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"The Achiever" October 2017

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FROM THE DIRECTOR:

A New Beginning at 50 Years

As we begin this year I thought it would be important that I remind some and share with others why it is so very important to know or re-member why we are here. I, as the director, and the EOP staff have a purpose and it’s about Your Success. Your accomplishments are what makes what we do meaningful. It is why we push and pull at you, because in today’s world it is so necessary. I am talking about education, knowledge and we all know, “knowledge is power.” And what you don’t know can hurt you. So yes, the EOP Program, its staff, counselors, instructors, and faculty are and will continue to push and even shove, sometimes to ensure you succeed and achieve. Don’t get it “twist” the “knowledge,” that I am referring to, is the knowledge that will allow you to get a degree, enter into a gratifying career, and build a real home and a life. Not that other stuff that distracts us. So as we begin this new experience for some and a new semester for others, let’s begin with a determination to succeed. We in EOP are committed more than ever to assist every one of you so that you can truly succeed. As we enter into the 50th year of EOP at The College at Brockport, I am intent on making it the “Best Year Ever,” and I need your help to do so. One way is to get the best grades possible in each of your courses. Secondly, I need you to get involved, as we plan a grand celebration as well celebrate 50 years of student success here in EOP. So pay attention, speak to your counselors about what you can do and how you can help. After all it’s not my program, it’s not the staff’s program. It’s Our EOP Program. It belongs to all of us.
Welcome New Graduate Counselor!

My name is Kevon London-Hill. I am originally from Detroit, Michigan but have lived my last 9 years in New York. I graduated in 2017 from SUNY Brockport, receiving my Bachelor’s of Science degree in the Physical Education (teacher cert) Program. I am currently pursuing my Master’s 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, working out, dancing and hanging with friends.

Student Spotlight

Our very own Will Dillard-Jackson recently performed at the Fringe Festival in a dance production titled, "Elephant Grass: An Afrofutur-Mystic Tale." Kudos to a gifted performer for a job well done.

Ask your counselor about Study Abroad today!

Contact the Study Abroad Office at:
Overseas@brockport.edu
(585) 395–2119
This is a very busy time of year and a very important time regarding your financial aid and personal finances. You need to start thinking about starting your 2018-19 FAFSA now. You can start doing your FAFSA on October 1, 2017. You will use the 2016 income information for you and/or your parents. ALL 2018/19 FAFSAS MUST BE PROPERLY FILED BY DECEMBER 15, 2017. If you are an entering freshman you could be in danger of losing SEOG if you fail to do so. Your December EOP direct check will not be released until you have submitted your FAFSA.

Many of you may be considering getting a part time job. Please discuss this with your counselor. Employment can impact your financial aid, and also your ability to do well in your classes. You need to be conservative with any refund you have received including your EOP money. Do you really need that new pair of sneakers? For those of you who currently have outstanding balances due the college, you must really stay on top of your situation. Late charges can accumulate very quickly and you face having a hold placed on your records which among other things will prevent you from registering for the spring term. Always remember that there is a difference between financial need and financial desire. Make sure your personal budgeting skills are finely honed.

Be aware of any charges you occur on your student account. If you incur charges after you receive your refund, you must pay them. If you incur charges prior to receiving your refund, they will be deducted from your refund. If you do get a refund, it is very important that you confer with your counselor before you spend the funds. You will be held accountable for all dispensed funds for which you are ultimately not entitled. Always remember that there are financial consequences to your actions. Please remember that your EOP counselor is here to help you navigate your way thru this most complicated of processes.

NEVER ASSUME, ALWAYS ASK

EOP's One-On-One Peer Tutoring Program

EOP students - need a little help reviewing for a class, deepening your understanding of specific course content and/or improving your study strategies and increasing your chances of academic success and obtaining a healthy GPA?

EOP's One-On-One Peer Tutoring Program provides individualized academic support to students in their specific course content areas of study to assist in further expanding their understanding of the various processes, concepts and principles of the course material as well as offer opportunity for students to practice their learning. The peer tutors are fellow students, who have earned a superlative grade in the specific course of study and who are recommended by the professor.

Students in their one-on-one session(s) can expect the peer tutor to support them in addressing the particular academic needs specific to their course(s) of concern (i.e. assistance in understanding how to work through solving problems, reviewing, test preparation, explanation of concepts, etc.).

