From the Director

We start the year 2015 with likely the strongest footing in the history of our program. As I related at January’s All-EOP Meeting, our students’ mean cumulative GPA stands at 2.72 (a record high). For the fall semester, students averaged 13.2 credit hours (another record). Additionally, about one in every four EOP students made either the Dean’s List or the President’s List and four more students earned a place in the SUNY Potsdam Honors Program this fall, joining the swelling ranks of Potsdam EOP-Honors Program Participants. How are they doing it? It would be easy to point to the efforts of our EOP Staff Members who have high expectations while offering a high level of support. We could also accurately give credit to the many SUNY Potsdam Faculty and Staff members who help bolster our students’ efforts or the generous financial support of the Office of Opportunity Programs in Albany. But, first and foremost, we must credit our amazing students who succeed in the face of so many challenges. They have pulled themselves up, embraced the opportunity to better their lives through education, and accepted the support that our nurturing community provides. Just look at the results!

~ Shaili

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EOP Events!

- Jodi Schneiderman

There were a total of 17 academic and community events available for credit to you this past fall with the game and food-filled holiday party in December to wrap up the semester.

For spring semester, there will be numerous events on career exploration and development, a “Lunch on Us” series to learn about high impact experiences (study abroad, internships, and research), and some exciting community events, including BINGO and dodgeball.

February Schedule:

- Undergraduate Research Opportunities*
  Wednesday, February 4, 12:00-1:00 PM, Fireside Lounge
- B-I-N-G-O Night!
  Thursday, February 5, 6:00-8:00 PM, Sisson 142
- Discover Your Strengths*
  Wednesday, February 11, 4:00-5:00 PM, Sisson 142
- Relieve Stress: Create a Stress Ball*
  Tuesday, February 17, 5:00-6:00PM, Sisson 142
- Graduate School Prep*
  Wednesday, February 18, 4:00-5:00, Sisson 142

~Jodi

Fall 2014 Honors Corner

President’s List
Ricardo Bauzile
John Bresett
Mariam Cisse
Trasaya Cyrus
Dallas Emrich
Melisa Fernandez
Jordan Garcia
Zhuvi Lin
Kathia Loriston
Joseph Muir
George Nunez
Keanna Pryce
Amanda Rodriguez
Lina Sinisterra
Thupten Tshupten
Nelson Torres
Angel Vega
Redwin Ventura
Jonathon Wagers

Dean’s List
Zachary Bower
Isauris Camilo
Javrin Cole
Alberto Correa
Sandra Cruz
Melissa Downing
Ricardo Espinal
Any Gaye
Holandia Hernandez
Nicole Reynoso
Jacques Michael Sylvain Pena
Felicia Thompson
Shianne Washington

December 2014 Graduates
Bobby Berrios
Brittany Browe
Haley Caster
Trasaya Cyrus
Katherine Ford

I Don’t Know How to Study!
~Alexis Nuffer

This phrase is one academic advisers and professors typically hear when asking students who are not performing well in class why they are struggling. Be honest, how many of you actually studied in high school? My answer would be “almost never”, but I, too, fell prey to this myth when I was in college. I was under the impression that if I studied for a long time then I would fully understand everything I learned in class, but I was sorely mistaken. Once I learned that I needed to study smarter instead of studying longer, I found more success in the classroom and learning became more enjoyable.

According to an article by Dr. John Grohol, Psy.D., titled 10 Highly Effective Study Habits, there are ten ways to help students improve their study habits, so they are actually learning material and enjoying the learning process. Grohol concludes the following in reference to improving study skills:

1. How you approach studying matters
2. Where you study is important
3. Bring everything you need, nothing you don’t
4. Outline and rewrite your notes
5. Use memory games (mnemonic devices)
6. Practice by yourself or with friends
7. Make a schedule you can stick to
8. Take breaks (and rewards!)
9. Keep healthy and balanced
10. Know what the expectations are for the class.

