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Environmental Studies Mission Statement
“The program emphasizes the social sciences and humanities, while touching on the natural sciences. Our goal is to prepare students to shape viable environmental policy and practices, as citizens as well as environmental educators, interpreters, planners, analysts, advocates, managers, writers, and other careers. The program also prepares students for graduate school and related environmental fields.”

-Andrew Gillcrist - Erica Herman - Alyssa Lemmermann - Jessica Pote-
Introduction

Excitingly, there are many paths and opportunities available for you as students to take within the Environmental Studies (ES) program. It is up to you to take charge of your future by using this program to best meet your goals. Talking to your advisor, peers, and allowing the structure of the program to aid you, will help shape your decisions.

Some pointers to help you achieve your personal goals:

- It is important to communicate often with your advisor. Keep in mind prerequisites so that you can enroll in other classes within the program, as well as classes that will aid you in your Capstone (internship).
- Take time to plan out what classes you need to take each semester. This program is flexible so you can create your own focus within the program to reach your goals.
- Choosing complimentary minors and majors will further assist you with your career goals. Additionally, there are many classes offered that will help you to grow as a person and within the field.

You are helping yourself by talking to your advisor and other faculty, planning your schedule, and working on another minor or major that will compliment your chosen path.

Why Should You Read This?

The purpose in creating this handbook is to aid you in your journey through the Environmental Studies (ES) program. As seniors who have been through the program as majors and minors, we feel that this will help you reach your personal goals, and to help guide you on your path toward graduation and beyond.

Many students may not think about their career paths and opportunities before they get to their junior year, when they are faced with either their Capstone or other internships. When planned well, the Capstone can help you grow in ways that meet your personal goals. Additionally, preparing yourself successfully will aid you in any non-Capstone related experiences.

We will cover the requirements for majors and minors, information about the FIG, volunteer and internship opportunities, extra-curricular excursions, and career paths.
Major/Minor ES Program Requirements

Introduction

The Environmental Studies (ES) Program at SUNY Potsdam is a social science and humanities focused program, also touching upon the natural sciences. Because of the unique diversity of the Environmental program, collaborating with 12-14 other departments, there are many paths and opportunities available for you to take.

It is up to you to take charge of your future by utilizing this program to best meet your goals. By talking to your advisor, peers, and allowing the structure of the program to aid you, you can make personal decisions that will shape your path through the major or minor over the next few years.

Once you take charge, even if you do not know exactly what path you want to take, you will be well on your way to figuring it out and developing as a person within the field.

Programs

- **Major**: 43-51 credit hours
- **Minor**: 19-21 credit hours (approximately)

Possible Tracks

- **Join the FIG your Freshman Fall semester**
  - You get to take 5 classes with peers interested in the ES field, but are not necessarily majors or minors, but who share a common interest in the environment, while fulfilling a portion of your general ed. requirements.
  - Investigate the Adirondack Park, go on Friday field trips and conduct labs and studios with your peers, professors, and advisors.
  - Create lasting bonds with your peers and faculty, while gaining knowledge of the field, building teamwork, and understanding the world around you.
  - So have fun outdoors, sitting on top of a mountain, interacting with new people, and allowing yourself to grow as a person!!

- **Making your way through the program**
  - If you were not able to join the FIG do not sweat it, there are still many opportunities for you.
  - Make sure that you feel comfortable communicating with your advisor. They have extensive experience within the field, and are there to help guide you in your decisions.
  - There are prerequisites to take certain classes that you will need within the program and classes that are needed to lead up to your Capstone (internship) experience, so take the time to plan out what classes you need to take each semester.
Keep in mind that the ES program is made to be flexible so that you can create your own focus within the program to achieve your personal goals.

There are many complementing minors and majors that will aid you in your program focus. It is important that you pick one that will help you to gain the skills that you need to meet your specific goals. Some examples are: wilderness education, biology, geology, political science, history, chemistry, physics...ask your advisor if you are unsure or consult another faculty member.

The environmental science minor that is available can also be taken along with another minor or major to fit your interests.

**Key Classes**

- The basic requirements include a few set classes, but you get to choose the rest of your classes listed underneath your humanities, social sciences, sciences, and your skills components.

- **Required Classes:**
  
  - Your first course that will start you off within the program will be *Intro. to Environmental Studies*. Here you will develop a basis of knowledge encompassing the environment. You will learn the history of the field, engage in discussions, and work with others to fully understand current environmental issues.

  - One of the important classes that you will likely take your sophomore year will be *Environmental Futures*. This class explains the possibilities open to you before and after graduation. People from various jobs within the field visit and interact with you to further your understanding of the field and to spark your interest. This class will open your eyes to all that you can accomplish.

