



EOP Newsletter

Spring All-EOP Meeting

Monday,
January 23rd -
Fireside Lounge @
12:00 pm

**DO NOT
forget to file
your FAFSA!**

Academic Calendar

- 1/23 – classes begin
- 1/27 – last day to add/drop
- 3/09 – spring recess begins
- 3/18 – classes resume
- 3/23 – last day to withdraw and to elect S/U
- 5/14-5/18 - finals

WE know YOU want to be our friend!
Find us on facebook!
Suny Potsdam Eop

From the Director

Welcome Back! The last few years have brought great changes to the SUNY Potsdam campus and many of you have been a part of that. Thank you! Thanks especially to those of you who have stepped up into leadership roles and to those of you who have helped define EOP as a program of academic achievers.

This winter's newsletter finds us in the middle of a productive school year, yet with great challenges in front of us. I hope you will enjoy a brief look back (hello Otis Douce) and a peek into the future (hello Career Planning Office) as we celebrate your success and continue to help you strive to achieve your goals.

~ Shaili



Welcome Back BBQ



Holiday Party



FIG Shindig



Halloween Gathering



Welcome Back BBQ

EOP Events!



- Raychon Gillis

Spring 2012 is finally here with a blend of events! Our informative academic workshops will address the areas in which students have expressed interest. Anticipate active workshops on Financial Literacy, Graduate School Programs, Learning Strategies and even Interview Skills. Meanwhile, our recreational events will balance out your hard work in the classrooms. New Game Nights, Comedy Nights, Downtown Bowling, and Paintballing are just a few activities on the Spring agenda! A few potential day trip locations for the spring are Ottawa and The Thousand Islands Region. Plus, surprises are in store for our EOP upperclassmen. As always, your suggestions are as welcome as your comments!!



Incentive Trip to Burlington

Fall 2011 Honors Corner

President's List

Donna Cappel
William Govan
Stephanie Hall
Christopher Jenne
Amanda Joles
Julissa Lopez
Denisse Ochoa
Patricia Portes
Jordan Ricks
Samantha Sharrow
Maggie Stasko
Kayla Viau

Dean's List

Tanasia Betts
John Bresett
Dominique Chapple
Mariama Diallo
James Doran
Joel Dsouza
Natalie Francis
Whitney Hargett
Kanzada Juste
Kristen Ladue
Samuel Lucas
Joseph Muir
Amber Reid
Wannita Richards
Itzel Simon
Aminata "Mimi" Traore
Rossanna Valdez

December 2011 Graduates

Ashley Gilbert
Helen Polanco
Crystal Rivera

Congratulations!

Financial Aid has reassigned their caseloads alphabetically by last name. Please look below to see who your counselor is.

- **A-E** Amanda Prescott
- **F-L** Jennifer Gates
- **M-R** Carolyn Corcoran
- **S-Z** Susan Jones



Welcome Back BBQ



Holiday Party



~Alexis

Life after Potsdam: What Are You Going to Do After College?

Many times when you are home on break, you will encounter the same question from your parents and family: "What are you going to do after college?" Let me be the first to say, this questions floated around my house as well!

Choosing a college major is a difficult decision, and requires reflection and research. As an Anthropology major, I asked myself the same question my parents did: "What am I going to do with an Anthropology major?"

If you are having problems figuring this out, there is a place to go to get your questions answered: CAREER PLANNING! On the Career Planning webpage, there are a number of links to information regarding what careers are available for specific majors. One link in particular is titled "Careers by Major", which allows students who know what career field they are interested in to decide on an appropriate major

(<http://www.potsdam.edu/offices/career/major/index.cfm>). For example, if you plan to pursue a career in the medical field or a hospital, you could major in Anthropology, Biochemistry, Biology, Chemistry, Community Health, Physics, Psychology, or Sociology. The possibilities are endless, and although your major or concentration is an important decision, there are usually multiple majors that could lead to one career.

Another useful link for those students who are having difficulty deciding on a career is titled "Career Assessment Tools"

(<http://www.potsdam.edu/offices/career/assessmenttools.cfm>). This page provides students with the means to take career interest inventories and surveys that provide them with ideas for careers they may enjoy based on their interests and skills. For example, those students with strong communication and interpersonal skills may be suitable for careers in customer service, public relations, teaching, or counseling. Students who are interested in taking any of these assessment tools should contact Career Planning for more information and further assistance, because you will need a user ID and password to use FOCUS.

Walt Disney once said, "We keep moving forward, opening new doors, and doing new things, because we're curios and curiosity keeps leading us down new paths."

