



POLAR BEAR PRESS

ISSUE 01

September 9, 2019

Welcome from the President

Dear Students:

On behalf of the faculty and staff, I'd like to extend you all a warm welcome or welcome back! I hope you had a good summer.

I am delighted to welcome to our campus the Polar Bear Press, MSM's new student newspaper. Thanks to the hard-working creators and editors, Lilly Cadow, Alexis Seminario, and Mindy Holthe, the MSM community will be more informed and stay better in touch.

This school year, the 101st year of MSM, marks a meaningful moment in our institution's history. As we reflect on and continue to build upon the success and prestige of our first century, I hope that you will look upon this year as an opportunity to explore: the limitless boundaries of your creativity and passion, the alternate perspectives and experiences of your diverse classmates and professors, and the beautiful and dynamic city we are lucky to call our home.

As always, I am humbled by your collective talent and fortitude, and I very much look forward to watching you all evolve and thrive. We, your faculty and staff, are honored to support you throughout this journey.

P.S. Please, don't forget to stop by and join us, the President's Office, during Awesome Week, on Friday, September 27 from 10:00-11:00 AM for some delicious Coffee & Bagels.

Note from the Editors

Dear MSM Community,

We would like to extend a warm welcome into the 2019 fall semester. Welcoming all kinds of new beginnings is a wonderful part of the start of a new year. As the editors of the Polar Bear Press, we are excited to release the first issue of our institution's first ever newspaper.

The mission of the Polar Bear Press is not only to keep the community informed about happenings within the school, but to give a voice to the student body. Our goal is to fill the paper with student content.

If you would like to be a part of this paper or have any input, please send us an email at msmpolarbearpress@gmail.com*

Alexis Seminario
Editor in Chief

Lilly Cadow
Managing Editor

Mindy Holthe
Managing Editor

*We will soon have an MSM email address, so stay tuned for that!

Submission Contest for Issue 02

Want to see your work featured?

Email poetry, stories, artwork, and more to newspaper@msmny.edu

Deadline: Wednesday, September 18, 5:00 pm



THIS ISSUE

- Featured — President's Welcome
- What You Don't Know About College — 2, 3
- What is CME? — 2, 3
- Information from Offices — 4
- Upcoming Concert Attendance — 4
- Student Council — 5
- Job Opportunities — 5
- Calendar of Events — 6

What You Don't Know About College Until You Get There

Michael Alcee, Mental Health Educator at MSM

It's a myth that college has to be the best four years of your life.

College holds the best of times for many, but also the worst too. Why? Because college brings on a series of existential crises — think many waves coming at you — that have to be personally navigated and negotiated, and the only one who can answer all those questions is you. Good news is that these same crises are also opportunities for you to more fully discover and make yourself. Think more opportunities for surfing those waves instead of being pummeled by them. Often, these crises take an invisible toll on us, and since we can't see them, we tend to think there's something wrong with us; that we're not making friends more quickly, having fun more easily, and generally feeling like this is the best time of our lives. Take heart! These tasks weigh a lot more than you realize, and often more than well-meaning others in your life know as well. They might have forgotten how stressful it was when they were in college or they might have dealt with wholly different issues from another generation. Remember, that it is par for the course for college to feel like some of the most challenging and rewarding times together. If you can expect and embrace that, you'll be starting with much less pressure and worry on your shoulders. And that will translate to less anxiety and depression when things start to get harder.

College is a lot of work inside and outside the classroom and practice room.

Trying to figure out who your new friends are, find or maintain your connection with your significant other, determine where you want to lead your career in music, balancing work and play time, and dealing with the stress of juggling it all, is more challenging than it first appears. College is a series of essential rites of passage to determine the most important aspects of your life including your ultimate purpose: why I am here? That's a lot of extracurricular work. Remind yourself compassionately that this is part of the mix and can be, at times, an overwhelming task. Remember in addition to relying on yourself, you can also rely on others you trust—friends, significant others, parents, and even counselors — to help you sort through these questions so you can really be happy with the answers you've made.

College isn't just an achievement and a plus, it's also a loss.

