

Winter 1-31-2015

## "The Achiever" January 2015

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# The Achiever

THE ARTHUR O. EVE OPPORTUNITY  
FOR HIGHER EDUCATION PROGRAM

The College at Brockport  
Division of  
Enrollment Management  
and Student Affairs

From the Director

Spring!

Boy! Didn't that winter break go quickly and hasn't this been an unusual winter? Be careful it's not over yet. A warm welcome to all of our new transfers and welcome back to all of you who are returning as well as our re-admits as well. Let me also congratulate our students who completed graduation requirements this past December. I also want to compliment all of you who had a successful academic semester. I am genuinely proud of your success. Now I would be remiss to just leave it there without saying, we can do even better, since we are all about academic excellence, right? So let's stay on task and make this spring 2015 semester a great one.

There are some important things you need to pay attention to in the next few weeks. Remember your FAFSA for 2015 -2016 must be filed by February 28, 2015. If you are planning to graduate this May, you must apply in The Registration and Records Office for graduation, and you should have confirmed that you have satisfied all graduation requirements with your academic advisor and your EOP Counselor.

Again, welcome back and much success to all of the members of the EOP Family. Also remember to have fun. I hope to see each of you at the Welcome Back Celebration on January 30, 2015, from 2:30 - 4:30pm in the Gallery. Also remember Black History Month Celebration on February 20, 2015, from 2:30 - 4:30pm, in the Eagle Lookout. Finally, the EOP Honors & Recognition Banquet on April 4, 2015, at 6pm in the Seymour College Union Ballroom.



January 2015

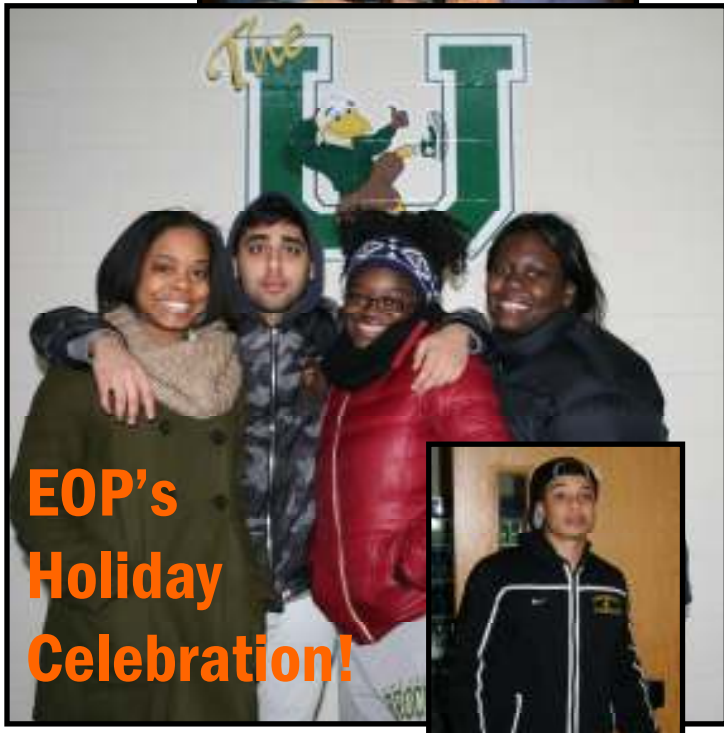
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## EOP Check Release Date

March 5  
April 9  
May 5







## FINANCIAL AID NEWS:

This is an exciting time of year. If you have not yet done so, you need to get started on the financial aid renewal process for the 2015-2016 academic year. In this newsletter is a financial aid checklist with your process obligations.

**REVIEW THIS DOCUMENT VERY CAREFULLY WITH YOUR EOP COUNSEOR TO ENSURE YOUR UNDERSTANDING OF WHAT YOU NEED TO DO.**

There are a number of other tasks related to your bill and financial aid which you need to accomplish at this time. Make sure you affirmed your enrollment for the semester. You should also very carefully examine your student bill to make sure you understand everything on it. Pay particular attention to Easy Money, alumni fee and meal plan status. All of these charges can impact a potential refund. Being aware of the amount of your refund will help you plan for personal expenses for the spring term.

You should decide if you really need the refund. Using all or part of the money to pay down your loans is always a wise idea.

If you are ready to graduate this term make sure you are aware of your loan repayment obligations and options. Make sure you complete the applicable loan exit counseling processes. Don't forget to talk with your counselor about graduate school financial options as well as the tuition waiver.

Many of you will be or are contemplating working part time. Your first priority should always be your studies. Ask yourself if you really need that extra money. Always remember that the EOP family will always be here for you and ready to talk with you about these issues.