The one I encourage most students to try is practicing by yourself or with friends, or in other words, testing yourself. When someone can sit down and explain a difficult concept to you in a way you understand, that person has a mastery in that subject area. Think about it this way, what professor would you learn more from: someone with a lot of knowledge who cannot break down a concept for you to understand, or someone who can explain something as complicated as Hawking’s theory of time in a way that you can then turn around and explain it to someone else?

Studying does not have to be a boring or tedious task, but when not done correctly, this is exactly what it turns into. When you don’t know how to study, ask your advisers, professors, TAs, or your friendly EOP staff for some help! It may be the difference between paying tuition to only pass exams or developing into a lifelong learner!

http://psychcentral.com/lib/top-10-most-effective-study-habits/000599

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Kevin “Kev Money” Ferguson

What was your major at SUNY Potsdam?
Sociology

What is your current work position?
Administration for Children’s Services

What were some extracurricular activities you were part of during college? What roles did you hold?
DJ, BSA President, Fashion Show Coordinator, Talent Show/Multi-Cultural Weekend Committee, SES, etc.

What was a lesson you learned while you attended SUNY Potsdam?
In whatever lane you choose to occupy while in the 315, make sure the people will remember your name. Long after you're gone, your legacy will live on. Be the kind of person that will have a memorable impact on those who knew you.

Each 1 teach 1. Pass on the knowledge that was given to you by the older students who came before you, to the younger students under you. CARRY ON THE TRADITION!

Please provide words of advice to current EOP students based on your experience:
Educate yourself on your financial loans and how it will affect your future. If you can afford not to, DO NOT spend your refund checks. If you must, do so WISELY. Take advantage of ANY internships available to you. When you graduate, most employers will require you to have several years of experience in your field, even for entry-level positions, despite you being a college graduate.

Natalie Francis

What was your major at SUNY Potsdam?
My major at Potsdam was Sociology.

What is your current work position?
My Current work position is Senior Caseworker at Harlem Children Zone.

What were some extracurricular activities you were part of during college? What roles did you hold?
Wellness Advocate, Student Support Services Mentor, PAiRS mentor, "Big" for Big Brother Big Sister, member of B.S.A and SOCA LOCA (formerly known as C.L.A.S.S).

What was a lesson you learned while you attended SUNY Potsdam?
A lesson that I learned while at Potsdam is that I could adapt to change.

Please provide words of advice to current EOP students based on your experience:
Make sure any extracurricular activity you are a part of, or job you have, benefits your life post-graduation. Many jobs look for hard workers and people who are dedicated to their work. Applying yourself in college is the first step in identifying a potential job candidate. Make every move your best move.
Brittany Browe

What was your major at SUNY Potsdam?
Community Health

What is your current work position?
Cashier at Nice n Easy

What were some extracurricular activities you were part of during college? What roles did you hold?
I tried out the color guard and Team NV – that didn’t work out. I worked two jobs usually.

What was a lesson you learned while you attended SUNY Potsdam?
No matter what life throws at you, if you put your mind to it, you can succeed and complete college. Even after two kids and taking a year off, I still went back and completed my degree.

Please provide words of advice to current EOP students based on your experience:
Work hard; use the library to your advantage and don’t ever give up. If a mom of two can get through college at a young age, anyone can do it.

Damon Brown

What was your major at SUNY Potsdam?
Computer Science with a Business Minor

What is your current work position?
Software Engineer

What were some extracurricular activities you were part of during college? What roles did you hold?
Potsdam Men’s Basketball Team, BSA

What was a lesson you learned while you attended SUNY Potsdam?
I learned how to be very independent and get things done regardless of the circumstance.

