



# Campus Currents

## *Are you ready to graduate?* by Janine Mixon

Inside this issue:

<i>Campus Updates</i>	1
<i>SGA News</i>	2
<i>Seattle Faculty Profile</i>	3
<i>Caught in between?</i>	4
<i>Club News</i>	5
<i>Staff Profile</i>	6
<i>Health Focus</i>	7
<i>Calendar of Events</i>	8

It's that wonderful time of the year again! Graduation – the moment you have been preparing for. Alas, the wait is over. Well, maybe not! There are just a few steps you need to follow to ensure that you will be graduating on time:

1. Complete all required courses and requirements necessary for your degree.
2. Submit an application for graduation before **February 1st, 2006**.
3. You can log onto GGU4YOU and apply online,
4. Download the form from the website and fax it in,
5. Or you can submit the form in person to the GGU site nearest you.



If you would like to participate in the Spring 2006 Commencement ceremony, you must file the application no later than, **FEBRUARY 1st, 2006**.

You must fulfill all of your financial obligations to the university prior to graduating. If you follow these easy five steps, you are all set to graduate. If not you have not submitted your application to graduate, there is still time! **Remember the deadline is February 1-2006**. If you have additional questions regarding the graduation, please visit [www.ggu.edu/graduation](http://www.ggu.edu/graduation) or call the Office of Admissions and Student Affairs, 415-442-7288.

### *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.

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.

Copyright, GGU 2006.

## *Looking for a job?* by Odalis Bigler



This is your first, third, or second to the last semester and you are trying to gain some work experience, or enhance your current work skills. You don't want to work too far from school; in fact you would prefer a job closer to school so to reduce your commute and wisely use the time for studying. If this is the case, then take a look at GGU's job opportunities, which are open not only to the general public, but to domestic and international students as well.

Currently the majority of the part-time jobs, and several full-time jobs, at GGU are held by students. The GGU HR Department encourages students to apply, and managers at GGU are happy to hire students who meet the qualifications for the job.

International students holding F-1 and J visas are eligible to apply for part-time positions. However, international students without social security number (SSN) must complete additional paper work. International students who apply and are selected, will receive two letters, one from the hiring manager and one from the office of International

Cont'd on page 7

## Join us in welcoming the newest SGA officers for 2006-07!



*Stephanie Man, VP of Finance*

Stephanie is an international student from Hong Kong. This is her sixth year in the US and starting her third year in San Francisco. At SGA, she will help organizing the upcoming 2006 SGA election, which will start accepting application in February; and graduation party in May with other SGA members. Her office hours will be every Tuesday from 2pm-6pm in room P-63.

**Current job:** Student Assistant at the GGU-SF AP department

**Worse fear:** Cockroach & Height

**Fave thing right now:** My overweight Pekingese

**Education:** Master of Accountancy

**First job:** Selling snack

**Fave restaurant:** Boulevard

**Sports:** Swimming, yoga

**Drink of choice:** Starbucks

**Fave cloth:** Jeans

**Fave vacation spot:** Hong Kong  
(Home sweet home)

### SGA Information

SGA meets every Wednesday at 4:30pm in the lower level of the GGU San Francisco Campus.

Swapna Sinha, President

Arthi Asrani, VP of Administration

Stephanie Man, VP of Finance

Ralitsa Vladova, VP of Public Relations

### Swapna Sinha, President

Swapna Sinha is SGA's newest President. He possesses a highly diverse educational background with degrees of Bachelors in Science, Master in Arts, and Master of Business Administration in Marketing from leading universities of India. He brings sixteen years of corporate experience and has worked for tire industry market leader in India, MRF Tires, and the top Fortune 500 oil company, Indian Oil. Swapna's corporate experience includes marketing, business development, corporate strategy, public relations and consulting. He has been married for fifteen years and lives with his beautiful wife, Monica, and lovely twin daughters, Eva and Eti, in San Francisco.

Currently, Swapna is pursuing Doctorate in Business Administration with a concentration in Strategy and International Business at GGU, and is working towards his dissertation. He also teaches marketing related courses at GGU. Swapna and his doctoral colleagues are involved in strategy consulting to some Bay Area companies. At GGU, Swapna helped found Indiclub, which helps incoming new students transition in probably the most challenging times of their lifetime.

