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"The Achiever" September 2016

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FROM THE DIRECTOR:

A New Beginning

Welcome back to each of you to a new semester and a new year. Wow, we are already five weeks into the semester and I hope each of you have settled into your classes and are on your way to those As and Bs. I also hope you are working with your counselors to make sure you “know your own business,” and you understand your financial aid and your student account bill. Remember, it’s your bill and you are responsible.

I would like to welcome two new full time additions to our staff. Mrs. Lisa Jones returns now as a full time Counselor and Mrs. Andrea Parker joins us as our new Academic Coordinator. We also have three new graduate counselors joining us, Mr. Jonathan Santana, Ms. Tynisha Bouie and Ms. Domonique Sak. In addition to new staff we are also welcoming 86 new freshmen and 21 new transfer students.

Yes we have grown thanks to the confidence shown in our program by the NYS Legislature. Now it’s up to us, both the EOP staff and each of you, to show we are worth it. Remember We Are Family!
XAE (CHI ALPHA EPSILON)

Honors Society

Looking for answers to your questions regarding XAE?
Look no further….here are your answers!!!

What is XAE?
The Chi Alpha Epsilon (XAE) Epsilon Rho Chapter is an Honor Society at The College at Brockport that was chartered in 2008

What is XAE’s purpose?
XAE’s purpose is to...
Promote continued high academic standards
Foster increased communication among its members
Honor academic excellence achieved by those students
To promote civic engagement through community involvement

Why should I become a member of XAE?
To have your outstanding academic achievements formally recognized and honored
To motivate current and future EOP students to strive for high academic goals

How can I become a part of XAE?
Students are eligible for this membership if they have maintained a cumulative grade point average of 3.00 or higher for the last two consecutive semesters

Who can I talk to if I have further questions about XAE?
Feel free to contact Amber Mcaninch at (585) 395-5463 or amcaninch@brockport.edu

ALSO....
We encourage you to visit the Chi Alpha Epsilon Honor Society website at www.xaehonor.com to learn information about this organization.

Now that you have answers to your questions regarding this awesome honor society....

• We challenge you to strive for academic excellence AND....
• We are looking for more active involvement from our EOP students!!!
Hello Students,

Here at The College at Brockport there are numerous amounts of services that are offered to students. The Career Center is one that can be very useful to you. At the Career Center they have specialists who prepare you for the real world. The specialist help you build a strong resume, business cards, and also have a closet where you can pick out professional clothes for future interviews. Whenever you have a chance, check out the Career Center for questions regarding jobs and internships that are of interest. If you have any question, comments or suggestions feel free to contact Jonathan Santana at 585-395-5440.

Career Services Upcoming Events:

When: Wednesday, October 19, 2016
What: Graduate School Fair
Where: Seymour Union Ballroom, 4 PM - 6 PM

When: Wednesday, October 26, 2016
What: Majors and Minors Fair
Where: Seymour Union Ballroom, 11 AM - 2 PM

When: Wednesday, November 2, 2016
What: Non-Profit Career and Volunteer Fair
Where: Seymour Union Ballroom, 1 PM - 3 PM

EOP Nursing Support Group

ONLY TWO FRIDAY MEETINGS LEFT FOR THE FALL SEMESTER!!! DON'T MISS THEM!!!

Location: Lathrop, Foundations Lab Room 206

Meeting Schedule (same location and time)

Date: November 13, 2016  Time: (TBD)
Date: December 11, 2016  Time: (TBD)

The EOP Nursing 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, acquire 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 Andrea Parker, Academic Coordinator for EOP at (585) 395-5411 or aparker@brockport.edu
EOP Women’s Empowerment Group
Brockport Women of Distinction

Women of Distinction is a women’s empowerment support group sponsored by the EOP Program at The College at Brockport. The mission of the group is to provide young women with the support and resources they need to make wise life choices and to excel in their academic and professional lives. This is done by providing them with a safe environment to have real conversations about the obstacles and opportunities before them while pursuing higher education.

The group gives them the opportunity to establish meaningful connections with other successful and motivated women, in both their personal and professional lives. The goal of the group is to provide an atmosphere where the women can encourage each other to strive for excellence. It is a safe place for them to strengthen their skills and abilities, develop strong communication and leadership skills, and build their confidence. Women of Distinction is simply, women empowering other women. The group offers a variety of guest speakers on topics chosen by the students that are relevant to their lives and experiences. The women also engage in fun group activities to encourage bonding. All women are welcome and encouraged to attend.

Please Join us.
When: Tuesday nights at 7pm
Where: Room 220 in the Seymour Union

Student: Angelica Gomez
Major: Journalism/Broadcasting
Hometown: New York
Counselor: Dan

We have a serious world traveler in the family. Angelica is currently in London, England taking media classes. She previously did a semester’s study in Japan. She hopes to be an international journalist someday. We are proud of Angelica who proves that EOP is an international family.
Greetings EOP Scholars,
We are in the midst of a new semester and many of you have already begun requesting the academic support you need to establish and maintain a “healthy” GPA as well as increase your chances of academic success. KUDOS TO YOU!!! Tutoring can make a difference! Please use this additional layer of supports to increase your course success rate. Here are a few more study tips I would like to provide you with from Scholarships.com:

One of the best ways to study smart is to avoid cramming. Spread your studying out over the course of the entire term, reviewing your notes after each lecture or reading assignments (yes, you should be taking notes on these things) and periodically refreshing your memory of what’s been covered so far in the course as you integrate new material into your understanding of the subject.

