

**SPECIAL
POINTS OF IN-
TEREST:**

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AOP CONNECTIONS

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From the Director's Desk

IN THE FACE OF ADVERSITY, WE MUST CALL UPON OUR STRENGTH

The start of the New Year finds the country, the college, and the AOP department faced with serious financial difficulties. We are faced with the responsibility of maintaining both quality instruction and quality support services for our students, while at the same time searching for alternative funding sources to allow the institution to move forward with plans for future development. The AOP department is also required to make adjustments in order to offer the students served the quality support services to which they have become accustomed. In order to discuss this as group, the AOP staff held a town meeting with students to discuss where we are both academic and economically so that students would have a clear understanding of the changes that would be implemented in order to combat the economic constraints experienced by the department. As a result, we all go forward more informed and empowered to do the best we can under these circumstances. On a brighter note, we do have many things to look forward to

this spring and summer. Many of our student development programs (M.A.P.S., M.I.L.E.S., W.L.I., and XAE) have a host of activities planned for this spring. Many of those activities are highlighted in this



Calvin Gantt, AOP Director

newsletter, and we hope that many of you will join us as we continue to provide support programs we believe to be essential to the development of all students. On Thursday, April 29, 2010 the AOP department will also host its annual AOP Recognition Ceremony from 5:00 to 8:00 PM in the MacVittie College Union Ballroom. This celebration allows us to recognize our graduating seniors, our scholarship recipients, our honor society inductees, as well as recognize our students who have achieved a cumulative GPA of

3.0 or higher.

This summer, the AOP department, in collaboration with the Office Alumni Relations, will host an AOP Alumni Reunion scheduled from July 9, 2010 through July 11, 2010. During this reunion, alumni will have an opportunity to reconnect with peers, establish new connections, and provide some sound advice for members of the class of 2014. It is because of students such as our alumni that programs such as AOP continue to exist at colleges and universities across the country. Thus, even in the face of adverse economic constraints, we look to our alumni to serve as a reminder for us that this economic situation too shall pass. So, as we begin another semester filled with what appears to be herculean challenges, I invite us all to be reminded of the words of John Quincy Adams who stated, "If your actions inspire others to dream more, learn more, do more and become more, you are a leader". And, as the leader for this department, I believe that we are all up to the challenge.



Patricia Gonzalez, EOP Counselor, accepting the Geneseo Pride Award from President Christopher Dahl, June 2009.

"We came back with so much more knowledge and it's all going to come in handy when it is our turn to apply to medical school."

~ Sana Shakeel

Kudos to Ms. Gonzalez—Recipient of the 2009 Geneseo PRIDE Award

Each year, SUNY Geneseo recognizes the contribution of three members of its community with the Geneseo PRIDE Award. The Geneseo Pride Award recognizes significant contributions of non-teaching, full-time or part-time employees in advancing the goals and mission of SUNY Geneseo. The program promotes Geneseo's shared values of excellence, innovation, community, diversity, integrity and tradition. In 2009 Ms. Patricia Gonzalez (EOP Counselor) was one of three recipients. She was nominated by her colleague Mrs. Teresa Walker Chan. In her nomination, Mrs. Walker Chan stated:

"I am nominating my co-worker Patricia Gonzalez because, although she has only been here for 2 years, she has made a tremendous

positive impact to the campus and most importantly to her students. In her day to day role as a Counselor/Advisor in the AOP department, she promotes excellence in providing the guidance, support and laughter to her students that they need. Although almost every hour of her day is filled with student meetings, she finds time after work hours to be the advisor for the Latino Student Association and a member of the Campus Engagement Committee. Patricia defines the characteristics of innovation, community and diversity in her role as advisor to the Women's Leadership Institute (WLI) which began in fall 2007. She was instrumental in its creation two years ago. WLI is open to all female students on campus and focuses upon fostering community, provid-

ing support, and encouraging the development of leadership skills for young women to use now and upon graduation. The YWCA shoebox drive (filled with essentials for women in need), biweekly support sessions where the students discuss timely topics, and the Women in Leadership 2009: I am Superwoman networking and dinner event in collaboration with GOLD, the Klainer Center, Summit Credit Union and CAS; are just a few of WLI's successes this semester. In addition, Patricia makes sure to attend cultural events on the campus, and recently lent her voice at the BSU dinner. Students at Geneseo love her and she has definitely made a wonderful difference at the college."

