

ADULT LEARNER TRANSITIONS

OCTOBER 18, 2010

Sarah's Letter



SARAH E ELLIOTT
ACADEMIC SUPPORT OFFICE
102 SISSON HALL
ASO@POTSDAM.EDU
315-267-3447

Welcome to the Fall 2010 Semester. Hopefully, once again, everyone has found their courses and are successfully navigating the content. If you are new to campus...Welcome! Remember to get to know your professors and use them as one of your most

valuable resources for your course.

Thank you to those of you who attended the 2nd Annual Adult Learner Fair. The fair went well. I hope next year will find many more of you in attendance.

I hope to see each and every one of you join in the campus community and get involved if you have not done so already. SUNY Potsdam has so many interesting activities, programs, and events to be part of or attend. To really enjoy the college and your experiences here, you should take advantage of all that is offered to you.

One of those activities I would recommend you

partake in would be Maxcy Hall. The fitness center, pool, skating rink and other facilities are open for all students to use. Those of you with children may want to make use of the weekend open times and bring your family with you.

Well...here's to a grand semester! Stop in and see me sometime. My office is still on the first floor of Sisson Hall. I look forward to speaking with you and hearing any and all suggestions as to what you would like to see happen here at SUNY Potsdam.

I hope to hear from you soon.

Sarah

SPECIAL POINTS OF INTEREST:

- ◆ Fri, Oct 8th: Early Alerts
- ◆ Mon, Oct 18th: Advising Begins
- ◆ Fri, Oct 2nd: Warrior Writers Workshop held in Morey 117 from 6-8 pm
- ◆ Tues, Oct 26th: Last day to W or S/U fall classes
- ◆ Apply to Omicron-Honor Society starting in January.



Omicron-Psi Scholarship Winner



Joseph Friedel of Middle Grove, NY, is the recipient of the National Honor Society's \$500 scholarship. Joseph is a senior at SUNY Potsdam where he is currently working toward a BA in Anthropology, a Minor in Medical Anthropology, a BS in Biology and a minor

in Chemistry.

SUNY Potsdam became affiliated with this honor society and became a Gold Member in 1997. Since this time, Joe is only the 6th student at SUNY Potsdam to win this scholarship. Membership in this honor society requires a student to be a non-traditional student who is at least a junior with a minimum grade point average of 3.3. The members of this honor society maintain the national principles of duty,

honor, service and maintain high ethical standards in all aspects of their lives.

Joe applied for this scholarship in June. The scholarship essay asked the question, "What makes a great person?"

Joe has in the past been an integral part of the community through Boy Scouts and other various organizations. He is hoping to continue serving mankind and those in need by working in internal medicine in the future.

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Flu Shots: Who should get them?



According to our own Dr. Richard Moose, the people who meet one of the following conditions should receive a flu shot.

High risk individuals are people with the following medical conditions:

- * Asthma (even if it's controlled or mild)
- * Neurological and neuro developmental conditions [including disorders of the brain, spinal cord, peripheral nerve, and muscle such as cerebral palsy, epilepsy (seizure disorders), stroke, intellectual disability (mental retardation), moderate to severe

- developmental delay, muscular dystrophy, or spinal cord injury].
- * Chronic lung disease (such as chronic obstructive pulmonary disease [COPD] and cystic fibrosis)
- * Heart disease (such as congenital heart disease, congestive heart failure and coronary artery disease)
- * Blood disorders (such as sickle cell disease)
- * Endocrine disorders (such as diabetes mellitus)
- * Kidney disorders
- * Liver disorders
- * Metabolic disorders (such as inherited metabolic disorders

- and mitochondrial disorders)
- * Weakened immune system due to disease or medication (such as people with HIV or AIDS, or cancer, or those on chronic steroids)
- * People younger than 19 years of age who are receiving long-term aspirin therapy
- * People who are morbidly obese (Body Mass Index (BMI) of 40 or greater)
- * Last flu season, American Indians and Alaskan Natives seemed to be at higher risk of flu complications

Check the flu shot clinic schedule today!

