

Curated by Ashley Zampogna-Krug,
Faculty Liaison to the International
Education Center

Fall 2023
Issue 23

GLOBAL CITIZENSHIP PROJECT NEWSLETTER

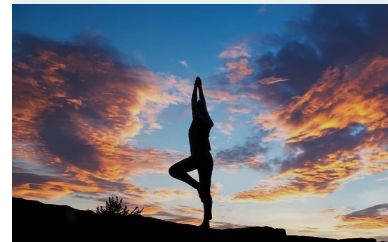
FALLING INTO A NEW THEME

By Ashley Zampogna-Krug, Associate Professor, History Department

If you haven't heard, there is a new Global Citizenship Project (GCP) theme on campus, and it could not have arrived at a more appropriate time as we enthusiastically await the official opening of the Caroline S. Huber Holistic Wellness Center space. Approximately 400 individuals, almost 300 of which were students, voted for wellness in all its various incarnations: physical, emotional, social, environmental, digital, occupational, intellectual, spiritual, and financial as our new theme. Without a doubt the COVID-19 pandemic made most of us more aware of the importance of taking care of our bodies, minds, and habitats as we spent more time in those intimate surroundings. Furthermore, we all experienced a certain degree of social and emotional isolation even as we turned to virtual spaces to connect with friends and family. Perhaps it is not surprising that the World Health Organization has reported a 25% increase in anxiety and depression worldwide in the first year of the COVID-19 pandemic. The primary causes of the increase in anxiety and depression are loneliness, fear of infection, loss of loved ones, and financial concerns. For health workers, exhaustion has been a major contributor to depression and suicidal thoughts. All of these stressors have had a tremendous impact on individual wellness but have also varied widely across gender, household income, and race.

But, what is wellness anyway? How is it different from health or happiness? According to the Global Wellness Institute, wellness is "the active pursuit of activities, choices, and lifestyles that lead to a state of holistic health."

As an active pursuit, wellness is a process rather than a state of being like health and happiness. As individuals, then, we are engaged in a continual process of achieving optimal holistic health that expands well beyond our physical condition. Wellness is a modern term that encompasses a multi-trillion-dollar industry in medicine, weight loss, spas, fitness, tourism, and more. Yet, it also has ancient foundations evidenced in Roman baths and face creams, Egyptian foot massages, Indian Ayurveda medical practices, and Mayan sweat lodges. (Editors of *Archeology*) In the United States, the term gained traction after Dr. Halbert Dunn gathered a series of his lectures on wellness into a book called *High-Level Wellness* published in 1961. In his 2012 *New York Times* article, Jesse McKinley describes Dunn's view of wellness as one based on "self-knowledge, creative expression, and good health." (McKinley, "Destination: Wellness")



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SPECIAL POINTS OF INTEREST

- GCP embarks on a new theme
- Read articles authored by current and former Brookdale students
- Learn about our summer 2024 study away programs
- A faculty member travels to Vienna and Prague
- GCD students continue to shine
- The fall semester is packed with exciting global events!

FALLING INTO A NEW THEME CONT.



As always, one of the primary goals of GCP is to bring global issues into our classrooms by encouraging interdisciplinary teaching and learning. We seek out themes and texts that multiple disciplines can utilize in their curriculum, thereby creating threads that allow students to connect what they are learning in History to Biology or English to Mathematics. To this end, wellness intersects with every discipline, particularly if we shift our lens toward not only enhancing our own wellness but also toward improving opportunities for *all* to engage in the pursuit of wellness. How might we help our students connect their learning to their own active quest for wellness? How might we help them realize the possibilities to utilize their skills and career interests to enhance all people's access to wellness resources? Our communities are stronger, more stable, and more healthy when all individuals have what they need to engage in a journey toward optimal wellness.

GCP meets once a month during the fall and spring terms; all employees are welcome to join us. There is a GCP Canvas course that includes modules stocked with resources, websites, events, and service opportunities for faculty interested in bringing this theme into their curriculum. If you would like to be added to the Canvas course, just let me know. At the end of this newsletter, you will find a list of events that correlate to wellness. You can also find reminders for these events in GCP emails as well as weekly announcements and social media blasts from our communications department. I hope you will consider joining this college-wide academic initiative on wellness!

“Wellness is a connection of paths: knowledge and action.” - Joshua Holtz

DIABETES: DISPARITIES AND IMPACT ON HEALTH AND WELLNESS

Chrissy Maber, Class of 2017, Secretary of the Executive Board for the Alumni Association, and Graduate Student at Georgian Court University

More than one in ten Americans have Diabetes. That statistic excludes the many others who have not yet been diagnosed as diabetic. According to the publication, “National Diabetes Statistics Report 2020 Estimates of Diabetes and Its Burden in the United States”, amidst the residents in the United States in 2018, “34.2 million people of all ages – or 10.5% of the population had diabetes” (“National Diabetics”). This means that more than one in ten Americans have this disease. From the statistics it can be inferred that Diabetes is a prevalent chronic disease throughout the United States affecting Americans at home, in schools, and at work. It is important for Americans to understand that although Diabetes is a serious illness, Diabetics take care of themselves and monitor their blood sugar regularly.

