

THE BROTHERHOOD

A salute to the 2018 Ebenezer D. Bassett Scholars

Mr. Mohammed Ally Alamry

Mr. Mohammed Alomari

Mr. Jalal Alulaiw

Mr. Jason Alvarez

Mr. Brian Blake

Mr. Caleb Bostic-Gardner

Mr. Christopher Cappiello

Mr. Richard Castillo

Mr. Connor DeLaney

Mr. Matthew Denno

Mr. Nathan Emery

Mr. Yash Gujarati

Mr. Austin High

Mr. Randy Jara

Mr. Dyla Kniska

Mr. Alistar Light

Mr. Abel Lugo

Mr. Dan H. Martin

Mr. Themba Moalusi

Mr. Rodrigue Mbog

Mr. Henry Myers

Mr. Jose Nunez

Mr. Brandon Palma

Mr. KameshKumar Patel

Mr. Kenneth Plourd

Mr. David Reves



DADS MATTER TOO!

The fourth annual Dads Matter Too Conference was held at Central Connecticut State University on August 17, 2018. Over two hundred professionals, students, and lay persons, from around the state, gathered for a day of information sharing, networking, and professional development. The collaboration between the Connecticut Department of Children and Families, Department of Social Service, and Central Connecticut State University's Man Enough Support Initiative continues to emphasize the importance of cross agency collaboration. Each year, the conference continues to grow and has evolved into one of Connecticut's premier conferences focused on fathering and men's issues. For more information about the Dads Matter Too Conference, contact Anthony Gay, Department of Children and Families, ANTHONY.GAY@ct.gov.



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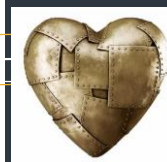
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THE HEART OF MAN



Courageous Heart

A man with a courageous heart is willing to confront the unknown in order to seek answers about himself and the world around him. A man with a courageous heart recognizes fear, but he is not limited by it because his desire is to triumph over it. A courageous heart exemplifies the character of a man and his willingness to maximize his potential for growth, change, and development. A courageous heart beats with the passion to persevere in the face of adversity, criticism, doubt, and uncertainty. He who has a courageous heart lives authentically. A man with a courageous heart seeks to change the world by first changing himself.

Mr. Eddie Rivera
 Mr. Jonathan Smith
 Mr. Romario Smith
 Mr. Jason Sorenson
 Mr. Jean St. Simon
 Mr. Elijah Thompson
 Mr. Alonso Velasquez
 Mr. Matthew Woodtke
 Mr. Albert Yaldek

Emerging Scholars

Mr. Regis Benn
 Mr. Christopher Boivin
 Mr. Ryan Douglas
 Mr. Jerome Grant
 Mr. Kwaku Panti
 Mr. Joshua Tomczyk
 Mr. Christopher Williams



AWARDS COMMITTEE

The Ebenezer Don Carlos Bassett Memorialization Committee would like to thank Joseph Kierwiak for serving as the Chairperson of the Student Achievement Nomination & Award Committee, Mr. Kierwiak faithfully served the committee for three years. Under his leadership, we were able to increase the number of nominations and increase campus awareness about the award. We are proud to welcome Joshua Bouchard who has assumed the responsibility as the new committee chairperson.



Dear young men

BY Elizabeth Nkonoki-Ward
 Retired CCSU EOP Instructor

Be mindful that you are very important to helping to build a healthy, respectful and happy society, even when some television series depict you as drug dealers, pimps, wimpy dads, figures not interested in the welfare of their progeny. Good health begins with a healthy mind. A healthy mind must be filled with positive thoughts. A healthy mind is filled with positive and encouraging things to say to others, as well as to yourself. A healthy mind is filled with prayer to our Heavenly Father, who knows our every thought, good and bad, and blesses us accordingly.

Keep in mind that a healthy mind and body create space for healthy relationships.

Healthy is eating those clean, free -of -pesticides fruits and vegetables, as they originally, were, in the

Garden of Eden, in the beginning.

Healthy is respecting your body for your future mate. Healthy is NOT condoms or so-called "safe sex". Healthy is having and practicing self-control of your mind and body, leading the way to a world without STDs and a healthier society.



“Wisdom ceases to be wisdom when it becomes too proud to weep, too grave to laugh, and too selfish to seek other than itself”.

Gibran Khalil Gibran

In the Spotlight

Andrew J. Fal, M.L.S.
 Reference Librarian &
 HEALTHYfellows Wellness Navigator

Words of Advice to CCSU College Men



1. What advice are you willing to give to college men? *“Stay focused on your studies at CCSU and it will make your life better always. Find good friends (not more than a handful) and rely on them for help and strength.”*

2. Lessons you learned about being a man. *“Being a man doesn't always mean being physically stronger but it does mean being able to cope in many situations bravely and without getting angry. Control is key.”*

3. What are you personally doing to support the health or retention of male students? *“I am a member of "Man enough" and I attend the occasional conferences that help male students reach their goals. Also in my interactions on campus, I strive to be a good role model and work in the library to help students achieve their academic goals...”*

4 secrets to better time management

By Dr. Jacob Werblow, Associate Professor of Educational Leadership



At the University of Oregon, my roommate and I would throw the Frisbee for exactly 3 minutes outside in front of the library, before running back into the building to study for another 45-min block of time.

When you sit down to 'work,' work!

Most of my students admit that when they sit down to 'work,' they first check sports scores, surf the internet, e-mail friends, etc. Then after about a half-hour or so, they finally are ready to 'work.'

However, because of tip #1, they have already burned out their brain efficiency and because they don't take a break, they are starting work having already lost their brain power and focus. So, save social media and internet surfing until when you don't need any brain power at all – after your work is done!!