  - Another exciting class that you will be taking before you get ready for your Capstone (internship) is *Adirondack Environmental Studies*. Here you will learn more in-depth about the Adirondacks. The course will cover its history, and give you the opportunity to visit sites within this area. Throughout the course you will be applying your knowledge to work on a project and create a sense of understanding of the environment. It is a great class that will provide you with a background that you can apply to your Capstone

  - **Technical Writing** will aid you in the writing aspect of the field. You will create and follow through with an actual project that you wish to address and apply on campus. Your group will construct memos, proposals, reports, research, a portfolio, research, and a final presentation. By the time the semester is over you
will be able to write memos in your sleep, and will have invaluable skills that employers will be looking for.

- **Your Field Preparation** class gets you ready for your Capstone (internship) that you usually will have during the summer before you senior year. You have the choice to be a steward at a fire tower within the Adirondack Park or to partake in an alternative capstone of your choice with any non-for-profit or government organization. Your advisor and other faculty members will help you through the process of finding your internship and preparing yourself to make the best out of your upcoming experience. This class is a great introduction to writing resumes, the interview process, researching, and helping you reach a level of independence in taking control of your own future.

This class is a key part of your choice process. You will identify skills that you need to get your desired internship and then work on getting them. This is an important part of your choice/planning process. BEFORE Field Prep you will be asked to write a resume and gather reference letters. This will help you identify your experiences and interests.

- **The Field Project** is your actual Capstone. Those first few weeks in the field will add greatly to your knowledge. You will learn so much about yourself, and it will help you figure out what next to pursue in your future along with making connections with others within the field. It will be one of your most memorable experiences at college. You will learn some important aspects about what kind of career you would like or not like, who you like to work with, what you believe in, and what you are good at that you may have not known before. Whether you decide to further pursue that area of the field or not, you will have made a positive impact on your future.

- **Senior Seminar** is taken the fall after your field project. Here you get to explore your path after college, and work on a project based off of your internship. Typically this project is used to help aid in some way the organization that you worked at. For example a student designed a lesson plan for the camp that she worked at. You will also be creating a poster based off of your individual project to be presented at the Research and Learning Fair.
Other Possible Classes to Aid in Skill Development

The Backpacking class is one of the most rewarding classes offered to students. You will learn about backpacking basics and then will head out into the Adirondacks for a 5 day trip immersed in the wilderness. Whether you have had any prior experience or not you will not regret going. Your confidence in yourself will burst forth, and the bonding between you and your peers will last as you overcome challenges and make memories.

GIS (Geographic Information Systems) is another beneficial class that you can take. Here you will learn applicable skills in designing maps utilizing computer software. You will be working with maps of the campus and surrounding local areas, including the Adirondack Park. This skill will be invaluable on your resume, and will make you more marketable overall.

Natural Resource Policy takes a look at examining the historical and current natural resource policy and management within the U.S. You will look at the political, legal, economic, ecological, and social context in which public land management decisions are made at the national, state, and local level. Even if you are not interested in the politics aspect it will help you to understand the system within the field and how best to work with it.

Winter Ecology is a fun biology class with no need for previous biology knowledge. It is not offered every other year in the Spring semester, but is well worth the wait. Build a special indigenous snow hut outside in the quad while throwing a few snowballs at your peers. Explore the forest via snowshoes or skis while looking for footprints, conducting experiments, and applying your knowledge from the class.
Environmental Studies First-Year Interest Group (FIG):

What are FIGS?

- A group of classes that have been pre-selected to offer students the opportunity to learn about a subject outside of their major.
- Groups have a small selection of classes the can be related to a major offered, but they can also be unrelated depending on the professor whom runs the FIG.
- FIGs have eighteen freshmen in one group.
- Any freshman, whether in the major or not, can join any FIG of your choosing.
- You don’t have to have a major to join.
- Oscar Sarmiento (retiring from position), the learning communities director, will be able to answer any questions you may have, (by email sarmieod@potsdam.edu, or by phone 267-2000 ex. 2034).
- FIGs create a nurturing environment that helps students adjust to college, discover new bonds peers and faculty, while learning about the field and gaining experience.

Environmental Studies FIG

- The Environmental Studies FIG offers five to six classes.
- Includes trips out into the field almost every Friday, with only a small lab fee of $25 included in your tuition.
- Has a variety of classes, not just environmental studies, such as art, writing, and a freshman seminar designed to introduce new students to the college lifestyle.
- Two of the offered classes can be used in an Environmental Studies major: Adirondack Ecology and Introduction to Environmental Studies, while the others count for your General Education requirements.
Volunteer Opportunities and Internships

In addition to your Capstone, consider completing at least one more internship or volunteer experience. These can help you find out what you like to do and who you like to work for. You will gain practical skills and great resume experience. That experience makes a more attractive employee when you graduate.