Many people also focus on college just as an accomplishment and a gain, forgetting that it also can feel like a loss too. For many, it's the end of a childhood period of innocence, where there was, in ideal circumstances, so much less to worry about. College students are in a process of mourning, saying goodbye to home, friends, and a general sense of familiarity and order that gave them stability. It's not uncommon or even abnormal to feel a sense of sadness and grief about this. It's also not surprising to feel confused about this. Hey, I thought college was supposed to be the greatest? Many students do not realize that college begins the developmental period where choices become more fully one's own, and that this freedom is also imbued with a sense of terror at the enormity of one's existential responsibility. Don't worry. This is only one side of the coin. The other side will be the freedom you have to make your schedule, determine who you want to hang out with, and all of the many other exciting new ventures you'll go on now that you're truly in the driver's seat.

What You Don't Know About College - Continued on Page 3

The CME: a career-advancing resource for students and alumni from the CME Team

The Center for Music Entrepreneurship, commonly known as the CME, is both an academic department and MSM's career center, offering a range of initiatives to enhance the professional lives of students and alumni. The CME's coursework and stand-alone workshops are designed to expand students' career and entrepreneurial skills as well as provide insight into the ever-evolving business of the performing arts.

Reporting to and working with the Office of the Provost, the CME also collaborates with the spectrum of department chairs and other faculty to shape its offerings. Required coursework and attendance at stand-alone Setting the Stage seminars (career development workshops) is part of many students' academic requirements: undergrads in all degree programs as well as Masters and Professional Studies students in the Collaborative Piano, Contemporary Performance, Orchestral Conducting and Orchestral Performance programs.

Details about these requirements as well as announcements of upcoming workshops are shared regularly with all students. And, as with a range of details about the CME, Setting the Stage information is highlighted on www.msmnyc.edu/cme. MSM's Internship Program, a special option for students to earn course credit for off-campus learning at leading performing arts organizations, is highlighted at <http://www.msmnyc.edu/cme/internships>.

CME - Continued on Page 3



Above: Casey Molino Dunn shares information about the CME at a past orientation meeting. Photo Credit: Anna Yatskevich

What You Don't Know About College (continued from pg. 2)

Perfectionism is the way to be more efficient, successful, and creative.

Many students think that perfectionism is their best bet for being successful and happy. Perfectionism keeps us trying to hold on so we always feel safe and in control, but it's a double-edged sword. It protects from the pain of not-knowing and even trauma itself, but it's also an inner bully intent on making us feel crummy unless we do what it says. It makes it difficult to have the compassion we need for flexible creativity, a crucial goal of your college education. High standards, healthy self-compassion, and having a process and growth mindset are more important than always succeeding. Learning to go outside your comfort zone and expand your range by sampling from different areas is crucial for your development. So go ahead and try something outside what you thought you were supposed to do or be. Try not to be so perfect and instead learn how to join a beginner's and expert's mindset, the openness to not-know, and the expertise to apply what you do.

Know Your Selves.

It's a misconception that we only have one main self — often our persona — a reputation that we must protect and maintain. In college there's often a lot of pressure to define that more and more. The truth is we have many different facets of self and it's actually healthier to get to know and cultivate all of them. Just like the animated movie "Inside Out", we need to learn how to speak to each of our inner characters and help them to learn how to collaborate more and more. We need to recognize how the psyche shifts gears from one self-state to another and how we can use that to improve our emotional well-being, creativity, and connection. This is one of the best antidotes to the anxiety and depression that so often plagues us as college students. By learning about which sides of self are fighting or which sides are being actively pushed aside, we can begin to get at what is really blocking us from really enjoying our college days and years.

Parting Thoughts:

Hope this gives you a more balanced and compassionate framework for your first few weeks at college. Just like taking off on a plane for the first time, hearing those engines roaring is both exhilarating and terrifying. In time, you'll be enjoying the flight and the new destinations your college experience brings you to, especially those unexpected ones!

CME (continued from pg. 2)

Early Fall Setting the Stage highlights (and more)

In addition to nine days of Open House info sessions, offered to new and returning students throughout Orientation, the CME offered two Setting the Stage workshops during this past Intensive Rehearsal Week.