First Annual SNMA Pre-Medical Conference

On January 30, 2010, members of Geneseo's MAPS chapter went to the University of Rochester to attend the first annual Pre-Med Conference organized by the Student National Medical Association (SNMA). I can truly say that I learned a great amount about the medical application process as well as what to expect in medical school. Current medical students at the U of R talked to the attendees about their experiences regarding the application process, their undergraduate studies and what it takes to get to medical school. Besides the panel of students, Dr. Cheryl Kodjo, Associate Dean for Office

Medical Education at the U of R shared her journey and provided insight about her passion for medicine. We were also fortunate enough to participate in "Problem Based Learning (PBL)" workshops. Students from Geneseo and the U of R were put into groups and asked to diagnose a patient. This activity was not only informative and fun, it also gave us a glimpse of how medical students work through such cases on a daily basis. Towards the end of the day, we were sent to simulation labs, where we practiced how to deal with real-life emergencies. The medical students set up stations in which we learned

how to deliver IVs, perform CPR and save a patient with collapsed lungs. Everything looked easy to do at first, but when it was my turn to try, I learned very quickly that it takes a lot of work and experience. The day came to an end with a drawing of raffle prizes. SNMA did a great job of organizing this conference. I can speak for all of us when I say that we came back with so much more knowledge and it's all going to come in handy when it is our turn to apply to medical school.

By Sana Shakeel, freshman Biology major



AOP Groups Unite for Community Service Projects



Juniors Mathe Kamsutchom, Emily Reding, Fiona Harvey, Haisu Qu, and Margot Terc helped organize the week's events.

AOP students started the spring semester collaborating on several events, all in the name of community service.

The recent earthquake in Haiti has had a major impact on AOP students and SUNY Geneseo students in general. One student, junior International Relations major Phara Souffrant, was in Haiti up until only a few days before the earthquake struck on January 12th. Phara, the community liaison for Women's Leadership Institute and a Resident Assistant in Livingston Hall, collaborated with several departments on campus, including AOP. The student development initiatives under the AOP umbrella—Minority Association of Pre-Health Students (MAPS), Men Incorporating Leadership, Empowerment, and Service (MILES), and Women's Leadership Institute (WLI) spearheaded Sak Ap Fet? - Geneseo Unites for Haiti week, which took place from February 13-20, 2010.

"Sak ap fet?" which is Haitian Creole for "What's happening?" or "What's going on?" conveys a deeper meaning than the standard greeting, "Sak pasé?", which means, "What's up?", according to Phara Souffrant. Events for Sak Ap Fet? - Geneseo Unites for Haiti week included: A dinner hosted by the Black Student Union; fundraising for Haiti through selling buttons, heart-shaped lollipops, and bracelets sponsored by MAPS, MILES, and WLI; t-

shirt sale and a poetry night organized by junior Mathe Kamsutchom in collaboration with the Offices of Residence Life and Multicultural Affairs; and a Geneseo Late Knight sponsored event hosted by WLI, where students decorated t-shirts that said, "Sak Ap Fet?", made personalized buttons, and won prizes for their participation. The week culminated with a benefit concert, "Jammin' for Haiti", where many student performers, such as G-Steppas, Geneseo Bhangra, Hips and Harmony, and Geneseo poets (including junior AOP student Donat de la Cruz), participated to raise funds for Haiti.

The collaboration of students, on such short notice after returning from winter break, yielded over \$1000 in donations, which are to be sent to Partners in Health, an organization whose mission is to "provide a preferential option for the poor in health care". Ninety-four percent of donations made to Partners in Health go directly to care for the people of Haiti.

On February 5th, MAPS' community service chair Fiona Harvey organized a community service event at Doty Day Services to host a Super Bowl party. Doty Day Services provides people with developmental disabilities rehabilitation and the opportunity to build social skills.

Freshman Kisha Laurent, a member of both MAPS and WLI, stated, "My time at Doty services enlightened me, because it let me converse and play with people that are genuine at heart. At first I was a little hesitant, because I have never volunteered with the disabled and I wondered if I would be accepted. However, when the

volunteers arrived, we were greeted with hellos and handshakes. I played volleyball with a woman named Natalie, and even

when she didn't hit the ball over the net she was happy. She just wanted a companion to play with her. Our game was not competitive; it was two people tossing a ball for the fun of it. Another person I played with was Cindy. She had a cut out image of the characters in the movie *Cars*

wrapped around her neck like a bib. She loved that bib. She would take it off and admire it, then put it around my neck and admire it on me, then share it with others. Cindy loved her bib so much that she wanted to share it with everyone else too. I would definitely go to Doty again. It was an honor to work with the people there. They only want your companionship and for someone to listen. I learned so much from them."

Freshman Nikisha John also gained a lot from her experience: "Volunteering at the Doty Day Services was an incredible experience. It was eye-opening to see how much the residents appreciated our presence. On arrival many of them approached us and introduced themselves with confidence and friendly eyes. Interacting with them and playing games, like volleyball and football, made them very happy; the happiness they felt was visible through their actions. I loved talking

with them and hearing the memories they were fond of, but most of all I liked the fact that they were smiling and playing games with us without feeling a sense of inferiority because of their disabilities. They seemed very joyful and seeing smiles on their faces made me realize that making a difference isn't only about donating money or giving clothes and food to the poor. Human interaction is more important and can make a bigger difference. It brought happiness to the residents."



