



# Campus Currents

## *New Walnut Creek Campus!*

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*New Walnut Creek Campus*

Located at the intersection of Ygnacio Valley Road and California Street, the Walnut Creek teaching site covers 10,133 square feet of space in the 500,000-square-foot complex developed by Pembroke Real Estate, the global real estate development and management unit of Fidelity Investments. Colliers International of Walnut Creek represented both Pembroke Real Estate and Golden Gate University, with Jeff Weil representing the university.

The new teaching site will be able to serve up to 126 working adult students, is more public-transit friendly, provides easier access to parking and is closer to local restaurants. GGU chose this site partially due to feedback from a recent student survey conducted in fall 2004.

The new Walnut Creek teaching site is equipped with seven classrooms, business resource halls and a computer lab. Each of the lab's 20 computers has high-speed networked Internet access, Microsoft Office, Web-authoring software, Oracle for Windows and many other applications.



*WC Contract Law Class*

Campus Currents

Golden Gate University

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.

Look out for *Campus Currents Online*, details to come in January!

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## *Christmas by the Bay*



*San Francisco Union Square*

By David Pan

If you turn on KOIT FM 96.5, you may hear recording artist Tim Hockenberry's song "Christmas by the Bay". Christmas in the Bay

area has never been the type of Christmas that many of us may see in glamorized on TV: a snow-covered city with beautiful Christmas lights, and Frosty the Snowman on everyone's front lawn. Rather, Christmas in the Bay area is usually filled with busy shoppers, stressed students with finals, and working professionals trying to finish the year's projects.

Yet the holiday season in the San Francisco Bay Area is colorful because various entertainment opportunities exist for its residents – statistically, one of the wealthiest group of inhabitants on earth. At Campus Currents, we list a few holiday activities GGUers that you may be interested in attending:

*Nutcracker Ballet* (Continues on page 4)

## *Student Profile: Jeannie Snyder [also Assistant Director of Admissions and Advising]*



By Vera DeVera

### **CC: What is your role at GGU - Walnut Creek?**

**S:** I cultivate a relationship with the students from the time they apply and assist them with understanding policy and procedures, submitting documents, advising for classes for the completion of their degree and connecting them with alumni services.

### **CC: You not only work at GGU, but you are also an alumni and current graduate student at GGU? Why did you choose GGU?**

**S:** I transferred to GGU from Diablo Valley College and completed my Bachelor of Arts degree in Human Relations at Golden Gate University. I chose GGU for four main reasons: (1)

small class size; (2) working fulltime, I could carry 12 units per term and complete my degree faster; (3) convenient location; and (4) I liked the idea of being in class with other working students from whom I could gain insight on their work experiences.

### **CC: What was your first aspiration?**

**S:** To be a teacher.

### **CC: What are you working on now?**

**S:** I am working on two master's, an MBA and a MA in Psychology - Counseling. I would love to continue working for GGU or to work for a non-profit organization or the government and especially with adult learners. At DVC, adult learners faced barriers to academic achievement. At GGU, though they may not be the same barriers, there are still obstacles to overcome. Motivation is higher among adult learners, but the challenge is more daunting to those who didn't go to college right out of high school. My goal is to stay in touch with students so they can finish their degree.

### **CC: Speaking of obstacles, how do**

### **you balance work and school?**

**S:** Time management is the biggest challenge. First, I pick and choose what I spend time on. I've become more selective. Secondly, I found it helpful to identify the time of the day I learn best and do homework at that time.

### **CC: What is your favorite moment at GGU?**

**S:** Honestly, it was earning my B.A. in 2003 and graduating. School was something I had continued to work on for a long time and upon graduation I realized that it [earning a degree] really is attainable.

### **CC: What is your least favorite subject? Most favorite?**

**S:** Actually, I liked them all but I didn't like the sciences initially (at DVC). Eventually, I took a science class at GGU (Technology and Cultural Change) and I found science very interesting after all. I fear regression analysis the most, but I'm looking forward to the challenge!

### **CC: What is your favorite book?**

**S:** For flat-out entertainment, I'd have to say the *Harry Potter* books. *Memoirs of a Geisha*. I like the author Barbara Kingslover too.