On Wednesday, September 4 an interactive seminar on "Building a Stable, Secure and Successful Life in Music", led by CME Director and Collegiate Faculty member Casey Molino Dunn, had over fifty participants from a range of majors and degree programs. Attendees networked and developed specific plans to further their own musical projects. Photographer Ken Yanagisawa (MM 2019, PS 2020, Orchestral Conducting) also shared insight on visual strategies to advance projects and careers.

Then on Thursday, September 5, in partnership with the Office of the President and MSM's Cultural Inclusion Initiative, as well as the Offices of Alumni and Student Engagement, many students attended a panel discussion with ALAANA (African, Latinx, Asian, Arab and Native American) alumni. Speakers shared career insight as well as details about how their time at MSM continues to shape their professional lives. Alexa Smith (MM '10), Chief of Staff in the Office of the President, moderated a panel that featured Sharon Daley-Johnson (BM '88, MM '89), a member of MSM's Alumni Advisory Council as well as Performing Arts Director at Museum Magnet School and the Founder and Director Emeritus of Reaching for the Arts, Inc; Esther Lee (BM '98, MM '00), former MSM Alumni Advisory Council member, Director of Admissions at NYC's Village Community School, as well as Vice-Chair of the Board of NYC Master Chorale; noted opera singer Laquita Mitchell (MM '01, PS '02); and freelance trumpeter Eganam Segbefia (MM '18), also a member of MSM's Alumni Advisory Council.

Related to Setting the Stage programming and the Center's semester-long coursework, the CME also presented a skills workshop for all graduate singers this past Friday, September 6. Offered in conjunction with Opera Theater, the class focused on best practices for conveying a professional image, especially with résumés, headshots and other promotional photography. Like the week's earlier Setting the Stage events, multiple attendees shared that they found the presentation "insightful and engaging" as well as career-advancing. The workshop also included MSM swag for participants.

While more Setting the Stage career workshops, connecting with a range of majors and topics, will soon be announced, conductors and those interested in orchestral careers should mark Thursday, September 26, from 12noon until 1:50pm in their calendars. The CME's "Orchestral Entrepreneurship" class, part of the Orchestral Performance Program curriculum, meets in Miller Recital Hall for a special session open to all students. In collaboration with MSM Distance Learning's groundbreaking Global Conservatory, using high definition videoconferencing to facilitate near-real-time interaction between musicians at remote locations, Maestro Alexander Shelley of Canada's National Arts Centre Orchestra will lead a live workshop on the business of orchestras and life of an orchestral musician as well as give feedback on select students' mock auditions.

Below: Highlights from the recent ALAANA panel. Photo Credit: CME Team



Message from IT: Phishing

Chartwells Dining Services

Did you know?

Your vote decides
the food.

Visit
<https://pollev.com/msmnyc>
to vote for your favorite
food options!

Information from the Scheduling Office

How do I book a Practice Room?

Visit scheduling.msmnyc.edu and log in with your MSM info.

If you are having issues with your account, visit the

MSM Scheduling Office:

- Room 407 (4th floor of the Main Building)
- Monday - Friday, 9 am - 5 pm

For how much time per day can I book a practice room?

Practice rooms can be booked online 1 day in advance, beginning at midnight for the following day.

Each student is allowed to book up to 2 hours of practice at a time (3 hours for Pianists) either online or in the Scheduling Office.

Following the initial 2 hours booked (3 for Pianists), students are allowed to book an additional 2 hours (3 for Pianists) on the day of for practice either online or in the Scheduling Office. (A total of 4 hours per day or 6 hours per day for Pianists.)

When and where can I practice?

Main Building

Rooms can be reserved Sunday-Friday from 9AM - 11:30PM and Saturdays 6PM - 11:30PM. All rooms are first come, first served 7AM-9AM Sunday-Friday.

Andersen Hall

Andersen 2nd floor and Cellar Rooms may be booked 9AM - 10:30PM, Sunday-Friday and 6PM-10:30PM Saturdays. Andersen 2nd floor and Cellar Rooms are first come, first served for Andersen residents only from 10:30PM-9AM Sunday to Friday morning and 10:30PM-6PM from Friday evening to Saturday. Practice rooms on residential floors are first come, first served for residents only.

Email phishing campaigns have become more creative and the latest pattern is to send emails to MSM community members from gmail addresses appearing as if they are from legitimate MSM email addresses. For example, rmorales.msmnyc.edu@gmail.com. Cybercriminals are taking advantage of our MSM website to easily access the faculty directory and targeting specific departments. Another recent MSM phishing campaign offered a pet sitting opportunity purportedly from an alum.

