

Horizons

January/ February 2012

Welcome Back! Bring on Spring 2012



The start of a new year is a perfect time to resolve to change something for the better.

Remember that SSS is here to help you with study skills instruction, counseling, academic advising, computer loan, graduate school

planning, and individual peer tutoring for your courses.

We look forward to hearing from you very soon. Please call to schedule an appointment: 315-267-2347. Wishing you all the best in 2012!

Attention: Seniors

Are you planning to graduate in May or August 2012?

Let's make sure you are on the right track. Have you received a senior audit from the Registrar's office?

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.



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SSS Student Spotlight: Natalie Francis

Sometimes it amazes me how far I have come; not just physically, but emotionally and mentally. My name is Natalie Francis, and I was born and raised in the Bronx in a single parent household along with my two siblings . In the Fall of 2008, I came to Potsdam to start my undergraduate career. My transition from New York City to the North Country was not easy. I was far from all of my friends and family, everything I was familiar with and loved. The difficulty with my new found placement showed in my first year grades. I barely made it back to start my sophomore year. I knew I had to make a change. I was in Potsdam to improve not only my grades, but myself. For the past three years, I have worked really hard on becoming a strong leader in the SUNY Potsdam community just like I was when I was home. The City gave me a backbone, whereas Potsdam molded me into the strong-willed, outgoing, and a more positive leader I am today. I always tell the students I work with as a Peer Academic Mentor that “it does not matter where you came from, it’s how far you will go that really counts, and you can achieve whatever you set your mind to.” I cherish all the memories I have made throughout my four years in Potsdam. I went from barely coming back to making the Dean’s list in Fall 2011. I will proudly walk across the stage in Spring 2012 knowing that this could not be made possible without all the hard work I pushed myself to do just to be where I am now. With the help of the caring and dedicated SUNY Potsdam faculty and staff, I made it! Thank you all!

Natalie Francis, '12

Sociology Major & Human Services Minor

Graduate School Planning

Many of you may find yourself unsure about your future beyond college graduation. Does it make sense to enter graduate school right away? Should you search for a job instead? Do you need a graduate degree in your field? It is important to explore answers to these questions, and more, so that you can make the best choices. Please schedule an appointment with Tanya Dow, Program Counselor, and we can discuss your options and get you started!

Many graduate programs will require you to take the GRE (Graduate Record Exam) or other exams, such as the LSAT for law school or MCAT for medical school. KAPLAN will be offering mock exams online. Registration for those can be completed through KAPLAN