“Diabetes is most prevalent in non-white groups. The CDC’s Diabetes Statistic Report shows alarming differences among races in the estimated percentage of adults with diabetes (including diagnosed and undiagnosed) in the U.S. from 2013 to 2016: Black, Non-Hispanic: (16.4%); Asian, Non-Hispanic: (19.9%); Hispanic: (14.7%); and White, Non-Hispanic: (11.9%)” (Limitations of A1C: How does A1C Vary by Race and Ethnicity?).

There are two types of Diabetes. As described in Dana K. Cassell’s and Noel

Rose’s article, “Type 1 diabetes (T1D)”, Type 1 Diabetes is an illness wherein an individual’s body is at a reduced capacity to utilize insulin or does not produce enough insulin (Cassell and Rose 1). Dana K. Cassell’s and Noel Rose’s article went on to explain that although youngsters and adolescents are typically diagnosed with Type 1 Diabetes, that it could emerge in adults as well (Cassell and Rose 1). Unlike Type 1 Diabetes, Type 2 Diabetes occurs when the cells of an individual’s body cannot identify insulin (Herman 17). Additionally, a diagnosis of Type 2 Diabetes occurs when an individual’s blood glucose level exceeds 126mg/dL after eight hours of fasting (Herman 18). Although Type 1 and Type 2 Diabetes differ, both Type 1 and Type 2 Diabetics suffer from high blood sugar levels; additionally, Type 1 and Type 2 Diabetes are induced by inadequate levels of insulin (“Similarities, Disparities” 12). Furthermore, the common symptoms for Type 1 and Type 2 Diabetes include: tiredness, inexplicable weight reduction, elevated dehydration and mic-turition, indistinct eyesight, and inordinate hunger (“Similarities, Disparities” 12). Type 1 and Type 2 Diabetics must always be aware of where they stand in terms of their blood sugar levels, their carbohydrate-to-insulin intake, and their physical well-being.



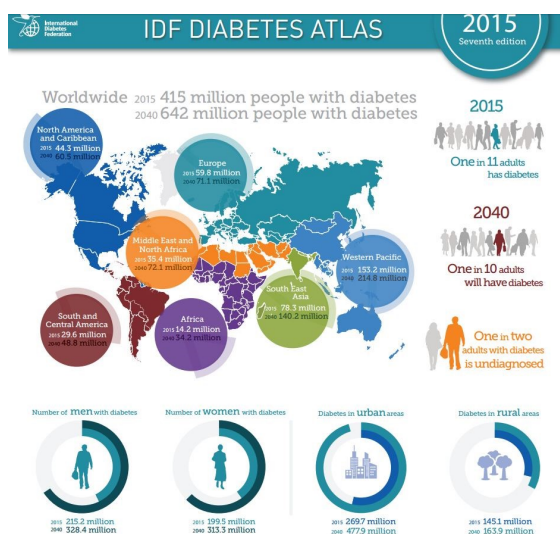
[Are you a faculty member interested in global learning?](#)

Funding is available to faculty members who globally enhance classes that are not already designated as “CG” (cultural and global awareness) in the course catalog. To be eligible for funding, a class must (1) meet the minimum requirements (see below), (2) offer a short description on our website, (3) require students to complete a short assessment survey.

[The minimum threshold for a globally enhanced class:](#)

GCP considers a class globally enhanced if students spend at least six hours learning (via lectures, assignments, or self-directed inquiry) about geographical regions outside the US or considering issues that affect diverse populations in multiple locations (e.g., climate change, human trafficking, antibiotic-resistant bacteria, etc.). In these classes, students will share their learning with others after they complete a significant project or series of assignments.

To assist you in writing your description, GCP has created a template for globally enhanced classes. If you would like to add your class to this list, please email Ashley Zampogna-Krug (azampognakrug@brookdalecc.edu). To see our current list of globally enhanced classes please go to: <https://www.brookdalecc.edu/international/global-citizenship/globally-enhanced-classes/> There you can also learn more about the benefits of global enhancements and diversity in the classroom.



WHO IS WORTHY OF BEING SAVED?: THE TITAN AND THE TRAWLER

By Morena Traditi, GCD Student, Political Science Major

The month of June was marked by two tragedies at sea: the implosion of the submarine Titan, and the drowning of the fishing trawler that was carrying 750 immigrants over the coasts of Greece. These two tragedies have brought a deep discussion about the categorization of the human being into different classes based on income, the social position, and the geopolitical theory. This is in fact, a modern comparison of disparities and the sad illusion of a real process of globalization beyond the simple economy.