**You must show proof to your counselor by 2/28/15 that you filed your FAFSA. Failure to so do will result in your EOP check being blocked.**

It is imperative that you complete your financial aid renewal process ASAP in order to receive all the financial aid to which you are entitled. Some students are in danger of losing their SEOG if their renewal process is not completed on time.

## EOP Nursing Support Group

Initial Meeting: Wednesday, Feb. 4, 2015  
 4:30pm-5:30pm  
 Location: CSTEP/McNair  
 Office, Rm C18



Meeting Schedule (Same location and time):  
 2/4 & 2/18, 3/4 & 3/25, 4/8 & 4/22, 5/6

This support group is designed to provide nursing intents and Current students of the Nursing Program an opportunity to meet and build new relationships, meet some the of the faculty of the Nursing Program gain and discuss information regarding the nursing program, discuss various careers in nursing and to share their experiences regarding issues in the field of nursing. Attendance is **MANDATORY**. Refreshments will be provided.

For more information please contact Debra Joseph-McEwen, Academic Coordinator for EOP at (585) 395-5411 or [djosephm@brockport.edu](mailto:djosephm@brockport.edu)



EOP's One-on-One Peer Tutoring Program provides students the opportunity to receive individualized tutorial support through being matched with a peer fellow who in many instances has had the same professor, and who has received a **B+ or better** in the specific subject content area in which the student requires additional help. This tutorial support program not only aids students in being academically successful in

their understanding the material for the specific content area, but may also assist in the acquisition and development of study skills, strategies and techniques to employ across subject content areas, throughout their academic experience and beyond.

**Why are good grades important?** We live in a world with a highly competitive job market. Your grades can make the difference in your being selected for that job/career you are pursuing OR being accepted for admittance into the graduate program and graduate school of your choice. You want to stand out and above the rest.

Don't settle for mediocrity. **Why settle for a 'C' or a 'B' if you can earn an 'A'?** To get the necessary academic support you must see your counselor, read and complete the tutoring contract form, and submit it in person to your Academic Coordinator (Debra Joseph-McEwen).



## EOP Events!!!

**Participate in your Newsletter, the Achiever!**  
**Submit your poems, drawings and or stories to [ashaw@brockport.edu](mailto:ashaw@brockport.edu)!**

**Opening of School Celebration!!**  
**January 30th from 2:30 PM to 4:30 PM**

**African American History Celebration!!**  
**February 20th from 2:30 PM to 4:30 PM**  
**Eagles Lookout**

**EOP Honors & Awards Banquet!!**  
**April 4th from 6PM to 9PM**



## EOP's Peer Assisted Learning

EOP's *Peer Assisted Learning (PAL) Program* offers students another opportunity to practice their learning skills and study strategies. We offer guided study groups for specific classes. The groups are facilitated by peer fellows, a student who, like our peer tutors, has earned a B+ or better in the class and is recommended by the professor.

Students attending can expect the peer fellow to support them through the material they want to further develop and deepen their understanding of, helping them to not just understand challenging content, but also realize that they have been learning better skills as they reinforce their learning.

Any student enrolled in the specific class may attend the study group. You'll find that this opportunity is not just for students having trouble. Successful students use this opportunity to maintain and increase their competence.

**When: Tuesdays and Thursdays**  
**9:15pm – 11:15pm**  
**(Starting Tuesday, Feb. 3rd)**

**Where: Drake Memorial Library (Keifer Room)**

**What subjects/courses: Various Math courses, PSH 110, PSH 202, BIO 111, pre-requisite nursing courses (i.e. CHM 205, CHM 260) and writing**



For more information please contact Debra Joseph-McEwen, EOP Academic Coordinator at [djosephm@brockport.edu](mailto:djosephm@brockport.edu) or 395-5411.

## 2015/16 EOP Checklist for Financial Aid

Below are the forms you will need to provide to the EOP Office for the 2015/16 academic year.

- \_\_\_\_\_ 1. Obtain a Personal Identification Number (PIN) for you and your parents at [www.pin.ed.gov](http://www.pin.ed.gov). Your PIN allows you to electronically sign the FAFSA, which is significantly faster and more secure than mailing a signature page. Please note that the Federal PIN will be phased out in April 2015. Students will then be required to use a Federal Student Aid Identification Number (FSA ID) and password.
  
- \_\_\_\_\_ 2. Proof of filing your Free Application for Federal Student Aid (FAFSA) must be submitted to the Educational Opportunity Program (EOP) Office by February 28, 2015. Proof of filing your FAFSA may consist of one of the following:
  - A copy of your confirmation page, which you would print after you have submitted your FAFSA electronically.
  - A copy of the FAFSA on the Web signature page with the student and parent signature, (if required).
  - A copy of the Student Aid Report that is sent to you electronically, approximately 48 hours after the online submission of the FAFSA application has been completed.