Juniors Phara Souffrant and Derek Weng emcee the Jammin' for Haiti benefit concert



Geneseo Bhangra performs at Jammin' for Haiti.



Students decorate t-shirts at Late Knight event organized by WLI.

Women's Leadership Institute: A Force To Be Reckoned With!

By Siyim AuYeung, Counselor Intern, & Patricia Gonzalez, EOP Counselor

Women's Leadership Institute has been having an amazing year! Women's Leadership Institute, also known as WLI, has received a lot of recognition due to our collaborative efforts with other organizations and offices on campus. We received a generous donation from the Office of College Advancement to support our mission. Many students and faculty members have expressed an interest in getting involved with WLI. As a result, many students applied to become part of Women's Leadership Institute. We proudly accepted 24 new members this year as WLI Class of 2009-2010. This is the largest class ever since the start of WLI in the fall of 2007. Our participants consist of a diverse group of students that are represented on this campus. The theme for 2009-10 is, "Becoming a Well-Rounded Woman."

In the fall semester, the participants attended several development sessions created to enhance their professional etiquette skills and become more self-reflective.

These two-hour programs included a session on the many facets of a woman in October with Dr. Monica Schneider and Mrs. Fatima Rodriguez Johnson, a networking session in November with Kimberly Harvey, and the Second Annual Roundtable Discussion with SUNY Geneseo faculty, staff, and administrators in December. WLI's participants have benefitted tremendously from the wisdom of these successful women on campus.

Last year, WLI instituted Woman II Woman support sessions. Woman II Woman consists of informal discussion sessions on topics relevant to women. They take place in the College Union, Room



WLI at the Roundtable Discussion held December 5, 2009.

322-323 every Friday from 4-5pm. We have invited faculty members, staff, and administrators to serve as facilitators for these discussions. You do not need to be in WLI to join us with Woman II Woman. Any female is welcome to attend.

Women's Leadership Institute promotes community involvement. We have given back to the community in different ways. During the fall, WLI participants volunteered their time for the Xerox Center for Multicultural Education's Saturday Program. This program provides a great opportunity for WLI participants to serve as positive role models to middle and high school students. In addition, we hosted the YWCA Shoebox Drive throughout December.

Events for the spring included fundraising for Haiti relief, continuing the relationship with the Saturday Program, and participating in Women in Leadership: 2010 Women's Expo held on March 3rd

in the College Union. The Women's Expo, which is co-sponsored by WLI, is a day of workshops for women on a variety of topics, including "Financing Your Life", "Community Engagement", "Power Couples", "Breaking the Glass Ceiling", and "Women's Health and Wellness". There was even a workshop for men this year on tips for working with women, facilitated by our very own AOP Director, Calvin Gantt! The day culminated with a networking mixer with SUNY Geneseo alumnae, and a dinner featuring keynote speaker Erika Rottenberg, Geneseo alumna and Vice President and General Counsel for LinkedIn.

Lastly, we have a very hard working Program Development Team this year:

Program Advisor: Patricia Gonzalez
Assistant Program Advisor: Siyim Auyeung
Student Coordinator: Ana Maria Nunez
Community Liaison: Phara Souffrant
Development Specialists: Emily Reding, Candace Hairston
Historian: Sheila Brito
Public Relations: Trishana Crooks

Women's Leadership Institute is a wonderful opportunity to become comfortable in all environments and settings in a supportive atmosphere. It is one of the highlights, not just of the Access Opportunity Programs department, but of the entire SUNY Geneseo campus.

For further information, the Program Development Team may be reached at wli@geneseo.edu. Please visit us on wli.geneseo.edu as well. Have a great spring semester!



Freshman Karina Morales with Executive Assistant to the President, Becky Glass, December 5, 2009.



Clockwise from top left: Caitlyn Strickland, Historian Margaret Boriello, Soraya Holly, and Maya Shah. First Development Session, October 17, 2009.



One of the student/faculty groups at the Roundtable Discussion.

M.I.L.E.S Going Strong in its Second Year

By Gabe Iturbides, TOP Counselor

MILES is back! After a very successful fall 2009 semester, MILES has prepared an even stronger spring 2010 semester. Our members are all back, with the exception of one, Scott Snowden, who was the MILES Man of the Year last year and graduated Geneseo last December. We wish him luck!

Our first event was February 9th, 2010, which is Lobby Day in Albany, NY where eight MILES men including Mr. Gantt and myself, lobbied for TAP and student aid. The state has been hit with many cuts, including a \$90 million dollar cut in the SUNY system. The MILES students were very excited to talk with NYS Assemblymen!

I am sure all of you have seen the devastation left over by the earthquake in Haiti. This campus actually has many members that are of Haitian descent. Before classes even began, there were talks about relief efforts led by groups on this campus. MILES wants to help the relief efforts by joining with WLI and other groups to raise funds for Haiti. We will be

doing fundraising events in the month of February! Please help us and other groups help Haiti.

