“Are you going to Convocation?” my roommate, freshman year, asked me. “Ugh. What is Convocation anyway?” I asked her. “It’s probably just going to be one of those silly things that they drag all of the freshmen to,” I told her. As a freshman I would have much rather sat in my room with the door shut than participate in campus activities. But somehow or another, I was coerced into attending Convocation by my orientation leaders. I have to admit that I was not excited to attend. But what I saw when I stepped outside when it was time for the ceremony, was anything but what I had expected. The entire student body was lined up by class, carrying carnations, ready to march in a procession to The Chapel. Even the faculty was there, dressed in academic robes. It seemed like the whole campus had come to a screeching halt, just for this one tiny ceremony. It was then that I realized that Convocation is more than just a tradition, and that Saint Joseph College is more than just a college. I was only beginning to understand that this environment is truly a community, a community that is rich in tradition, devoted to academics, and one that fosters personal growth.

After surviving a freshmen year of locked doors and voluntary seclusion, I, for some strange reason, applied and was selected to be a peer mentor for the incoming freshman class. I would be responsible for leading orientation groups over the summer, as well as assisting a whole class of first years throughout their first semester at school. And I would even be obligated to keep my door open. At first I immediately regretted my decision. What in the world was I thinking! But what happened to me in the process of becoming a peer mentor and orientation leader, is a process that exemplifies what Saint Joseph College is all about. I gained confidence in myself, made connections with others on campus, and began to actually enjoy campus activities. But my personal transformation story, is not one that is unique to me. Saint Joseph College celebrated Investiture on October 19, an annual ceremony wherein the members of the junior class are recognized as scholars by the campus community. Christal C. Carnelli ’10, Child Study major, delivered the following remarks to the members of the Class of 2010:

“The World Awaits Us!”

Christal C. Carnelli ’10
International education was the theme on campus November 17-24 as Saint Joseph College commemorated International Education Week (IEW) with a full menu of cultural activities. Highlights included a flamenco dance performance, bilingual readings of Federico García Lorca’s poetry, The Queenes Companye performance of *Lysistrata*, a panel discussion of the book *A Thousand Splendid Suns*, lectures on the Universal Declaration of Human Rights, the world population, ancient Greek sculpture, self defense, the Israeli-Palestinian conflict and more.

Hosted by the Office of International Studies and Programs, IEW is an initiative of the U.S. Departments of State and Education that prepares Americans for a global environment. Above, Ruth Steely ’12 works with Richard Fluet of the U.S. Postal Service to process a passport. Below, Erin Claus ’12 presents on Greek Art in Context.

“The World Awaits Us!”
(Continued from previous page)

College is a place where women can become who they want to be and reach their full potential. I’ve seen this happen in myself, as well as in the other members of my class.

At the Convocation Ceremony of 2006, you know, the one I didn’t want to go to, 133 members of the 2010 class sat in The Conner Chapel of Our Lady. It was our first experience with a true College tradition, one of the many that we would be exposed to during our time here … We weren’t quite sure of who we wanted to become, or what it was exactly that we wanted to get out of our college careers. We asked ourselves, “What will I major in?” “What career do I want to have?” and, “How can I make a difference in someone’s life?” We knew that we wanted to better ourselves, the community, and the world, but we didn’t quite know how we were going to do it. We were a class with big ambitions.

To me, participating in Investiture is not simply participating in just another College tradition. Investiture is about being a part of this great institution, and reflecting back upon how it has helped us to become the dramatically different women we are today. I am no longer the shy, secluded freshman I once was. I am now a student leader, working with incoming freshmen at orientations, assisting them with the move-in process, and guiding them through both their personal and academic struggles. Investiture is a time for us to look back and admire the distance we’ve traveled down our academic and personal paths … We have grown into strong, confident women with a direction in life.

Members of our class are studying abroad, leading clubs, organizing fund raisers, volunteering in soup kitchens, practicing in hospitals, mentoring students from Hartford, and so much more. Some members of our class are even mothers, opting to start a new phase of their lives by furthering their education. We are a diverse class all working toward the same goal, and Saint Joseph College is guiding us towards our ambitions. This institution has already afforded us a wealth of knowledge and experience that have prepared us to face nursing clinicals, student teaching, and internships.