Swapna loves playing tennis at Mountain Lake Park, especially on a sunny day, as well as jogging and walking briskly. Spiritually inclined, he regularly practices metaphysical meditation. He's ecstatic about life and believes in living life to its fullest potential and creating his own happiness every moment. Sinha believes 'there is so much more to life than meets the eye' and feels that the purpose of life does not end with material pursuits, in fact, the journey starts from there and then it depends how much infinite happiness you can create for yourself. His lifetime dream includes starting a non-profit organization slated to go live this year. His NGO will advocate underprivileged young girls in the developing world by way of sponsoring her entire education until she can support herself.

As an officer of SGA, Swapna wants to create a disciplined, focused, objective, and conducive environment and wants to create growth opportunities for students, faculty, and University administration. He wishes everyone a Happy New Year and a wonderful stay and study at GGU. He hopes all students get involved with student life on-campus and welcomes students to feel free to: discuss their issues and participate in various cultural activities, Toastmasters Club, contribute articles to *Campus Currents*, and contribute to the Instruction Improvement committee. Swapna will be setting up a placement cell at the SGA office during the forthcoming Board and Senate meeting.

You can reach Swapna anytime at [swapnaassinha@yahoo.com](mailto:swapnaassinha@yahoo.com) or his cell phone (415) 377-7536.



## GGU Campus Spotlight: Seattle, Washington



### Faculty profile – Tori Fischer

by Michelle Luk

Since this issue of Campus Currents has the theme of Seattle Campus, CC has decided to feature one of the faculty members in the Seattle Campus. And in GGU, there are many faculty members who teach on a part-time basis. Therefore, our team decided to interview Tori Fischer, one of the part-time faculty members, who has taught Tax Research and Decision Making (TA 329) in the Masters of Taxation program since the 2001 Fall in Seattle.

CC = Campus Currents

TF = Tori Fischer

#### CC: Why do you teach at GGU?

TF: I teach at GGU because I have found the students to be exceptional. They are so excited to learn, and each year I have had so many students exceed my expectations in so many ways. It makes my class so much more fun to have students who are so dedicated to, and excited about learning.

#### CC: What was your inspiration when you were a child?

TF: My dad has always been my inspiration. He has always told me that I can do anything that I decide to do and has always been the most encouraging and supportive person I know. I am so lucky to have such a great "cheerleader" and coach!

#### CC: As far as I know, you are currently staying home with your twin boys. How do you keep your successful career and start being a mother at the same time?

TF: I have 18 months old twin boys. I have been able to stay home with them during the day, and have my husband watch them at night while I am teaching. My husband has been the key to my being able to continue to teach at GGU after the boys were born. He does such a great job of taking care of them while I am at class, preparing for class, or correcting projects or tests.

#### CC: What was it like when you became a stay home mom in the middle of your busy career?

TF: I was very surprised to find that staying home with my boys was so much harder than working full-time as an attorney. In fact, the first month after the boys were born, I was considering going back to work immediately on a full-time basis because it would have been far easier than all the work involved in taking care of two newborns.

#### CC: What kind of advice would you like to give to students who are considering starting a family while trying their best to succeed in their career?

TF: I would advise them to enter into a career that they love. It's easy to succeed in your career if you enjoy it. When you enjoy your work, balancing a family and a great career is easy.

#### CC: What is your tip to stay stress free (or minimize your stress level)?

TF: I have found exercise to be the best way to manage stress. There have been so many times during law school and while working when I felt overwhelmed. However, after working out, my head would be so much clearer and I would be able to tackle issues with much greater clarity and ease.

#### CC: What do you do in your free time/ what are your hobbies?

TF: I spend most of my free time with my boys and husband. My main hobby is instructing step, Spinning, lifting, and yoga classes.

#### CC: What music do you play in your car?

TF: My favorite artists are the Indigo Girls, Keith Urban, and Tim McGraw. I also love movie soundtracks-- Crouching Tiger Hidden Dragon and Gladiator are the CDs I listen to my car.

