



# EOP Newsletter

Issue 4  
August 2010

**EOP Freshmen  
Orientation:**  
August 22<sup>nd</sup> – 27<sup>th</sup>

**All-EOP Meeting**  
Sunday, August 29<sup>th</sup> -  
Fireside Lounge @  
1:30 pm

## Academic Calendar

- 8/27 – New students move in
- 8/28 – 8/29 – Returning students move in
- 8/28 – 9/3 – Welcome Week Activities
- 8/30 – Classes begin
- 9/3 – Last day to add/drop
- 10/8 – Fall Recess begins
- 10/13 – Classes resume

**EOP 40<sup>th</sup>  
Anniversary  
Events coming  
soon!**

**WE know YOU  
want to be our  
friend!**

**Find us on  
facebook!  
Sunny Potsdam Eop**



## Alumnus Corner – Where Are They Now? -by Nancy Brown

Two summers ago, while visiting SUNY Oneonta, a well-dressed man approached us in the cafeteria and introduced himself as a Potsdam Alum who had received EOP support in 1969. Roger Sullivan, a successful Oneonta College Administrator shares his EOP story with you!

What are your fondest memories of Potsdam?

The personal relationships I was able to develop with faculty and staff, the opportunities for leadership I was given (I was an RA for two years- the second in the first co-ed residence hall in the history of Potsdam) and the lifetime friendships I made with other Potsdam students.

What do you do at SUNY Oneonta?

I serve as Associate Vice President for Enrollment Management with the offices of academic advisement, admissions, career development and student employment, financial aid, orientation and the first-year experience, and EOP reporting to me.

Finally, what advice can you give to our students?

Study hard and get good grades. Take advantage of the opportunities for personal growth and development that are available at Potsdam, and take advantage of every opportunity available to network with alums and others working in your career field. Hone your writing and speaking abilities regardless of your major. Begin planning your eventual job search and develop a resume that can be updated starting in your freshman year. Pursue your career passion with a passion and when you get your first job opportunity distinguish yourself by your hard work, your dependability, and your commitment to the goals of the organization you join.

Finally, don't take yourself too seriously. Learn to laugh at yourself instead of laughing at others. This has a disarming effect on others in your work as well as your personal life and will always serve you well in these challenging times.

## Greetings from Sisson Hall - Shaili Singh

During these difficult economic times, while our nation engages in two wars in faraway lands, I am heartened that so many of you are seizing opportunities at Potsdam. This spring's Dean's and President's Lists were teaming with EOP students. In fact, our program's students had the highest collective GPA in many years and many of you are leaving a positive, lasting legacy through your research, work ethic, and campus involvement. Welcome back. We can't wait to see you.



## All-EOP Meeting

The fall all-EOP meeting will be on **Sunday, August 29<sup>th</sup> at 1:30 pm in the Fireside Lounge**. Students will receive EOP Book Cards. The bookstore will be open on Sunday for your textbooks and school supplies. **Please bring your class schedule.** Notify Charity to choose an alternate meeting time if you cannot make the all-EOP meeting.

## EOP Staff:

<b>Shaili Singh</b>	Program Director
<b>Nancy Brown</b>	EOP Counselor
<b>Nola Davey</b>	EOP Counselor
<b>Kade Olasokan</b>	Recruitment & Retention
<b>Charity Shoen</b>	Secretary

**136 Sisson Hall  
267-2335**

[cop@potsteam.edu](mailto:cop@potsteam.edu)

# EOP Events!

- Kade Olasokan

Welcome back BBQ, game nights, hiking and day trips, bowling nights, movie nights, golfing trips, ski trips and much more! Talk about a whole year packed with exciting events and trips! And guess what?!? EOP is back at it again this upcoming year! We have nothing but fun-filled events and activities throughout the year for you all! For many of you, you'll experience things and go places you never thought you would. This year's events will unquestionably be ten times more exciting and exhilarating than last year's. We hope to see you at these events. Enjoy the remainder of your summer. For the returning students, see you when you get back! And for the first year students, WELCOME!!!



