Message from the Director

Welcome,

I hope you are having an awesome semester so far. The snow has finally arrived and I hope you are all ready for the holiday season. Here at EOP, we love to share in your successes and we are there to help you in the challenging times. Please do not be afraid to come to us for anything. If we cannot help you immediately, we will do our best to find out people or services who can. Remember, you receive not if you do not ask. We cannot help if we do not know what is going on. We all need help sometimes (myself included), so please ask often. Pride or feeling ashamed to need ask for help usually prevents us from asking for assistance so please learn to ask for help.

I would like leave you with a few words.

There are some things that you can and cannot control in life. Some of the things that you can control is your level of effort, motivation and discipline. Therefore, you can choose to put forth full effort, motivation and discipline towards anything you do. Everything we is a reflection on our EOP community so please carefully consider your actions and words. Your words and actions have the power to bring life and encouragement to others. Always encourage others (and yourselves) because if one person succeeds, we all succeed. If one person has a setback, we all have a setback.

When we struggle together, we overcome together. That process of struggling and overcoming is necessary to building resiliency in school and in life. We, at EOP strive to be good citizens who care about each other, look out for each other and are constantly becoming more resilient through the process of struggle and overcoming those struggles. Small victories add up to bigger victories overtime.

Sincerely,

Sabel Bong

EOP Director

SUNY Potsdam
Advice from EOP

It’s the most wonderful time of the year! Time to renew your FAFSA! Here are Bethany’s TOP 5 tips for a painless process:

1. **Submit EARLY.** The FAFSA opened for renewal on **October 1, 2018**, but state guidelines don’t require completion until June of 2019. So why should you worry about renewing now? As EOP students, you receive a number of state and federal grants to help pay down that scary semester bill. These grants are not bottomless pools of money! Early submission of your FAFSA guarantees that you will receive all the money for which you are eligible. In fact, you should renew your FAFSA **NO LATER than January 1** if you want to be considered for any potential grants and other types of aid. Don’t miss out on free money!

2. **KNOW your FSA ID.** If you need to create a new username and password, plan ahead for that. Once you have your login information, save it in a location where you can easily access it (I store all my important passwords in my phone, so they’re always with me).

3. **Be PREPARED.** The FAFSA now operates on a prior-prior year system, meaning for the 2019-2020 academic year, you will use your 2017 tax information. Most of you will need your parents to provide their tax information as well. Be sure you have access to accurate and complete information BEFORE you begin your FAFSA. Here are some examples of information you may need:
   - Your Social Security number (it’s important that you enter it correctly on the FAFSA form!)
   - Your parents’ Social Security numbers if you are a dependent student
   - Your driver’s license number if you have one
   - Your Alien Registration number if you are not a U.S. citizen
   - Federal tax information or tax returns including IRS W-2 information, for you (and your spouse, if you are married), and for your parents if you are a dependent student:
     - IRS 1040, 1040A, 1040EZ
     - Foreign tax return
     - Tax return for Puerto Rico, Guam, American Samoa, the U.S. Virgin Islands, the Marshall Islands, the Federated States of Micronesia, or Palau
   - Records of your untaxed income, such as child support received, interest income, and veterans noneducation benefits, for you, and for your parents if you are a dependent student
   - Information on cash; savings and checking account balances; investments, including stocks and bonds and real estate (but not including the home in which you live); and business and farm assets for you, and for your parents if you are a dependent student

4. **Keep it LEGAL.** Did you know that it’s ILLEGAL for you to sign the FAFSA for your parent, or for someone else to sign the FAFSA for you? Be sure you plan your FAFSA renewal in plenty of time for your parent to sign online, on paper, or with you in person (semester breaks are GREAT opportunities to complete the FAFSA).

5. **Plan, plan, plan.** So, you’ve renewed your FAFSA. What should you do next? When you receive your aid package for the upcoming academic year, don’t just table it and hope it covers your need! Take a close look at your estimated need and your aid package and plan ahead for any gaps. If you’re taking out more than you’re comfortable with in loans, think about ways you could minimize that debt, such as scholarships or limiting your expenses. If you’d like help calculating your aid or finding ways to whittle down your expenses, visit the Financial Aid office OR your handy-dandy EOP counselor **EARLY** to give time for planning!
Spotlight on EOP Alumni

Brian DeWitt

SUNY Potsdam Alumnus Brian DeWitt '79 just made his first trip back to Potsdam since graduating 38 years ago. Since graduating with a bachelor’s degree in biology, he has traveled all over the world as part of a highly technical and successful career working in Silicon Valley.