“TAKE YOUR
 LIFE IN YOUR
 OWN HANDS,
 AND WHAT
 HAPPENS? A
 TERRIBLE
 THING: NO ONE
 TO BLAME.”
 ~ERICA JONG

2nd Annual Adult Learner fair

The 2nd Annual Adult Learner Fair was held the 3rd week of school once again. We had numerous outside vendors as well as campus offices in attendance. The number of adult learners in attendance was double what it was last year.

I would like to thank the following attendees:

- ALA

- Canton Potsdam Hospital
- Career Planning
- Child Care Center (SUNY Potsdam)
- Counseling Center/Wellness Advocates
- Experiential Education Office
- Extended Education Office
- Graduate Studies Office
- Muslim Students Association
- New Hope Church
- PACES
- Potsdam United Methodist Church
- SeaComm Federal Credit Union

2nd Annual Adult Learner Fair Raffle Winners

Potsdam Food Co-Op and Carriage House Bakery: \$20 Gift Certificate

Joe Heindl

Potsdam Save-A-Lot: \$20 Gift Certificate

Glen Hogle

The UPS Store: 500 Copy Card

Sue Landry

Rite-Aid: \$10 Gift Certificate

Marshall Hughes

St. Lawrence Arts Council: Complimentary Membership

Dayna Terrance

Congratulations!!!



RAFFLE WINNERS



Adult Learner Association

Who is the ALA? This group meets in the Adult Learner Lounge North located in Carson Hall. In the past, they have fought for computers to be installed in the lounge as well as for the lounge to be updated with new paint and carpeting.

The NTSO/ALA were well known for their fundraisers for

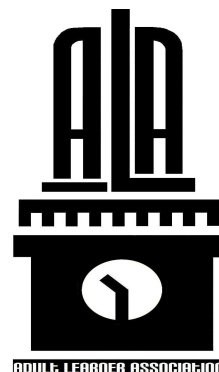
veteran hospitals. They also held a Faculty/Staff Awards Ceremony each semester in order to recognize those faculty and staff that make a difference to the studies and lives of adult learners on campus.

This group is reforming under new leadership and would like you to join us and perhaps join

the leadership team.

If you think you would like to join or have any questions about this group, please contact Sarah Elliott (elliots@potsdam.edu).

By joining this group, you will be providing Adult Learners a voice on campus.



MEETING TIMES: MONDAY 12PM -1 PM
WHERE: CARSON ADULT LEARNER LOUNGE



“JOIN THE ADULT
LEARNER
ASSOCIATION.
HAVE A SAY IN
YOUR LIFE ON
CAMPUS!”

Omicron-Psi Honor Society: Spring 2010 Induction

This past spring Omicron-Psi Honor Society welcomed 20 new members into its fold last May 4th.

Those inducted were:

- Rene Austin
- Travis Bogart
- Travis Crickard
- Jonathan Easton
- Jie Faulkner
- Joseph Friedel
- Kenneth Jenkins, III
- Aaron Knapp
- Suzanne Landry
- Wendy MacCue
- Matthew McCabe
- Rhonda Noftsier
- Valerie Page
- Michele Priess
- Kristin Remington
- Shannon Smith
- Angel Smithers
- Robert Wallace
- Jaime Weber
- Jaylyn Yuhas

Our guest speaker, Kathryn Boswell, was an alumni whom

was inducted in 2006. It is always an honor to welcome new members into this honor society. I hope you will consider applying come January 2011.