Women's Leadership Institute (WLI) has always been our sister group. This semester, we plan on joining with them on a



Donte Bothel, Timon Aikawa, Vishal Patel, Joe Germick, Garang Ajak, and Brian Kingston at Lobby Day. February 2010.

number of collaborative efforts which will be announced as the semester moves on. Please show your support for both MILES and WLI as the semester rolls on! Both groups are fun and insightful and plan on motivating their members to make a difference on this campus. One of our major collaborative efforts is working, together, with the Xerox Center for Multicultural Education's Saturday Program in Rochester, NY where we get to

work with young men and women from inner city Rochester. We hope to continue a positive relationship with the Saturday Program and WLI.

Last spring, we started an outdoor basketball tournament, which had many attendees and participants. This April, we are planning to have the same tournament. Please come and participate, or view the competition on, what will hopefully be, a beautiful spring day.

Our last major event of the semester will be our participation in Relay for Life along with the rest of the SUNY Geneseo campus. Please join us and help raise cancer awareness.

At the end of this semester, MILES will have been at Geneseo for almost two years. We started with a handful of members and now we are over 30 strong. If you are a Geneseo man, and you want to find out what we are all about, please come to our weekly meetings, which are in room 319 of the College Union, every Tuesday from 5pm to 6pm. We hope to see you there!



MILES students at Niagara Falls, Fall 2009.



MILES and WLI collaborate on community service with the Xerox Multicultural Center's Saturday Program, November 21, 2009.



MILES meeting with Dean of Students Leonard Sancilio, Fall 2009.

AOP Student Accomplishments

Juniors Miranda VanOmmeren and Rejoyce Owusu were chosen as Assistant Residence Directors for the 2010-2011 academic year. Mekal Ogbeab was also chosen to be an RA in the townhouses. Please congratulate them when you see them!

Justin Nakrin was named to the Academic All-American Team for Cross Country for Fall 2009. Great job, Justin!

Letters from AOP Alumni

August 2009

Dear Mr. Gantt:

I hope this note finds you well and in good spirits. This letter is long past due, but I have wanted to thank you since I was unable to do so before leaving Geneseo. First, thank you very much for your constant guidance and commitment throughout my time at Geneseo. Under your direction, AOP has certainly been a blessing for many students including myself.

I can honestly say that my undergraduate years would not have been the same without the amount of community support I received. I remember questioning my skills and interests in school counseling and aside from suggesting Brockport, you advised that I continuously seek internships and other opportunities until I felt more comfortable with making a decision. This advice still comes in handy today, as I have been ambivalent about many educational and career related decisions.

Recently, I was granted a Community

Based Participatory Research (CBPR) position with Mayo Clinic in Rochester, MN. Thanks to our new administration and NIH grant money, I will be educating an immigrant community (mostly Somali) about the TB research that the Mayo CBPR group is involved in. This education includes focus group planning, intervention development etc. I am very enthusiastic about the position.

I believe that without the strong support and encouragement from the AOP community, my resume would not have been as impressive. As a freshman I was driven, but frequently anxious about meeting Geneseo's standards. AOP services such as the tutoring program, helped channel this anxiety and hone my ambition. My goals of actively pursuing research, study abroad and volunteer activities became a workable reality. I was able to use the tools that AOP provided to become a more efficient student.

Most importantly, even when I did not complete a semester as well as I preferred, my counselor helped re-

frame my thinking in a way that alleviated much stress and set me on track again. AOP has also recognized students in a way that makes them strive harder; not only through award ceremonies, but through everyday interaction. Once as I was striding across Sturges Quad I remember you saying to me, "Now that's the walk of a researcher". I cannot tell you how confident and accomplished I felt after that moment. Thank you for the encouragement.

I am most fortunate to have been admitted into Geneseo as an AOP student and I am reminded of this even now, as I live out each current day in Rochester, Minnesota. I have benefited through the support and guidance from AOP faculty, staff, and peers. Additionally, I have acquired the tools and attitude that will take me far.

Once again, thank you for your commitment and leadership. I wish you the best of luck this coming year.

Sincerely,
Tiffany Palmer, '09

Hi Helana!

How are you? How is the EOP program doing? I hope the state has not cut it during these tough economic times.

I currently live in Flagstaff with my girlfriend of almost two years. She works at the university that I attend. I completed my M.A. at Northern Arizona University (NAU) in political science. It took me three years, but I worked part-time with the federal government for the National Park Service in budgeting. I also picked up a public management certificate at NAU, an online graduate certificate in advanced international affairs at Texas A&M University, and took a year of Arabic. Finished all my coursework with a 4.0

GPA! However, it was rigorous - spent countless hours in the library where I even had my own study room there. Put in a lot of twelve hour days. Also, I was a teaching assistant for a couple of semesters. Graduate school is a great deal tougher than undergrad. I read over 100 books, sometimes 7 or 8 for one class. Most of my research centered on international relations theory, the Middle East, terrorism, and genocide. I actually completed a 45 page independent study on genocide with a case study of Darfur. I couldn't have done all this without you. These accomplishments demonstrate the importance of the EOP program.