“The bottom line is that internships serve to help you gain experience and exposure. They are an investment that forms the basis of a profitable career with the employer or within the industry you are pursuing.” (Wet Feet)

There are a few things you should know before plunging head first into internships and volunteer opportunities during college-

- It is best if you have a rough idea of what job you would like to work in after you graduate from college.
- The criteria for your job will help you decide what classes to take in college to prepare, and what sort of internships and volunteer work would give you best experience towards your future job.

See Toby White in Potsdam’s Experiential Education Office in Sisson. Learn how to plan an internship at the Student Guide at the website: http://www.potsdam.edu/support/eeo/internships/.

Tips to Help You Decide What Kind of Internship is For You:

1) Figure out the functional type of work you want to do (for example, marketing, finance, operations, IT, development, advocacy);

2) Decide on the industry in which you’d like to work (transportation, health care, banking, high tech, social services, publishing, etc.); and

3) Find out whether or not internships that fit your goals already exist, or if you will want to pursue your own avenues…”

(Taken from Wet Feet Insider Guide to Getting Your Ideal Internship)

Questions to Ask Before Choosing an Internship:

- What achievements or accomplishments am I most proud of?
- What are some of my strengths – personal qualities, skills, and abilities?
- What makes me most happy and fulfilled in my work?
- What is it about my work that I am most passionate?
What types of people do I most enjoy working with?
What kinds of growth opportunities do I look for?
What new skills am I looking to acquire?
What situations are most conducive to my learning?
What types of challenges do I most enjoy?
What work environment(s) promote my productivity?

**Internship/Volunteer Sites You May be Interested In:**

**Within the North Country**
- Indian Creek Nature Center—Canton, NY
- Sustainable Living Project—Canton, NY
- Garden Share—St. Lawrence County
  - Community Supported Agriculture (CSA)
- Adirondack Council—Elizabethtown, NY
- Department of Environmental Conservation—throughout NYS
- Nature Conservancy—Adirondacks
- Great Camp Sagamore—Raquette Lake, NY
- Wild Center—Tupper Lake, NY
- Grasse River Heritage—Canton, NY
- Adirondack Museum—Blue Mountain Lake, NY
- Higley Flow State Park—South Colton, NY

**On-Campus**
- Biology Department
  - Contact Dr. Johnson, etc.
- Office of Environmental Health and Safety
- Office of Campus Sustainability
  - Contact R.J. Mattimore
- Professors
  - Ask if they need research assistants!
- Middle Ground

**National**
- SCA (Student Conservation Association)
- Audubon Society
- National Park Service
- Army Corps. of Engineers
- AmeriCorps.
Extra-Curricular Excursions

Introduction

As an Environmental Studies student it is imperative to gain knowledge of your local community and of the Adirondacks. The following is a detailed list of places to visit locally and in the Adirondacks that will help ES students fulfill a greater understanding of the environment and provide fun hands-on learning activities.

*Extra-curricular excursion:* an experience outside of the classroom that offers fun and excitement while gaining skills and learning opportunities.

These sites were chosen both for their proximity to campus and their ability to provide relevant environmental information to students.

Local Sites

For directions and maps to these sites see Appendices.

**Allen’s Falls**

- This is a great place for students to visit who don’t want to travel far but want to experience the outdoors. Offered here is a short hike through the woods along a rolling scenic river. As you walk along the trail be sure to take a look at the geologic formations that line the path and the river banks. Once you’ve reached the end of the trail you’ll be welcomed by the site of a beautiful waterfall for which the site is named after.

**Stone Valley Trail**

- Located in Colton, NY, this trail is full of both great scientific and historical significance. Once the site of several tannery factories and log runs, this is now a beautiful scenic area with several miles of hiking trails. Along the way you’ll see many great geological structures and the rolling rapids of the Raquette River. When the water is low in the warmer month this is also a great place to take a dip. You’ll also see evidence of the logging runs that occurred nearly a century ago with interpretive signs along the way to help guide you.

**Higley Flow State Park**

- Located in Colton, NY, this site is close to campus and offers lots for students to do during every season. You can take a nature hike on the Beaver Pond Nature Trail, which has nice interpretive signs along it. In the winter months the trails can double as snowshoeing and cross country ski tracks. There are also nice campsites here if you are interested in camping with friends.
Indian Creek Nature Center

- Located about 25-30 minutes from the Potsdam campus, this site located in Canton, NY, offers well maintained nature trails and interpretive information developed by Potsdam’s own, Bill Brown of the Environmental Studies Program. Here you’ll see beautiful views of Indian Creek, beaver mounds, and a great viewing tower with views of Upper and Lower Lakes.