#### CC: What are you current reading?

TF: I am currently re-reading *Pale Fire* by Vladimir Nabokov -- it's one of my favorites!

Fischer attended Gonzaga University of Law in Spokane, Washington and received her LL.M in Taxation from the University of Washington School of Law. She was an attorney before becoming a mother of twin boys 18 months ago. Besides teaching Tax Research, she also teaches fitness classes for the last sixteen years. At this moment, she is still in her decision-making process choosing between being an attorney or teaching on the full-time basis within the next two years.

## *Caught in Between? Part 1* by *Abhishek Mebrotra*

Being a 1 year veteran of Golden Gate University and the United States, I thought it was time to pass on some of my acquired wisdom to those who are still caught between cultures. I know how it feels, I've been there! Adjusting to a new culture and way of life is both thrilling and challenging—it shouldn't come as any surprise that one may experience some highs and lows during a stay in the U.S. Most of us have taken on an adventure of a lifetime and moved to a new environment, which we may find strange and difficult at times. During these times of complexity - just remind yourself that these cultural differences are the reason we all love change: to experience the unknown! After all, it's just a phase!

### Learn from these enriching stages:

While everyone responds differently to adjusting to a new culture, there are typically three stages that most visitors go through.

- ◆ There will definitely be an initial period of excitement and joy, which is due to the new things around you. You will constantly be reminded that you are in a new culture and are many miles from home.
- ◆ As you adjust to the routine of daily life, that initial sense of adventure will wear off. You may even find that your new life in the U.S. can be quite ordinary and dull at times - just like at home! During this phase you may start to miss your friends and families at home, and may find it hard to keep a positive attitude and continue with your routines. You may be tempted to withdraw from people around you or even become hostile. Simple things may seem like an ordeal. At this point it is helpful to know that for most people this phase doesn't last too long!
- ◆ The second phase should soon give way to the third phase: your true adjustment to American culture. Once the values and characteristics of people in the U.S. become more familiar to you, day to day life will become easier. You will find that it will be easier to immerse yourself in American life and you will begin to experience the culture in a way that would never be possible if you were a tourist traveling for a few weeks.



### Survival Skills:

- ◆ Stay positive!
- ◆ Give yourself a chance.
- ◆ Try not to withdraw from your American friends, and make a special effort to have fun. And most importantly, remember all of the reasons that brought you to the U.S. in the first place!
- ◆ Be open and friendly and people will respond likewise.
- ◆ Maintain a sense of humor and an open mind. Keep in mind that even the most extraordinary experience will make an entertaining story at home and that is sure to make your friends and family laugh!

To be continued.....

## SFAMA: Marketing Career Fair coming up in March

### A great opportunity for all marketing students!

Happy New Year all marketing and MBA students! We in the GGU chapter of the American Marketing Association are happy to announce that GGU will host a marketing career fair Thursday March 23<sup>rd</sup>, 11 am -1 pm at 536 Mission Street.

This is a major annual fair presented by the San Francisco chapter of AMA (SFAMA) in cooperation with the university chapters at GGU, UCSF and SFSU. It will be a great opportunity for everyone who is looking for a career in marketing. Top marketing companies from the Bay Area are among the employers who are looking for promising students. Alumnis are of course welcome.

Members of AMA will get exclusive access to the fair at 10 am, an hour earlier than non-members, so make sure to apply for or renew your membership.

GGU's Career & Internship Services has scheduled a lot of activities to make sure all students are well prepared for the fair. Resume clinics, advanced interview techniques and employment opportunities for international students are among the topics. In the week prior to the fair,

March 15<sup>th</sup> and 21<sup>st</sup>, students can attend "How to Prepare for a Career Fair" workshops. These will prove crucial for those of us with limited career fair experience! Check out [www.ggucareers.com](http://www.ggucareers.com) for more details.

Everyone will receive more info about the fair in the near future, but I urge you all to take advantage of the Career & Internship Services expertise so that you'll have your resumes ready in good time before the fair. This is very important because we plan to provide employers with a booklet of resumes a week before the fair. However, we will only send them resumes that are revised by the Career & Internship office, so we are sure they are of high quality.