I know that as we continue along the final segment of our journey, we will continue to support one another, with the continued blessing of the faculty, our friends, families, and God. I know that we will continue to grow as women, as leaders, as professionals, and as scholars. Saint Joseph College will continue to open many doors for us. The world awaits us.
It’s not too often that students meet the author of the primary textbook used in class, let alone spend the day in scholarly discussion. Students in Dr. Elizabeth Vozzola’s Honors Introduction to Psychology course experienced just that on October 17 when Dr. Jan Yoder, a premiere scholar in the field of Feminist Psychology, came to campus. Author of the text *Women and Gender: Making a Difference*, editor of *Psychology of Women Quarterly*, professor and research scientist, Dr. Yoder began her visit meeting with students in the classroom and leading them in a discussion on the topic of androgyny.

At noon she delivered a public talk on “Growing Older Together: Reflections of a Second Wave Feminist Psychologist,” which chronicled her personal and professional journeys through the developing field of Feminist Psychology. Dr. Yoder recalled her undergraduate experience where little was offered in Women’s Studies and her graduate work where, she recalled, “The wave crashed and I became aware of rampant sexism.” Launched into awareness, Dr. Yoder existed within a rapidly changing field compounded by clashing social perspectives. As the Psychology of Women evolved into an area of study, Dr. Yoder experienced its many phases: “Throughout the ’80s we had gender stereotyping which became self fulfilling,” she said. “Today a lot of research focuses on gender and status.”

Dr. Yoder’s own study on “Depressed Entitlement” analyzes why women pay themselves less than men, why they think the pay is fair, and why they seem content with less. “To fix the wage disparity, we have to fix the thinking of those who accept less,” she said. Women still earn only 76% of what men earn, a discrepancy she feels can be fixed by addressing issue of self worth and status.

“My hope for all of you,” Dr. Yoder told the audience, “Is that you remember how social context matters in issues of gender.”

Dr. Yoder’s visit was sponsored by the Honors Program, the Women’s Studies Program, and the Psychology department.

On November 10, members of the Saint Joseph College community gathered to celebrate Sister Dorothy O’Dwyer M’78 and her 21 years of service to the College. Sister “D” as she is affectionately known throughout campus, retired this fall after serving in a variety of positions including: faculty secretary, College receptionist, Graduate Studies Office support specialist and assistant to the Faculty Committee of the Whole. Prior to working at the College, Sister Dorothy taught second, third and fifth grade throughout Connecticut.

Now that she is retired, Sister volunteers 25 hours a week at Saint Mary’s Home, answering phones, greeting visitors and inputting data. When asked what she would miss most about SJC, Sister Dorothy said, “The contact with the people. They are just a great group. As much as I served them, I was served by them.”

The Queene’s Company Theatrical Troupe presented the classic anti-war play, *Lysistrata* in November. A Greek comedy written by Aristophanes, the story centers on the title character’s plan to stop a war between Athens and Sparta by having the women of both communities withhold sex until a peaceful settlement is reached. Directed by Dr. Mark Zelinsky, the production featured Casandra Sandoval ’10 (shown here) as Lysistrata.
On Campus

Chris LeGates Named GNAC Coach of the Year

SJC Soccer Coach Chris LeGates was named the Great Northeast Athletic Conference (GNAC) Coach of the Year. This marks the third time Chris was honored during his 12 seasons with the Blue Jays. He was named Coach of the Year in 2003 and again in 2005. The GNAC is comprised of 13 women’s soccer teams from around New England. Coach of the Year honors are based on voting amongst all 13 coaches in the conference. Chris is the first GNAC Women’s Soccer coach to be named Coach of the Year three times.

A Winning Season

Chris led the team through a historic 2008 season, setting 12 school records including: most wins in a season; and most goals in a season while coming up just one penalty-kick short of reaching the GNAC Tournament Championship for the first time in the history of the program.

The Blue Jays posted 14 wins, with an overall record of 14-4-3 and a school-best 8-2-2 in conference play. The team posted school records for conference wins (eight), road wins (eight), unbeaten streak (nine), shutouts (13), consecutive shutouts (five), team goals in a season (50), goals scored per game (2.38), and games played (21). Chris also directed two individuals to school-records. Paige Briglia ’11 scored a school-record 17 goals and goalkeeper Cait Witham ’10 recorded a school-best 12 shutouts and 13 wins.

The Blue Jays fought to a scoreless tie with Norwich University in the GNAC Tournament Semifinals but the Cadets were able to advance on penalty kicks, winning 5-4. The team qualified for the GNAC Tournament for the last nine seasons and has now posted six consecutive winning seasons. Chris also directed the Blue Jays to their second ECAC Tournament Appearance as the number seven seed in the tournament. The Blue Jays battled Brandeis University of the University Athletic Association (UAA) on Wednesday, November 12, losing 4-0 in the quarterfinals.

A native of North Haven, Chris took over the Blue Jays women’s soccer program in 1997 and has posted an overall record of 95-87-12. He is a 1992 graduate of the University of Hartford where he played goalkeeper for the Hawks for four years including an appearance in the NCAA Final 16 in 1991.

