursue a new career path and take classes at CCM. Please come into The Women’s Center or email us if you would like further information at womenscenter@ccm.edu. We are also available if you need any assistance completing the applications.

The Women’s Center at CCM
County College of Morris
SCC 115
Randolph, NJ 07869

June 2013