THE BRIDGE
Opportunities from the
Rochester Center for Community Leadership
SEPTEMBER 2013

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Also, check us out on Facebook: http://www.facebook.com/URCCL

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Featured Programs
LEAP AND COMPASS TO SUCCESS ACCEPTING APPLICATIONS FOR 2013–14
RCCL is accepting applications for “Learning and Exploring at Play” (LEAP) for the 2013–14 academic year. Undergraduate tutors are matched with kindergarten and first-grade students in the Rochester City School District and work one-on-one throughout the academic year to help the school children develop literacy, math, and social skills. Tutors work 8 to 10 hours a week and receive a federal work-study wage. Applications should be submitted with a resume to Ebony Harrison by emailing communityGA@ur.rochester.edu

Students are also invited to apply to Compass to Personal Success (CPS), a three year leadership development program for undergraduates. The CPS program emphasizes experiential learning and personal development as a means to enhance leadership skills and capabilities. During their three years in the program, students will participate in workshops, engage in peer-to-peer mentoring, reflect formally on their participation in leadership activities, coordinate and complete a service project, internship, or on campus program, and more. To learn more about the program, visit the website or email Molly Sarubbi at msarubbi@admin.rochester.edu

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LEADERSHIP COURSE
The Rochester Center for Community Leadership offers a two-credit course that provides students with an opportunity to learn about leadership history, theory, and practice by engaging with other leaders, and by analyzing their own experiences. The “Leader to Leader” course (CAS 358) is open to all class years. The course may be used to satisfy the requirements of the Citation for Achievement in College Leadership. Students may register online and questions can be directed to leadership@rochester.edu.

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LECTURE: GRADUATE SCHOOL 101
Thursday, September 19, 2013, 7:00 p.m.
Georgen Hall, Room 101 (Sloan Auditorium)
The Kearns Center for Leadership and Diversity is holding a lecture by Donald Asher, nationally known speaker and writer on the topics of careers and higher education, on September 19 at 7:00p.m. The lecture is titled *Graduate School 101: How to Gain Admission to Competitive Graduate Programs and How to Pay for It.*

COMMUNITY ENGAGEMENT WORKSHOP
Friday, September 20, 2013.
12:30 p.m. – 5:00 p.m.
G-9425 Class of ’62 Auditorium
The UR Student Bridge for Community Engagement Committee is holding a workshop to introduce students to the skills needed to engage their community, establish community relationships, and enable sustainable community benefits. Please RSVP by calling Jen VanRy at 224-2061 or emailing Jennifer_Vanry@URMC.Rochester.edu For more information contact Theresa Green at 224-2063.

UPWARD BOUND HIRING AND SEEKING VOLUNTEERS
Upward Bound, a college preparatory program for low-income high school students in the Rochester City School District, is hiring Tutors and Mentors for the 2013-2014 academic year. Volunteer opportunities are also available. Help is needed in the following subject areas: SAT Prep, Math, Science (Earth Science, Biology, Chemistry, & Physics), English, and Language (Spanish and French).
Please contact URupwardbound@gmail.com for more information.

Community Leadership Opportunities and Events

READ A BOOK AT THE HUMAN LIBRARY
Saturday, September 21, 1:00 p.m.
Eastman School of Music, Cominsky Promenade
The Eastman School is hosting a catalog of Human Books as part of the Rochester Fringe Festival. A Human Library is a way for people to reach out and connect with individuals in their community with whom they might not normally interact. Visitors to a library have an opportunity to borrow and engage in conversation with a Human Book. Human Libraries promote tolerance, celebrate differences and encourage understanding of people who come from varied cultural or lifestyle backgrounds. Readers check out Human Books for 30 minutes to participate in one-on-one or small-group conversations to ask questions and to learn about another's life experiences or special interests.

VOLUNTEER OPPORTUNITY: HIGHLANDS LIVING CENTER
The Highlands Living Center in Pittsford is offering volunteer and internship programs for students. They are a 122 bed skilled nursing facility that specializes in Alzheimer's/Dementia care as well as Traditional Long Term Care. The Highlands Living Center is happy to coordinate department-specific volunteering should a student
wish to learn more about physical/occupational therapy, medical, nursing, social work, chaplain, health information, and food and nutrition. Contact Eric Townsend at 585-383-1700 ext. 259 for more information.