However, nobody’s perfect and I’ve yet to meet a student who is this flawlessly on top of all of her work for every class. You may be balancing work and college, and you certainly have other courses and a life to attend to. Plus, it’s human nature to procrastinate a bit. So if you realize you have a test coming up and you’re not entirely prepared, don’t beat yourself up. Instead, clear a bit of room in your schedule each evening for a week or two before the test to review material. The most effective studying is done in blocks of 45 minutes or less, with retention abilities decreasing the longer you cram without a break. By scheduling a bit of studying into each evening, you’ll not only save yourself the all-nighter, but you’ll also be more likely to remember what you read.

Take Care of Yourself

The College at Brockport

Leadership Development Program

Are you looking for ways to deepen your understanding of what it takes to be effective in a role of leadership and experiences/opportunities that will assist you in acquiring the skills and knowledge that will make you stand out above the rest?

The Leadership Development Program offers students the opportunity to engage in a variety of experiences that have been shown to have a significant impact on students’ leadership development. The program utilizes the following methods to encourage leadership development in a diverse world:

- engaging workshops and seminars
- mentoring relationships with faculty, staff and students
- ongoing opportunities for community service
- discussions with peers about issues of diversity, privilege and social justice
- social action projects within the community
- annual leadership conference, planned by Capstone Certificate participants which allows students to
- develop relationships with Brockport alumni who serve as session presenters
ATTENTION EOP FAMILY
GO TO THE FINANCIAL AID OFFICE AND LOOK AT
THE FAR LEFT PHOTO ABOVE THE COMPUTERS.
EOP IS IN THE HOUSE.

This is a very busy time of year and a very important time regarding your financial aid and personal finances. As you know your financial aid package and your student bill are of vital importance to you. You always want to stay completely aware of all details of both, as well as staying on task on time with all of your process obligations. You must make sure that you have signed your promissory notes, accepted your financial aid, affirmed your enrollment, and provided all other requested documentation. Delaying the process can result in changes to your financial aid package and incurring late charges. Sometimes new obligations arise as you work your way through the process. You must check with your counselor on a regular basis to make sure you understand your financial aid. Your student bill is another ongoing process. It is important that you understand all components of your bill. Do you have the correct meal plan for example? Do you have to pay anything, and how much? Is your refund correct? Always remember that any charges you incur can impact any anticipated credit balance disbursements (refund) and/or personal liability for the charges. EASY MONEY IS NOT FINANCIAL AID. IT IS A CHARGE TO YOUR BILL For those of you getting a refund, make sure you talk with your counselor about the refund and make sure it is accurate. Do you really need the whole thing? Should you use some/all of it to pay down your loans? Please talk with your counselor if you are contemplating obtaining a part time job. There are serious pros/cons to this decision. Always remember that your academic success is of the utmost importance. Make sure your personal budgeting skills are finely honed. Always look at need vs. desires when it comes to spending your funds. Always remember that there are financial consequences to your actions.

GPS Mentoring
Growth...Purpose... Success
Are you a second semester freshman or sophomore who has not declared a major? Get connected with knowledgeable faculty/staff, alumni, and community professionals in your career area to help you gain a better understanding of your desired profession and the opportunities that exist within that career.

Spaces are limited so apply now!

For More Information speak to your Counselor!
For additional info: DaNeille Kruger X5436 or dkruger@Brockport.edu
Welcome new graduate counselors!

My name is Domonique Sak and I am from Rochester, NY. I obtained my Bachelor of Science in Sport Management with a minor in Coaching from The College at Brockport and am continuing my education here by pursuing a Master of Science in Education, concentrating on Athletic Administration. In addition to being a Graduate Counselor, I work at the SERC in various departments. In my spare time, I enjoy playing rugby, going to the library, and spending time with my friends.

Hello everyone,
My name is Tynisha Bouie. I have recently been awarded a prestigious opportunity to serve as a graduate counselor in the EOP department. I obtained a bachelor’s degree in childhood education and special education. Presently, I am pursuing a master’s degree in school counseling. I look forward to working with you all this academic year!

My name is Jonathan Santana. I am from Bronx, New York. I studied Sport Management and Coaching at SUNY Brockport and graduated in 2016. I am currently pursuing my Masters degree in Athletic Administration at SUNY Brockport. I am one of the graduate counselors in the Arthur O. Eve Opportunity for Higher Education Program. On my leisure time I enjoy playing basketball, video games and hanging out with friends.
Brockport Home Coming Parade
“Travel through Time”
October 22, 2016
Mark your calendars