University of Cambridge Professor Priyamvada Gopal writes on Al Jazeera, a detailed analysis of the two events and how we are drifting apart from what really matters: humanity despite the race, the money, and the culture. On June the 18th the Titan was on its fourth mission to reach the wreck of the Titanic down the abyss in the North Pacific Ocean. On board are found five wealthy men, including an 18 year old son of a Pakistani businessman, and the C.E.O of Ocean Gate, the society founder of the Titan. The ticket was estimated to be a quarter of a million per passenger. About an hour and half into the descent all connections with the little vessel were abruptly interrupted. A prompt rescue mission was launched by the US coast guard, supported by the Pentagon, France and Canada hoping to find

the five men before they ran out of oxygen. At this point all the main headers including *The New York Times*, CNN, and BCC began to follow the story providing live updates hour by hour. Sadly one of the high technology robots arrived from France a couple of days later was able to find the debris of the missile-shaped hull that had in fact imploded because of the water pressure. Only a few days earlier another vessel was lost at sea, a fishing trawler was indeed defeated by the rough sea right outside the coast of Greece. However, this time the story is different. No millionaire is on a pleasure adventure, but roughly 750 migrants mostly from Pakistan and Syria were trying to escape their country hoping to find a decent life in Europe.

They were all aware this might have been their last trip. This time no high technology machine was dispatched, the main leaders were not interested in following this story minute by minute, and more than half of the desperate people on board tragically lost their lives. Professor Gopal clearly explains in her article that immigrants are not considered worthy of safety as much as the five businessmen on board of the Titan. They are simply seen as thieves searching for the best government to fool, people without morals but filled with bad intentions.



Who is to blame for this unrealistic view? The media and the misinformation. Data is speaking clearly and loudly while we prefer to cover our eyes: more than 25,000 people risked and lost their life in a short amount of time trying to cross an unforgiving sea with the only hope for a decent life. As global citizens who wish to see the world as one, we have the duty to open our eyes and change this pattern. The melting pot should serve as the Holy Grail for globalization, but we are still too focused on not-essential details to see someone who did not choose to drown close to the coast, while someone else is lost at 625 km under water by choice. As equal and important is the loss of both events, it is fundamental to reflect and eventually come to a change.

We are human and equally deserving no matter whether we can afford a trip on the next Titan, or we are desperately seeking for a decent life elsewhere. We must work to cancel the economic disparities as well as the cultural differences as determining factors of how people get to be treated.

BEYOND THE TEXTBOOK: GAINING PERSPECTIVE THROUGH TRAVEL

By Elana Maloney, Assistant Professor of English

I was fortunate this summer to visit some places on my bucket list: Budapest, Bratislava, Vienna, and Prague. Ten years of high school tours with EF had garnered me enough points to take a trip without twenty-plus students in tow, so I chose to explore places I had never been. What I found were storybook lands filled with deeply personal stories of struggle and triumph.

Budapest is a magical city. My hotel, next to the train station designed by Gustav Eiffel before his famous tower, was close to the bank of the Danube on the Pest side. Walking along the cobbled streets, I saw evidence of the Austro-Hungarian Empire, the brutality of World War II and Soviet occupation, and a thriving new culture. Antique shops selling mid-century furniture and Soviet-era posters occupied tiny basement shops, while an indoor mall featured a Starbucks and an H&M; Hungarian chimney cake vendors sat next to falafel shops. All of this within blocks of the Parliament building where over 1000 Hungarians were killed in an uprising in 1956 against the Soviets, and where, on the banks of the Danube, 60 pairs of iron shoes stand in silent testament to the 20,000 Jews who were murdered there in 1944-45.

What I really love about travel is the opportunity to talk to local people. Much to the embarrassment of my children, and in this case, my lifelong friend who was my companion on this trip, I will strike up a conversation with anyone. On one occasion, in a bar in the Ruin District, I asked our waiter to show me his tattoo that I could only half see under his sleeve. He seemed uneasy but seeing that there were no other patrons in the bar,

he lifted his sleeve to reveal a seductive looking man. When he came back with our drinks, he said that his tattoo showed his preference. I acknowledged his honesty, but when he expanded, sensing he could trust us, I got a real picture of what his life is like.

It is illegal to be gay in Hungary. Simply revealing his tattoo to the wrong person could result in punishment or even jail for our waiter. While the city seems to be rushing headlong into western culture, some things, especially under the ultra-conservative rule of Victor Orban, remain in the dark ages. Ironically, a day's drive away, in Vienna, I saw many Pride flags, flyers announcing Pride events, and a drag performer in the town square.

The drastic change in borders is one of the things that is most difficult to grasp when traveling in Europe. As I enjoyed the beauty of Budapest, the reality of the war in Ukraine was only about 700 miles from me, roughly the distance from Middletown to Milwaukee, Wisconsin. When you cross borders in Europe, language, currency, and culture also change. We think we understand this -- here in the US, laws and culture also change across regions and state lines -- but the change is more drastic in Europe. Being there, the textbook stories of monarchies, alliances, and competition for resources become so much more real. I know I am fortunate to have these experiences, but I encourage everyone (including my students) to travel *anywhere* and talk to *anyone*. You'll find you learn so much about the world, and you will gain a whole new perspective.

