SUNY Potsdam

Experiential Education Office Newsletter

Spring 2013

+ It’s just that Simple.  
  -Do you have a long-term goal or expectation for yourself?  
  -Do you know what you want to accomplish after walking across the stage at graduation?  

These questions may seem stressful, but we have 4 simple steps to help you break it all down.  

College Hoodie vs. The Blazer  
Take a look in your closet. What do you see? Would you be able to add a briefcase to any of those outfits? What about a pair of heels? Can you picture yourself receiving a “real life” paycheck wearing anything you see?  

Branching away on page 5

+ Curious??  
  …  
  Is an internship really worth it?  
  What benefits do I get from doing one?  
  Why should I?  

Find out on page 6

WA-what are you talking about?  
WA stands for Wellness Advocate. This is an internship program sponsored by the SUNY Potsdam Counseling Center. Students who are accepted into the program are trained to be peer counselors right on campus.

Talk Fusion Articles:  
Our new program, Talk Fusion, allows us to include video clips!  

➢ Hear from the Internship Guy,  

➢ Alex Geroux’s experience in Washington.

more on 2
**Wellness Advocates** - “Changes occur in the program each year, but the purpose will remain the same: to give all students on campus an additional resource for maintaining their emotional health and well-being.”

Being a Wellness Advocate is being a peer counselor. As a peer counselor, you will meet others experiencing psychological concerns. Throughout a semester the students you encounter may face a wide range of issues from homesickness to suicidal thoughts. As a Wellness Advocate you work closely with the Counseling Center, learning counseling skills, suicide assessment, role-play, and giving different forms of guidance.

The requirements that must be met to become a Wellness Advocate are a 2.5 GPA, enrollment in 12 credits, and good judicial standing. The application process is a little different; you start off with a paper interview and then have a personal interview. After successfully completing that process, you are enrolled in a semester-long training course. Students who pass the course are then evaluated and selected to become an active WA for the next semester.

Going through the semester-long training will earn you two credits. If you continue to be an active Wellness Advocate the next semester you receive another two credits. Gena and Josh have implemented continuing education classes and programs, as well. Having this opportunity is a way for current WA's to advance further with the program. An example of continuing education is taking classes like Advanced Therapy and other Graduate School level classes or working with the trainees. Members with senior status in the program may also get the opportunity to work in the Counseling Center, administering portions of the program and serving as a team leader.

The Wellness Advocate internship gives you a hands-on experience, helping you experience a variety of skills. The Wellness Advocates care about SUNY Potsdam.
The Four Stages of The Career Planning Process

Dissecting each stage in order to get you on the right track

1. Career Exploration

Career Exploration can be a challenge and involves taking the time to think about yourself.

Things you might want to think about are:
- Your interests
- Your skills and abilities
- Your values
- Your behavioral traits
- Your career work preference

If you read through those bullet points and thought, “Wow, I don’t know anything about myself,” don’t be embarrassed or get stressed; you are not alone. The Director of the Experiential Education Office, Toby White, is highly trained to assist students with career exploration. He is more than willing to sit down and talk with you to help you through the process.

2. Major Choice

At the end of high school you start hearing the dreaded question, “What’s next?” That question will come up in conversation for a long time. We really want to answer with, “Who knows!” But eventually, we have to face the challenge and select a major. At SUNY Potsdam, you don’t have to choose a major right away. However, the sooner you figure it out, the better. Some people do enter college knowing exactly what they want to do, what they are interested in, and have no trouble. Others are not exactly sure; and that’s fine! As a SUNY Potsdam student, there are the General Education requirements that you can take in the meantime, and they will assist you in the process of discovering what you like and don’t like.

**NOTE:** The stages are to be followed in numerical order, with the acception of stages one and two. The Career Exploration and Major Choice stages can be flexible.