I plan on applying to Ph.D. programs for the fall of 2010. Hoping for Cor-

nell, but also applying to other schools as well. Cornell offers full fellowships so that I don't have to take out more loans and work at all. I only need about 9 classes with the courses that I completed and dissertation for most programs. I could finish the coursework in two years. I plan on working for the government and teaching part-time after school is done.

In what spare time that I have, I do a lot of hiking, mountain biking, and rafting. There are some great outdoor opportunities here. I've been all over the West - Colorado, New Mexico, Utah, and Montana. Hope all is well.

Best regards,
Ken Silvestri, '04

Alumni Reunion: Summer 2010, Come On Home!



Scenic photograph of the Sturges Hall clock tower nestled among the trees

For many alumni, a return to campus is long over due. For those who were able to visit campus during the dedication ceremony for the late Isom E. Fearn, you had an opportunity to see some of the changes on campus, but you did not have much of a chance to interact with students. This summer we not only hope to welcome you

back home, but we want to share with you how much we have grown. Since its inception in 1968, the AOP department (formerly known as EOP) has grown from a small program serving approximately forty new students, to one that serves over four hundred students. We recognize, of course, that none of this would be possible without the success of those of you who came first. It is our hope that this alumni reunion will be a way of saying thank you and showing you that we do appreciate your being the pioneers for what exists today.

The alumni reunion is scheduled from July

9, 2010 through July 11, 2010. During this special occasion we want to show you all a good time. There will be a tour of the AOP department and tutorial facilities, AOP Alumni Karaoke, an Alumni Dance featuring music from the 70's to today, and the weekend will culminate with an Alumni Brunch where you will have an opportunity to interact with students from the class of 2014.

For more information visit our website at www.geneseo.edu/AOP and click on the 2010 Alumni Reunion tab.

So, tell one and all that the place to be this July is at SUNY Geneseo. For additional questions, please contact the AOP department at (585) 245-5725. We look forward to meeting you all.

AOP Department Named In Honor Of Isom E. Fearn

For those who were unable to attend, in the spring of 2006, the AOP department at SUNY Geneseo was officially renamed the Isom E. Fearn Access Opportunity Programs. This dedication was spearheaded by Christopher Dahl, College President in recognition to the lifetime of service provided by Mr. Fearn to the Geneseo campus and the surrounding community. The photograph and plaque displayed were unveiled during the dedication ceremony.

Present during the ceremony were a host of students, faculty, staff, alumni and friends of the college. Both the photograph and plaque are displayed in the waiting area outside of the AOP office in Blake C. Please make sure you stop by to see it during your visit to campus. The plaque and photograph were donated by the Office of the President and the Vice President for Budget and Finance.



Anthony Fearn unveils photograph of his father, the late Isom E. Fearn.

Goals & Secrets of the AOP Staff

How well do you know the staff of the AOP department? In this newsletter issue, we will "spotlight" members of the AOP staff so that you can get to know us a little bit better. Take a look at the goals of our staff as well as a secret piece of information about each of them. You may be inspired, you may relate or you may laugh!

Fowziyyah Ali:

"One goal that I have set for myself this semester is to be persistent with implementing the Academic Survivor Skills course. It is my hope that through the course, the participating students will gain useful knowledge and skills that they can apply to their classes, so that their resilience and retention will improve."

"I have an interest in reading multicultural mystery novels. I also took piano lessons for 12 years and enjoy listening to jazz music."

Siuyim Auyeung: "I am currently obtaining my master's degree in college counseling at SUNY Brockport. A goal that I have for this semester is to earn a cumulative GPA of 3.5 by the end of this semester. I am going to attend classes regularly, study diligently, and seek help when necessary. I hope to be a great role model for my students."

"I didn't realize I was creative until I discovered my passion for scrapbooking and stamping. I highly encourage everyone to con-

sider scrapbooking, because it is a great way to preserve your memories!"

Teresa Walker Chan: "One of my goals for 2010 is to eat more vegetables. I have always been able to eat a lot of fruit, but tend to forget about the veggies (and it may stem from my childhood and the green bean phobia!). My plan is to eat vegetables at least 3 out

doctoral degree. Due to the unfortunate death of the former director of AOP (Mr. Isom Fearn) in 2006, I made the conscious decision to put my studies on hold until such time as I had a firm grasp on how my responsibilities would change in becoming the director. Now that I have a better understanding of my role, I applied for and was accepted into the doctoral program in higher education at the University of Rochester for fall 2009. Like many of my advisees, my goal this semester is simply to keep my head above water in terms of staying on top of the reading for the courses; so during our meetings we will be able to commiserate about the amount of time it takes to learn a new system and adjust one's learning curve."