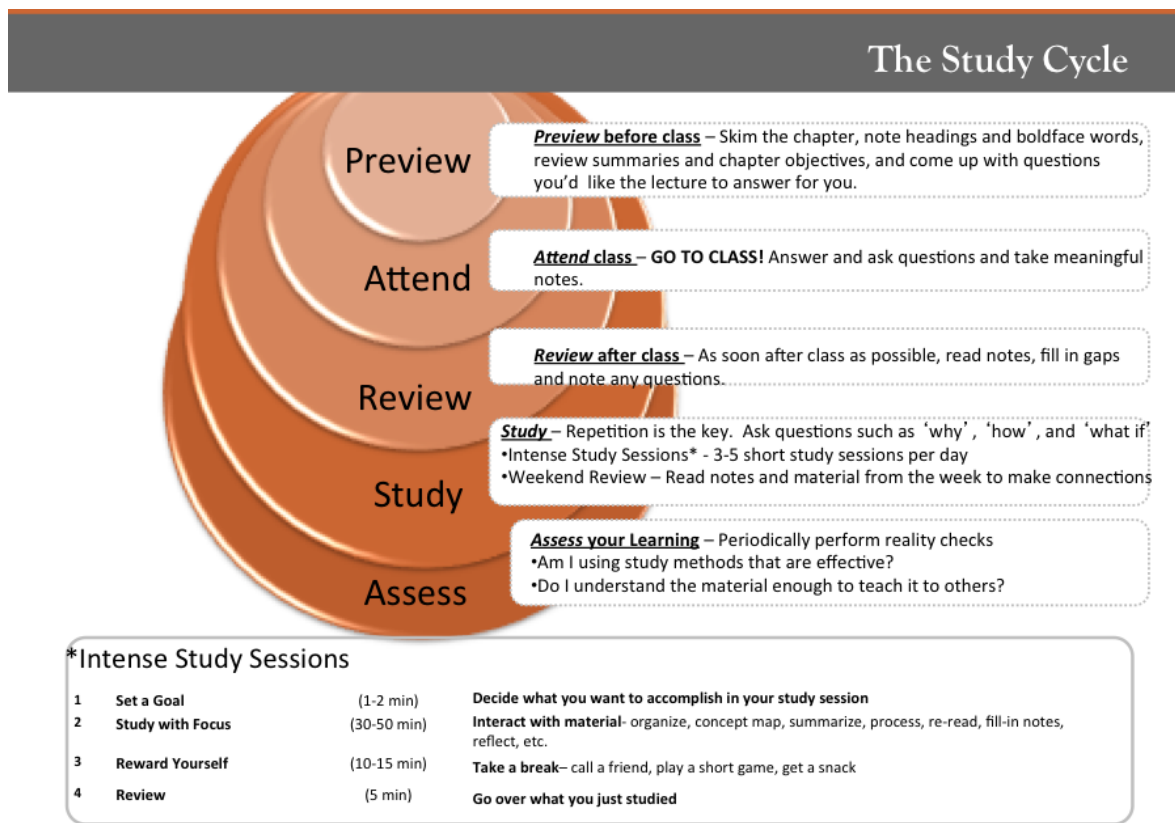
www.kaptest.com

Create an account (no charge) and log in to try out the new GRE exam.

Questions about graduate school? Need help searching for programs, working on your personal statement, or completing your applications? Schedule an appointment with Tanya Dow, SSS Program Counselor by calling 315-267-2347 or emailing dowtk@potsdam.edu.

The Study Cycle

“The Study Cycle” model and visual below was created by the staff of the Center for Academic Success at Louisiana State University. We encourage you to approach your studying using this method. For more strategies for more effective study, make an appointment with an SSS staff member and we will work with you to sharpen your skills as a learner!



LSU

Center for Academic Success
B-31 Coates Hall • 225.578.2872 • www.cas.lsu.edu

Spring 2012 Tutoring

SSS participants on Academic Warning or Probation for Spring 2012 will be given priority for tutoring assignments. To receive priority, requests must be submitted by Friday, January 27th.

All SSS participants requesting 1:1 tutoring are encouraged to complete the Tutor Request Form(s) no later than February 10th. After this date, students requesting tutoring may be referred to the Academic Support Office, 106 Sisson for group tutoring, or, if you are a CSTEP participant, to the CSTEP Office, 216 Sisson for 1:1 tutoring.

All active SSS participants can make up to two tutor requests per person.

You can request tutors online at www.potsdam.edu/support/sss or in person at 119 Sisson Hall.

Student Support Services



Sisson Hall 119
SUNY Potsdam
Potsdam, NY 13676
315-267-2347
[www.potsdam.edu/
support/sss](http://www.potsdam.edu/support/sss)

Student Support Services (SSS) 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 SSS program based on the students' request for assistance and federal eligibility. Students may stop by 119 Sisson Hall to fill out a short application.

SSS 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 US Department of Education and verified by the SSS office*
- *Have a documented physical and/or learning disability*

January/ February 2011

January 23.....	Classes Begin
January 27.....	Last day to Add/Drop
January 27.....	Last day priority given to SSS students on Warning or Probation for tutor assignments Make your appointment with Tanya or Faye!
February 6.....	Senior Meeting, Career Planning, Sisson 106, 5:30 pm—6:30 pm
February 10.....	Last day to request an SSS tutor
February 14.....	Valentine's Day 