(continued)
3. Experiential Education

When you are finished with college and are moving into the career world, it can be quite a jump going from “classroom style” to “workplace style.” In order to make the transformation smoother and make yourself a better candidate at a job interview, you need to have experience. Learning in a classroom is one thing, but hands-on experience will make you more appealing to an employer. If you are a full-time student, how are you supposed to get hands-on experience? Easy. On our campus there are multiple opportunities for this. For example, join a club, or organization, become an active member, and work toward a leadership position in the club or organization. If you can take some time away from a full course load, apply for an internship. An internship allows you to get hands-on work experience while also getting educational value. Study abroad; go somewhere that challenges your comfort level, and it will assist you with becoming more of an independent individual. You’ll also get an amazing experience somewhere other than Potsdam, New York. Think about what you can see yourself doing in a few years and make a list of employers that have the career you envision. Next, create a list of questions and conduct informational interviews. In an informational interview, you simply ask an employer any questions you may have about the position of interest. Employers love talking about what they do, and the things that they will tell you would surprise you. As you can see, there are multiple options to get hands-on learning experiences while you are in college. You just need to choose which one is right for you!

4. Grad School or a Career

Real Life. You’ve always said “I’m so over taking classes” wishing school was over. Your wish was granted. When the day comes where you walk across the stage, you will get a flashback at how fast the past several years flew by. You won’t be able to believe the day is actually here. Graduation. So exciting! But wait, what comes next? The long-term plan for your life becomes a relevant concern now. Does the career you’ve been prepping yourself for require you to go to Graduate School? Or will you begin your job search right away? Always be thinking of what you want and be searching and networking for potential job opportunities. It’s also important that you keep your eyes peeled for open house dates or application due dates that might affect you. We know what it’s like to graduate from one school and move on to the next, but after college, the next level is not chosen for you. This is your life now, and you are in charge of how you choose to live it. Good luck Graduates of 2013!
As college students, we are known for rocking our favorite college hoodies, and who’s to blame us? There are enough variations of Potsdam hoodies in the College store that we could wear a different one each day of the week. The typical college hoodie allows one to roll out of bed just in time to throw it on, stop at the Union for a coffee, a bacon, egg, and cheese sandwich, and make it just in time to that 8 a.m. class. Once a student has finished his or her breakfast sandwich and has made a dent in the coffee, they are now tuning in to the class lecture and comprehending, possibly even speaking up and gaining some participation points. The hoodie is not only an easy outfit choice, but perfectly comfortable. It’s almost as if you are cuddling up with your notebook in class during lecture. How could one ever get by in college without their favorite college hoodie?!

Some of you may have been nodding along while reading through the previous paragraph, even imagining YOUR hoodie that fits the part. We are all guilty of the famous college hoodie fashion choice, myself included, but it’s time to think of going our separate ways. It’s time to get professional by creating some distance and losing the attachment. Don’t worry; no one is going to make you go to your closet and trash all of your favorite college hoodies, like in an episode of “What not to Wear.” We WILL, however, talk about your other options and how they can help you in the future.

Transitioning from college attire to professional attire is a process. You don’t need to make the switch over night; it can be done in a step-by-step process. A good approach to easing into the process is to dedicate three out of the five days per week to dressing nice. This way you can plan on dressing more professionally on days when you have more time to get ready or are able to go to bed a little earlier the night before.

Believe it or not, when you are dressed in professional clothing, you feel more motivated. Although you may feel more comfortable in a hoodie, the comfort can cause a lazy feeling. When you are dressed more professionally, you are more likely to be more efficient and achieve what you need to get done. And now, you’ll look great doing it!

**Women:**
- Black dress
- 3-piece suit (jacket, skirt, pants)
- Classic white-collar shirt
- Knit top
- Flat and heel shoe (reasonable heel)
- Well-fit blazer
- Neutral colored handbag

**Men:**
- Suit (jacket and dress pants)
- Blazer
- Collar dress shirt
- Polished dress shoes
- Loafers
- Dark socks
- Tie
- Sport coat

EEO Website: [http://www.potsdam.edu/support/eeo/index.efm](http://www.potsdam.edu/support/eeo/index.efm)
And finally,

What an Internship does for YOU!

- First-hand experience in the field
- Learning your likes and dislikes in the field
- Applying classroom knowledge
- Assistance with choosing a career and future plans
- Proving that you are worth hiring
- Building your resume and giving you more experience in the field - companies look for that!
- NETWORKING opportunities – you can never network too much!
- Having the chance to transition your internship into a job
- Gaining confidence

Contact us!

Are you interested in learning more about internships, what the Experiential Education Office can do for you or interested in completing an Academic Internship?

Schedule an appointment with us!

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