"There are probably a number of things that students don't know about me (kind of the

fear of the principal syndrome), but the one that I would highlight here is that I have a gift in terms of being able to identify a song for just about any situation that a student comes to me with. Besides knowing the theme song to just about every television show and/or commercial in the 70's, 80's and 90's, I have the ability to remember song lyrics to songs that I may have only heard once or twice in my life. I don't know how I developed this gift (or curse), but it has also helped me when trying to remember people's names to be able to connect them to songs titles or lyrics."

Continued on next page



AOP Staff (from left): Gabe Iturbides, Teresa Walker Chan, Helana Nardell, Calvin Gantt, Fowziyyah Ali, Patricia Gonzalez, and Siuyim Auyeung.

of 7 days of the week, and increase this amount as I get more comfortable. I definitely feel better when I eat even a little bit healthier."

"One of my interests is to learn the Cantonese language. My husband is Chinese and his parents do not speak a lot of English. I know just a few phrases which I recently tested out at a family dinner in New York City. So hopefully with time I will be able to improve my communication with my new family!"

Calvin Gantt: "One goal that I have for this semester is to continue my efforts in obtaining my

Goals & Secrets of the AOP Staff *continued from page 8*

"Another piece of information that students would not know about me, is that I am an avid volleyball player and that I have coached at both the two- and four-year college levels. I have coached both male and female teams at Binghamton University, SUNY Brockport and Monroe Community College. And given my previously mentioned skill, I have the ability to remember lots of sports trivia; but that talent is not as developed as the one for remembering songs."

Patricia Gonzalez: "A personal goal I am working towards this semester is being physically healthy. I am working at it by exercising more often, and by eating healthy - adding more fruits and vegetables to my diet, eating whole grain rather than white or overly processed carbs, and by using portion control. I also usually snack on fruit, but I am definitely not depriving myself of the necessary chocolate!"

"I believe that some students know that I love to sing, but one interest I'm not sure many students know about is my love for writing. I have started some books as well as a blog, and I used to write poetry and even a song or two. I also have stacks of journals that I have filled since my freshman year in college, when a very good friend gave me my first journal as a birthday gift. Journaling is a great way to sort out your feelings and thoughts. I highly recommend it!"

Sharon Huette: "A goal I have set for myself this year is to try and eat healthier and to walk at least thirty-minutes a day for five days a week. Since the first of the year, I have been trying to cut back on foods containing a lot of sugars and starches. During my lunch time is when I try to take my thirty-minute walk and when it's too cold outside, you may find me walking the halls in Welles, Fraser and South Hall."

"One interest of mine that students may not know about me is that I love to ride our Harley Davidson motorcycle with my husband and we are planning on a two-week trip to California with the bike in August. And yes, I do wear my leather jacket and my Harley Davidson boots!"

Gabe Iturbides: "My one goal for the semester is to get into great shape. At the end of the spring semester in 2009, I was working out almost every day and felt great, BUT, on Memorial Day weekend, I destroyed my ankle playing basketball. I tore ligaments that are still healing. I lost motivation to work out because it hurt so much and I felt down on my luck all summer. Exercise is my stress reliever, but my hurt ankle hurt my motivation and stressed me out."

"Last semester, I started working out again and I did well and started feeling better. This semester I really plan on changing my eating habits. It's amazing how food can really make you feel. If I eat something unhealthy, I become so lazy and unproductive. I have noticed that when I eat better, my mood is so positive. I really want to eat very healthy this year. A combination of working out and eating well will hopefully make this a great year for my health in mind and body."

"Something that I have become infatuated with lately is my "bucket list." About two years ago, after watching the movie "The Bucket List," a friend of mine and I nonchalantly made a bucket list... a list of things to do before "we kicked the bucket." I have a pretty amazing list, and I intend to fulfill all of them. I have actually crossed some things off. The funny thing is, I am not a "list" kind of guy, but I look and think about the list constantly. My next big thing to cross off is a backpacking trip to Europe which I plan to mark off this June. We shall see what happens, but I recommend everyone make a list for themselves. It is quite exciting to think about and then actually do."

Helana Nardell: "My overall goal this year is to learn to relax and focus on one thing at a time. When setting priorities, I have increasingly fallen into the habit of putting myself last and blurring the boundary between my work and my own time. Like many of you, I tend to overestimate just how much I can get done in a finite period of time (my To Be Done lists are just too long!) and then I berate myself for not getting everything done. I

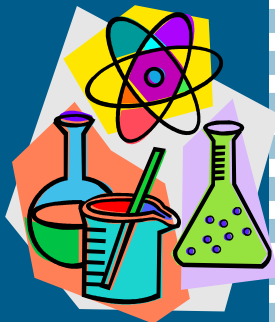
plan to take better care of myself by going to bed earlier (would you believe 9:30 p.m.?) so I can get the 8 hours of sleep I really need in order to get up at 5:30 a.m. during the week, making plans to get together with friends at least once a week and learning to meditate. I actually bought a meditation program on CD that I plan to listen to everyday when I get home from the office."