Brookdale's Summer 2024 Faculty-Led Study Away Programs

London – Fashion Merchandizing

Study fashion while being immersed in the culture of one of the most fashion forward countries in the world. Students will spend 10 days in London, England visiting fashion businesses and museums. This program is open to all majors.

Italy – Culture, Cuisine & Hospitality

Visit Rome, Florence, Tuscany, and Pisa. Tour vineyards, butcher and seafood markets, cheese and gelato, pasta factories. Experience old world markets and medieval villages in the program, students will explore the principles and practices of global travel, tourism, and hotel management, while also writing and conducting research about the cultural, social, and ecological climate of each destination and how they impact local tourism. This program is open to all majors.

Athens and Venice: Connecting the Dots

What do the Parthenon, Palladio, and Carlo Scarpa have in common? For one, they are the stars of our Summer 2024 faculty-led program. But consider this: one of the best definitions of creativity is the ability to see and make connections between seemingly unrelated phenomena. As a prelude, we start with a quick stop in Athens to absorb the qualities of Classicism at peak perfection. Then we hop over to Italy where, from Venice to the Veneto, from Padua to Treviso, we'll integrate two of Italy's most unique, innovative, and creative architects/designers – who lived and worked 500 years apart from each other: Andre Palladio and Carlo Scarpa. This program is open to all majors.

Arizona – Borderlands and Canyons

Landscapes are much more than what meets the eye. They hold histories and identities even while leaders debate over whether they should be preserved, consumed, or fenced. We will witness these landscapes for ourselves by walking along the borderlands, engaging in workshops with migrants and community leaders, and beholding the beauty of the Grand Canyon. Dr. Ashley Zampogna-Krug and Professor Elana Maloney will be offering History and English courses as part of this trip. This program is open to all majors.

LET US REINTRODUCE OURSELVES: WELCOME TO THE CAROLINE HUBER HOLISTIC WELLNESS CENTER

By Patrick Zavorskis, Program Coordinator for the OSHE Mental Health Grant

It seems like only yesterday when I, feeling very nervous, was asked to take photos for the Wellness Center's Reveal in April of 2022. Two months into my College Relations job and starting my career at Brookdale, I felt a little bit of a "yikes moment" coming on. Would I have what it takes to do that? Would I even have any help?

There was no way I could say no to such an exciting yet daunting task. I knew I would have to be as confident as possible. There was a particular mystery to the Wellness Center that seemed so intriguing to me. So with my faked confidence and budding curiosity, I accepted the task with the caveat of finding out what was in store for this new endeavor at the College.

Surrounded by over 150 people, I and many others got our first glimpses into our questions. With previews of the renderings, quotes regarding the mission and vision, and an introduction to the newly appointed Director of the Center, we began to see it has a central hub for connecting to wellness practices or services such as our on-campus Monmouth County Social Worker, Sylvina Mendez. It was a place to "address the mental health concerns of our students and community" and assist in destigmatizing mental health within our campus. It was an excellent and much-needed initiative for our college - and I wanted to be a part of it in any way I could.

It's been nearly a year since that moment in time, and

Let's start with the basics- the Caroline Huber Holistic Wellness Center is here to act as a central hub for information on internal and external resources and a place to coordinate community-based services and assist with navigating basic needs resources. This means we connect students, faculty | staff, and community members to different community resource agencies, wellness, and essential need resources both internal to Brookdale Community College and external Wellness Center partners such Monmouth County Social Services Social Worker, Sylvina Mendez, YMCA, the VNACJ, and others. The Center is also driven by the Seven Dimensions of Wellness, which inspire our logo, events, programs, and presentations.

as I sit here in the early days of August 2023, the thrill and excitement of building something from the ground up is as palpable and real as ever. Being part of the Wellness Center team is a dream come true, and each day brings a new sense of reality and purpose. From meeting outside community partners for potential collaborations, to developing and creating our marketing tools for tabling events or other presentations, there are many days that bring an awarding task to conquer with the team. Even more so, there are the occasional days when the team and I have to tackle questions surrounding policies and procedures, what programming we want to bring to the Fall and Spring semesters, and who we want to partner with - and it is always amazing getting to see how the pieces of the puzzle start coming together! So with the Ribbon Cutting Ceremony for the Center coming right around the corner, we thought we would take the opportunity to reintroduce you to the Wellness Center - and once and for all answer the question of, "What exactly is the Caroline Huber Holistic Wellness Center?"

We want to be clear that the Center is not a place for emergencies or crises. There are proper procedures to deal with students in crisis or emergencies, as written in the Red Folder distributed by Student Services. If you have a student in an emergency situation, please contact our emergency response number, 2222 (Brookdale Police), or 911 | 988. Any questions or concerns can be sent to the Executive Director of Student Services, Chris Jeune (cjeune@brookdalecc.edu). Some examples of an emergency/crisis situation are physical altercations, threatening actions, eminent self-harm/cutting/attempted suicide, medical emergencies, suspicious persons/items, or another crime in progress. Employees can also reach out to the Counseling Consultation Hotline at 732-224-2329 (M-F, 9 am-5 pm), but when in doubt, reach out to the police.