For more on Blue Jays soccer and Coach Chris LeGates, visit http://gobluejays.sjc.edu.

Small Business Innovation Research (SBIR) Conference

Saint Joseph College was a bronze sponsor for the National SBIR conference held at the Connecticut Convention Center from November 11-14. Conference participants included entrepreneurs, venture capitalists, government support agencies, and state economic development officials. The event offered entrepreneurs the chance to showcase innovation and to solicit financial support for their ideas. SJC entrepreneurship students visited the conference to spark their own creative process and learn more about the practical aspects of planning for and launching a business.

Students in Free Enterprise (SIFE) and the Goldman Sachs Foundation Select SJC

Saint Joseph College is one of 45 U.S. colleges to be chosen by Students in Free Enterprise (SIFE), a global student organization focused on social entrepreneurship, and the Goldman Sachs Foundation to participate in a Capital Markets program. Five faculty members nationwide will also be chosen to attend the program, which funds SIFE teams in three different countries: China, France, and the United States.

The program focuses on teaching concepts related to capital markets and capital formation to secondary school students. By participating, the College will send one student to attend a one-day training seminar held in Dallas, TX. Using information gained from the seminar, the SJC SIFE team will develop and implement an outreach project targeted at female high school students in Hartford. The project design, implementation and results will be entered into a special competition that will be judged by the Goldman Sachs Foundation and SIFE. The winning teams from China, France and the U.S. will present at the Capital Markets Summit next summer in New York City. Goldman Sachs will pick the winning project.

For more information on the College’s Undergraduate Business Administration program, contact Dr. Michelle Stronz, director, at 860.231.5301 or mstronz@sjc.edu.
It wouldn’t be autumn on campus without the annual Great Pumpkin Caper! A Council on Staff Affairs (COSA) event, the Great Pumpkin Caper draws participants from all areas of campus who submit decorated pumpkins in the hopes of winning a Bon Appetit pie or a basket of Halloween treats. On October 29, decorated pumpkins adorned McGovern Lounge as attendees analyzed and judged the submissions. When all was said and done, the following pumpkins were honored:

**Most Original:** We Will Rock You, submitted by the Residence Life Staff

**School Spirit:** Piecing It Together, submitted by Academic Advisement

**Recycled:** Grey Squirrel, submitted by The School for Young Children (SYC), room 1

**Best Quality:** McPumpkin Value Meal, submitted by Student Affairs

**Best Named:** Rosalind E. FranklinStein “Discovered DNA Structure,” submitted by Tri Beta National Biological Honors Society

**Most Creative:** We Will Rock You, submitted by the Residence Life Staff

**Scariest:** Spooky Spider, submitted by SYC, room 7A

**Silliest/Funniest:** Pumpkie, submitted by SYC, room 5A

**Cutest:** Mother Goose, submitted by SYC, room 4

And the winner of the **Overall Votes Category:** Piecing It Together, submitted by Academic Advisement
War through Women’s Eyes, a popular First-Year Seminar taught by Psychology Professor Elizabeth Vozzola, explores women in wartime through various capacities: plays, memoirs, poetry, film, fiction and first-hand accounts. This fall, four veterans visited the class to share their individual experiences. Visitors included Sally Hitchcock Pullman, a World War II nurse who served in the Philippines; Francis Simcic, a Vietnam combat vet who is a community clinician with the Military Support Program (MSP); Aaron Jones, an Iraq war combat veteran who also serves with MSP as a community specialist; and the Connecticut Commissioner on Veteran Affairs Linda Schwartz, an Air Force flight nurse who served in Vietnam.

To express their appreciation, students in the class purchased prepaid phone cards for soldiers in Iraq from the USO’s Operation Phone Home program. At left, Commissioner Schwartz (center) visits with Nursing major Janelle Thurlow ’12 and Professor Vozzola.

Self-Harming Behavior

By Joan Lester, Psy.D.,
director of Counseling and Psychological Services

We were fortunate to have Dr. Dusty Miller, the internationally known expert in the field of self-harming behavior, visit campus on September 30. Dr. Miller presented “Women Who Hurt Themselves,” an interactive program on how and why women hurt themselves — both physically and in relationships. She illustrated her points with excerpts from two of her books, *Women Who Hurt Themselves* and *Stop Running From Love: Three Steps to Overcoming Emotional Distancing & Fear of Intimacy*.

