



Stony Brook Serves a Career Center publication

Volume II, Issue 5
March 2010

Sponsored by the AmeriCorps VISTA Program at Stony Brook University

Rutvik Patel: Multi-Faceted Volunteering

by Steven Giugliano



Photo courtesy of Rutvik Patel.

Having given back to others since he was 10 years old, Rutvik Patel knows the importance of volunteering locally and globally. Instilled in him by his two grandfathers, both who practiced free medicine, he learned that one of the most rewarding things in life can come by helping others before you help yourself. “Volunteering makes the world a better place,” Patel said. “If everyone helped others it would inspire others to do the same and this world would be a better place if everyone were helping each other.” Patel, a psychology major and community service minor, is in his senior year at Stony Brook University. He is a member of the AmeriCorps Education Award Program, and served on the executive board of Stony Brook’s Community Service Club as secretary for one year and as vice president for two years.

In the past year, Patel has volunteered in an emergency room near his home in Rockland County, New York and spent time with terminally ill patients at Goldwater Hospital trying to brighten their remaining days. As part

of the Community Service Club, he has helped paint an elementary school in Brooklyn in conjunction with New York Cares, and has planned and organized events at a local senior citizen living center that included a prom night and a Halloween party for the senior residents.

“Volunteering is the easiest thing to do,” Patel says, “You just need the heart to do it.” He urges others who are looking to get involved to find an area of interest, a club or organization, and use all possible resources to volunteer their time and effort.

Patel’s favorite volunteer experience took place in his native India, in the remote village of Gwalior. At Gwalior Children’s Hospital and Orphanage, he worked directly with children with various illnesses and diseases such as HIV and cerebral palsy. He assisted doctors in administering medicine to the children and worked with the physical therapist in helping the children with cerebral palsy exercises. He helped feed, change, and clean the children. In addition, he worked with students with speech impediments, hearing disabilities, and learning disabilities.

Inside This Issue:

| | Cover |
|-----------------------------|-------|
| Rutvik Patel | |
| CS Awards Ceremony | 2 |
| Say YES for Youth! | 3 |
| MAPS & Rutvik Patel, Cont’d | 4 |
| Minorities in Psychology | 5 |

These experiences have been beyond rewarding for Patel. “The most rewarding part of volunteering is knowing that someone else’s life was better even if it is for that one (Article Continued on Page Four)

CALL FOR NOMINATIONS

4th Annual Community Service Award Ceremony



sponsored by:
Career Center and Community Service & Service-Learning Committee

co-hosted by:
AED: The National Pre-Professional Health Honor Society
& Community Service Club



We are pleased to recognize members of our University for their significant contributions to the community

AWARD CATEGORIES

- ★ The Excellence in Community Service Award ★
- ★ The Outstanding Community Service Project Award ★
- ★ The United States President's Volunteer Service Award ★

Form and Submission Instructions:

<http://www.stonybrook.edu/sb/communityservice/>

Submission Deadline: March 15, 2010

Who Can Nominate:
Students - Faculty - Staff
Self Nominations are encouraged

Awards will be given on:
Wednesday, April 21, 2010
12:30PM - 2:00PM



**STONY
BROOK**
STUDENT AFFAIRS

SB CAREERCENTER

WWW.STONYBROOK.EDU/CAREER • 631-632-6810 • MEET US @ THE FOOT OF THE ZEBRA PATH

Nonprofit Spotlight: Say YES for Youth!

by Elaine Vuong

Youth Enrichment Services, a not-for-profit organization that caters to the Bay Shore, Brentwood, Central Islip and West Islip communities on Long Island, provides services for students and their families with programs like tutoring, “Saturday Enrichment,” and “Coffee House” that offer a personal experience.

Founded in 1987, YES strives to establish an environment where students and their families can socially prosper. Completely free of charge, students can participate in any of YES’ programs. YES offers tutoring and homework help at select locations on Monday and Tuesday nights where volunteers help students. “Saturday Enrichment” is a weekly program that includes dance, art or recreational activities. “Coffee House” brings together new and old friends as they unwind with live music or dancing.

YES’ “Worthwhile Adolescent Volunteer Effort” (WAVE) offers community service to children, senior citizens, the disabled and the less fortunate. Volunteers can engage in community clean-ups, tutoring, snow shoveling and fundraising, among many other activities. Anyone, from high school students to seniors, can collaborate with the program. WAVE participants aid in enhancing a community by merging people whose aspirations match.

College students can volunteer as advisors, mentors or tutors to help the students. The opportunities available include career mentoring, e-mentoring, golf mentoring, peer mentoring, tennis mentoring and traditional mentoring. These positions allow college students and the youth to interact as they grow by learning from each other.



YES students march in a local parade. Photo courtesy of Youth Enrichments Services.

On weekdays throughout the school year, from about 2:30 p.m. to 5:30 p.m., middle schools in the Brentwood, Bay Shore, Central Islip and West Islip school districts support YES programs. Here, college students can be mentors or advisors as they become comfortable with the students through activities like playing basketball or helping with homework.

If the academic school year doesn’t work with your schedule, YES has opportunities in the summer, too. Volunteers supervise the youth with field trips, picnics, arts and crafts or visits to the beach.

Interested applicants can go to www.yesnews.org to learn more about the ways they can spend their time helping or donate money. You can also learn about the many ways to become involved with YES by calling 631-587-5172 or emailing yesletters@aol.com.