## *Health Focus: Stress Management*

By Odalis Bigler

This time of the year can be stressful. It is the end of the semester, and we are trying to complete all our final papers and study for the final exams. As if that is not enough, some of us are making travel plans to go home and visit our families and friends, whether they live in another country, another state in the U.S. or just south of the San Francisco Bay. With Christmas just around the corner the shopping craze has begun, and streets are flooded with cars, parking lots are full, and in general it takes longer to reach our destination. All these make us feel anxious, worried, and stressed. But this season is supposed to be happy and the break from school should give us the time to recharge our batteries and get ready for the next term.

Let us not allow all these stressful situations keep us from enjoying the season, our families and friends, and our well-deserved break. We want to give you a few tips so you can manage your stress during this time. In fact, stress management should be a part of your daily life. We hope these tips are simple enough that you can remember and perform them without adding anything extra to your *To Do* list.



**Laugh!** Do you remember what it feels like when you are laughing? That is the feeling you want (Continues on page 8)

## International eCommunity Raffle

Would you like to win a **\$50** gift certificate from **Amazon.com**? If you login to GGU's international eCommunity and participate in one of the discussion topics you could win!

The eCommunity is a place for you to connect with other international students. You can look for a roommate, post an apartment for rent, and buy or sell textbooks or apartment furnishings. The

eCommunity also includes information about current events and the latest immigration announcements.

In order to be entered in the raffle, you will need to post information on one of the following message boards: Housing, Market Place or Connect!. You will need to include a working email address in the posting so that we can identify you for the raffle. The drawing is limited to one entry per person and you must be a current GGU

student or GGU alumni to win. Postings made between the dates of December 15, 2005 and January 31, 2006 will be eligible for the drawing.

In order to access the International eCommunity, you need to login to GGU's CyberCampus at: <http://ggucybercampus.org/>

**User name:** *global*

**Password:** *student*

## Alumni Profile: Felix Marten [Golden Gate University, Ageno School of Business, 2004]



By Mark Loh

Felix Marten graduated from the Ageno School of Business in 2004, receiving an Executive Master in Public Administration. He chose the program because he wanted to understand and recognize how rules and regulations are governed in both the profit and non-profit sectors. He thought the degree program was a good fit for his career path, and was also able to secure the Summit Scholarship to help him to this end.

One thing surprising about this GGU alumnus is the fact that he has 2 bachelors' degrees and 2 masters' degrees! He holds a B.S. in Computer Engineering and a B.S. in Electrical Engineering both from Cogswell Polytechnic in Sunnyvale, a M.S. in Electrical Engineering from International Technological University also in Sunnyvale, and an Executive Master in Public Administration from GGU. Based on his academic history and the conversation I had with him, Felix struck me as a good example of a life-long learner.

Felix is currently an Operations Liaisons Manager for BART. He has been working

at BART for 16 years, rising from entry-level work as a technician, to an engineer, principle engineer, up to his current managerial position. With his engineering background, Felix's work involves designing, installing, programming, and implementing the software and hardware system interface used at a number of BART stations. Today, he is currently working on the extension to San Jose and the people mover to the Oakland Airport.

**FM:** To be a professor and lecturer in a university. I'm actually thinking about pursuing a DBA (Doctorate in Business Administration) at GGU right now!

**CC: What do you do in your spare time?**

**FM:** I don't really have much spare time, but sometimes I go watch movies with my wife, or walk on the beach.

**CC: Do you have a current or favorite book?**

**FM:** *21 Steps to Personal Success and Real Happiness* by John Templeton.

**CC: How do you juggle your time?**

**FM:** I prioritize. I list the things I need to do from most important to least important and get the critical stuff out of the way before moving on to the less important things.

**CC: Favorite vacation spot?**

**FM:** Jamaica and Cuba. Just to relax and spend time with my spouse.

**CC: Favorite restaurant?**

**FM:** I like a place in Oakland called Kincaids, by the water. They serve great seafood.

**CC: Any tips for job hunting?**

**FM:** Make sure your resume is accurate and up-to-date. Look in the Classifieds under the 'industry' section and see what job scopes are suitable for your personality and skill-set. Then go for it!

**CC: Your favorite memory of GGU?**

**FM:** I'd have to say it was interacting with my professors and Jay Gonzalez (director of the executive master of public administration program). He's a very dynamic individual and offered much insight and direction. It was great chatting with him.