He encourages students not to be afraid to try something new and to continue to grow. “If there’s something you want to do…don’t let people talk you out of it. Don’t let negative people get you down. Stay away from the negative people.”

The main thing for students is to persevere and set high expectations for themselves. It doesn’t matter where you come from, but where you are going. He said, “Look in the mirror and say, ‘hey, why not me, why can’t it be me?’”

More info:  http://www.potsdam.edu/alumni/spotlight/BrianDeWitt

Stanley Martinez

Sociology major Stanley Martinez ’19 didn’t bat an eye this summer when he got kicked by a horse. As he walked alongside the steed, during a horseback riding session with one of his campers at Double H Ranch, the horse got spooked and its hind leg lashed out at him—a jolt that brought back a memory from his youth when Martinez used to tame wild horses with his father in the Dominican Republic.

Martinez moved to the U.S. when he was just four years old, but he spent his summers back in the Dominican Republic with his father and brother. He remembers his father buying wild horses from small villages in the DR—feral horses that had never interacted with humans before. They would then take them down to the river to subdue and train them for use on the family farm.

Martinez has made the most of his time at SUNY Potsdam. In addition to all his involvement with his sociology major, minor in sexual health, and leadership role on the rugby team, he has also been active with the Wilderness Education program—doing a six-hour winter hike in the Adirondacks in the pitch black. Last year, he also had the opportunity to travel to Belize with eight other students through Dr. Glenn Johnson’s 14-day “Tropical Ecology and Conservation” travel course.

As he looks to the future, Martinez has the goal of being a counselor or a therapist, providing people with support and guidance on a daily basis.

More info:  http://www.potsdam.edu/academics/appliedlearning/Martinez

Diana Valdez

For prospective students, the college application process can be a daunting task—but a good admissions counselor can put students and their families at ease. That’s where Diana Valdez ’17 steps in. A recent SUNY Potsdam graduate, she has been working as an admissions counselor for just over a month now with six other regional admission counselors. Already the young alumna has hit the ground running, with experience as both a student ambassador and an intern in the Office of Admissions as an undergraduate student.

Her impressive arc from student ambassador, to admissions counselor intern, to a full-time admissions counselor, makes Valdez the perfect person to interact with prospective students interested in attending SUNY Potsdam.

In November, she will be traveling to Buffalo to recruit students with Nesbitt, and then in December she’s planning a trip to New York City to meet with prospective students at college fairs for Open House Day, Criminal Justice Day and Education Day to encourage high school students to visit campus. She’s excited to meet prospective students and to tell them all about her alma mater.

More info:  http://www.potsdam.edu/alumni/spotlight/valdez
Upcoming EOP Events

EOP Service Learning Trip to Coastal Bend, Texas:
- Spring, 2019 course with travel dates: March 8–17
- Students will work with the non-government organization, All Hands and Heart, to provide recovery work for Hurricane Harvey
- Enrollment is limited to 14 students
- Interest meeting: Tuesday, 10/30 @ 5 p.m. in 164 Flagg Hall

Karaoke Night at Hurley’s: Wednesday, 11/7

Open Skate: Contact the EOP office for information

CFD Trivia Night: Contact the EOP office for information

Information Session on Graduate School for EOP Students:
Wednesday, 11/14 from 6:30 p.m.–7:30 p.m. in 140 Sisson Hall

Spring 2018 President’s List
Angelin Barrios
Amiere Bell
Imani James
William Morocho
Ramatu Muhammad
Yanilvia Reyes Medrano
Amanda Rodriguez
Lalita Selochay
Nelson Torres
Laura Ubiera

Spring 2018 Dean’s List
Kayla Camacho
Christian Castro
Imani Doumbia
Grace Harwood
Maeve Long
Hassel Moncion
Monica Montero
Lexus Ritz
Amanda St. Hilaire
Wendy Zavala

Dates to Remember

Last Day to Withdraw: Friday, November 2
Last Day to Elect S/U: Friday, November 2
Thanksgiving Recess Begins: Tuesday, November 20 (10 p.m.)
Classes Resume: Monday, November 26 (8 a.m.)
Last Day of Classes: Friday, December 7
Academic Preparation: Sat. – Sun., December 8–9
Final Examinations: Mon. – Fri., December 10–14
The EOP Council

*The EOP Council meets once a semester to discuss and assess the program.
*Two student representatives are needed to serve on the Council. This is normally a two-year term; possible to have a one-year term if that is all a student volunteer is able to do. Students who are interested should contact the EOP office by email at eop@potsdam.edu or call (315) 267-2335.

