Welcome Back! Spring semester is here. Now is the time to put 2014 behind you and look forward to all the good things that will happen in 2015. We are here to help you with your studies. Please call to schedule an appointment: 315-267-2347. Wishing you all a happy and prosperous New Year.

Important Dates

- January 19: Classes begin
- January 23: Last day to add/drop
- February 14: Valentines Day
- February 25: TRiO Achievers Ceremony
- February 25: XAE Induction
- February 25: Cookies for Cans Drive

Attention: Seniors

Are you planning to graduate in May or August 2015?

Let’s make sure you are on the right track.

Will you have completed all of your General Education requirements? Have you taken enough Liberal Arts credits?

Have you finished your Modern Language requirement? Are you completing at least 45 credits of upper division?

We can help you to answer all of these questions and more. Schedule an appointment with Faye or Tanya to ease your mind about graduation Requirements. Call 267-2347 to set up an appointment soon.
SSS Student Spotlight: Amy Tiernan

My name is Amy Tiernan, and I was born and raised right here in the North Country. I graduated from Norwood-Norfolk Central School and decided to attend SUNY Potsdam. I am a senior and will be graduating this spring with a degree in Business Administration and a minor in Communication.

My freshman year was a stressful and overwhelming year. I knew that in order to succeed, I would need to find a good support system. I became acquainted with TRiO/SSS services through Sharon House. I worked with Ms. House and she suggested I join TRiO, which I did. I became a participant in my freshman year and have been a participant for my entire college career. TRiO was the support system that I needed.

I have also used the tutoring component of TRiO and this service has definitely benefited me. My grades have improved significantly over my college career. I have also used other services of TRiO, and learned to improve my study skills, and received help with financial aid.

I also worked as a peer mentor this past semester. The opportunity to work as a peer mentor was truly gratifying for me. I was able to help incoming TRiO students to overcome struggles they were experiencing and to help them adjust to college life.

Recently, I was just been invited to become a member of the SUNY Potsdam Gamma Pi Chapter of the Chi Alpha Epsilon National Honor Society. Without the help of TRiO, I may never have had this opportunity awarded to me.

My advice to students would be to reach out to the people that can help you succeed in your college career. TRiO/Student Support Services is the place to go for any help you need. The staff is wonderful and genuinely cares about you. Remember, TRiO works!

National TRiO Day

National TRiO Day is a day of celebration, reflection and action around increased access to higher education for disadvantaged students. Federal TRiO Programs help low income and first generation students enter college and earn a college degree.

This year, in celebration of National TRiO Day, SUNY Potsdam TRiO looks forward inducting several deserving students into the Alpha Chi Epsilon Honor Society. We also plan to recognize those students who made significant gains in their cumulative GPA, and those who regained acceptable academic standing after prior difficulties.

Also, in celebration of National TRiO Day we will have Cans for Cookie drive on February 25 in the Student Union. Anyone bringing in a canned or dry good will receive a delightfully tasty cookie to savor. These donations will replenish the student food pantry on campus. The food pantry is located in Dunn Hall, room 101C. See Diane Billings for more information. Let’s make this the best food drive the campus has ever seen.
Valentine’s Day is the day of love and romance. Chocolates and flowers are given to loved ones (as well as cards and many other romantic gifts). But, why do we celebrate Valentine’s Day?

There are various legends associated with how Valentine’s Day started. Historians trace the origin of the day to the ancient Roman Empire. In Rome, in ancient times people observed a holiday on February 14 to honor Juno – the Queen of Roman Gods and Goddesses. The Romans regarded Juno as the Goddess of women and marriage. On the following day a festival called Feast of Lupercalia was celebrated. An interesting custom was followed in the Feast of Lupercalia to bring young girls and boys together which otherwise was strictly forbidden.

On the eve of the festival names of young Roman girls were written and placed in jars. Each young man drew a girl’s name from the jar and they were paired for the duration of Lupercalia. Sometimes the pairing lasted a year or the couple would fall in love and marry. The custom continued for many years until people felt it was unchristian and that mates should be chosen by sight not luck.

The pairing of the boys and girls set the mood of the Valentine’s Day festival as we know it today. However, it was due to the efforts and daring of priest Valentine that the festival got its name and clearer meaning. As the story goes, during the reign of Emperor Claudius II, the Romans were involved in many bloody and unpopular campaigns. Claudius found it extremely hard to recruit young men for battle because the men felt more loyalty to their wives and families. As a result Claudius canceled all marriages and engagements in Rome. A romantic at heart, Valentine defied Claudius order and married people in secret. When this was discovered Valentine was brutally beaten and put to death on February 14 about 270 AD. After his death he was named a saint.

Another version of the legend is that Valentine was killed because he was helping prisoners who were being beaten and killed escape from prison. Yet another version is that Valentine fell in love with a jailor's daughter who visited him during his confinement. Before he died he wrote her a farewell letter signed ‘From your Valentine’. By the middle Ages, Valentine assumed the image of a heroic and romantic figure in England and France. Later, when Christianity spread from Rome, the priests moved Lupercalia from February 15th to the 14th. Around 498 AD, Pope Gelasius declared February 14th as St. Valentine’s day to honor the martyr Valentine and to end the pagan celebration.

During the Middle Ages, people in England and France believed that birds started to look for their mates on February 14th. This notion helped to link Valentines Day in the middle of February to love and romance. Over time, St. Valentine became the patron saint of lovers and people began to celebrate Valentine’s Day as a day of romance exchanging small gifts and flowers.

From the young to the old, Valentine’s Day is celebrated across seven continents and is increasing in popularity every year.

Excerpted from the Confluence of Festivals in India. URL-http://www.stvalentinesday.org/history-of-st-valentines-day.html
TRiO Student Support Services is a federally funded program which serves 200 eligible students throughout the year. The goal of the program is to provide the academic support necessary to help students remain in school and reach graduation.

Students are selected to participate in the TRiO program based on the students’ request for assistance and federal eligibility. Students may stop by 119 Sisson Hall to fill out a short application.

TRiO participants must have a need for academic support. They must be U.S. citizens and accepted for college enrollment. Participants must also meet one or more of the following criteria:

- Are a first generation college student, i.e. neither parent has a four year college degree
- Fall within income limit set by the U.S. Department of Education and verified by the TRiO office
- Have a documented physical and/or learning disability

TRiO Staff

Director: Mark Millward
Academic Skills / Tutor Coordinator: Faye Lamar
Program Counselor: Tanya Dow
Project Staff Assistant: Valerie Pelkey

119 Sisson Hall
SUNY Potsdam
Potsdam, NY 13676
Phone: 315-267-2347
Web: www.potsdam.edu/support/ssc/sss