As a reminder, watch out for phishing emails:

Phishing emails are designed to entice the recipient to click on an attachment or link or share sensitive information. This opens the door for cybercriminals to infect your computer systems with malware, steal institutional and personal sensitive data, or trick the recipient into an action such as wiring funds. Do not respond to suspicious emails.

How to protect against phishing schemes:

Phishing emails can look like they're from someone you know. When in doubt, call the sender.

Another common phishing scam entices users to open an attachment that leads to ransomware, a type of malware that "locks" a user's file system and demands payment for the "key."

Do not open emails, attachments, or links from strangers. Our email service, Microsoft's Office365, does a good job at filtering a majority of spam and phishing attempts but some do get through as the cybercriminals become more adept at bypassing existing filters.

If you receive a suspicious email, contact the **MSM Help Desk team** to assist at helpdesk@msmnyc.edu.

Please visit MSM's Information Security Awareness web site at msmnyc.edu/cyberSecurity

Which rooms can I book?

Practice rooms on the 3rd, 4th, and 5th floor of the Main Building, the 2nd floor of Andersen Hall, and the Andersen Hall Cellar can all be booked online.

Piano Priority Rooms can only be booked online by Pianists. However, non-Pianists may reserve these rooms on the day of if space is available.

Classrooms may be reserved up to one day in advance in the Scheduling Office for the use of Chamber Ensembles, Jazz Combos, 2 piano rehearsals, and other rehearsals that require larger spaces.

Classrooms may only be booked for personal practice in the Scheduling Office on the day of, pending available space.

Upcoming Concert Attendance

Opportunities

| Date | Time | Place | Event |
|------|--------|-------|---|
| 9/13 | 7:30pm | NKH | MSM Symphony - George Manahan, Conductor |
| 9/18 | 7:30pm | NKH | MSM Wind Ensemble - Kevin Fitzgerald, Conductor |
| 9/19 | 7:30pm | NKH | MSM Philharmonia Orchestra - Perry So, Conductor |
| 9/23 | 7:30pm | GRN | Faculty Recital: Paolo Marchettini and Reiko Feuting, Composition |
| 9/25 | 7:00pm | ADES | Rev. 23 Opera Project |

JOB OPPORTUNITIES



For more job opportunities at MSM, visit the school's website:

msmnyc.edu/studentJobs

Media & Communications Assistant

The student worker will provide support to the Media & Communications department generating social media content, building press packets, executing website edits, and much more.

Hours per week: 8

Salary: \$15 per hour

Please submit a resume, along with a cover letter, and three writing examples to:

mtompkins@msmnyc.edu

See the MSM Website for more details.

Patron Services & Production

New Worker Information Meetings:

Tuesday 9/10, 6:00 – 7:00pm

Wednesday 9/11, 3:00 – 4:00pm

Miller Recital Hall

Applications will only be available at the Information Meeting, one per person. You will sign up for an interview and return your application at the interview.

Interviews:

Patron Services
Thursday 9/12 &
Friday 9/13
in Room A-514
10am-4pm.

Production Department
Thursday 9/12 &
Friday 9/13
in Room 406 C
10am-4pm.

Sign-up sheet with exact interview times will be available at the Interest Meeting. Interview times will be confirmed by Wednesday 9/11/2019 at 5pm by email.

All candidates who are selected for training will be notified via email by Tuesday 9/17/2019. Training is mandatory. See below for the training schedule.

Training:

Patron Services
Friday 9/20
9:00-10:00 AM
Meet in A-401/A-402

Production Department
Friday 9/20
6:00-7:00 PM
Meet in Miller Recital Hall



CME MUSICIAN REFERRAL SERVICE

229 MSM STUDENTS AND ALUMNI HAVE REGISTERED FOR THE CME'S "HIRE A MUSICIAN" REFERRAL SERVICE SINCE SEPTEMBER 2018. SINCE THEN, THE CME HAS



FACILITATED 330+ REQUESTS FOR MUSICIANS.