Lastly, the Helping Hands Pantry will be integrated into the Wellness Center through the new RWJ Barnabas Nutrition HUB. Relocation of Helping Hands has already started, and Clara's Closet, in partnership with Lunch Break, will move into the previous space. We are working with Sylvina Mendez and Lunch Break to finalize any policies and procedures for the new area.

There are many amazing things to expect from the Caroline Huber Holistic Wellness Center this coming year, and we thank you for being patient with us. We cannot wait to open our doors to you soon, and we hope to see you this coming fall semester.

WELLNESS CENTER, FALL EVENTS

Exercise Series with Greg Mahadeen

Tuesdays, Starting September 12

Time - 7:30 AM to 8:15 AM

Location - BREC 202

Open to All Levels of Fitness

Description - *Learn how to incorporate bodyweight exercises and small studio equipment into a workout for functional strength and endurance. Discover a variety of total body, integrated strength, and mobility training exercises that can be simple to follow and accessible to all participants.*

Yoga and Meditation Series with Liz Lawrence

Thursdays, Starting September 14

Time - 12:00 PM to 1:15 PM (Yoga 12:00-1:00, Meditation 1:00-1:15)

Location - BREC 202

Open to All Levels of Fitness

Description - *Whether you are a seasoned yogi or a beginner, this class has something for you. For those of you who have been doing yoga for a while, you will work on taking your practice to another level along with improving your basic postures. If you're starting a yoga practice for the first time, Liz Lawrence will go over alignment, and the benefits and precautions of each posture.*

Ribbon Cutting Ceremony

Tuesday, October 3

Time - 11:00 AM to 1:30 PM

Location - Wellness Center, Main Lobby

Description - *The Caroline Huber Holistic Wellness Center will be hosting its Ribbon Cutting Ceremony on October 3rd! Remarks to be given by Sam Huber, President David Stout, Senator Vin Gopal, Commissioner Thomas Arnone, and President and CEO of Monmouth Medical Center, Eric Carney. Open-House Style Tours of the Center and other events to follow remarks. More details to come soon!*

Welcome Week to the Wellness Center

October 2 to October 6

Time - Various Times, Official Schedule TBA

Location - Wellness Center

Description - *In celebrating the Ribbon Cutting Ceremony and opening of the Caroline Huber Holistic Wellness Center, the Wellness Center team invites you to join them in their "Welcome Week To The Wellness Center!" Each day, join the Wellness Center team in various events, presentations, and activities like yoga, reiki, and more! Various Wellness Center partners, such as RWJ Barnabas, Lunch Break, and on-site MCDSS, Social Worker Sylvina Mendez will be present for tabling opportunities and connection to resources. More information to follow soon!*

*You can find news about the Center, events, and other important information on our webpage at <https://www.brookdalecc.edu/mental-health-wellness-resources/wellness-center/>



COMMUNITY AND PLANET WELLNESS IN THE CVA GALLERY

By Elisa Elorza, CVA Gallery Manager, Art and Design Adjunct Faculty

The CVA Gallery is pleased to announce its fall 2023 exhibit, *Within the Anthropocene*, featuring encaustic, fresco, sculpture, and graphic design work by Monmouth University Professor Emerita Karen Bright.

This exhibit opens with very literal representations of climate change through a series of infographic prints derived from the National Oceanic and Atmospheric Administration (NOAA), NASA, and the United States Naval Observatory data. However, climate change is only one among many of the changes we are grappling with in the 21st century. As we often have in challenging times, we need the arts to help expand our consideration of these changes.

Bright's encaustic work, such as *After the Elephants* and *Monarch*, address issues related to, but categorically different than, climate change, such as the increasing rate of mass extinction events due to the actions of humans. Her sculptural series, *Still Water*, created specifically for this exhibit, investigates ideas of water as the source and a great destroyer of life. All challenging pieces, but necessary for our time and future.



Monarch, 2019



Calla, 2023 (*Still Water* series)

With this exhibit, we seek to create a space, and the possibility, that we can learn to live with these difficult ideas in a way that can help us foster a warranted sense of hope. A Community Healing Room will be incorporated in the gallery during this exhibit. It is offered as a respite, a place for reflection about how we imagine the health of the planet, our bodies and minds. We can see similar practices in the Hall of Remembrance that James Ingo Freed designed for the U.S. Holocaust Museum; The Contemplative Court in the National Museum of African American History and Culture; and the Brooklyn Museum's Healing Room designed by their teen staff for the immigration focused exhibit *Guadalupe Maravilla: Tierra Blanca Joven*.

Within the Anthropocene is an opportunity to expand our imagination to consider a new, just and sustainable interrelationship between nature, planet, humans, and non-human animals. We invite you to join us for our opening reception in the CVA Gallery on November 2 at 5:30pm. Additional programming will be posted by September 7 on the CVA Gallery webpage found at <https://www.brookdalecc.edu/center-for-the-visual-arts-gallery/>.