Do not be afraid to explore new territory when choosing a college major, or to ask for guidance when you stumble. Career Planning and your friendly EOP staff are a great place to begin when challenges regarding your future arise!



Welcome Back BBQ

You as the student can allow Guest Access to BEARPAWS (to your EOP Counselor, for example)

Setting up account(s):

1. **Student** must log into <http://bearpaws.potsdam.edu/>
 - **Under Main Menu:**
 - Click **BearPAWS for Guests** (last link on page)
 - Click **Add Authorized Guest Access to Your Records**
 - **Review FERPA information and list of what guests are authorized to view:**
 - Student Billing Statement, Accept/Decline Optional Fees and Web Payment
 - Tax Notification pages
 - Meal Plan and Bear Express Balances page
 - Financial Aid Award History and Student Requirements pages (**View Only**)

Note: If there are **No** outstanding student requirements, **No** information will appear for that aid year

2. Insert guest's first and last name in the spaces provided
3. Choose relationship to student from dropdown box
4. Click **Submit Guest Authorization**
5. Insert guest's e-mail address after submission

Note: An e-mail will be sent to the guest e-mail address listed with their **user ID Number**. An e-mail containing the guest's **PIN number** will be sent separately for security purposes.



FIG Shindig

Alumni Corner – Where Are They Now?



-by Nancy Brown

Featuring Otis Douce '04

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

My time at Potsdam had its ups and downs but more ups than downs. Moving from Brooklyn to Potsdam brought with it a lot of culture shock but being in Potsdam was a life changing experience overall. The thing I took away was, even though I spent four years trying to explain where Potsdam was, and then just saying, yeah by Syracuse, and my mom still thinking I went to Post-dum, the education I received was second to none. I have worked with people who attended Harvard, Yale, Dartmouth, NYU, Columbia and other “big name” schools and I have never felt less prepared or inferior to any of them. Your educational experience is what you make it, not what you pay for it.

What are your best memories?

I had the chance to watch four generations of students go through Potsdam. All of the students who came before me, the students who came in with me, the students who came in after me and then while working at Potsdam, I saw another generation of students come in. Seeing how much campus changed over that time period was a great experience. I remember my sophomore year, the freshmen class of students of color was about ten students-terrible for campus but also terrible for dating. To go from that to where the campus is now, though not perfect, Potsdam has come a long way. If I had to choose a specific memory, I would say the ski trip I started with Syretta Henry, a former

EOP student for the Center for Diversity, watching everyone’s faces as a bunch of Black and Latino students hopped out of a cheese bus and onto Titus Mountain was classic. Having people do and experience something that they normally would not have done was even better.

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

As an individual student I would say use the resources provided to you. Study abroad-don’t let that chance pass you by. It may never come to you again. Don’t leave campus without doing an internship. They open doors. Start thinking about Graduate school early. Don’t wait until you’re a senior. Try not to leave college without a plan. Remember the difference between a dream and a goal is a deadline. If you don’t set a deadline, it may never get done.

My advice for students as part of a larger community is get out and be active. I work on a campus with 15,000 plus students and a lot of the things students complain about, not being able to do and change, you can change when you attend a smaller school. If you don’t like what’s being printed in the newspapers, join the staff. Not feeling who’s being brought up for the campus concerts? Join SES. SGA denied your funding? Run for an SGA position or if you don’t want to do it, I’m sure you know someone who would be good at it and can be an ally. Collectively your voice is loud; never underestimate what can be done when you stand together to change the campus around you.

What do you do now?

I am currently the Multicultural Coordinator for the Office of Multicultural Student Affairs at the University of New Hampshire (UNH). I am in charge of creating new programs as well as maintaining and overseeing some of our existing programming and striving to create an atmosphere of inclusion for all members of our campus community. I design, plan, and implement educational programs, presentations, discussion groups, staff and faculty training, and other events on a variety of topics related to diversity, social justice and leadership. I also serve as the advisor to student groups including two groups I helped to form: Men of Strength Diversity Education and Family (MOS DEF) and National Society for Black Engineers UNH chapter (NSBE). I also serve as the coordinator for the Martin Luther King Jr. Leadership summit-a two and a half day leadership retreat in which students have the opportunity to examine their leadership potential within a multicultural context as well as have open and honest dialogues

that promote growth, reflection and change that extends beyond the summit. I have also served on the Commission for the Status of People of Color and other committees assisting in policy development and policy change. All of the work I do has been guided by the work I started in Potsdam and is an extension of the EOP staff and program that helped guide me through my college career.

Thank you Otis for taking the time out of your busy schedule to talk with us!



EOP Staff:

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Incentive Trip to Burlington