**RIDE WITH CYCLOPEDIA**
Saturdays in September, 10 a.m.-3 p.m.
Boys and Girls Clubs of Rochester, 500 Genesee Street.
Cyclopedia is a program started by UR med students to help Rochester youth learn about their City while exploring it on two wheels. Volunteers are invited to help in this project, or join a Saturday bike ride. Email Shawn Brown at sbrown@bgcrochester.org for more information.

**ROCHESTER FRINGE FESTIVAL**
September 19th-28th, 2013.
The Fringe is an all-out, no-holds-barred, multi-disciplinary visual and performing arts festival, featuring international, national and local artists. It showcases theater, comedy, visual arts, family entertainment, music, dance, physical theatre, street theatre, musical theatre, opera, poetry, literature and experiences that have yet to even be imagined. Visit [http://rochesterfringe.com/](http://rochesterfringe.com/) for more information and schedules of events.

**STEP OUT WALK WITH THE COLLEGE DIABETES NETWORK AND THE AMERICAN DIABETES ASSOCIATION**
October 19, 2013.
Genesee Valley Park
The American Diabetes Association annual Step Out: Walk to Stop Diabetes takes place on October 19, 2013 at the Genesee Valley Park. The 3 mile walk is FREE with registration. Participants can form teams or walk solo, and any participant walking with diabetes will be recognized as a Red Strider. For more information contact Sarah Gordon at sgordon@diabetes.org or (585) 458-3040 ext. 3479

The College Diabetes Network is a national organization for college students to become involved in Type 1 Diabetes support groups, advocacy, and research fundraising. CDN is looking for volunteers to help create, organize, and run support groups at Strong Memorial Hospital for diabetics of all ages in the Rochester community. These support groups will provide an opportunity for people to meet other diabetics their age and will include speakers for adults and parents of diabetics and educational activities for children. Furthermore, there will be opportunities to participate in diabetes research fundraising events such as the Tour de Cure and American Diabetes Association StepOut Walk. If you are interested in being involved please contact Mary Bucklin at uroch@collegediabetesnetwork.org.

**2013 ROCHESTER LABOR FILM SERIES**
September 6 – October 27, 2013
Eastman House Dryden Theater
A joint effort of the Dryden Theatre and the Rochester Labor Council, the Rochester Labor Film Series presents motion pictures celebrating workers around the world. The first film program of this kind in the nation, it shows dramas, comedies and current documentaries on important issues relating to work and workers, especially aspects of work often marginalized or absent in dominant commercial media. For a full schedule, visit [http://rochesterlabor.org/filmschedule.html](http://rochesterlabor.org/filmschedule.html)
VOLUNTEER OPPORTUNITY: ROCHESTER YOUTH OUTREACH
Rochester Youth Outreach (RYO) is an after school program that uses art and music as a catalyst for youth empowerment. They provide a safe space for teens to come and creatively express themselves while offering direct leadership opportunities. RYO is in need of Volunteers who are interested in helping in these areas: social media maintenance and development; financial resource development; music lessons; art workshops. Contact Nick Moore at nicholas.lee.moore@gmail.com or 443-553-7008 for more information.

Leadership Tip of the Month

PRIORITIZING YOUR TIME

Good leaders seem to always be able to “get things done.” Ever wonder how they do that? The skill they have most likely mastered is the skill of prioritizing. Here’s a suggestion to help you improve in this area. Write out your “to do list” and then re-write it in the following order suggested by author Steven Covey and then tackle that list!

Important and urgent
Important, but not urgent
Urgent, but not important
Not urgent and not important

About the Rochester Center for Community Leadership

Better Yourself ~ Better Your Community!

The Rochester Center for Community Leadership is a unit in the office of the Dean of Students at the University of Rochester. The Center challenges students to become engaged citizens and leaders capable of creating positive social change in their communities. We envision a world in which all people collaborate to transform their communities.

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