From the Director

Once again, we take a moment, to acknowledge a year of growth and accomplishment and to preview the upcoming year's activities. I’m gushing over the many accomplishments of our EOP students once again this year. A slow-starting freshmen group hit their stride in the spring as six freshmen joined 19 veteran EOP students on Dean’s and President’s Lists, as nearly 20% of our students made one or the other honor roll. Many others improved as well. And a number of EOP students took home department, EOP, or campus-wide honors (see page 3). We are so pleased to see how many of you are leaving your mark at Potsdam! As we continue to prepare for the 2012-13 school year, know that we continue to support you and we look forward to your return.

~ Shaili

Fall All-EOP Meeting
Sunday, August 26th - Fireside Lounge @ 1:00 pm

DO NOT forget to file your FAFSA!

Academic Calendar
8/27 – classes begin
8/31 – last day to add/drop
10/05 – fall recess begins
10/10 – classes resume
10/23 – last day to withdraw and to elect S/U
12/10-12/14 - finals

WE know YOU want to be our friend!
Find us on facebook!
SUNY Potsdam EOP

DO NOT forget to file your FAFSA!
EOP Events!

- Raychon Gillis

Here’s a recap of our Spring 2012 semester events. You may remember the exciting atmosphere of our two Game Nights and two downtown Bowling Nights. In May, nearly a dozen EOP students took aim at stress during our Potsdam Goes Paintballing event. A week later we took our Spring Day Trip and experienced North Country culture by touring Boldt Castle, exploring downtown Alexandria Bay, racing go-karts, and more!

For the spring term, our most active EOP student was Elizabeth Rodriguez with attendance at nine events!

We also offered several academic events: our first Peace Corps, Mock Interviews, and Learning Strategies academic workshops. At our 31st Annual EOP Awards Ceremony, we acknowledged the academic accomplishments of nearly 75 EOP scholars! We are so proud of their success.

I hope to make this Fall 2013 as memorable as possible with the following EOP events.

<table>
<thead>
<tr>
<th>Recreational Events</th>
<th>Academic Workshops</th>
</tr>
</thead>
<tbody>
<tr>
<td>Welcome BBQ</td>
<td>Make Money: What’s Your Worth?</td>
</tr>
<tr>
<td>Take A Hike! For real.</td>
<td>Lunch on Us</td>
</tr>
<tr>
<td>Dinner &amp; A Movie (2)</td>
<td>Time Management</td>
</tr>
<tr>
<td>Game Nights (3)</td>
<td>Stop Stressing Me!</td>
</tr>
<tr>
<td>Day Trip</td>
<td></td>
</tr>
<tr>
<td>Holiday Party</td>
<td></td>
</tr>
</tbody>
</table>

EOP Annual Awards Ceremony
2012 Graduates

Dean’s List

Adedoyin Akingba
John Bresett
Deneen Cole
Jamal Daniels
Joel Dsouza
Natalie Francis
Laneise Goggans
Stephanie Hall
Willie Ip
Caitlin Seavone

Spring 2012 Honors Corner

President’s List

Carolina Batista
Donna Cappel
Mariama Diallo
James Doran
William Govan
Whitney Hargett
Tamara Jackson
Kanzada Juste
Julissa Lopez
Christopher Martinez
Isamar Martinez
Denisse Ochoa
Amber Reid
Maggie Stasko
Aminata “Mimi” Traore

May 2012 Graduates

Dean Barber
Teresa Cain
Donna Cappel
Dominique Chapple
Wilfred Facey
Natalie Francis
Tamara Jackson
Christopher Jenne
Kanzada Juste
Kristen LaDue
Elizabeth Pulsifer
Kayla Viau

Congratulations!
Accolades

EOP students have been accomplishing great things during the past semester, as they have always done in the past! The students listed below were recognized for the following:

Adedoyin Akingba-
Dorothy C. and John P. Flynn Scholarship
ODK National Leadership Honor Society

Tanasia Betts-
Whelley Internship Scholarship
For Women Leaders
ODK National Leadership Honor Society