## Spring 2010 Honors Corner

### President's List

Adedoyin Akingba  
Andrea Ashley  
Carolina Batista  
Ashley Baylor  
Tanasia Betts  
Michael Brockway  
Mariama Diallo  
Whitney Hargett  
Taina Johnson  
Amanda Joles  
Isamar Martinez  
Andrew Petrilli  
Robin Robinson  
Maridee Rutledge

### Dean's List

Donna Cappel  
Ashley Chambers  
Shaneah Daise  
April Failing  
Latesha Fussell  
Nicholas Hunt  
Patricia Pierre  
Marissa Richardson  
Samantha Sharrow  
Christopher Torres  
Kanema Williams

### 2010 Graduates

Andrew Alvez  
Afolabi Azeez  
Ashley Baylor  
Nicole Briggs  
Michael Brockway  
Danielle Currier  
Violet Hurlburt  
Taina Johnson  
Amanda Klosner  
Quiana Lock Lear  
Anita Martinez  
Ileana Martinez  
Jason Maticce  
Durriya Pierce  
Patricia Pierre  
Damon Reddick-Brown  
Robin Robinson  
Lucia Rojas  
Katie Romeo  
Maridee Rutledge  
Umer Shahid  
Nichole Webber  
Anthony Williams

## 29<sup>th</sup> Annual EOP Awards Ceremony & Chi Alpha Epsilon Induction

Congratulations  
Carolyn Corcoran!



Shaili presented Carolyn with the 2010 EOP Advocate Award

The EOP staff would like to congratulate the following students who were inducted into the Chi Alpha Epsilon Honor Society (3.0 or better cumulative GPA for 2 consecutive semesters.)



Pictured left to right are Samantha Sharrow, Umer Shahid, Elizabeth Pulsifer, Andrea Miller, Jason Maticce, Kanzada Juste, Latesha Fussell, Toni Epprecht, Shaneah Daise and Ashley Baylor.

## Potsdam's New Higher One Debit Card Highlights:

### Pros:

- Faster Refund
- Email and Text notification
- Free ATM in Crumb Library
- Paper Checks can be ordered
- Free funds transfers with your own accounts
- Online Account Tracking System
- Use for cash or purchases anywhere
- Eligible regardless of credit history
- Free ATMs at some other SUNY's

### Cons:

- An additional Account to manage
- Cost to transfer to others' Accounts
- Charged fees at other ATMs PLUS \$2.50 by Higher One – even just to check a balance
- Overdraft fees - \$25.00 for the first time, \$38.00 after that (within 12 months)
- If used as a debit card, not credit card, there is a \$.50 transaction or PIN fee
- \$20.00 card replacement fee if lost
- \$25.00 domestic wire transfer fee
- Cash Advance Fee of 2.9% at non Higher One ATM

See also: [PotsdamDebitCard.com](http://PotsdamDebitCard.com)



## Summer to Do List from the Financial Aid Office

- Check your Potsdam email account at least once a week – After August 1<sup>st</sup> you should be looking for 2 IMPORTANT EMAILS / MAILINGS:
  - The **Fall semester bill** from the Student Accounts Office – follow the directions that come with the bill. Your goal is **to get your bill processed by the due date on the bill**
  - Watch for an email from the Registrar's Office August 15<sup>th</sup> which will direct you to **complete the ELECTRONIC CHECK-IN PROCESS ON BEARPAWS. This is important!**
- Check the status of your Financial Aid awards – look for the following:
  - Are there any outstanding requirements (documents you need to provide to the financial aid office or tasks you need to do such as signing loan promissory notes or completing entrance counseling IF you are a first-time borrower)
  - To check your financial aid status on BEARPAWS go to "Student Services/Financial Aid" menu and then to "Financial Aid"
- Check the status of your NY TAP Grant application by going to [tapweb.org](http://tapweb.org) (NOTE that no one in NY has an "official" TAP Grant until the State has an approved State budget)
  - Contact the Potsdam Financial Aid Office if you have questions / concerns about your financial aid. Be sure to identify yourself as an EOP student.
  - By Email – [finaid@potsdam.edu](mailto:finaid@potsdam.edu)
  - By Phone- (315)267-2162

Have an enjoyable summer!

- Carolyn Corcoran

## Ask Annie 1

Dear Annie,

*I am having a rough semester. I just don't feel like myself. I am confused, anxious, and upset all the time. I am having trouble even forcing myself to go to classes. I just want to stay in my room and have people leave me alone. How can I get back on track?*

- Hopeless at Potsdam

Dear Hopeless,

*It sounds as though you may be experiencing signs of depression. The average onset of depression is 18-24 years of age. The additional stressors brought on by the demands of college life, make college students even more vulnerable to depression than their peers.*

*What you can do is see the college Health Services doctor for an assessment of a chemical imbalance and a referral to the campus Counseling Center.*

*The important thing is to stop trying to "get over it". It is a serious matter that is disrupting your life and putting your future on hold.*

*Make an appointment today!*

Student Health Services  
119 Van Housen Hall  
267-2377

College Counseling Center  
135 Van Housen Hall  
267-2330