**CC: What do you think about the degree you got from GGU?**

**FM:** I thought it offered a lot of breadth and provided many insights into how profit and non-profit organizations worked. There was a lot of information to learn and research. Understanding how rules and regulations are developed in addition to the impact it has on government entities.

**CC: Your favorite subject at school? Least favorite?**

**FM:** Well, my favorites at school were math, science and technology. My least favorite subject in high school was political science.

**CC: Your greatest aspiration?**

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## CAMPUS CURRENTS WANTS YOU!



Campus Currents is recruiting for staff writers. You get a \$20 gift card for each article written, and bonus for every three written. Please contact Michelle, [michelle.luk@gmail.com](mailto:michelle.luk@gmail.com).

## Christmas by the Bay (cont'd)

is performed by San Francisco Ballet. It is the tradition of the Bay that had its first performance in the 1940s. More information can be found by visiting: [www.sfballet.org/contact](http://www.sfballet.org/contact).

*San Francisco Symphony* performs various Christmas carols starting on December 11<sup>th</sup>. For more information, please visit: <http://www.sfsymphony.org>

*Las Posadas* at Oakland's Jack London Square is a family event on December 11<sup>th</sup> commemorating the journey of Mary and Joseph to Bethlehem and their nightly search for a place to stay. Visitors will enjoy music, dancing and piñata demonstrations.

*Height of Holiday Tea* at Cityscape Restaurant comes with great views of San Francisco from the 46<sup>th</sup> floor of the Hilton Hotel, 333 O'Farrell Street. Traditional teas, savories and sweets will be served Saturdays and Sundays from November 26 through December 18, 1:00 - 4:00PM. For more information, please visit: <http://cityscaperestaurant.com>

*Breakfast with Santa* at the Oakland Zoo is available on December 10, 11, 17, and 18, 2005, 9AM-12noon, free with zoo admission. The Zoo also has special Saturday workshops for children, December 3, 10, and 17, 10:00-4:00PM. This is perfect for families with kids. For more information, please visit: [www.oaklandzoo.org](http://www.oaklandzoo.org)

*Holiday Ice Skating Rink*: The Kristi Yamaguchi Holiday Ice Rink opens for the season on November 9, 2005, at the Embarcadero Center. Enjoy ice skating at the only outdoor holiday ice rink in San Francisco through January 1, 10AM-10PM and until 11:30PM on Friday and Saturday. For more information: (415) 956-2688.

*Have a great holiday season!*

## Boston Gains an Exceptional Educator

By Kerry O'Keefe

Over the past seven years, Dr. Sharmila Chatterjee, who earned her PhD from the Wharton School of Business, has served as the Marketing and Public Relations Department Chair at Golden Gate University. In that important role, she has consistently and successfully introduced new initiatives that have enriched GGU's student body. It is with much accomplishment and success that Sharmila joins the faculty at MIT in Cambridge. A true advocate of marketing, Dr. Chatterjee has worked passionately and tirelessly to form significant relationships among students, their universities and business organizations in the Bay Area. Her contributions to Golden Gate University, the San Francisco American Marketing Association and the Bay Area have been exceptional while the benefits resulting from those contributions will continue long after her departure.

Dr. Sharmila Chatterjee will be greatly missed by the many individuals she influenced during her very proactive and successful career in San Francisco.



*Kristi Yamaguchi Holiday Ice Rink*



## Stress Management (cont'd)

to experience; so read the funny papers on your way to school or work, they may not be funny, but you may laugh at how dumb they are, and that one-second laugh is what you need.

### Give yourself some quiet time

Take a few minutes of your day to give your mind and body a break. Just for one moment close your eyes, breathe deeply a few times, and try not to think about anything. You will feel calmer and more centered when you open your eyes.

**Exercise**, but don't rush to the gym just yet! A short walk will help you get some exercise. Whether you are driving, taking the bus, MUNI, or BART, park or get off a couple of blocks before your final destination and walk, you will feel energized once you get there. We hope you find these tips helpful!

## Campus Currents Reader's Corner: We thank you for your feedback!

Just wanted to tell you that I really like the way you and your team has improved *Campus Currents*. I've been reading it for 20 years or so and you folks are definitely upgrading it. Keep up the good work. It's noticeable.

*William H. Moore, Jr. — Assistant Professor, Department of Finance*