AMA members continue to attend SFAMA's monthly events. Coming up February 9<sup>th</sup> is "Super Bowl XL Buzz or Bust?" where this year's Super Bowl ads will be analyzed. Check out [www.sfama.org](http://www.sfama.org) for more info.

For AMA membership info or any other questions, don't hesitate to e-mail: [joachim@wahlstrom.net](mailto:joachim@wahlstrom.net).

Best wishes!

Joachim Wahlstrom



*Do you get nervous in front of crowds? Eliminate your fear with GGU Toastmasters!*

GGU Toastmasters Club is back for 2006. This trimester, we are holding meetings every Wednesday at 2:30pm. We have changed the date and time because we think this will be more convenient for students who have classes on Wednesday.

GGU Toastmasters is still a small club and would like to grow bigger. So, if you are interested in improving your public speaking and communication skills, please join us for a meeting.

GGU Toastmasters Club meets every Wednesday at 2:30pm, in room 3200. Please email Mark Loh, VP of Education at [Havana\\_50@yahoo.com](mailto:Havana_50@yahoo.com) for more information. We look forward to seeing you!



## Chi Pi Club News by Nisar Mirza

Being an international student and unaware of 'Big 4' firms in the Bay Area, the Chi Pi Club helped me as I pursue a Master's degree in accounting by providing me the opportunity to attend events and participate in informative club meetings. As an active member of Chi Pi, I welcome new members to join the club, as it keeps them well-informed about the accounting field. Past events include Happy Hour Mixer, Forensic Accounting, "Learn How to Catch the Next Enron", "Passing the CPA Exam",

"How to Defraud A Bank", "Meet Associates from the Big 4 Accounting Firms" and "What You Need to Know About Sarbanes-Oxley". The club also helps graduates planning to sit for the CPA exam through regular presentations by Becker and Roger Philipp.

This trimester, Chi Pi is hosting Roger Philipp, who will discuss the differences between private, public and government accounting. In addition, Chi Pi will host a field trip to well-known CPA firm Harb, Levy and Weiland, LLP. The field trip will provide a close-up experi-

ence and opportunity to learn about their work and life as an accountant.

I encourage new students to join Chi Pi Alpha Club. Simply send us an e-mail including your name, email address and major at GGU to:

[tedtetteh@yahoo.com](mailto:tedtetteh@yahoo.com).

Students who join the Chi Pi club before March 2006 will be entered in a raffle for the opportunity to win two \$20 gift cards from Starbucks. So hurry up you might be the lucky one!

## *GGU Career Counselor-Natasha Lockett by Irene Chiu*

Natasha Lockett is currently doing an internship at GGU for Career Counseling and works full-time as a Senior Human Resources Representative at Charles Schwab. She has a Bachelor's Degree in Public Health and will be getting her Master's in Counseling, concentration in Career Counseling, at SF State University by June 2007.

### **CC: Why did you choose GGU as an internship?**

*There are a couple of reasons: the majority of the people she knows spoke highly about GGU from her previous job at Marriot Hotel, GGU is more of a business-like environment than most universities, the evening hours works out well for her to counsel after work, walking distant from work, also knowing that she can relate to many students who are getting their Master's Degree and working full time.*

### **CC: Who should students talk with in getting more information about internships?**

*Students can talk to any of the counselors here at GGU which include herself (Natasha Lockett) as an intern career counselor at GGU Career Service, Christine Tanner, and Amy Jaffe. Christine is in charge of the internship programs for international students at the GGU San Francisco campus.*

### **CC: How long should a student do an internship for?**

*It really depends on the employer; the fact that students should do an internship gives them a benefit to get more experience and would definitely improve their resume. An*

*internship can be short or long depending on how productive you are to the company and remember, an internship does not guarantee a job if your work is weak. An internship gives the employer a chance in getting to know how well you perform, that you want to be there, if you are qualify enough to work there; it also gives the intern a feel to work at a good company and an opportunity to get hired.*