The purpose of this program was to raise awareness of a serious problem that is often kept secret. As director of Counseling and Psychological Services, I am concerned because more than 20% of all college students, mostly women, cut, burn, or hurt themselves in various ways. This non-suicidal self-injurious behavior is done to relieve distress. People who self-harm often think they are the only person who has ever done so. They feel ashamed, hide the marks, and are afraid to talk about their “secret” or its cause. It is only in knowing more that one can stop keeping the secrets and get help.

Dr. Miller reiterated the fact that counseling can help women understand the underlying causes of self-harming behaviors. Please remember that the College’s Counseling Center offers confidential treatment.

“WeWomen Who Hurt Themselves” was sponsored by the Counseling and Psychological Services Center (CAPS), with the close collaboration of the departments of Psychology, Women’s Studies, and First-Year Seminars.

Calendar of Events

Make the most of Saint Joseph College’s artistic, cultural and social offerings.

• CAMPUS EVENTS — For a full schedule of on-campus events, visit [www.sjc.edu/content.cfm/pageid/7453](http://www.sjc.edu/content.cfm/pageid/7453). Most events are free and open to the public unless otherwise noted. For more information, call the Office of Campus Events at 860.231.5292 or refer to the number listed for the event.

• CAROL AUTORINO CENTER FOR THE PERFORMING ARTS — For tickets and information including ticket prices on Series events and performances by visiting arts groups, please call the Frances Driscoll Box Office at 860.231.5555 or place your ticket orders online at [www.sjc.edu/arts](http://www.sjc.edu/arts). Information on performances and gallery exhibitions is also available on The Carol Autorino Center Web site at [www.sjc.edu/arts](http://www.sjc.edu/arts) or the Saint Joseph College Art Gallery Web site at [www.sjc.edu/artgallery](http://www.sjc.edu/artgallery).
Upcoming Athletic Schedule

Blue Jay Basketball

Head Coach: Kim Martin

- Tuesday, 12/2, 7:30 p.m. Wesleyan University Away
- Thursday, 12/4, 7:00 p.m. Mitchell College Home
- Saturday, 12/6, 1:00 p.m. Connecticut College Home
- Monday, 1/5, 7:00 p.m. Elms College Home
- Tuesday, 1/6, 7:00 p.m. Hamilton College Home
- Thursday, 1/8, 7:00 p.m. Trinity College Home
- Saturday, 1/10, 1:00 p.m. Rivier College Home
- Sunday, 1/11, 1:00 p.m. City College of New York Home
- Tuesday, 1/13, 5:30 p.m. Norwich University Away
- Saturday, 1/17, 1:00 p.m. Lasell College Home
- Wednesday, 1/21, 5:30 p.m. Pine Manor College Away
- Saturday, 1/24, 1:00 p.m. Emmanuel College Away
- Thursday, 1/29, 7:00 p.m. Simmons College Home
- Saturday, 2/7, 1:00 p.m. Emerson College Away
- Saturday, 2/14, 3:00 p.m. Johnson & Wales University Away
- Wednesday, 2/4, 7:00 p.m. Simmons College Home
- Saturday, 2/7, 1:00 p.m. St. Joseph’s (Maine) Home
- Tuesday, 2/10, 7:00 p.m. Suffolk University Home
- Saturday, 2/14, 3:00 p.m. Emmanuel College Away
- Saturday, 2/21, 1:00 p.m. Mount Ida College Away
- Friday, 1/16, 6:00 p.m. Western New England College Away
- Wednesday, 1/21, 7:00 p.m. Eastern Connecticut State University Away
- Saturday, 1/24, 1:00 p.m. Plymouth State Away
- Wednesday, 1/28, 7:00 p.m. Wheelock College Away
- Saturday, 2/7, 1:00 p.m. Elms College Home

New England Championships at U-Mass Dartmouth
Thursday-Sunday, 2/19-2/22, 10:00 a.m., Trials; 6:00 p.m.: Finals

Blue Jay Swimming & Diving

Head Coach: Kieran Myers Osgood

- Saturday, 12/13, 1:00 p.m. Simmons College Home
- Friday, 1/16, 6:00 p.m. Western New England College Away
- Wednesday, 1/21, 7:00 p.m. Eastern Connecticut State University Away
- Saturday, 1/24, 1:00 p.m. Plymouth State Away
- Wednesday, 1/28, 7:00 p.m. Wheelock College Away
- Saturday, 2/7, 1:00 p.m. Elms College Home

Recreation and Wellness at SJC

Feel like a workout or intramural fun? Be sure to check out the Recreation and Fitness events calendar (at gobluejays.sjc.edu) for an ongoing schedule of yoga, weight training, group challenges and more.

Catch the Blue Jays in action! Visit gobluejays.sjc.edu for upcoming games.