*The CVA Gallery's Visiting Artist program is supported by generous donations from individuals and institutions. Please consider supporting this work by specifying the "Visiting Artist Program" fund in a donation through Brookdale's Foundation. Additional information is available by emailing (magha@brookdalecc.edu), calling (732-224-2260) or visiting the Brookdale Foundation page on the Brookdale Community College website.

THE GLOBAL CITIZENSHIP DISTINCTION (GCD) INITIATIVE

By Dr. N. Rajkumari Wesley, Professor of Psychology

The Global Citizenship Distinction Initiative is an academic enrichment program open to all degree-seeking students at Brookdale; it is a recognition program for exemplary work by students who engage in globally focused curricular and co-curricular activities as they work towards graduation. Students who have successfully completed the requirements are recognized for their exceptional efforts upon graduation with “Global Citizenship Distinction.” A few students are recognized every year at Graduation as GCD Scholars.

Being involved in GCD help students enhance their intercultural competencies as they identify the importance of diversity, civic engagement, and social re-

sponsibility within a global framework. Most significantly, students communicate what they have learned to transferring institutions and potential employers via the completion of an e-portfolio. Through meaningful learning experiences, we encourage our young students to explore and expand their horizon, from their immediate local surroundings to the far-reaching ends of the world. We attempt to build in them an urgent sense of purpose that their knowledge and ideas can make a significant difference across the globe! The goal is to teach them to become ‘global citizens’ who develop a deeper and genuine sense of empathy for all people, thereby becoming a contributing resource to make the world a better place.

The strong connection between academia and world issues is not new – it is woven into the content of every discipline. The purpose of the GCD Initiative is to foster a deeper understanding between the two, thus helping students to face the challenges of the future by being better prepared, and with an understanding of their unique roles in the changing horizon world-wide.

Through the International Students’ Orientation, the Honors Orientation and several other college-wide announcements, we recruit new students into the GCD Program. We have monthly GCD Meetings where the cohort discuss and share ideas for future projects with us. Students engaged in taking Globally Enhanced Classes will accrue credit for their academic merit. Further, they participate in college-wide activities organized by the Global Citizenship Project, Phi Theta Kappa and the International Center itself. It is heartening to note that within the group of GCD students, there is a shared sense of community feeling, where they encourage and support each other via their group chats, working remote. They come regularly to Office Hours with me, where we discuss and lay out their agenda that will get them to their goal of earning GCD Credits.

GCD students are engaged and participate in activities organized under the theme picked by the GCP Committee. The theme for the current academic year is **Wellness**. We had a recent meeting with the current cohort of GCD students for a detailed study and analysis of the topic. They are now engaged in planning and are laying out a calendar of events to create an awareness of this critical issue that spans the continents of the entire globe.

Reflecting on our accomplishments from the past academic year, I am pleased to report that the GCD cohort successfully competed activities related to the theme of Mental Health, by way of participating in Civility Week during the Fall and the Spring terms and creating posters. Additionally, they conducted a workshop in the Long Branch High School and organized an international guest speaker, Dr. Naya Ndupu from Nigeria, to speak about the perspectives of the Nigerian community on mental health. Thus, the GCD cohort was able to develop cross-cultural insights. We came full circle as two students Belinda Asamoah and Fafa Awoonor, graduated with the Global Citizenship Distinction this year, and a few others were recognized at the Global Citizenship Project Awards Ceremony in April.

We are grateful to all faculty who have globally enhanced their classes and call upon our colleagues to join this special group. Furthermore, we owe our deep gratitude to several individuals and services like Student Life, the Teaching & Learning Center, College Relations, The Bankier Library, and the Office of Diversity among others, for working with us throughout the year. None of what we do is possible without their strong support and encouragement.



GCD student winners at the GCP Awards Ceremony

INVITE STUDENTS TO JOIN THE GLOBAL CITIZENSHIP DISTINCTION (GCD) INITIATIVE

Please share information about the GCD Program with incoming and existing students, and colleagues who might be interested. In your interactions with them in class or in your office, please direct them to complete the process. Announce it on Canvas if you wish. We at the International Education Center and the college are excited at being able to offer such a rich and engaging experience to our students, both on campus and in the virtual environment!