Red Sandstone Trail

- This site can be accessed in two areas. One from Potsdam down the road from Clarkson, and the other from Hanawa Falls. Offered here are 3.2 miles of uninterrupted trails that are great for all four seasons. You’ll get a great natural as well as historical perspective here. Along the trail you’ll see sandstone quarries (some still in use), log boom anchors, and remnants of the Hanawa Potsdam Rail Road.

Adirondack Sites

Adirondack Interpretive Center

- Located in Newcomb, NY, this is a great resource in the Adirondacks for ES students to visit. Here you will gain pertinent knowledge of Adirondack history, culture and local ecology. They offer individual and group programs, host events, as well as speaker series. Besides the Center itself there are nice hiking trails in the area that are open from dawn to dusk.

Adirondack Museum

- The Adirondack Museum is a fantastic site to visit. Located in Blue Mountain Lake, this museum is full of natural, historical and cultural history of the Adirondacks. There is something for everyone here whether it is technology, transportation, local crafts, local flora and fauna, and even Adirondack art. If you are looking to get a full grasp of the Adirondack Park this is a place you and your friends need to visit. They are open from mid-May to mid-October and offer a reduced rate to students.

Wild Center

- The Wild Center, located in Tupper Lake about an hour from campus, offers a science based experience into an understanding of the Adirondacks. It is like a museum but more hands on with natural exhibits and live animals. If you are looking to gain hands-on knowledge of the natural wonders of the Adirondack Park this is the place to visit.
On-Campus Resources for Environmental Studies Students at SUNY Potsdam

A great way to expand your knowledge and get involved in your local community is to look into some of the great on-campus resources that are available to students here at SUNY Potsdam. Here are a few that may be of some interest to you or your friends.

**Middle Ground**

- Middle Ground is an environmental club here on campus based around activism, stewardship and volunteering. If you are interested in making a difference in your local community this is the club for you to join. Here you can volunteer at local farms, schools and events on campus. If you are interested in larger scale activism this is also the club for you.

**Outing Club**

- If you are interested in hiking and being in the outdoors this is the club for you. The main focus of this club to taking group trips to go hiking and do other activities outdoors. Enjoy many recreational trips with an educational twist.

**Venture Outdoors**

- If you are looking to go camping, skiing, snow shoeing, canoeing or kayaking and don’t own the equipment this is the place for you. Located in the Student union is SUNY Potsdam’s very own outdoors store. Venture Outdoors offers rentals for outdoor equipment to students at really low prices that college students can afford. Through Venture Outdoors you can rent one of Potsdam’s canoes for the day, which are located over at Lehman Park.

**Lehman Park**

- Located just across the street from campus this park, owned and maintained by SUNY Potsdam, lies right on the scenic Raquette River. Here you can enjoy lots of space for playing games like frisbee or baseball. There are also some walking trails right along the river. Also if you wanted to rent a canoe or kayak from Venture outdoors, this is the place to get them. If you have your own canoe or kayak feel free to bring them. There are convenient boat launch areas here as well.

Find other clubs at Potsdam’s “Clubs and Organizations” page: [http://www.potsdam.edu/studentlife/clubs/index.cfm](http://www.potsdam.edu/studentlife/clubs/index.cfm)
Cool jobs you can do with your Degree!

The Environmental Studies program offers many areas of study, so you can pursue what you are interested in. As you identify your specific interests within the program, be proactive and take the appropriate steps to prepare your own unique path!

In the next few pages, we list a lot of possible ES careers. Don’t be overwhelmed by the number of career paths that a degree in Environmental Studies makes available to you. In this field, there’s something for everyone. Be proactive and use your time and support people at Potsdam to find your own path through this field.

Helpful Tips: Preparing for your ES Career

- Choose a minor/double major that will aid in the career field of your choice. For example, if you are interested in a job within the Environmental Science sector, it would be extremely wise to gain an appropriate minor/double major that will most prepare you, such as biology, chemistry, etc.

- Focus your capstone -- and any additional jobs, internships, and/or volunteering -- around your career goals. If you still have not decided yet what you want to do, focus these internships around a particular interest of yours in order experience first-hand what a job like that would be like to see if you enjoy it or not.

- Do not be afraid to ask for help! Your advisors are always willing to take the time to meet with you to discuss things like jobs, internships, and resumes...you just need to ask! Reach out to people in the field, even beyond the college.

