



Campus Currents

Ready to Celebrate! by Ralitsa Vladova

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Questions or comments?
Interested in writing for
Campus Currents? Please
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We are a GGU-funded student publication geared at promoting student life awareness in GGU. The publication is made available to all students on all GGU campuses.

You can now access *Campus Currents* online by accessing your Cybercampus account. Simply enter your user id and password and click on *Campus Currents* from the menu.

All photos are courtesy of Microsoft Clipart & Media Online unless otherwise noted.

The SGA is very excited to host its most important event of the year- the Graduation party! Come and celebrate with us! Invite your friends and family members, and have an unforgettable night at Sir Francis Drake Hotel. The party will take place on Sunday May 7th, the same day as the commencement ceremony, which is also the Mothers Day!

The SGA is still negotiating the variety of the food menu and the entertainment program with Sir Francis Drake Hotel. We promise to take every detail to make this night memorable. After 11pm, you can also continue parting at the Harry Denton's Starlight Room, which is on the top floor of the hotel, and has 180 degree panoramic San Francisco views.

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Why We Fight

by Michele C. McEntee



How do we know when enough is enough?

Throughout our lives there is so much that is able to ignite our emotions leading us to engage in what can amount to be an argument. Jobs, friendships, cars, degrees, decisions, lovers, lack of love, regardless of the relationship at hand we are continuously going to find ourselves at those points in life when we feel we cannot handle the moment the way we might like to. How do we know when a conversation turns into a fight? Isn't there a point when we can all just learn to agree to disagree? Or is this just another means of compromising our own opinions and needs in order to avoid confrontation?

I have come to personally operate on a humanistic level of thinking where it is assumed that, as humans, we are all striving to attain many of the same basic goals in some way, shape or form. No matter where you go in this world, people are all searching for happiness. Although it may take, perhaps, a new born baby for one to achieve his/her happiness and maybe a one million dollar bank account for him/her to feel satisfied, I do believe that we are individually and collectively trying to dis-

cover the best way to embody this vision of eternal happiness or possibly idealized happiness. We as a species are driven to, despite of how often people get stuck at certain obstacles, continually deal with the difficult choice of giving in and just accepting perceptions that might not fit our frame of mind or to speak out against our personal "dis-truths". This is the "fight" or "flight" cycle that takes place within our bodies.

Dealing with confrontation is not always easy, yet easier for some than others. There are some people who have no problem expressing their thoughts and deal quite well with possible objections or ridicule from others, while some might choose to keep their opinions to themselves. For example, I work with a group of women who have so many issues about simple job duties, yet they never bring it to our supervisors or directors attention. Instead, they choose to act as if nothing is wrong in front of our supervisors and inappropriately continue to gossip and complain about everything. Random procedures turn into monumental events because of these individuals inability to just express what is on their mind. Walking throughout the building one can feel the tension and resentment that has built over

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Perspectives: Tale of a Cybercampus Slacker

by Karen Lynne Matthews



Since January 2005, I have been trying to avoid Cyber classes. It just seemed as though the course outlines for Cyber were more involved than those for the same in-person sessions. Low and behold, I enrolled in an OPS 180 class for Fall II. Without even suspecting,

I was drawn into virtuality. The syllabus had indicated Cyber "enhanced" session. Not ever having had taken a Cyber class, I didn't have any expectations what this enhancement would entail. I'm extremely computer literate. So, I figured what harm could it be? I just needed to complete a Microsoft Project computer problem and that would be that! Well, I actually logged 1,198 course minutes!

I shared with my professor that the class was more mixed mode than enhanced. Of course, he explained that mixed mode was much different because deliverables needed to be posted by certain dates. Fancy that we had to post our assignments by midnight on certain dates. What was the difference?

Well, with seven courses remaining to get my BAM, I am sure to find out exactly how a true Cyber course operates. In order to graduate by December 2006, I will definitely have to take Cyber sessions. What do I think? Well, I can't afford to even worry about it. If I wait for in-person sessions, I would be putting off graduation until 2007 - waiting for certain classes to be taught!

In this day and age, it is just accepted that virtual courses are here to stay. Just as email, instant messaging, text messaging, etc., keeps us all connected, Cyber solutions give us options. Having attended GGU when computer courses weren't yet on the horizon - during a time



when plenty of courses were available in San Francisco, I can give testament to the difference. Now, certain courses may not be available in any of the sites, but there's always a virtual solution. I have gotten with the program. I encourage other slackers to do the same!



DETAILS

Date: Sunday, May 7

Time: 7-11pm

Sir Francis Drake hotel
450 Powell Street
San Francisco, CA 94102

Dress: Semi-Formal

For more information,
please e-mail Ralitsa
Vladova at

ralyv@yahoo.com.

As a promotion for the party, we are offering students a discount on their tickets during the month of March. Students who buy their tickets at that time will pay only \$18.00 as opposed to the regular ticket price of \$20.00, which will be charged starting from April 1st. We will give a special discount to the students, who buy 5 or more tickets. Please note that if you buy group tickets of up to 8 at a time, we will be able to reserve a table for you in your name. The tables will be limited.