For more information, please contact Urszula Zalewski at uzalewski@notes.cc.sunysb.edu.

Community Service and the Admissions Process

by Corinne McGuirk



Photo courtesy of M.A.P.S.

The Minority Association of Pre-Medical Students (M.A.P.S.) is a new student organization that was officially recognized in the spring of 2009 and is helping the future of the Stony Brook community in big ways. The goal of this group is to diversify the future of medicine by encouraging people of color to enter the medical field and allied health professions. M.A.P.S. was founded by a Stony Brook University medical student who was a member of the Student National Medical Association (S.N.M.A.). M.A.P.S. is a pipeline program of the S.N.M.A. and is a country-wide association with more than 100

chapters in the nation. An important part of this group is networking, which is possible to do at the local, regional and national levels. M.A.P.S. is closely associated with the S.N.M.A. chapter at Stony Brook's Medical School and has gone on tours of the medical school as a part of the club's activities. The Minority Association of Pre-Medical Students takes part in community service and outreach programs as well.

Recently, M.A.P.S. has worked on a program focusing on social life in the medical field and people's perception on the lives of physicians in comparison to how they are portrayed in the media. Other recent events include presentation skills workshops, health insurance literacy programs, mock interview seminars, charity collecting and the Triple H: Hope and Healing for Haiti earthquake relief. The group members also partake in conferences and receive discounted MCAT preparation classes. Scholarships from the S.N.M.A. and discounted textbooks are other benefits of being a member. This group tries to encourage students to know one another in the pre-medical community by establishing a support system.

M.A.P.S. enriches educational, networking and social aspects of its members' lives. A time commitment of four hours a month is expected of all members. Attending meetings and events supporting M.A.P.S. and the S.N.M.A. are also highly recommended. No leadership positions are currently available but will be toward the end of this spring semester when elections are held. If you are interested in more information or want to join M.A.P.S., email maps.premed4sbu@gmail.com. Facebook users can join the group "Guiding your Future with MAPS at SBU" and a website will be coming soon. Map your future with the Minority Association of Pre-Medical Students!

Rutvik Patel Article, Continued from Cover Page

(Continued from Cover Page) instance because I helped them...Knowing that I can help someone feel like they are the most important person and greatest person in the world is good enough for me." Not only does he feel great after volunteering but he learns from others, saying, "The kids [at Gwalior] taught me how to appreciate life even when it isn't going good."

Before attending medical school to become a neurosurgeon, Patel plans to take a year off after graduation to do volunteer work. He hopes to be accepted into a medical program that will allow him to continue giving back while also furthering his experience in the medical field.

Want your organization to be featured in *Stony Brook Serves*? Check out the "Submit Your Articles" section on page five!!

Minorities in Psychology: Helping All Students

by Parisa Bagheri

In Fall 2001, Minorities in Psychology was a small, little-known group on campus. However, in recent semesters, it has become more and more popular and a great resource for students interested in psychology. Minorities in Psychology emphasizes that it is not only for minorities, and that all students can join. The president of the group, Allyson Regis, has been a member of the club since its starting days and she along with the other five executive board members have helped to make this club more organized and helpful than ever. Regis believes that the club is very useful for students and can help them find research opportunities, while also helping the community.



Photo courtesy of Minorities in Psychology.

Whether the club is organizing study groups for the various psychology courses offered on campus or bringing in off-campus speakers to offer students connections in the psychology professions, Minorities in Psychology is definitely worthwhile for students interested in psychology-related fields. The recent Psychology Involvement Fair, which was on Feb. 15, had research programs for students and allowed them to have free suicide alertness training from the Mental Health Association. The group also had a presentation on Developmental and Learning Disability from the YAI on March 9. The club also has an upcoming event on March 16 called “Arts for Everyone,” which is an arts therapy program in which volunteers can do arts and crafts with the pediatric ward of the Stony Brook Hospital twice a week. Just recently, the club also held a very helpful workshop, which was very successful and attracted more than 75 students, with the Career Center to help students determine what to do with a Bachelor in Psychology.



*Photo courtesy of Minorities in Psychology's Involvement Fair
Photo Page.*

Minorities in Psychology meets Tuesdays from 7-8 p.m. in SAC Room 302 and has an office in the Psychology B building, Room 125. The group can also be reached via Facebook by searching for “Minorities in Psychology,” and via email at mip@ic.sunysb.edu. If you are interested in finding out more information, visit its website, which is updated weekly: <http://psychology.sunysb.edu/mips/>.

Minorities in Psychology meets Tuesdays from 7-8 p.m. in SAC Room 302 and has an office in the Psychology B building, Room 125. The group can also be reached via Facebook by searching for “Minorities in Psychology,” and via email at mip@ic.sunysb.edu. If you are interested in finding out more information, visit its website, which is updated weekly: <http://psychology.sunysb.edu/mips/>.

Submit Your Articles!

The AmeriCorps VISTA Program encourages students, faculty, and staff to get involved with community service activities. Our publication is the place to share your stories with the Stony Brook community! Submit articles and photos, share information about projects, and list upcoming events. Please send all submissions to **Taryn Kutujian, VISTA Coordinator, Career Center**, at stonybrookserver@gmail.com. Be sure to include your name, phone number, and email address.