- You do not have to go through this process alone -- there are people ready to help you! In addition to your ES advisor, Career Planning offers walk in hours Monday-Friday from 1-4 (so you do not even need to take the time to schedule an appointment). They offer invaluable advice! Career Planning will assist in the organization and editing of your resumes and cover letters. They also have a host of job searching resources at their disposal.
Environmental Education: researching and developing educational programs & resources for schools, adults, families, community groups, or visitors to sites of special environmental interest

<table>
<thead>
<tr>
<th>What skills and background are needed?</th>
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</thead>
<tbody>
<tr>
<td>✓ Natural History</td>
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<tr>
<td>✓ Public Speaking</td>
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<tr>
<td>✓ Critical Writing</td>
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<tr>
<td>✓ Leadership</td>
</tr>
<tr>
<td>✓ Basic knowledge of sciences: geology, biology, ecology (all classes that SUNY Potsdam offers!)</td>
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<tr>
<td>✓ Outdoor experience</td>
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</table>

Example Jobs:
- Naturalist (versed in natural history and educate public)
- Recreation Program Leader
- Environment Interpreter
- Teacher
- Environmental Advocate

Example Employers:
- Audubon Society
- Zoos, Aquariums
- Schools
- Adirondack Mountain Club
- Nature Centers
- 4-H Camps
- Federal Agencies
- National Parks
Management, Policy and Planning

Example Employers for Environmental Management, Planning and Policy/Law:
- Federal Agencies: Environmental Protection Agency (EPA), U.S. Fish and Wildlife Service, U.S. Forest Service, Department of Environmental Conservation (DEC)
- Army Corps of Engineers
- Private consulting agencies
- Adirondack Park Agency
- Non-Governmental Organizations: Adirondack Council, Greenpeace, Natural Resource Defense Council
- County/State agencies

Environmental Management: Protecting and maintaining current uses of the land

Example Jobs:
- Land Conservation Program Manager
- Environmental Consultant
- Stewardship Specialist
- Wildlife Management
- Habitat Restoration

Environmental Planning: Integrating environmental concerns and protection into land use planning, focusing more on future land use planning changes, development and conservation

Example Jobs:
- City planner, Urban/Regional Planner
- Private Planning Consultant
- Community liaison
- Landscape architecture, Landscape industry
- Geographic Information Systems (GIS) specialist/analyst
- Historical Preservation Specialist

What skills and background are needed?

- Political Science
- Natural Resource Policy
- Physical sciences (biology, chemistry, geology)
- Biodiversity Conservation
- Critical writing (grants, proposals, reports, etc.)
- Communication & Public Relations
- Computer programs, including Geographic Information Systems
**Environmental Policy & Law:** Analyzing environmental laws, policies, and regulations in order to find potential for new laws and regulations. This includes proactively effecting public policy through research, education, legal action and lobbying.

High level researchers communicate their findings to policy advocates and lobbyists. Advocates mobilize citizens, and lobbyists mobilize legislators. Researchers communicate findings to government agencies through testimony and public opinion statements when new regulations are created and revised. Lawyers take legal action, such as lawsuits, criminal charges, complaints when regulations are violated, appeals, etc.

*Example Jobs:*
- Policy Analyst
- Public Policy Advocate
- Environmental Mediator, Dispute Resolution Specialist
- Environmental Lawyer
- Professor
- Grassroot Organization Organizer

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**Environmental Sciences:** taking a science based approach to address and find solutions to environmental issues

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<thead>
<tr>
<th>What skills and background are needed?</th>
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<td>✓ Computer proficiency with programs like Geographic Information Systems (GIS)</td>
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<td>✓ Physical sciences: chemistry, physics, biology, geology</td>
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<tr>
<td>✓ Math</td>
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<tr>
<td>✓ Communication</td>
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<tr>
<td>✓ Policy &amp; Political Science</td>
</tr>
<tr>
<td>✓ Communication</td>
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<tr>
<td>✓ Writing: especially grants and reports</td>
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</tbody>
</table>

*Example Jobs:*
- Environmental Monitorer (water, soil, ecological health, etc.)
- Pollution Regulator
- Environmental Technician (solar panels, etc.)
- Soil Scientist
- Forestry Technician
- Park Ranger
- Fish/Wildlife Biologist
- Environmental Health Specialist
- Wildlife Manager
Example Employers

- Federal Agencies: Department of Agriculture, Environmental Protection Agency (EPA), Department of Energy, Department of Health and Human Services, National Park Service
- Consulting Firms
- Non-Profit Organizations
  - Nature Conservancy
- Timber Companies

Other:

Environmental Advocate

Environmental Communications: Representing organizations, either government or non-government, and work exclusively with media outlets, such as newspapers, internet, television and radio, where you would work to engage the public in dialogue concerning a specific issue.

Sustainability Coordinator: talk to RJ Mattimore, our Campus Sustainability Coordinator here at SUNY Potsdam!

Resources: Refer to Appendices E to find some cool, helpful career websites!
Closing Statement

We hope that this handbook gets you excited about the program, and all that it has to offer you. Additionally we hope that this helps you to develop an idea of what you want to accomplish in the program and what you want to pursue in the future. Remember that your advisors are always there to help you and to guide you.

“The more clearly we can focus our attention on the wonders and realities of the universe about us, the less taste we shall have for destruction.”