Get organized, and keep lists.

When you sit down to work, you must also know what to work on! Especially, during the final weeks of the semester, students are often overwhelmed because there are so many assignments, and not enough time. In addition to the first two suggestions, keep a 'to-do' list of tasks for the day. Break down your major assignments into 'chunks', so that when you sit down to work, you know what needs to be done.

Have you ever wished that you could work faster, without losing quality? During graduate school at the University of Oregon, I attended a life-changing workshop on time management. The presenter was a professor from Berkley, who presented three simple, yet groundbreaking tips that revolutionized my time management. I've used her tips ever since and now teach them to my undergraduate students. I've had students, who were struggling to pass my course, implement these tips and after one week, they told me that they were now able to get all of their homework done, in all of their classes, in less time!!! Here are the three tips. Try them for yourself, and send me an e-mail to let me know how they impacted your time management.

Work in 45-minute blocks, taking 2-3 min breaks in-between.

Academic work (i.e., reading, writing, and problem solving) requires a heavy cognitive load, taking a lot of focus and energy, but after about 45-minutes our brain efficiency significantly drops.

So, to keep your brain efficiency high for a maximum amount of time, work in ~45-min. chunks. Ideally, take 2-3 min. breaks in-between by moving your body - stretching, taking a lap (outside) around the building, etc.

Whatever you don't complete for that day, write them down for the following day, so that you keep your list organized and current. It feels good to accomplish things, so cross out items as you complete them. I use an 'old school' daily planner, to write down everything that I need to do each day – meetings I need to attend, when my classes are, phone calls I need to make, and what assignments or projects I will work on during my 'free time.'

Divide and conquer. I'm always surprised at why so many of my students work alone, independently. Work together, divide and conquer. Could you split up the readings with other students in your class? Could you share notes on a google drive? Could you study together? Use technology to help you work smarter and more collaboratively.

Humans would have gone extinct millions of years ago, if we didn't learn to cooperate with each other. So, be human, and take on difficult tasks by working collaboratively. Don't wait for your professor to put you into a group, be strategic and work smarter, not harder.



EYE ON IT!

Fothergill Presents
in Dublin, Ireland



William Fothergill, Associate Counselor at Student Wellness Services recently at the 7th Annual International Colloquium on Black Males in Education. The Colloquium, From Bondage to Advancing Educational Equity: Fostering Global Discourse on Lost Narratives of Black Males, was held in Dublin, Ireland on October 23-26, 2018. Mr. Fothergill joined prominent international scholars as a colloquium presenter. Mr. Fothergill's paper, Male Student Retention and the Influences of Non-Academic Factors, focused on the retention of CCSU male students. The paper highlighted several part of a more exhaustive longitude study conducted by the university counselor.



The Colloquium serves as a space to exchange ideas and perspectives concerning the global dynamics of Black males in the educational pipeline. It is a community-building experience that brings together world-class scholars, high-impact practitioners, policy makers, funders, students, and concerned citizens.

MEN'S CONSTRUCTION RESOURCES

"The strength of a man isn't found in his ability to endure pain and/or his ability to suffer, but it's found in the courageous steps he takes to do everything within his means to alleviate it."

While supplies last, get a free Man Enough T-shirt

Answer the following question and email your response to:

manenoughccsu@gmail.com

Compared to their female counterparts, why are college men less likely to ask for help?





Upcoming Events

16th Annual Amistad Lecture
Tuesday, February 26, 2019

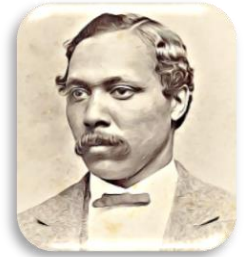
Don't Ignore Me:
Examining the Role of Fathers
in the Modern Family
Tuesday, February 26, 2019

Africana Center Conference
Thursday, March 21, 2019

Man Enough Support Initiative
Men's Health & Wellness Forum
Friday, March 29, 2019

Ebenezer D. Bassett Student
Achievement Award Ceremony
Wednesday, April 17, 2019

Accepting Nominations



Ebenezer D. Bassett Student Achievement Award

"We want to challenge unhealthy images of college men by showcasing men who exemplify acceptable standards of conduct and virtue."

The Ebenezer D. Bassett Student Achievement Award is bestowed annually upon CCSU male students who are committed to personal excellence. Over the years, we have given out nearly two hundred recognition awards. The award was created as a vehicle to recognize and inspire the achievements of CCSU male students.

We strongly encourage you to participate in our retention effort by nominating a male student(s) for this recognition award. We have many men who are excelling academically, personally, and/or professionally. Consider partnering with us as we attempt to highlight the success of college men, while using the awards ceremony as a vehicle to inspire the success of all male students. This award exists as a response to closing the gender achievement gap taking place in educational systems around the country.

You can nominate a student individually or do so jointly with other faculty, administrators, students, and/or someone from the general public.

All nomination materials must be received, electronically, by

Wednesday, March 20, 2017.

<http://www.ccsu.edu/bassett/studentAchievementAward.html>



- Email your completed application to Josh Bouchard, Ebenezer D. Bassett Award Nomination Committee, Chairperson, bouchardjo@my.ccsu.edu
- **Scholarship:** Email your completed Ebenezer D. Bassett Scholarship applications to Dr. Daniel Broyle, Scholarship Committee Chairperson, d.broyld@ccsu.edu



HEALTHYfellows
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Marcus White Hall, Room #207
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The BROTHERHOOD Newsletter contains a broad range of news articles that focus on improving the lives of male students. If you would like to contribute an article, news item or event notice for our newsletter, please contact William Fothergill at manenoughccsu@gmail.com