Please provide words of advice to current EOP students based on your experience:
Just attending a university will not ensure you will be a success. Use college and all resources available as a tool and make a way for yourself, as networking is major to any career. Think long term with all your decisions. Select a major that you’re interested in and can see yourself pursuing a career, in but also make sure to select a field that will always be in high demand. Learning how to manage your time is crucial. Don’t procrastinate because you will fall into bad habits in the long run. Write down goals for yourself that you would like to accomplish and read them every day. During the course of your undergrad career do at least one internship in your field so that way you will get a taste of what is to come. In regards to post graduation, decide what you would like to do, develop a plan and follow through with it. If you decide to be an entrepreneur create a business plan and see it through. If you would like to work for a specific company take all actions to put yourself in position to work there i.e. networking and reaching out to people from the company. (Use LinkedIn frequently as a networking tool)
Getting to know Jodi Schneiderman?

My name is Jodi Schneiderman and I was recently hired as the Coordinator of Career and Leadership Programs in EOP. I have already enjoyed meeting so many of you last semester! My role is to plan academic and community events for you to learn and have fun as a community. I also coordinate leadership programs in the office, including the student ambassadors, mentoring program, and Student Advisory Board (SAB). In addition to these activities, I am available for individual appointments to discuss major and career exploration along with helping you secure internships and jobs. I will walk you through these processes and metaphorically hold your hand as much as you like, because I know it is a daunting process. I am here to help so use me! To give you a background on me personally…

I grew up in a rural area in northern Minnesota where I graduated with a class of 15 students. So, when my partner recently moved us to Potsdam for his job at Clarkson University and warned me about the rural nature of the North Country, I didn’t bat an eyelash upon arrival. There is a Wal-Mart here, for goodness sake! I earned a master’s degree in Industrial/Organizational Psychology while in Minnesota and moved to Wisconsin to work for Harley Davidson Motor Company. Yep, I even got my motorcycle license, but you wouldn’t want to be near me if I was driving a scooter, at this point. Eventually, I decided to move to Denver, Colorado, for the 300+ days of sun and a new career. I landed a job working as a Therapist with at-risk youth, which prompted me to pursue and earn a master’s degree in Community Counseling. However, I realized mental health was not for me and found my passion through an internship in career counseling at the University of Colorado Boulder. This is where I ended up working for nine years before moving to Potsdam, NY.

This past year, my partner, Chris, and I adopted a two-year-old girl, Quinn, from China. She has brought a lot of love to our home! In my spare time, I enjoy playing volleyball, hiking, and watching reality TV (so bad, but I can’t help myself 😊).

EOP Ambassadors

The EOP office is looking for student ambassador volunteers to help during the spring admission process. This volunteer position entails greeting students and answering questions during the interview process, providing campus tours, and following up with potential EOP students on the phone. This opportunity is a great way to gain leadership, mentoring, and communication skills. You can add it to your resume! If you are interested, please contact schneijl@potsdam.edu for more information.

EOP Staff:

Shaili Singh  Program Director
Alexis Nuffer  EOP Counselor
Latesha Fussell  EOP Counselor
Jodi Schneiderman  Staff Assistant
Heidi Crump  Secretary

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Winter Academy

A small, but dedicated contingent of EOP students participated in our 3rd Annual Winter Academy this year. As is our tradition, they had to endure frigid temperatures and long, hard days in an effort to improve their writing and reading skills. They also participated in daily physical activity at Maxcy Hall. (Latesha and Shannii even taught some to “double dutch”! And all six students earned an academic credit for their participation in Jodi’s Career Planning course. At the end of the experience, each and every reported positive gains and described having made a good choice to participate. Lucellys, Salim, Sandra, Teon-E, Rosemary, and Christina— we are proud of all of you for your growth and effort!

Participants:
Christina Alubankudi
Rosemary Alubankudi
Teon-E Conyers
Sandra Cruz
Salim Magane
Lucellys Ortiz

Instructors:
Dr. Jennifer Mitchell
Ms. Eudora Watson
Ms. Jodi Schneiderman

Program Assistants/Tutors:
Shantel Clother
Stephanie Hall
Brenton Johnson
Samuel Lucas

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