*As a graduate student, Natasha is doing an internship for two years and thinks the longer the internship, the more knowledge and skill sets she can retain in what she's been taught. In terms of getting a job from an intern, it's really based on how well you perform, how well you interact with your colleague, and what values you can bring into the organization.*

### **CC: Describe your favorite moment at GGU?**

*Knowing that she can help someone get an interview but also got a job thereafter is her favorite moment at GGU. "It is very inspiring and empowering to see students achieve their goal with all the hard effort they've been working on." Natasha would like to continue her career in helping people in this field. Knowing that she can help people confirms that she is doing something right and it motivates her to keep learning what's available for her to teach others in this field.*

*She definitely thinks it's important to continually revive up her skills as a career counselor by networking with other employers, seeking interview questions and knowing what kind of candidates they are looking. It enthralled me to hear Natasha state that "helping people achieve their goals have also impacted her to achieve her own goals." It is good to know that Natasha and as well as other career counselors put effort and passion to help students achieve success in their job search.*

Many students here are working full time and going to school part-time, and as busy as we may get, it's definitely worth the time to stop by Career Services on the fourth floor. We are fortunate to have experienced counselors: Christine Tanner, Amy Jaffe and Natasha Lockett (intern for Career Counseling) to guide us. GGU career service is an additional asset for students here and the counselors are very excited in helping us stand out in today's competitive job market! Students are welcome to visit during drop in hours on Tuesdays, Wednesday, and Thursdays from 4:00p.m to 6:00p.m or call 415-442-7299 for an appointment. Be ready to bring in your resumes so counselors can better assist you, teach you how to improve your communication skills during interviews, and discover what kind of skills sets you can add to your resume. As a student at GGU, I have put some time aside to take advantage of GGU Career Services and the more I visit, the more prepared I got for interviews. Go ahead and find out what GGU career service has to offer!

## Helping You Keep a Healthy Heart by Odalis Bigler

The month of February is regarded as National Heart Month. This is not because we celebrate Valentine's Day, but because it is the month that the American Heart Association (AHA) has designated to raise awareness about the importance of keeping a healthy heart. Every year coronary heart disease ranks as America's No. 1 killer; 32% of those death occurred to people younger than 75 years of age. Statistics show that "about two thirds of heart attack patients don't make a complete recovery, 18% of men and 35% of women will have another heart attack, and about 22% of men and 46% of women will be disabled with heart failure. It is estimated that 7 million Americans age 20 and older have family history of heart attack."

Some heart attacks are sudden (just like in the movies), but most heart attack start slowly, and the symptoms help you recognize that you, or any one you know, maybe having a heart attack.

### Heart attack symptoms:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that



lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath.** May occur with or without chest discomfort.
- **Other signs:** These may include breaking out in a cold sweat, nausea or light headedness

If you or any one you know have any of these symptoms, call 911 immediately or ask somebody to drive you to the hospital. If you are having a heart attack, do not drive yourself to the hospital.

The American Heart Association offers many resources to help us keep a healthy heart, and prevent heart attack and heart disease. For more information visit AHA website at [www.americanheart.org](http://www.americanheart.org). Remember: we are never too young or too old to work on prevention of heart disease and heart attack.

## Job search (cont'd from page 1)

Admissions and Advising (IAA). IAA will help you complete the paper work you need to take to the U.S. Social Security Administration. It may take from 2 days to 4 weeks to receive a SSN number.

Visit [www.ggu.edu/about/jobs](http://www.ggu.edu/about/jobs) for current openings. If you are interested in an opening, submit your resume and cover letter. There maybe a dozen people applying for the same job, so write a resume that describes your experience as it is relevant to the job you are applying for. Don't forget to include a



cover letter! Write a cover letter that professionally expresses why you are the perfect match for this job. If you have never written a resume, the Career Services Department at GGU can help you with this. See the calendar on the back of this issue to find out more about resume writing workshops.

Good luck!

*Campus Currents Now Available on Cybercampus!*



Students, faculty and staff can now access current and past issues of *Campus Currents* on Cybercampus. Simply use your log-in and password to access Cybercampus, and click on *Campus Currents* under the "Special Courses" heading.

