MESSAGE FROM THE DIRECTOR
By, Shaili Singh

Though the snow and ice stubbornly persist on the frozen ground outside, spring is just around the corner, and as is always the case, the season is bringing changes. Here in the office, we have welcomed Amy LaMay as our new secretary and Bethany Fobare as our new Event Coordinator/Admissions Counselor. And, of course, Kuukua Yomekpe, began here just a few months ago. (Check out page two where Bethany and Kuukua introduce themselves) In addition to these new EOP staff members, change comes in the form of our report structure. EOP, itself, will now report through the provost’s office. Relatedly, we await the arrival of Dr. Bette Bergeron, who will become the SUNY Potsdam provost on 1st of March.

This past year brought many challenges as, at once, our campus acclimates to the more robust ethnic and racial diversity in our student body while our students continue to face their own adjustments to rural Potsdam and our small, historically white campus. I encourage you all to continue to be open-minded and to educate others while learning about yourselves. At the end of the day, we are all in this together.

Have a great semester!

www.potsdam.edu
My name is Bethany Fobare and I am your new event coordinator/admissions counselor. I hail from the North Country (more specifically, from the tiny town of Moira in Franklin County). I grew up on SUNY Potsdam’s campus taking music lessons, attending concerts at Crane, and devouring books in the Crumb library. When the time came to pick a college, SUNY Potsdam was the natural choice. After graduating with my B.A. in Professional Writing, I headed west to Colorado. I spent two years there working in an ancient art gallery and traveling to antique stores and art shows searching for hidden treasures—think Indiana Jones meets Antiques Roadshow. I camped in the Mojave Desert and the Grand Canyon (the Mojave was hot; the Grand Canyon was COLD), pretended to be a cowgirl in Wyoming, and strolled the streets of my now-favorite city, Santa Fe. In between adventures, I took journalism classes at the University of Colorado at Boulder. In 2014, I moved back to the North Country with my partner, Geoffrey, and began working in SUNY Potsdam’s College Writing Center while completing my M.A. in English and Communication. I will be defending my master’s thesis this spring.

When I’m not on campus, I enjoy reading, cooking, gardening, and playing with my basset hound (Auggie, short for Caesar Augustus) and my bearded collie/greyhound mix (Persi, short for Persephone). I love to be outdoors, no matter the weather, so snowshoeing is a must in winter and I stick to general frolicking in summer. On the weekends, Geoffrey and I like to embark on day-trip adventures around the North Country or to Syracuse, Lake Placid, Burlington, or Canada. Usually these trips involve lots of eating, shopping (thrift stores and treasure hunting!) and finding tiny museums and strange landmarks in out-of-the-way places. Give us any excuse to hop in the Jeep and we’re off!

I’m so thrilled to be joining you all in EOP. I’ve been fortunate to get to know some of you already through my time in the writing center and teaching in this year’s EOP winter academy. I’ve seen firsthand what a bright, energetic, and driven group of students you are and I’m eager to begin working alongside you! As we work together as a community committed to academic success and personal growth, I’ll be encouraging you to explore and take advantage of every aspect of your university experience. SUNY Potsdam is a vibrant community with unique and exciting opportunities. Let’s uncover them together!

My name is Kuukua Dzigbordi Yomekpe, and I am the new EOP Counselor. I’ve met a majority of you at this point, but if I haven’t, please stop by and introduce yourself. I am originally from Ghana, West Africa. I immigrated to the U.S. when I was 18 to join my mother and to begin my college career. I’ve lived all over the U.S., and I’ve worked for a variety of institutions of higher education over the years since I immigrated. My Master’s degrees are in English and Theology. I’ve served student populations in various capacities from Campus Minister to English Instructor to Resident Director to now Academic Advisor. As a college student, I was acutely aware of being different because of my nationality and skin color so when I graduated, I made it a point to seek out positions that would enable me to influence other students like me have a better college experience. I look forward to doing just that for the EOP program as well.

Kuukua Yomekpe
What was your major at SUNY Potsdam?
For my bachelor's degree: Sociology was my major and Women's Studies was my minor. I earned my master's in Communication Discourse.

What is your current work position?
Interim Director of the Center for Diversity (prior to that I served 13 years as Director of Student and Family Transitions)

What were some extracurricular activities you were part of during college?
I am a member of LGBTAA (now the Gender and Sexuality Alliance); President of S.A.G.E., and Student Coordinator of "Students Teaching Tolerance", our diversity awareness education program.