-Rachel Carson
Appendices

Appendix A  Major/Minor Environmental Studies Requirements

- 1. ES Advising/Audit Form
  http://www.potsdam.edu/academics/interdisciplinary/environmentalstudies/upload/ENVR AuditForm.pdf

- 2. Arts and Sciences Audit Sheet
<table>
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<th>REQUIRED COURSES</th>
<th>Date Taken</th>
<th>Transfer</th>
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<tr>
<td>ENVR 110 Environmental Studies [FC] (3 cr.)</td>
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<td>ENVR 210 Environmental Futures (1 cr.)</td>
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<td>ENVR 310 Adirondack Environmental Studies (3 cr.)</td>
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**THE HUMANITIES COMPONENT**

Plus one of the following Humanities below:

- PHIL 330 Environmental Ethics [PI, WI] (3 cr.)
- LITR 351 Nature & Literature (3 cr.)
- HIST 453 Nature and Amer. History (3 cr.)
- HIST 395 African Environmental History (3 cr.)

**THE SOCIAL SCIENCES COMPONENT**

Plus one of the following Social Sciences:

- ECON 320 Economy and Environment (3 cr.)
- HLTH 300 Critical Issues in Human Ecology (3 cr.)
- POLS 324 Natural Resource Policy (4 cr.)
- POLS 344 Global Climate Change (4 cr.)
- POLS 355 Politics and the Environment (4 cr.)
- POLS 395 Water Policy (4 cr.)
- SOCI 340 Environment and Society (3 cr.)
- ENVR 395 Environmental Justice (3 cr.)
- ENVR 395 Globalization and the Environment (3 cr.)

**THE SCIENCES COMPONENT**

Choose 3, each from a different department:

- BIOL 300 Ecology or BIOL 111 Adirondack Ecology/Nat. Hist. (3 cr. without lab)
- BIOL 148 Biodiversity Conservation (3 cr.)
- CHEM 301 Fundamentals of Environmental Science (3 cr.)
- GEOL 101 Environmental Geology (3 cr.) or
- GEOL 103 Physical Geology (3 cr.)
- GEOL 106 Geology of National Parks (3 cr.)
- PHYS 325 Energy and the Environment (3 cr.)

**THE SKILLS COMPONENT**

Elective: Choose 1 (see reverse)

**ADIRONDACK CAPSTONE EXPERIENCE**

- ENVR 390 Field Preparation (3 cr.)
- ENVR 391 Field Project (3 – 6 cr.)
- ENVR 490 Senior Seminar (3 cr.)

**TOTAL CREDITS FOR COMPLETION OF MAJOR** (43 - 51)

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Minor: ____________________________

*Note: All Environmental Studies of the Adirondacks Majors are required to complete a supporting minor. Also note that no more than two courses of the minor may be counted toward the major.*
Appendix A.2

**Arts and Sciences Audit Sheet**

Since Fall 2006

<table>
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<th>GEF/General Education Foundations</th>
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<td>________________________________</td>
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**MODES OF INQUIRY**

<table>
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<tr>
<th>AC Dept 1</th>
<th>SA</th>
<th>hrs</th>
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<table>
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<tr>
<th>AE Dept 2</th>
<th>PI</th>
<th>hrs</th>
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<table>
<thead>
<tr>
<th>SB</th>
<th>AH</th>
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<table>
<thead>
<tr>
<th>SP</th>
<th>WC</th>
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<table>
<thead>
<tr>
<th>LAB (SB or SP)</th>
<th>XC</th>
<th>hrs</th>
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**ADDITIONAL DEGREE REQUIREMENTS**

<table>
<thead>
<tr>
<th>ML 101</th>
<th>PE 1</th>
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<table>
<thead>
<tr>
<th>ML 102</th>
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<th>hrs</th>
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<table>
<thead>
<tr>
<th>ML 103 or 203</th>
<th>ML COMPLETED</th>
<th>hrs</th>
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<table>
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<tr>
<th>WI</th>
<th>PE 3</th>
<th>hrs</th>
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<table>
<thead>
<tr>
<th>SI</th>
<th>PE 4</th>
<th>hrs</th>
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<tbody>
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<td></td>
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</table>

**NOTES:**

Note: Transfer students should refer to their “Transfer Credit Evaluation.” For major requirements, see College Catalog.

Note: Additional Degree Requirements are not applicable to all majors. Check with your advisor for specific requirements.

Note: Two different departments must be represented for AE & AC credits. May need additional AE course to total 3 credits. No more than 8 hours may be taken from one department in Modes of Inquiry.