CME PRIVATE TEACHER DIRECTORY

111

CURRENTLY REGISTERED MSM PRIVATE TEACHERS, ENCOMPASSING +22 INSTRUMENTS, ACROSS ALL GENRES.

CME OPPORTUNITIES BOARD

7,200+



OPPORTUNITIES SHARED WITH THE ENTIRE MSM COMMUNITY (SINCE JULY 2018)

~1,070 CURRENTLY ACTIVE

PERFORMANCE, TEACHING, TRAINING, PRODUCTION & ADMINISTRATIVE OPPORTUNITIES, COMPETITIONS, AND INTERNSHIPS CURATED FROM +30 ONLINE & PRINT RESOURCES

WWW.MSMNYC.EDU/CME

Student Council

One of the best ways to make a change and get involved in the MSM community is through joining Student Council. Planning events for the student body, communicating with administration, and making improvements are just a few things StuCo accomplish during the year.

For more specific information about meeting times and how to join, please email msmstuco@gmail.com.

Executive Board:

Ryan Sujdak, *President*
Lilly Cadow, *Vice President*
Owen Storey, *Treasurer*
Chira Bell, *Secretary*
Abigail Dutler, *Media and Communications Liaison*

Committees:

School Improvements Committee
Events Committee
Marketing Committee
Fundraising Committee
Bylaws Committee
Diversity, Equity, and Inclusion Committee (DEI)

Representatives:

Hamza Able & Cooper Martell, *Orchestra Representatives*
Joe Giordano, *Jazz Representative*
Leah Israel & Arthi Nandakumar, *Voice Representatives*
Vanessa Porras, *Musical Theater Representative*
Dario Barrera & Jonathan Gilbert, *Guitar, Composition, CPP, and Classical Saxophone Representatives*

CALENDAR OF EVENTS SEPTEMBER

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|--|--|---|--|--|---|
| 8 Student Council Meeting 6:00 pm - 7:00 pm A-401/402 Conference Rooms | 9 Add/Drop begins First day of classes MSM Monday* | 10 Add/Drop Production/Patron Services Employment Meeting 6:00 pm - 7:00 pm Miller Rectal Hall | 11 Add/Drop ISLO Information Meeting 12:30 pm - 1:30 pm Heckscher Library Production/Patron Services Employment Meeting 3:00 pm - 4:00 pm Miller Rectal Hall | 12 Add/Drop ISLO Information Meeting 12:30 pm - 1:30 pm A-402 Conference Room | 13 Add/Drop | 14 Veg Society Picnic 3:00 pm Sakura Park Do Good Picnic 5:00 pm - 6:00 pm Sakura Park |
| 15 Student Council Meeting 7:00 pm - 8:00 pm A-401/402 Conference Rooms | 16 Add/Drop MSM Monday* | 17 Add/Drop ISLO Information Meeting 2:00 pm - 3:00 pm A-514 Conference Room | 18 Add/Drop Ends SEVIS check in deadline for international students (Fall Semester) | 19 | 20 | 21 |
| 22 Student Council Meeting 7:00 pm - 8:00 pm A-401/402 Conference Rooms | 23 MSM Awesome Week* MSM Monday* | 24 MSM Awesome Week* | 25 MSM Awesome Week* | 26 MSM Awesome Week* | 27 MSM Awesome Week* Bagels with the President 10:00 am - 11:00 am President's Office | 28 |

*MSM Awesome Week: Be on the look-out for a calendar of events hosted by various administrative offices. There will be free food, candy, games, and giveaways!

Want to see your event listed here?
 Email mmpolarbearpress@gmail.com

*MSM Mondays: Get caught showing MSM pride by wearing MSM gear and win a prize! (Every Monday in September)

Polar Bear Press Team
Alexis Seminario
Editor in Chief
Lilly Cadow
Managing Editor
Mindy Holthe
Managing Editor



Submission Contest for Issue 02
 Want to see your work featured?
 Email poetry, stories, artwork, and more
 to newspaper@msmny.edu
 Deadline: Wednesday, September 18, 5:00 pm

Stay tuned for updates
 about our online presence

Follow us on Instagram!
 @polarbearpress



M Manhattan
 School of Music

CAMPUS STORE
Flash Sale
Mondays in
September!

Every Monday of September check out different deals for 1 day only!