Registered participants become members of a GCD Program Cohort. These students will then commence to work on program requirements; they will have guidance and opportunities to fulfill those needs. Students who are interested in joining the GCD Program can complete the registration form found at <https://www.brookdalecc.edu/international/global-citizenship/global-distinction/>

For more information, please contact the Global Citizenship Distinction Faculty Coordinator: Dr. N. Rajkumari Wesley, Professor of Psychology, Office phone: 732-224-2170, Email: rwesley@brookdalecc.edu

Fall 2023 Meetings:

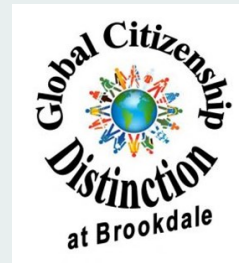
GCD (Global Citizenship Distinction) Meetings:

Tuesday, September 19, 4:30 p.m. – 5:30 p.m. - Orientation & Kick-off

Tuesday, October 3, 4:30 p.m. – 5:30 p.m. - Monthly Meeting

Tuesday, November 7, 4:30 p.m. – 5:30 p.m. - Monthly Meeting

Tuesday, December 5, 4:30 p.m. – 5:30 p.m. - Monthly meeting



Join all meetings with this link: <https://brookdalecc.zoom.us/j/93103392167>



GCD students conducted a workshop on Mental Health at Long Branch High School.

FALL 2023 MEETINGS AND EVENTS

Global Citizenship Project Meetings:

Friday, September 29, 10:00 a.m. - 11:00 a.m.

Wednesday, October 25, 1:00 p.m. - 2:00 p.m.

Friday, December 1, 10:00 a.m. - 11:00 a.m.

**Link for joining via Zoom: <https://brookdalecc.zoom.us/j/93755037267>

International Education Advisory Council Meetings: MAN 108 and via Zoom

Thursday, September 28, 11:45 a.m. – 1:00 p.m.

Thursday, October 26, 11:45 a.m.— 1:00 p.m.

Friday, November 10, 11:45 a.m. – 1:00 p.m.

**Link for joining via Zoom: <https://brookdalecc.zoom.us/j/96854061978>

FALL PROGRAMMING:

Student Involvement Fair

Thursday, September 12, 11:30 a.m. – 1:30 p.m., Location Student Life Center (outdoors)

Stop by the International Education Center (IEC) and Global Citizenship Distinction tables to learn about global opportunities at Brookdale including study abroad, global citizenship distinction, and virtual global opportunities.

Sponsored by Student Life and Activities

Inclusive Classrooms for Gender Non-Conforming and Gender-Fluid Students

Monday, September 18, 5:00 p.m. via Zoom, scan the QR code below to register

Sponsored by Diversity and Inclusion/CCOG

Study Abroad Fair/Pop-Up Essay Writing

Thursday, October 3, 11:30 a.m.— 12:30 p.m., MLK Lounge, Student Life Center

Join us for our fall Study Away Fair in partnership with an Essay Writing Pop-Up! Learn about our summer 2024 faculty-led study away programs to Arizona, England, Greece & Italy. Also, learn about J-Term and semester programs. We will have information about financial aid and scholarships. Want to ace those scholarship essays? Stop by and learn how to tell your story to win free money for study abroad! Enjoy free snacks, play games, and win prizes!

Sponsored by the International Education Center, Student Life and Activities, Diversity and Inclusion/CCOG, and the Office of Financial Aid.

Civility Week: “Sustainability” (October 9-13)

Click here for the full list of events: <https://www.brookdalecc.edu/civility-week/>

Supporting Neurodivergent Students and Universal Design for Learning with Heather Clark (A Civility Week Event)

Thursday, October 12, 12:00 p.m. via Zoom, scan the QR code to register

Sponsored by Diversity and Inclusion/CCOG

Social Entrepreneurship with Dr. Andy Gold (A Civility Week Event)

Friday, October 13, 10:00 a.m.—11:00 a.m., via Zoom, scan the QR code to register

Sponsored by Diversity and Inclusion/CCOG



Scan the QR code above to view a full list of Diversity & Inclusion/CCOG events and to register for Zoom links.

FALL PROGRAMMING CONT.:

Wellness: Happyvism with Justis Lopez

Day, time, and location TBD

Join us as we kick off our wellness theme with an interactive event back by popular demand. Justis Lopez will guide and engage the audience in Happyvism, a project that activates and spreads joy in black and brown communities by embracing self-love.

Sponsored by Global Citizenship Project, the International Education Center, and Diversity and Inclusion/CCOG

Wellness: Remembering the Sikh Genocide

Friday, November 3, 11:00 a.m.—12:30 p.m., via Zoom

Following several political tensions and an attack on the holiest of Sikh shrines, the Golden Temple in June 1984, Prime Minister Indira Gandhi's Sikh bodyguards assassinated her on October 31, 1984. This became the pretext for a targeted massacre of Sikhs in India's capital city, New Delhi, and other parts of north and central India that lasted at least until November 4th, killing thousands of community members.

Sociologist, Shruti Devgan (Bowdoin College) and journalist and writer, Amandeep Sandu, will guide the audience through two perspectives on this genocide, one from India and the other from the Sikh diaspora. This event supports intellectual wellness by exposing the audience to all sides of an issue and providing exposure to new ideas, beliefs, or people.

Sponsored by the Global Citizenship Project, the International Education Center, and the Sociology Department.