**College Requirements**

<table>
<thead>
<tr>
<th>Hours outside any one department: (B.S. 65/ B.A. 70/ B.F.A. 60)</th>
<th>Total</th>
<th>Advisor’s Signature</th>
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</thead>
<tbody>
<tr>
<td>100 &amp; 200 level PE courses do not count in these categories.</td>
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</table>

<table>
<thead>
<tr>
<th>Total Liberal Arts Hours: (B.S. 75/ B.A. &amp; B.F.A. 90)</th>
<th>Total</th>
<th>Student’s Signature</th>
</tr>
</thead>
<tbody>
<tr>
<td>(@ or NL = it is not a liberal arts course, and does not count)</td>
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</table>

<table>
<thead>
<tr>
<th>Upper Division Hours: (45)</th>
<th>Total</th>
<th>Date</th>
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</thead>
<tbody>
<tr>
<td>(UD attribute, 300 &amp; 400 level courses)</td>
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</table>

<table>
<thead>
<tr>
<th>Academic Hours: (120) plus 4 PE</th>
<th>Total</th>
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</thead>
<tbody>
<tr>
<td>Note: Repeated courses do not count twice. 100 &amp; 200 level PE courses do not count in total academic hours.</td>
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</table>
Appendix B  Environmental Studies Freshman Interest Group (FIG)
http://www.potsdam.edu/support/firstyear/groups/envstudies.cfm

Appendix C  Volunteer/Internship Opportunities

- Employment and Internships
  http://www.potsdam.edu/academics/interdisciplinary/environmentalstudies/employmentandinternship.cfm
- Spotlight Online for Career Services Professionals, May 26, 2010

Interns More Likely to Have Job Offers

New graduates who took part in an internship program are more likely to have received a job offer than their peers who decided to forgo the experience, according to results of NACE’s 2010 Student Survey.

The study found that 42.3 percent of the seniors who had internship experience and applied for a job received at least one job offer. Conversely, only 30.7 percent of seniors without internship experience who applied for a job received an offer.

The study also found that those who had an internship were more likely to accept the offer—and have a job to go to following graduation. More than one-quarter of the intern group with offers accepted them; less than 20 percent of the non-intern group did so.

One possibility for interns’ higher acceptance rate: a higher salary than the average offered their non-intern counterparts. Survey results show the median accepted salary offer for seniors with an internship was $45,301—nearly 31 percent higher than the $34,601 median accepted salary offer to non-intern seniors.

The 2010 Student Survey was conducted February 9, 2010, through April 30, 2010. More than 31,470 students representing more than 400 colleges and universities nationwide took part; more than 13,000 of those were graduating seniors. A final report on the study’s findings will be available later this year.

(NACEWEB.ORG)

Appendix D  Extra-Curricular Excursions: Driving Directions For Extra-Curricular Excursion Sites

Local Sites
Red Sandstone Trail
Take Route 56 from Pierrepont Avenue for 4.3 miles
Turn Right on Mill Street
Parking lots for trail users are provided at the southern terminus at Mill St. and at the northern terminus, off County Route 59 ("Back Hannawa Road") across from Sweeney Road
**Stone Valley Trail**
From SUNY Potsdam College's campus, head southeast on Rt. 56 for 8.6 miles
Go through Hannawa Falls.
As you come into Colton, turn left on Main St. for .2 mile Take another left onto Riverside Dr. and travel .1 mile
Past the fire department and park!

**Allen’s Falls**
From SUNY Potsdam’s campus make right on Main St. over by Maxcy Hall.
Keep left when you reach the fork in the road. This is Old Potsdam Parishville Road.
Stay on this road until you reach Allen’s Falls Rd and Turn Left
Keep driving until you come to a small bridge. Once you go over the river immediately on your right is a gravel parking lot. Park there and the trail to the falls is on the other side of the road.
Be aware that the trail lies next to someone’s property. DO NOT walk on their yard.

**Indian Creek Nature Center**
From Potsdam take Route 11 towards Canton.
Once in Canton continue towards Ogdensberg on Route 68
Drive for a little while until you reach County Route 14 (CR14) towards Rensselaer Falls
The Entrance will be on your left across from a red barn approximately 3 miles down the road.

**Higley Flow State Park**
Take Route 56 from Potsdam all the way to South Colton
Turn Right on Cold Brook Dr.
Turn Right onto Campbell Point Rd.
Take first left to Higley Flow State Park

**Adirondack Sites**
**Adirondack Interpretive Center**
Take Rt 56 South toward Hannawa Falls. Take This all the way to the end until you reach Rt. 3
Turn Left on Rt. 3 towards Tupper Lake
From Tupper Lake take Rt. 30 South towards Long Lake
From Long Lake take Rt. 28N East/Newcomb Rd.
Continue about 13.4 miles until you reach the Interpretive Center on left

**Adirondack Museum**
From Potsdam take Rt. 56 South all the way to the end
Turn Left on Rt. 3 towards Tupper Lake
In Tupper Lake take Rt. 30 South toward Long Lake
From Long Lake take Rt. 28N West to Blue Mt. Lake
ADK Museum on Left off of 28N