"One thing about me that some of you may not know is that I became a grandmother for the first time last November! My only child, Jason, is 33 years old and got married a little over three years ago. He and his wife, Lorene, moved out to Denver, Colorado a year after they were married because the employment opportunities for them were better out there. On November 13th, 2009, my first grandchild (and, hopefully, not my last) was born. Her name is Gabrielle Emma Nardell and I spent part of the semester break out in Denver getting to meet her. We had some fascinating conversations (she's a wonderful listener!) and despite looking at baby pictures of people on both sides of the family, we still can't figure out who she looks like. But, she's adorable! Once I figure out how to upload the pictures I took of her while I was out there, I'll post them on my Facebook page, which I'm also just starting to figure out. Those of you who know me well know that I am pretty intimidated by the whole digital experience and need tutorials in using electronic devices. Luckily, my students are always willing to help their technologically challenged advisor!"

Cheryll Reynolds: "My goal this semester is to finish the old record files in the AOP storage room. To that end I am working on them every chance I get. When I have time to myself, my favorite pastime is to get really lost in a good book."

Hopefully you feel a little more connected to the AOP staff. Good luck with your goals for 2010!

Preparing To Take Summer Session Courses



“To catch the reader's attention, place an interesting sentence or quote from the story here.”

If you are planning to take summer classes either here in Geneseo or at another college closer to home, there are several considerations to take into account and actions you should take at this point in the semester to ensure that the process goes smoothly.

First, consider WHY you want to take summer classes. The reason (s) most students sign up for summer session classes is usually one of the following:

1) You need to repeat a course that is a prerequisite for another course you want to take in the fall semester. Geneseo's academic regulations allow you to repeat a course in which you earned either a “D” or “E” and have only the higher of the two grades included in your cumulative GPA.

2) You would rather take a course you think you might have difficulty with in the summer when you'll only have one or two courses to focus on. Contrary to popular belief, summer classes are NOT easier than classes offered in the fall or spring semester. You still meet for the same number of hours, have the same amount of assigned reading and the same number of tests and/or papers. Geneseo runs two six-week long summer sessions as well as a three-

week session (for a very limited number of classes) that runs concurrently with the first full summer session.

3) There are two classes you want to take in the fall, but they meet at the same time and one of them is being offered in the summer.

4) You've discovered it is a lot easier to keep your cumulative GPA up when you take four rather than five classes in a full semester and so you'd rather take classes in the summer than struggle with 15 or 16 credits in the fall and/or spring semesters.

5) You've withdrawn or failed a number of courses and need to increase the number of credits you've earned and/or your cumulative GPA in order to retain your eligibility for financial aid.

6) Your parents are being really unreasonable and expect you to either take summer classes or GET A JOB this summer!

Now, if you're satisfied that you have a sound rationale for taking summer classes, you need to ask yourself – WHERE? Consider the fact that classes taken at other colleges must be pre-approved by the Office of the Dean (ask your AOP counselor to help you with the paperwork) and **only the credits** (not the grades) will transfer onto your

Geneseo transcript. For instance, if you take the equivalent of PSYC 100 at another college and earn at least a C minus, you can transfer the 3 credits to Geneseo but your grade will have no effect on your cumulative GPA. The course will also fulfill the requirement for taking any other course for which PSYC 100 is a pre-requisite. One other thing you need to be aware of is that you cannot transfer credits from another college if your Geneseo cumulative GPA is below 2.0.

Please set up a time to meet with your AOP counselor to discuss your plans for taking summer classes. Do this as soon as the schedule of summer classes is made available (generally mid-March) by the college you wish to attend. You can view information about Geneseo's Summer School Program by logging onto The Dean of the College's web page, selecting the Scheduling and Registration link on the left hand side of the page and selecting “Summer Session.”

How are you going to pay for these courses? Good question! There are generally two sources of financial aid for summer study. The first of these is the federal Pell Grant. If you receive a Pell Grant during the fall and spring semesters of the academic year, you are also eligible for a

Continued on next page



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Pell Grant in the summer. The amount you receive depends on the size of your Pell grant in the fall and spring semesters and how many credits you're planning to take in the summer. For instance, if you receive a \$2400 Pell Grant in the fall and spring and plan to take 6 credits over the summer (which is 50% of a full time class load), you are eligible for 50% of your regular Pell Grant, i.e. \$1200 for the summer. If you take 9 credits, you'd get a Pell Grant of \$1800, etc. Summer Pell is a fairly new financial aid option and the amount you get in the summer does not reduce the amount you get for the fall and

spring semesters.