John Bresett-
 Lambda Alpha Honor Society

Tiarah Brown-
Student Success Center Award

James Doran-
Student Success Center Award

Elainne Gonzalez- 
First Year Anthropology Scholar

Stephanie Hall- 
Phi Eta Sigma Honor Society

Christopher Jenne- 
Deborah and Israel Kaplan Award
ODK National Leadership Honor Society

Kanzada Juste- 
Dance Performance Award
CFD Beacon Award

Nicole Reynoso- 
First Year Anthropology Scholar

Marissa Richardson- 
ODK National Leadership Honor Society

Christopher Torres- 
ODK National Leadership Honor Society

Kanema Williams-
Dorothy C. and John P. Flynn Scholarship

Julissa Lopez-
Phi Eta Sigma Honor Society

WHERE DO I GO FROM HERE?

First, hearty congratulations to all of our recent graduates as they go home and on to their lives. Now the fun begins: A CAREER! With hard work, determination, networking and a bit of luck, you may be realizing your dreams.

Or you may be still looking…

I was asked by a recent graduate who wanted to stay in St Lawrence County what is available, and where to look.

As of 2010, the top 10 employers are:

St. Lawrence University  SUNY Potsdam
Canton-Potsdam Hospital  ALCOA
Clarkson University  St. Lawrence County
St. Lawrence-Lewis BOCES  United Helpers Org.
Claxton-Hepburn Med Ctr  St. Lawrence NYSARC

All of these employers have their own websites to look for specific jobs, usually under Human Resources or Employment. Some jobs are found through networking, job-fairs or internships.

Don’t forget to check the St Lawrence County Civil Service and New York State Websites:
http://www.co.st-lawrence.ny.us/Departments/HumanResources/ExamsOpentoPublic


Please remember each county has their own website, so check your local county.

For those interested in a plethora of information such as green jobs, occupations of all varieties, education requirements, skill sets, and rates of pay, this jam-packed U.S. Department of Labor site shows what occupations are looking bright in the next five years

http://www.onetonline.org

Finally, remember these are points of origins to explore locally, state wide and nationally. Don’t be afraid to try a job outside your comfort zone!

Good luck!!
Alumni Corner – Where Are They Now?

This year marked Nancy Brown’s (’95) 15th year of service to EOP. In honor of Nancy’s commitment and dedication to EOP, she is this edition’s Featured Alumna.

How was your experience as a student at SUNY Potsdam? Looking back, what did you take away?

Really excellent! I was 32 when I arrived, and I was concerned that I would not do well. However, I was given the tools to succeed, and I had a lot of advocates, like Faye Lamar, giving me instructions on what to do and how to do it. I listened to professors, counselors, and tutors who knew a lot more than I did about being successful. I would spend about 40 hours a week reading, writing and going to class, but after working about 50 hours a week for 15 years in restaurants and nightclubs, I was sure I had died and gone to heaven! I found out that self-esteem comes from a job well done. It can’t be bought or sold. One finds his or her “True North” at college, no matter the age, gender or ethnicity. I left a very different person and for that I am eternally grateful.

What are your best memories (as a student)?

The experience and culture of being with intelligent and caring professors and staff, who expected me to go above and beyond my comfort zone. I also enjoyed the learning and realizing how little I knew!

You have been an EOP Counselor for 15 years. How have you seen the program at SUNY Potsdam evolve during that time?

As a living environment, I believe we have tried to always think and behave “student first”. However, we have become more of a community. We cater to academics, of course, but also social and cultural aspects that we didn’t before. We try a lot of activities for students to get involved in the “EOP Family”, and that has really helped our retention and graduation rates. The students’ willingness to immerse themselves into the EOP program makes me proud of their accomplishments, and their ability to grow, shine and find their “True North”.

Do you have any words of advice for up and coming students?

More than time and this space will allow! I do try to personalize my approach to each and every student. However, just breathe, be open and try new things. This may turn you on to your life’s work and your true passion. THE MOST IMPORTANT THING: Don’t worry about failure, as it is part of the learning curve, and with each step you get closer to where you are supposed to be in life.

Thank you Nancy for taking the time out to talk with us!