International Education Week (November 13- 17)

Friendsgiving

Tuesday, November 14, 11:30 a.m.—1:00 p.m., Student Life Center

The Innovation Network (TIN), together with various student clubs, will host a Friendsgiving event in connection with the GCP theme, **wellness**. Friendsgiving will feature free food and beverages, games, prizes, activities, and guest speakers with a focus on having fun while meeting new friends in a relaxed, safe environment. The event is free and open to all Brookdale students. For more information on the 3rd annual Friendsgiving event contact TIN: Elana Maloney 732-224-2735 or Student Life and Activities 732-224-2788

Sponsored by The Innovation Network (TIN)

Global Opportunities Fair!

Thursday, November 16, 11:30 a.m. – 1:00 p.m., Student Life Center, Lobby

Join us for our fall study abroad fair! Learn about our summer 2024 faculty-led study away programs to Arizona, Greece, Italy, and England. Also learn about J-term, summer, and semester programs in dozens of other destinations. We will have info about financial aid and scholarships. Enjoy free snacks, play games, and win prizes!

Sponsored by the International Education Center, Student Life and Activities, and the Office of Financial Aid.

Navigating Employment for People Who Are Undocumented

Thursday, November 16, 7:00 p.m., Student Life Center Room 106

Presentation led by Brookdale alums, Adriana Gomez and Itzel Hernandez

Sponsored by Diversity and Inclusion/CCOG, and UndocuAlly

THE GLOBAL CITIZENSHIP PROJECT

The Global Citizenship Project (formed in 2009) is a group of Brookdale employees, representing a variety of academic disciplines and programs, all of whom believe in the transformative power of learning, of pushing beyond boundaries and seeing past the self, of engaging with the world while in school.

GET INVOLVED!

Brookdale faculty and employees can engage by creating Globally Enhanced Classes, nominating students for [GCP Awards](#), and participating in the Global Read. All Brookdalians can contribute to GCP by writing articles for the GCP newsletter and by planning or attending globally themed events. Faculty can also access teaching resources in the GCP Canvas course. For a sample of GCP's virtual events, please check out the [GCP Playlist on Brookdale's You Tube channel](#). For more information about the Global Citizenship Project contact Dr. Ashley Zampogna-Krug (azampognakrug@brookdalecc.edu) faculty liaison to the International Education Center.

FALL PROGRAMMING CONT.:

Living Room Conversations: Climate Change

Tuesday, December 5, 12:00 p.m., CVA Gallery

Sponsored by Diversity and Inclusion/CCOG and the CVA Gallery

Tap into Environmental Wellness with the Science Mondays Program – Fall 2023

Dates: Fourth Monday of the Month: September 25th, October 23rd, November 27th

Location: Twin Lights Rooms, Student Life Center

Time: Doors open at 6:30 pm; Lecture begins at 7:00 pm

Science Mondays is a collaborative effort between the Jersey Shore Sierra Club and Brookdale Community College Science Clubs. Environmental topics are discussed.

Monday, September 25th

Speaker: Susan Lockwood, NJ Department of Environmental Protection

Topic: *Wetlands and You, Perfect Together*

Details: Susan Lockwood of the NJ Department of Environmental Protection will give a talk titled “Wetlands and You, Perfect Together”. Ms. Lockwood will explain the Agency’s programs to preserve the state’s freshwater wetlands from land and water pollutants. She has worked in the NJ freshwater wetland program since it was established in 1987. The program has preserved habitat for thousands of species of aquatic and terrestrial plants and animals, and includes flood protection, water quality, shoreline erosion control, natural food resources, recreation and aesthetics.

Monday, October 23rd

Speaker: David McDermott Hughes, Ph.D., Rutgers University

Topic: *Renewable Energy Justice*

Details: Dr. David Hughes will discuss the necessity of just and fair forms of renewable energy. Hughes, an anthropology professor at Rutgers University, is the author of “Who Owns the Wind? Climate Crisis and the Hope of Renewable Energy”. He has studied the evolution and support of wind farms in Spain. In an earlier book, “Energy Without Conscience”, he traces the continuities between slavery and oil in the Caribbean. As a public scholar, Hughes serves on the Climate Justice Task Force of the American Federation of Teachers.

The transition away from fossil fuels is not merely an engineering problem. Local resistance to wind and solar farms can be significant enough to slow or stop the energy transition altogether. We will discuss alternatives that are feasible to harvest more sunlight and breeze in more places for the benefit of more communities. This kind of renewable energy represents the fastest way to transition from oil, gas and coal.

Monday, November 27th

Speaker: Jonathan Phillips, Executive Director of Groundwork Elizabeth

Topic: *Building a Healthy, Sustainable Urban Community in New Jersey*

Details: Director Phillips will explain how the organization builds sustainable, healthy urban communities with an emphasis on community participation. The group is dedicated to reducing community climate risks and cumulative impacts, such as urban heat, flooding, and poor air and water quality. Groundwork Elizabeth is a locally based non-profit focusing on Union County, NJ, and is part of a national network of environmental urban non-profits.

****Stay tuned for event updates and additions through GCP emails, social media, and announcements from College Relations and the International Education Center!**