[www.ggucampuscurrents.com](http://www.ggucampuscurrents.com)

Email: [michelle.luk@gmail.com](mailto:michelle.luk@gmail.com)  
 Tel: 415-442-7878  
 Address: 536 Mission Street  
 San Francisco, CA 94105

### 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).

## GGU Calendar of Events for February 2006

	Type of event	Date	Time	Where	RSVP to
<b>Access the Hidden Job Market</b>	Career & Internship	2/2/06	5-6:30pm	GGU San Francisco, Mission Street, San Francisco, room 5222 and GGU Sacramento, 2595 Capital Oaks Drive, 2nd Floor	Sign up for this workshop by accessing your account at <a href="http://GGUcareers.com">GGUcareers.com</a>
<b>Resume Clinic</b>	Career & Internship	2/23/06	5-6:30pm	GGU San Francisco, 536 Mission Street, San Francisco, room 5200	Sign up for this workshop by accessing your account at <a href="http://GGUcareers.com">GGUcareers.com</a>
<b>30-Minute Individual Career Counseling Appointment</b>	Career & Internship	2/11/06	9-11am and 2-4pm by appt.	GGU Sacramento, 2595 Capital Oaks Drive, 2nd Floor	RSVP: to <a href="mailto:ajaffe@ggu.edu">ajaffe@ggu.edu</a>
<b>Off-Campus Employment Opportunities for F-1 Visa Holders</b>	Career & Internship	2/8/06	2-3:30pm	GGU San Francisco, 536 Mission Street, San Francisco, room 5200	Sign up for this workshop by accessing your account at <a href="http://GGUcareers.com">GGUcareers.com</a>
<b>Writing Resumes for US Employers</b>	Career & Internship	2/15/06	2-3:30pm	GGU San Francisco, 536 Mission Street, San Francisco, room 5200	Sign up for this workshop by accessing your account at <a href="http://GGUcareers.com">GGUcareers.com</a>
<b>American Business Culture</b>	Career & Internship	2/28/06	2-3:30pm	GGU San Francisco, 536 Mission Street, San Francisco, room 5200	Sign up for this workshop by accessing your account at <a href="http://GGUcareers.com">GGUcareers.com</a>
<b>Visioning and Goal Setting</b>	Student Success & Leadership	2/8/06	5:15-6:15pm	536 Mission Street, San Francisco, room 6205	E-mail <a href="mailto:studentaffairs@ggu.edu">studentaffairs@ggu.edu</a> or 415-442-7288
<b>Exam Worries?</b>	Student Success & Leadership	2/15/06	12-1pm	536 Mission Street, San Francisco, room 6205	E-mail <a href="mailto:studentaffairs@ggu.edu">studentaffairs@ggu.edu</a> or 415-442-7288
<b>Finding Articles in the University Library</b>	Library	2/6/06 2/7/06 2/8/06	5:30-6:30pm for all dates	536 Mission Street, San Francisco, University Library, meet at the reference desk	RSVP: to <a href="mailto:webster@ggu.edu">webster@ggu.edu</a> or 415-442-7244
<b>RefWorks Training Workshops</b>	Library	2/15/06	12-1pm	536 Mission Street, San Francisco, University Library, room 163	RSVP: to <a href="mailto:webster@ggu.edu">webster@ggu.edu</a> or 415-442-7244
<b>Database Spotlight: Emerald Fulltext</b>	Library	2/22/06	5:30-6:30pm	536 Mission Street, San Francisco, University Library, meet at the reference desk	RSVP: to <a href="mailto:webster@ggu.edu">webster@ggu.edu</a> or 415-442-7244
<b>GGU Community Day at KVIE TV Sacramento in March</b>	Community Day	3/11/06	Shift 1: 7:30am-12noon  Shift 2: 11:15am-4pm	KVIE Public Television, 2595 Capitol Oaks Drive, Sacramento, CA (conveniently located downstairs from GGU's Sacramento teaching site)	E-mail <a href="mailto:studentaffairs@ggu.edu">studentaffairs@ggu.edu</a> ; be sure to indicate which shift you prefer. Volunteers must be aged 16 and older, or accompanied by an adult supervisor.