The other source is the Federal Stafford Loan, which unlike a grant, has to be repaid. Summer Stafford Loans also differ from the Pell grant in two significant ways:

- 1) You cannot receive a Stafford Loan if you take less than six (6) credits in the summer. You don't have to take all six credits in one summer session or even at the same school.
- 2) The amount of Stafford Loan that you borrow for the summer is deducted from

the total amount you can borrow during the academic year. For example, if you are a sophomore by credits (30-59 credits), you are eligible for a maximum of \$4500.00 per academic year (July 1st through June 30th). If you borrow \$1000.00 for summer study, you will only have \$3500 available for the rest of the academic year.

You can obtain further information about financing your summer studies by visiting the Financial Aid Office in Erwin or by setting up an appointment to speak with your AOP advisor.

Truer Words Were Never Spoken

I recently received an email from my sister that I thought was so timely for our students, especially for our first-year students who are making the transition to college and adult life. I hear that this was written by Colin Powell; no matter who the advice comes from, it's worth hearing and bears repeating. ~ *Patricia Gonzalez, AOP Counselor*

The less you associate with some people, the more your life will improve. Any time you tolerate mediocrity in others, it increases your mediocrity. An important attribute in successful people is their impatience with negative thinking and negative acting people. As you grow, your associates will change. Some of your friends will not want you to go on. They will want you to stay where they are. Friends that don't help you climb will want you to crawl. Your friends will stretch your vision or choke your dream. Those that don't increase you will eventually decrease you.

Consider this:

Never receive counsel from unproductive people. Never discuss your prob-

lems with someone incapable of contributing to the solution, because those who never succeed themselves are always first to tell you how. Not everyone has a right to speak into your life. You are certain to get the worst of the bargain when you exchange ideas with the wrong person. Don't follow anyone who's not going anywhere. With some people you spend an evening; with others you invest it. Be careful where you stop to inquire for directions along the road of life. Wise is the person who fortifies his life with the right friendships. If you run with wolves, you will learn how to howl. But, if you associate with eagles, you will learn how to soar to great heights. "A mirror reflects a man's face, but what he is really like is shown by the kind of friends he

chooses." The simple but true fact of life is that you become like those with whom you closely associate - for the good and the bad.

Note: Be not mistaken. This is applicable to family as well as friends. Yes...do love, appreciate and be thankful for your family, for they will always be your family no matter what. Just know that they are human first and though they are family to you, they may be a friend to someone else and will fit somewhere in the criteria above.

"In Prosperity Our Friends Know Us.
In Adversity We Know Our Friends."

SUNY Geneseo

Isom E. Fearn Access
Opportunity Programs
S.U.N.Y. College at Geneseo

Phone: 585-245-5725

Questions? Feedback? Please Contact:

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We're On the Web!

www.geneseo.edu/aop

Important Dates - Spring 2010

March	1	Su	Initial Deadline for completion of FAFSA for 2010-2011
	10	W	Mid-term grades to be posted on KnightWeb
	15-19	M-F	Spring Break
	22-26	M-F	Freshmen meet w/ AOP Advisor to discuss mid-term grades & Pass/Fail Decisions
	26	F	Last day to withdraw from class & receive a "W" AOP Freshman Pass-Fail Decision Deadline (3:30 p.m.)
March 29- April 2	M-F		Academic Advisement Meetings for Upperclassmen (NOT FRESHMEN) who: <ul style="list-style-type: none">- have earned less than 60 credits AND have not officially declared a major.- are on Academic Probation.- have a cumulative GPA below 2.3
April	5-16	M-F	Academic Advising Appointments and Registration for freshmen
	14	W	Last day for May, August and December 2010 diploma applicants to verify name for Diploma/Commencement Program in Records Office (Erwin 102)
	16	F	Advance Registration for Fall 2010 Ends
	17	Sa	Chi Alpha Epsilon (XAE) Induction Program
	29	Th	Annual AOP Recognition Reception – College Union Ballroom (5:00 – 8:00 p.m.)
May	1	Sat	Application deadline for admission to the School of Business degree programs (South 100)
	4	Tu	Last day of regularly scheduled classes
	6	Th	Final Exams Begin
	12	W	Final Exams End
	13	Th	Residence Halls close at 10:00 a.m. (Graduating Seniors may remain till May 16 th)
	15	Sa	Commencement (at 10:00 a.m. and 2:00 p.m.)
	17	M	Summer Session I Classes Begin
	31	M	MEMORIAL DAY – No Classes in Session
June	1	Tu	Application deadline for admission to School of Education (South Hall 200) degree programs
	25	F	Summer Session I ends
	28	M	Summer Session II begins
July	4	Su	INDEPENDENCE DAY
August	6	F	Summer Session II ends