GGU Tennis Club

by Vera Devera

There's a new club on campus that aims to provide a great way to exercise and participate in competitive sports as

well as provide a way for you to network and make new friends. It's the GGU Tennis Club!

According to the USTA Welcome Center website, tennis is where "fun and fitness meet." It's a sport that provides a great social outlet, not to mention an all-over workout burning an average 498 calories an hour. The GGU Tennis Club will give you the chance to meet up with fellow GGU students and play for fun, to improve or to play in competitive USTA local leagues. Whether you play with your best friend once a week, in a weekend league or with your family, tennis provides a time-efficient, enjoyable way to get in shape and keep up with the people in your life and community.

If you're interested in joining, please e-mail Peter Cottan at cottan@sbcglobal.net or uac@ggu.edu.

Achieving a Health Weight – Anorexia Nervosa by Odalis Bigler

Last month, we dedicated this section of the paper to *Achieving a Health Weight*; however, it is a misconception to think that one must be overweight in order to pay attention to articles like this. Being too thin may be harmful to one's health. Some people are naturally very thin, and their doctors recommend a diet that will help them gain and maintain a healthy weight. Other people develop eating disorders that induce them to become thin, so thin, that this becomes dangerous and even life threatening. One of these disorders is anorexia nervosa.

The U.S. National Institute of Health (NIH) defines anorexia nervosa as "an eating disorder characterized by refusal to maintain a minimally accepted body weight, intense fear of weight gain, and distorted body image." People with anorexia nervosa, not only eat little, but also exercise too much, which causes the body to lose too much weight.

The majority of people with this condition are women, and it "is seen mainly in Caucasian women who are high academic achievers and have a goal-oriented family or personality." The cause of anorexia nervosa is not known, but some experts have suggested that "social attitudes towards body appearance" and family problems may contribute to the development of this disorder. Anorexia nervosa usually occurs during adolescence or young adulthood.

Most people with anorexia nervosa do not recognize that they have an eating disorder, and are convinced that they are keeping healthy. It is hard to persuade them that their eating behavior is a problem, rather than the solution to a problem. Treatment for this condition includes first restoring normal body weight and eating habits – sometimes hospitalization is required to help the individual's physical recovery –, and then attempt to resolve psychological issues.

The following are symptoms of anorexia nervosa:

- ◆ weight loss of 15% or greater below the expected weight
- ◆ inappropriate use of laxatives, enemas, or diuretics (water pills) in an effort to lose weight
- ◆ self-imposed food intake restrictions, often hidden
- ◆ absence of menstruation
- ◆ skeletal muscle atrophy
- ◆ loss of fatty tissue
- ◆ low blood pressure
- ◆ dental cavities may be present with self-induced vomiting
- ◆ blotchy or yellow skin
- ◆ depression may be present in addition to the eating disorder
- ◆ most individuals with anorexia nervosa refuse to recognize that they have an eating disorder (denial)

Call your health care provider if symptoms suggestive of anorexia nervosa are present. Go to the emergency room, or call 911 if fainting, irregular pulse, seizures, or other severe symptoms develop in a person with anorexia nervosa.



Golden Gate University Silicon Valley Alumni Forum: April 25-26, 2006

GGU's Silicon Valley alumni forums are designed to provide a networking opportunity for alumni, while presenting meaningful information relevant to professionals in the biotech and high-tech industries.

Golden Gate University offers undergraduate and graduate degree programs in business, tax, law and technology, and holds classes in San Francisco, San Jose, Walnut Creek, Sacramento, Monterey, Los Angeles (tax) and Seattle (tax); Gilead Sciences hosts its own EMBA cohort on site in Foster City, Calif. More than 20,000 GGU alumni live and work in the greater Bay Area, including Silicon Valley. GGU is taking its expertise on the road to alumni by offering professional development and social networking in Silicon Valley. Four events are planned for 2006: two in April and two in November.

For more information, including panelist bios and upcoming topics, please visit www.ggu.edu/alumni/upcoming_events. If you have additional questions, please contact Lenore Junker, associate director of alumni services, at 415-442-7824 or ljunker@ggu.edu.

High-Tech Alumni Forum



Co-chairs: Shawn Farshchi (MS 87, MBA 89), CIO/MP, WebEx Communications; Jerry Newman (MPA 73), senior managing partner, Bear, Stearns & Co. Inc.; Barbara Roberts (MS 88), CEO and president, Wright Engineered Plastics

When: Tuesday, April 25
5:30–6 pm Networking Reception
6–7 pm Panel Discussion
7–7:30 pm Q&A

Where: Doubletree Hotel, 2050 Gateway Place, San Jose, CA 95110

Topic: How Companies Are Navigating in the New Competitive Landscape

Panel:

- Regulatory restrictions (Curtis Mo, partner, Wilmer Hale)
- Engineering and outsourcing (Barbara Rob-