EOP requires all FAFSA filing to be done electronically at [www.fafsa.gov](http://www.fafsa.gov). **Please note:** We encourage both student and parent to sign electronically by using a Personal Identification Number (PIN), which should be obtained before beginning the FAFSA application. We also encourage the use of the IRS Data Retrieval Process. Utilizing this process may reduce the number of verification documents requested. You must wait at least two weeks after completing your taxes before you can use the IRS Data Retrieval.

Please be aware that if a dependency override was done, you may complete your FAFSA online. You will need to check the box on the FAFSA verifying you are unable to provide parental information. You must also complete the Dependency Override Update Form, I12, which you can obtain from the Financial Aid Office or at [www.brockport.edu/finaid/forms\\_center](http://www.brockport.edu/finaid/forms_center).

- \_\_\_\_\_ 3. Federal tax returns should be filed at least two weeks prior to filing the FAFSA if at all possible. This will allow you to use the IRS Data Retrieval Process to complete the financial portions of the FAFSA by indicating “yes” when prompted. However, you should use estimated data on the FAFSA and file before the FAFSA deadline, April 1st, if your taxes will not be filed by this time. You can always make a correction to your FAFSA to use the IRS Data Retrieval once you and your parent(s) taxes are filed.
  
- \_\_\_\_\_ 4. You will be able to complete the **Express TAP Application (ETA)** online immediately after completing the FAFSA on the web by clicking the link on the FAFSA website. If you do not file electronically or you forget to complete the application online, Higher Education Services Corporation (HESC) will send you an e-mail or postcard notifying you to complete the TAP application online. In order to be eligible for TAP, you must be a NYS resident and enrolled full-time status.
  
- \_\_\_\_\_ 5. Other documents may be requested by the Financial Aid Office once the office has received your FAFSA information. Federal Tax Transcripts and W2 forms may be requested of you and/or your parents to verify income information on the FAFSA, or you are selected for verification.

**Note:** EOP checks will **NOT** be given to you unless your financial aid file is completed.

## Welcome Graduate Counselor Adramein Lopez!

Hello, my name is Adramein Lopez and I'm the brand new EOP Graduate Counselor. I'm really excited to be part of the team. Graduating here at Brockport in December 2014, with a degree in Health Science was one of my highest accomplishments. I'm currently working towards obtaining my M.A. in Athletic Administration so that I can create a nonprofit gym for disadvantaged teens within the city of Rochester.

During my time here as an undergraduate student I was lucky enough to be part of the EOP family and to have guidance from this program that put me on the path to the McNair program, XAE, and graduate school. So, I truly understand the role and value of the counseling program. During my time here I hope to assist students with seeking out their dreams and putting them on the path to success. I look forward to meeting all of you, so please stop by the office and introduce yourself this semester.



## Student Spotlight!

Congratulations to Daniela Bulos. She was recently named a NASPA Rising Star. Daniela will always be a shining star in the firmament known as EOP.



**The College at Brockport SUNY**  
**Arthur O. Eve Opportunity for a Higher Education**  
**Rho Chapter of the**  
**CHI ALPHA EPSILON HONOR SOCIETY**

Greetings EOP Scholars and current XAE Members!!! Be on the lookout in the Achiever Newsletter for exciting news regarding Spring XAE events and information for future potential XAE inductees!!! Remember... The TASSEL is WORTH the HASSEL!!



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## EOP Writing Workshops



Do you need **help** with improving your writing skills and technique? Having a little **difficulty** formulating a thesis statement or structuring your writing? **EOP Writing Workshops** are designed to assist you in acquiring the essential writings skills to help you be successful across subject content areas and beyond the classroom setting!

**When:** Mondays and Wednesdays 2:30 pm – 3:30 pm  
(Cooper Hall, Room C-25A) & Thursdays 5:00 pm – 6:00 pm  
(Rakov, EOP Conference Room)

For more information please contact Debra Joseph-McEwen, EOP Academic Coordinator  
at [djosephm@brockport.edu](mailto:djosephm@brockport.edu) or 585-395-5411

### 20 Quick Tips for Better Time Management

1. Create a daily plan
  2. Peg a time limit to each task
  3. Use a calendar
  4. Use an organizer
  5. Know your deadlines
  6. Learn how to say “No”
  7. Target to be early
  8. Time box your activities
  9. Have a clock visibly placed before you
  10. Set reminders 15 minutes before
  11. Focus
  12. Block out distractions
  13. Track your time spent
  14. Don't fuss about unimportant details
  15. Prioritize
  16. Delegate
  17. Batch Similar tasks together
  18. Eliminate your time wasters
  19. Cut off when you need to
  20. Leave buffer time in-between
- From: Lifehack

<http://www.lifehack.org/articles/lifehack/20-quick-tips-for-better-time-management.html>