What was a lesson you learned while you attended SUNY Potsdam?
Potsdam is full of amazing opportunities, both in and outside the classroom. I’ve made connections with fellow students, faculty, and staff that will last a lifetime (thanks to the virtual world of social media!)

Please provide words of advice to current EOP students based on your experience:
“Embrace your experience at Potsdam! You have so many supportive resources in EOP already, but also know you have plenty of other avenues of support across the entire campus too, from the faculty/staff in the academic departments to the numerous student groups you can join and even lead!”

What would you look for if you were in the position to hire new graduates from SUNY Potsdam?
The skill sets employers are looking for these days are pretty status quo, but necessary: solid writing and communication skills, a team player, and creative critical thinker, but in addition to these important qualities, I would hire a person who shows their passion for life! I would ask my future employees what makes you tick, what drives your passion for working in the higher education setting? Everyone has a story to tell, I’d want to hear and be transformed by your unique story!

I was a non-traditional student in my 30's with a young child and a husband who was going to school as well. So, for me making the President's list was the most important reason I was there.

What is your current work position?

Nancy Brown Continued on page 4
I took early retirement due to health issues, and have moved back to Portland, Oregon to be with family.

What was a lesson you learned while you attended SUNY Potsdam?

I learned to ask questions, and not to be afraid of looking foolish for not knowing something! Also, I learned to be persistent, and not just get "okay" grades, but to push myself. Please provide words of advice to current EOP students based on your experience:

“Try a class you know NOTHING about! Experiment with a dance class, an intro to acting class, art all of the classes that a Liberal Arts education is know for. Broaden your horizons and get out quickly, don't stay for a second major or minor! When the student loan bills come calling, be able to pay them!”

(Optional): What would you look for if you were in the position to hire new graduates from SUNY Potsdam?

I would look for an open-minded, humble, person. One who is confident but wants to continue to learn! This is why Latesha Fussell is an EOP Counselor now. I told her that she was going to be a perfect fit.

What is your current work position?

Coordinator of Native American Affairs. The Office of Native American Affairs was developed to increase recruitment, retention, and the graduation rate of Native American students. The Coordinator will work close with surrounding communities, the different programs on the SUNY Potsdam campus including PANA, as well as other student run groups. ONAA will also assist the Modern Language Dept. to coordinate Mohawk Language courses. We will also work closely with the Native American Teaching Initiative Grant, the School of Education and Professional Studies, and the Crane School of Music, as well as bring more services and programming for our Native American Student on the SUNY Potsdam campus.

What were some extracurricular activities you were part of during college?

PANA (Potsdam Association of Native Americans)

What was a lesson you learned while you attended SUNY Potsdam?

I was a commuting student, working part-time and taking care of two children. My biggest accomplishment or lessoned learned while being a student at SUNY Potsdam, was acquiring time management skills, being able to multi-task, and making important connections within campus to help me be a successful student.

Please provide words of advice to current EOP students based on your experience:

“Always take advantage of the services that EOP can provide to you. They will help you build a solid foundation and enable you to be a successful student.”
Study techniques that work — and (surprisingly) don’t
by: Kuukua Yomepka

Is cramming before a test better than not studying at all? Is underlining material a good way to retain information? A new school year is a good time to look at the latest research on the best ways to study. What works and doesn’t may surprise you.

A 2013 study called “Improving Students’ Learning With Effective Learning Techniques” and published in “Psychological Science in the Public Interest,” a journal of the Association for Psychological Science, evaluated the 10 most commonly used learning techniques and concluded the following about effectiveness:

**Least Effective Study Techniques:**

*Highlighting and underlining textbooks and other materials
*Rereading
*Summarization

**Keyword mnemonics — the use of keywords and mnemonics to help remind students of course material**

*Imagery use for text learning — creating mental images to remind students of material

Why are these commonly used techniques not as effective as they are believed to be?