Biotech Alumni Forum

When: Wednesday, April 26
5:30–6:00 pm Networking Reception
6–7:00 pm Panel Discussion
7–7:30 pm Q&A

Co-chairs: John Martin (MBA 84, LHD 03), CEO, Gilead Sciences; David Smith (MBA 87), VP/CFO, Chiron Corp.; Michael Ward (JD 96), partner for patenting and biotechnology IP, Morrison & Foerster

Where: Gilead Sciences Conference Center, 320 Lakeside Dr., Foster City, CA 94404

Topic: Pandemic Influenza Plan: Why Businesses Need to Prepare for Seasonal and Avian Influenzas

Panel:

- Human health and economic impacts (invited Dr. John Cogan, author)
- State funding and support for biotech (Dr. Howard Backer, California Department of Health and Human Services)
- The "What Ifs": risk management, business continuity, disruption in supply chain and transportation, out-sourcing, liability for global employees, unplanned costs, mandated manufacturing priorities (Dr. Richard Whitley, University of Alabama–Birmingham Health System)
- Starting a plan: initiating and implementing an influenza plan (Dr. Carol Brosgart, Vice

A Finance Intern's Blog: 120 days in Big 4 by the little-intern-at-the-bottom-of-the-chart



A record of a GGU student (who is in her early 20s) working in the Big 4 during the busy tax season (her first real job in the "corporate world"). To keep things confidential, the firm's name & the intern's name will not be revealed.

Day 1

Today was my first day of the internship. I got an internship that made my peers envious – an internship at Big 4.

Working at Big 4 is the goal of all accounting students studying at GGU and even students across the nation! Working for the Big 4 is like adding a halo to the top of your head. One of my professors warned me I was going to work super long hours and it would be impossible for me to take a class. But I still had to take an online class for various reasons; I'm graduating soon and no one could tell me when this class would be offered again.

I landed my internship. And what I had on my first day was a day long orientation. I looked at the agenda; it was a full day of "training." What kind of training would I receive? It turned out that I spent eight hours listening to all the regulations and HR rules from filing your timesheet to booking a conference room to learning proper dress code. It was my first job in the corporate office. I worked in other places in the past, but I never ever had to follow so many "rules". But the highlight of my day was my cubicle!! It was not just my cubicle; I actually had my name on it!!! It didn't look like an intern's cubicle at all. It just looked like part of the office. To make things interesting, my cubicle is in front of the managers' cubicle.

So I guess if I make a mistake, the managers will yell at me immediately over the cubicle walls....

Fast forward: Day 7

Training is crazy. Before the out-of-town training, I have been doing web-based training everyday...from integrity to calculating AGI. I started to wonder how much \$\$\$ the Big 4 firms spend on training their staff...

Day 12

It's time to talk about the service line that I did. It's about tax. And it is about doing tax for big companies' *expats/impats*. (FYI: *Expats* mean the Americans at overseas; and *impats* mean foreigners at USA) It was interesting to me because the service line has the international flavor. But I started to realize that it is a very specialized field too.

So it's time to re-think about my career path again...

Day 20

The firm sent me to New Jersey for a week of training about taxation. I was so excited because it's first time for me to get a 100% free trip! I got free flight & hotel when I was in college for conferences. But it was first time for me to claim all the expenses that incurred in the trip, from cab fee to nice dinners to dry laundry! But the excitement cooled off when NYC was snowing heavily. I had a chance to pass by NYC in the cab on my way from JFK to the hotel. The weather was bad; so I was trapped in the hotel for the whole week since my training class was held in the hotel.

Training was intensive -- you had class from 8am until 6pm everyday about tax, tax, and more tax. It was like a crammed course of an introduction federal tax class. But the main purpose for the firm to host a national wide training was to bring people from other offices together. So I met many people in that week too -- from other interns to newly hired staffs to managers in other offices. And it was definitely a challenge to me,

because English is my second language, and I was a bit shy to open up a dialogue with a stranger unless I had a drink in my hand or in a setting that I felt relax or comfortable.

And I think others had the same problem too. So the bar at the hotel became THE place to get to know people outside the office setting. So many people chilled at the bar.

I think, by the end of the internship, my social skills would have a dramatic improvement.

And now, I'm at the flight to San Francisco; exhausted but tried to finish my homework that's due in two days. Time is tight!

Day 26

We all know what plate is, right? It can be circle, rectangle, or even asymmetrical modern design. It comes in every single color you imagine, every size you need, and every material you can think of. But plate in the office is not for you to have your lunch on.

"Remember what it is on your plate." As a non-native speaker, it took me a few times to catch that word – plate.

I knew she was telling me to know my tasks; but it was the first time for me to hear that expression.

My manager always loves to ask me this question; "You know what's on your plate, right?"

Plate. No, not the colorful ones you see at Crate & Barrel/Ikea/Target. No, not the fancy plates from William Sonoma. Not the type of plate with yummy food at fancy restaurants.

This kind of plate is a pile of work waiting for me to finish by the end of the week.

TO BE CONTINUED!