To acquire this support service, see your counselor, complete a ‘Tutoring Request Contract Form’ and submit it in person to Lisa Jones EOP Senior Counselor, Rakov , Rm G8A ; Ljones@brockport.edu.
The Achiever

Time management can be a concern for many college students. Completing your weekly assignments and studying for exams can easily become overwhelming. Even though you feel like you are alone, you are not! Managing your schedule can sometimes seem impossible. Take a look at these six tips as they may help you get your life together!

TIP 1: Read your course calendar
Sometimes the best advice is among the simplest: One of the first and most important steps in achieving successful time management in college is to read your course calendars carefully.

TIP 2: Plan ahead
Once you are behind it is difficult to catch up! Whether you get a good grasp on your coursework for the entire semester, or simply for the next week, creating a plan will balance your workload and minimize the possibility for those dreaded, but sometimes necessary, all-night cram sessions.

TIP 3: Make schedules
It can be easy to procrastinate in college—there is an unintentional consistency of letting the clutter of late work nights, dinner plans and school plays postpone your schoolwork. This often results in completing assignments in the wee hours before they’re due.

TIP 4: Make checklists
Printing or writing out checklists for each class or each day of the week can be a helpful way of remembering everything you need to get done.

TIP 5: Stay organized
Keeping your school work organized can be a huge factor in saving you some time throughout the week, especially if you’re taking more than one class at a time. If you have separate binders, notebooks and folders for each class, you’ll quickly be able to find that sheet of notes you need for next week’s test or the printed article you planned to reference for your big research paper.

TIP 6: Be healthy
Practicing regular exercise can keep your energy levels up, resulting in a more engaged mind when doing school work. It also can increase your alertness and decrease your stress levels.

Practice these tips and find balance in your life!
The Achiever

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

Thursday October 12, 2017 Union Ball Room 3:00-5:00 PM

Hispanic Heritage Celebration

Thursday October 12, 2017 Union Ball Room 3:00-5:00 PM
Brockport Women of Distinction
ECP Women's Group
Women Empowering Women

Upcoming events
Attention Ladies! Please join us on **November 18, 1:00 pm - 2:30 pm**
As we learn about Rochester’s Rich History: Centering Black Women: Race in the Woman Suffrage Movement
Voting rights were as vital to black women as to white women, but knowledge of their activism in the Woman Suffrage movement is scant. Most important for us today is putting black women suffragists in the center of the story, learning their stories as much as possible. Join Susan Goodier as she shows images of people and documents relevant to the black women’s suffrage activities and discusses pathways to understanding the complex race issues we continue to face today.

**Transportation will be provided.**

Coming the last week in **October**
Women of Distinction Poetry Slam
Featuring:

**We All Write**
Dope writing. Dope women.

We are looking for students to share their talent
Do you write poetry, song lyrics, or rap music?
Please join us!!

Please contact Lisa Jones **lijones@brockport.edu** or DaNeille Kruger **Dkruger@brockport.edu** if you would like to participate in either event
All events are open to everyone
Get to Know Career Services at Brockport!

Career Services assists students with their career planning needs. Career counselors and staff are available to support students in the following activities:

Explore majors and minors
Internships, student employment, post-graduation job searches
Graduate school
Drop in resume and cover letter review Monday through Friday 12:00-3:00 pm.

Career services also hosts numerous events throughout the semester such as job and internship fairs, graduate school fairs, lunch with a career, and non-profit career and volunteer fairs. These events help students learn more about career opportunities and how to stand out as a job candidate. They also coordinate the Professional Clothes Closet, a free program that provides professional attire to students for interviews, job fairs or networking events. New this semester is EagleConnect powered by Handshake. This tool allows you to create an online profile, upload your resume, search for positions and be seen by employers. Check out all Career Services has to offer online: https://www.brockport.edu/academics/career/

New Study Abroad Scholarships Available!

This grant is to be used to support education abroad travel costs to and in the host country. The amount available under the IIE Generation Study Abroad Travel Grant Program is $2,000 per student. The scholarship program is intended to diversify study abroad and to encourage students to go abroad who would otherwise not participate in an international experience.

Deadline to apply is October 17!

For more information and to apply, see information below.

Contact: The Office of International Education
EOP Athletic Leaders of Tomorrow

Increase your influence on and off the field!

Participate in 6 workshops to improve your skills

Topics include:

Understanding Ourselves, Making Connections, Resolving Conflict, Applying Athletics to our Careers

Bring your lunch and join us:
Wednesdays October 4, 11, 18, 25, November 1, 8
12:00-1:00 pm

EOP Conference Room

Sign up with Sandra Vazquez, Rakov G11