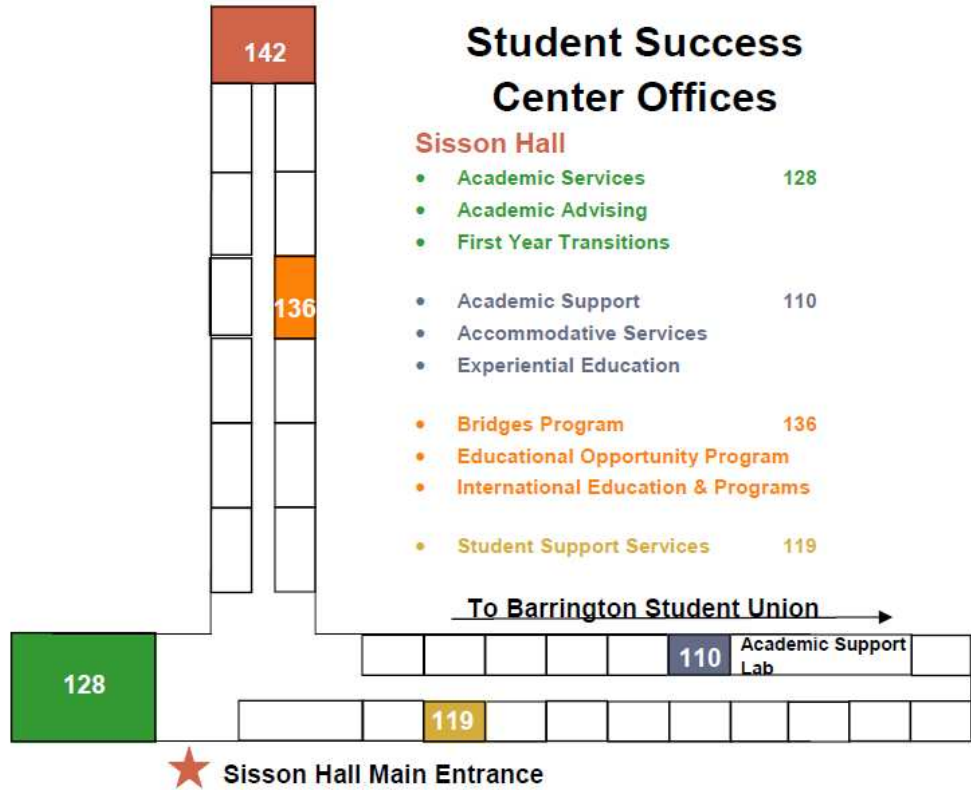
Once again...Congratulations to those inducted.



Guest Speaker: Kathryn Boswell

SUNY POTSDAM

Sarah E. Elliott
 Academic Support Coordinator
 102 Sisson Hall
 Phone: 315-267-3447
 Fax: 315-267-3268
 E-mail: aso@potsteam.edu
 Web: www.potsteam.edu/support/ssc



What is Omicron-Psi?

Omicron-Psi is the National Honor Society for non-traditional students. Omicron-Psi stands for Duty, Honor, and Service. Members are dedicated to being active members of their community.

The National Omicron-Psi Honor Society's mission is as follows:

- To recognize achievements of non-traditional students throughout the United States.
- To award these students with a certificate of achievement and insignia pin.
- To encourage the continuation of educational pursuits.
- To supply scholarship applications to

members and to encourage participation in our scholarship program.

- To provide scholarships from monies received through membership dues.
- To be of service to our members and provide referrals and references upon request.
- To have members commit to a life of honor, integrity and service in the home, community and workplace as well as duty to Country.

In order to be eligible for the Omicron-Psi National Honor Society at SUNY Potsdam, you must be considered a non-traditional student defined as:

- Be 24 years of age or older, or
- Have at least a 2 year hiatus in your education, or

- Hold a GED rather than a high school diploma, or
- Be married, or
- Be single with dependents.

In addition, you must have ALL of the following:

- Attained a junior class standing (minimum of 57 hours).
- Completed 12 semester hours at SUNY Potsdam.
- Earned a minimum of 3.30 GPA in Potsdam course work.

The cost of membership is \$35.00 + \$4.95 shipping for the honor cords, pin and certificate.

To apply for membership, go to www.omicron-psi.com.