**Wild Center**
From Potsdam take Rt. 56 South to the end
Take left on Rt. 3 to Tupper lake.
Turn Left on Mill St.
Then Left on E Park St.
Then Right on Holey Drive
Then take the 3rd left onto Museum Drive to destination
Appendix E  Career Paths

- Career Planning Environmental Studies Major Pamphlet: found in front of the Student Success Center in Sisson Hall
- Idealist.org
- Ejobs.org
- http://www.greencorps.org/
- http://snre.umich.edu/node/7700
- http://www.georgetowncollege.edu/career/majors/environmental.htm
Appendix F  Diagram of Course Sequence Through Capstone Experience
ENVIRONMENTAL STUDIES
IN THE ADIRONDACKS
AT SUNY POTSDAM

CAPSTONE EXPERIENCE FOR MAJORS
Majors earn credits and wages as Summit Guides to the Public at an Adirondack Fire Tower for one or two months in their Junior Summer.

FALL SENIOR YEAR
ENVR 490
Senior Seminar

JULY &/OR AUGUST JUNIOR YEAR
ENVR 391
Field Experience in Fire Tower

SPRING JUNIOR YEAR
ENVR 390
Field Preparation
Application and Interview

FALL JUNIOR YEAR
ENVR 310
Adirondack Environmental Studies

FIRST- AND SECOND-YEAR PREPARATION
Natural History and Geology
Outdoor Skills
Wilderness and Natural Resource Management
History and Politics
Writing and Speaking Skills

Adirondack Fire Tower by Rockwell Kent. Used by Permission.

DETAILS on reverse
Appendix G  Helpful Websites for the Environmental Studies Capstone

The Student Conservation Association provides students of all ages in the USA the opportunity to serve and protect national parks, forests and urban communities. - http://www.thesca.org/serve/internships

The Orion Grassroots Network connects and strengthens grassroots groups, so they can do their good work better. Posts jobs and internships - http://jobs.oriongrassroots.org/

The Nature Conservancy, conservation organization with programs in all 50 states and international, search under internships - http://www.nature.org/careers/

The National Audubon Society conserves and restores natural ecosystems, focusing on birds and other wildlife - http://www.audubon.org/nas/hr/

Association for Experiential Education – www.aee.org/

The Online Environmental Community, non-profit organization which provides access to 1000’s of environmental - www.envirolink.org/

National Association for Interpretation, organization for advancing the field of interpretation, members include zoos, parks, nature centers, museums, botanical gardens, aquariums, etc., job opportunities across the country - www.interpnet.com/

Environmental Career Opportunities, environmental jobs in all fields - www.ecojobs.com

Environmental Career Organization, national non-profit organization that helps to develop students into professionals within the environmental field through internships and on the job learning experiences - www.eco.org

Cyber Sierra Jobs, Job listings in conservation, natural resources, and conservation - www.cybersierra.com/nrjobs/index.html

Green Dream Jobs, Job search and listings within the business field from environmentally responsible employers - www.sustainablebusiness.com/jobs/

Environmental Education Directory, resource that has links to internships, jobs, and research - www.enviroeducation.com/careers-jobs/

Governmental job search database in city, county, state level - www.govtjobs.com
Federal government job search database - www.usajobs.gov/

NYSDEC Job Vacancies, NYSDEC job postings and link to civil service exam - http://www.dec.ny.gov/about/jobs.html

Appendix H  Environmental Studies Capstone Application

Environmental Studies Major

Capstone Experience Application

Student Name: ________________________  Date: ____________________

Each student must apply for and be accepted into a plan for completing the capstone experience, a 9-credit sequence of courses usually completed in the junior-senior years, including the summer between.

Deadline for Submission: Monday October 17, 2011

(Completed applications are to be delivered to Bill Brown, Environmental Studies Program. Office: Timerman 229 or Mailbox: Stowell 207.

Interviews: Scheduled during the last two weeks in October.

Attach to this Application:

☐ 500 Word Statement: “What I hope to achieve through the major in environmental studies and how my capstone experience plans contribute to that”.

☐ Answers to the following Four Questions:

1. Describe the kinds of work you would like to do in your field experience.

2. Describe the kind of organization or the location in which you would like to work.

3. Describe the various types of skills you can offer to your service-learning project; and the skills you would like to develop as part of the capstone experience.

4. Discuss how you intend to prepare for your Field Experience. What types of courses, skill development, meetings with people, or other tasks will you undertake?
☐ Environmental Studies Courses Completed (See Form).

☐ Two Letters of Recommendation: One from an employer or work supervisor; and one from a college-level instructor.

☐ Resume

**Signatures**

Student_______________________________________  Date___________________

Advisor_________________________________________  Date___________________