

AOP Newsletter

Spring, 2020



A Note from Ms. Stephens

With the start of the spring semester, our AOP family has weathered a number of changes and challenges. Some of this was expected and some of this was not. What remains constant is our AOP family. To be AOP is to be part of a family with shared ideals and experiences. No matter where AOP calls home, whether it's Blake C or Sturges, we are here for one another to share in each others triumphs and tribulations. My hope for you, is that you grow into the unexpected opportunities that inevitably arise from challenging times. Changes and challenges are the opening that you may need to discover new friends and connections. Already, our students are congregating in Blake C 209 and our counselors' offices are closer than ever. We can and will

use this semester to grow together. And as we welcome a new AOP director in the coming months, we will gain new and exciting leadership to continue pushing AOP forward.

Tips to stay motivated this spring semester:

by **Ms. Lewis**



1. Assess your performance in previous semesters. Determine if you need to make adjustments to your studying processes to best suit your learning style.
2. Set small goals. Instead of focusing on achieving a 4.0 this semester, examine what actions you can take to ensure a successful semester; like attending office hours sooner than later or participating in events sponsored by your department.
3. Get organized. Utilize a planner to organize your time for everything, assignments, studying, and working, sleeping, down time and participating in clubs.
4. Prioritize your assignments. Review your syllabi weekly for approaching deadlines, exams or papers. Plan your time effectively and divide large assignments into manageable parts.
5. Develop a support network. Remember in AOP we are family, but we also have extended family members on campus who want to support your success like Counseling Services, Residence Life, Dean of Students and many other campus support services.

Geneseo Employee Spotlight: Rob Levy



Pronouns: he/him/his

Position Title: Community & Campus Substance Abuse Prevention Coordinator

Marital/Family Status: Married (Patrick), Son (Jamari)

Favorite Music: Old School Soul/R&B, Jazz, Classical, Vocalists who can hit a note and really sing.

Favorite Food: Pan-Asian, Mediterranean, almost anything hot & spicy.

Favorite Restaurants: Flavors of Asia, any good diner.

Always wanted to try: Writing a book

What I fear most: Being misunderstood, hateful people.

Hobbies, talents, special interests: Painting, rehabbing houses, community organizing, supporting people who need it.

Favorite sports or pastimes: Bicycling, walking in nature or around the city, reading by the fire with my dog.

Before I die, I would like to: See most of the world



What is your favorite quote? “In the midst of Winter, I found that there was, within me, and invincible Summer.” (Albert Camus). I think of this when feelings of depression, loneliness or grief are close by. I remember that these are just feelings, and that they will always pass.

If you could have dinner with anyone, (fictional, alive, dead, famous, non-famous) who would it be? My father – I miss our conversations.

Ability I wish I had: To paint the images I see in my mind.

I’m happiest when: I have a sense of gratitude, and when I’m on the road.

Something few know about me: I don’t know – I’m kind of an open book.

If I won the lottery: I’d keep enough to retire and travel, find some more deserving people to whom I would give a chunk, and donate the rest to a worthy educational program.

Tell me about someone who has influenced your decision to work in higher education or field? Sarah Covell. We have worked together and become friends. She is someone who can access that invincible Summer within, and shares it with others. She encouraged me to apply for this job and assured me that I’d do well at it.

What might (someone) be surprised to know about you? I’m a little self-conscious when it comes to meeting people, even though I love to do it.

Last book read: Lost Connections: Uncovering the Real Causes of Depression and the Unexpected Solutions, by Johann Hari. I read a lot of books about neuroscience, and the science behind substance use and mental health.

What I like best about working for Geneseo: I see a strong intention to honor diversity and inclusion. The students and staff are friendly and interested in making an impact on the world and helping others.

I’m proudest of: My son, just for being himself.

Previous work experience: Teaching high school in the City of Rochester, I know I helped a lot of students survive and maybe thrive through a challenging time in their lives. I’ve also worked as a prevention educator, a health writer and program developer, a teacher mentor and trainer, an educational consultant, a community coalition developer, a house renovator and a kitchen designer.

The top 3 highlights of my life: Painting outdoors, restoring several historic houses, meeting my husband and becoming a father (I know, that’s four).



The McNair Program and Application Season!

GENESE0

— RONALD E. MCNAIR —

Post-Baccalaureate Achievement Program

What is the McNair Scholars Program?

- The Ronald E. McNair Post-Baccalaureate Achievement Program, also known as the McNair Scholar Program, is a program designed to prepare first-generation students with financial need and underrepresented students for doctoral education upon completion of their undergraduate careers. The program provides participants with “research internships, faculty mentors, opportunities to present and publish results of their research, undergraduate teaching experience, and assistance with applying for graduate school” (Council of Graduate Schools, 2012).
- SUNY Geneseo’s McNair Scholar Program is accepting applications. Apply online! The application deadline is Friday, March 27th at 5 o’clock! Recommendation letters are due Friday, April 3rd; you need at least two letters of recommendation.
- Information sessions are the following dates
 - February 26th, 2:30-3:30 in Bailey 202
 - March 5th, 1:00-2:00 in Bailey 204
 - March 6th, 3:00-4:00 in Bailey 203

What are the benefits?

- Graduate School Planning
- Travel and Conferences
- And more!

Am I eligible?

- Personal eligibility and academic eligibility requirements
- To see if you meet the eligibility requirements, please go to <https://www.geneseo.edu/mcnair/mcnair-entry-training-met-program>.

If you have any questions, please feel free to reach out to Sophie deFreitas at sdd5@geneseo.edu. Good luck!

Sophie deFreitas '18, Program Assistant of The McNair Scholars Program