These techniques were rated as low utility for numerous reasons. Summarization and imagery use for text learning have been shown to help some students on some criterion tasks, yet the conditions under which these techniques produce benefits are limited, and much research is still needed to fully explore their overall effectiveness. The keyword mnemonic is difficult to implement in some contexts, and it appears to benefit students for a limited number of materials and for short retention intervals. Most students report rereading and highlighting, yet these techniques do not consistently boost students’ performance, so other techniques should be used in their place (e.g., practice testing instead of rereading).
Fall 15 President’s List:
Christina Alubankudi
Rosemary Alubankudi
Ajanee Biggs
Mariam Cisse
Alberto Correa
Wellin Cruz
Sandra Cruz
Jordan Garcia
Melisa Hernandez
Katthia Loriston
Samuel Lucas
Jam Marcos Quiceno-Hernandez
Miriam Rendon
Yanilvia Reyes Medrano
Amanda Rodriguez
Felicia Thompson
Kedwin Ventura
Yuhao Yi

Fall 15 Dean’s List:
Ricardo Bauzile
Christopher Cruz
Ricardo Espinal
Jennifer Fernandez
Shaneka Ford
Jean-Michael Huallanca
Emanda Hunt
Fernando Manriquez-Valenzuela
Hassel Moncion
Keyanna Pryce
Lina Sinisterra
Chelsea Sunday
Shavar Walker

December Graduates:
Christina Alubankudi
Rosemary Alubankudi
Jamaul Daniels
Jordan Frazier
Samuel Lucas
Amber Reid
Olivia Sheppard
Shianne Washington

Congratulations!
SUNY POTSDAM: Educational Opportunity Program

DO NOT forget to file your FAFSA!

Dates to remember:

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<tr>
<th>Event</th>
<th>Dates</th>
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<tbody>
<tr>
<td>Classes Begin</td>
<td>Monday, January 25</td>
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<tr>
<td>Last Day to Add/Drop</td>
<td>Friday, January 29</td>
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<tr>
<td>Early Alerts Due</td>
<td>Friday, March 4</td>
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<tr>
<td>Spring Recess Begins p.m.</td>
<td>Friday, March 4 (10 p.m.)</td>
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<tr>
<td>Classes Resume</td>
<td>Monday, March 14 (8 a.m.)</td>
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<tr>
<td>Last Day to Withdraw</td>
<td>Friday, April 8</td>
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<tr>
<td>Last Day to Elect S/U</td>
<td>Friday, April 8</td>
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<tr>
<td>April Recess Begins</td>
<td>Monday, March 14 (8 a.m.)</td>
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<tr>
<td>Classes Resume</td>
<td>Friday, April 8</td>
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<tr>
<td>Last Day of Classes</td>
<td>Wednesday, April 13</td>
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<td>Final Examinations</td>
<td>Friday, May 13</td>
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<td>Commencement Ceremonies</td>
<td>Mon. – Fri., May 16-20</td>
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<tr>
<td>Final Grades Due</td>
<td>Saturday, May 21</td>
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<td>Wednesday, May 25</td>
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EOP Events:

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<tr>
<th>Event</th>
<th>Dates and Details</th>
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<tr>
<td>Enforcement Panel and Networking event</td>
<td>February 8, 3:30 pm – 5:30 pm, Fireside Lounge, Student Union, 2nd Floor</td>
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<td>(hosted by Career Planning)</td>
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<tr>
<td>EOP/EOC Advocacy Day*</td>
<td>February 10, 4:30 – 9:00 pm, please see Latesha</td>
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<tr>
<td>Journaling: More than a Diary Part I</td>
<td>February 10, 6:00 – 8:00 pm, Sisson 142</td>
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<tr>
<td>Financial Literacy</td>
<td>Thursday, February 18, 12:00 – 1:00 pm, Sisson 142</td>
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<tr>
<td>Journaling: More than a Diary Part II</td>
<td>February 23, 5:30- 7:00 pm, Sisson 125</td>
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It’s that time again! 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/or 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 resumé! If you’re interested, please contact Bethany at fobarebl@potsdam.edu for more information.
EOP Ambassadors

Participants:
Alex Acevedo
Annie Battaglia
Imani Burgess
Jannely Ceron
Dakota Cole
Dara Green
Christian Guerra
Anna Hayden
Lilian Johnson
Alisha Keitt
Precious Walker

Instructors:
Karyn Crispo
Bethany Fobare
Danielle Johns
Kem McLaughlin

Tutors:
Bethany Fobare (Master Tutor)
Ricardo Bauzile
Marian Cisse
Dallas Emrich
Rebecca Fletcher
Felicia Thompson

EOP Staff:
Shaili Singh - Program Director
Latesha Fussell - EOP Counselor
Kuukua Yomekpe - EOP Counselor
Bethany Fobare - Coordinator Admissions Counselor
Amy Lamay - Secretary

Winter Academy

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