David Bugg

Carolyn Corcoran

Christopher Torres

Louise Tyo

Eudora Watson
There are two courses reserved for EOP students in spring, 2019:

**HIST 252-E02: Eat: A Global History of Food**  
Instructor: Libbie Freed  
Course Number: 87878  
Date/Time: Tuesday, Thursday @ 12:30 p.m.–1:45 p.m.  
Location: SAT-HL 222

**COMM 106-E08: Basic Principles of Speech 3**  
Instructor: Karen Wilson  
Course Number: 88048  
Date/Time: Monday, Wednesday, Friday @ 1:00 p.m.–1:50 p.m.  
Location: FLG-HL 233

- First and second year students get first choice  
- Upper EOP classmen can enroll in either course as seats remain available  
- Contact your EOP advisor for information

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### Spring 2019 Registration

Registration for spring, 2019 is upon us. Students may register on the Web any time after their beginning registration time, and may continue to add courses until **midnight on January 21, 2019**. Students can see their specific registration time on BearPaws under “Registration Status.”

- **11/7** – Graduate Students  
- **11/8** – Seniors  
- **11/13** – Juniors  
- **11/14** – Sophomores  
- **11/15 + 11/16** – Freshmen

Students should book an appointment with their academic advisor. It is important to be aware of any holds.

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### Summer 2019 EOP Orientation Program

Program Assistants are needed. Program Assistants will meet two to three times during the spring 2019 semester and their training session is scheduled for July 2\textsuperscript{nd}–4\textsuperscript{th}, 2019. The EOP Summer Orientation Program lasts from July 5\textsuperscript{th}–27\textsuperscript{th}, 2019. Anyone interested can find more information at: [http://www.potsdam.edu/admissions/apply/special/EOP/orientation/padescription](http://www.potsdam.edu/admissions/apply/special/EOP/orientation/padescription).

Those interested in applying should fill out the application located here: [http://www.potsdam.edu/sites/default/files/EOPPAAppl.pdf](http://www.potsdam.edu/sites/default/files/EOPPAAppl.pdf)

Feel free to contact the EOP office with any questions you may have.

Phone: (315) 267–2335  
Email: eop@potsdam.edu
Office of Diversity
Education and Research
“Exploring Health Careers”
EOP Program

Program Background
The “Exploring Health Careers” program is an initiative to expose SUNY EOP students to a variety of career options in the health professions through faculty presentations, shadowing opportunities in clinics and affiliate sites, and information about the application process.

Who Can Apply
Students who are:
- Attending any SUNY college with a minimum GPA of 2.5
- Enrolled in an Educational Opportunity Program (EOP)
- Currently registered full time in any college year, but preference is given to first and second year students (post-bacc students are not eligible)

Length of Program
Six weeks in duration (June-July)
9-5 Monday through Friday schedule
(No conflicts such as jobs or other classes allowed)

Expenses
Stipends in the amount of $1500 will be awarded for the summer session

Application Requirements
- U.S. Citizen or permanent resident
- Completion of at least 1 semester of Science or Math
- Must be in good academic standing; minimum of a 2.5 GPA
- (1) letter of recommendation from your Pre-Health Advisor and a completed EOP verification form
- Official undergraduate transcripts from all colleges attended

Program applications
Applications are available on the Office of Diversity Education and Research website of the SUNY Downstate website at:

http://sls.downstate.edu

Program Highlights
Sample Presentations and Seminars:
- History of Medicine
- Scientific Research Methods
- Bio-ethics
- Intro to Kinesiology
- Admissions and Financial Aid workshops
- Interviewing skills
- Verbal Reasoning and Exam Prep Strategies
- Patient Diagnosis

Note: Students who complete the Exploring Health Careers program and consider applying to one of our 5 health professions schools (i.e. College of Medicine, School of Public Health, College of Nursing, College of health Related Professions, or School of Graduate Studies) should mention that they have participated in the program on their admissions application.

Program requirements once accepted
- Attend entire summer session
- Participate in all lectures and seminars
- Complete all assignments

Questions may be directed to the Program Coordinator:
Exploring Health Careers/ EOP program
SUNY Downstate Medical Center
Diversity Education and Research
MSC 1186
Brooklyn, NY 11203
Phone: (718) 270-3033
Email: Diversityprograms@downstate.edu
(Please mention EOP program in the email subject)