



A Note from Ms. Stephens

As the weather starts to get cooler and the leaves are changing color, I find myself thinking about the changes in AOP. Change can seem overwhelming and hard but I work hard to see change as an opportunity. We have seen a lot of changes in AOP these past few semesters. We'll see even more before we enter the spring semester. My hope is that we can embrace these changes for all the opportunities they present. Moving to Blake Hall is an opportunity for all of us to be closer together. An opportunity to have more conversations with our fellow AOP. And a new AOP director is an opportunity to reinvigorate our program and what we offer to our students. So please take a moment to embrace all the changes in your life and in AOP. Have a wonderful semester!

All my best,

Ms. Flossie Stephens
Interim AOP Director

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Tips for a Successful Semester

**Tutoring and
Your
Academic
Successes
and
preventing
bumps along
the road**



B=Believe in your talents.

U=Use AOP tutoring, which begins on September 16th!

M=Make an appointment and be heard.

P=Practice, Practice and you get better

S=Stand up for yourself!

R=Rewrite your notes in an outline form and in your own words

O=Open doors and visit professors once a week. Set a goal for best communication with them.

A=Attend all classes

D=Dedicate time to a disciplined weekly study plan.

In support of your academic success at SUNY Geneseo,
Ms. Lofquist

With help from, Samantha Hartigan

Candidate School of Business

2019 AOP Summer Scholars Program



The 2019 AOP Summer Scholars Program started like it has for so many years. We had students arrive at Geneseo on July 7th, where they checked in, met their summer roommate, and they listen to the AOP co-coordinators, Mrs. Flossie Stephens and Mrs. Courtney Havens, tell them what was expected of them and of AOP. These students came from all over the state of New York. Some had only been living in the United States for a few years. They come from cities as big as New York City and towns that are so small that most people have never heard of them.

Our peer mentors arrived a little over a week before the AOP students arrived. Under the leadership of Mr. Nikko Garmendiz, the Senior Peer Mentor, and Mr. Randall Lombardi, the Senior Peer Tutor, the peer mentors prepared Livingston Hall and the peer mentors to best serve our incoming students for the four week program.

The AOP students were told about the challenges that were to come. They knew that they would be taking an intense reading and writing comprehension class called INTD 170, followed by one of three core classes, which were Statistics, Chemistry, or Pre-Calc. The AOP Summer Scholars Program is designed to challenge the students, but more importantly, it prepares them for their fall semester at SUNY Geneseo. It is a challenge both in the classroom, and out. For many of the students, this was their first time away from their families for an extended amount of time. On top of being away, the AOP challenge is intense. There aren't too many times in your life where someone, or in this case, a group of caring counselors, peer mentors, tutors and professors, are consistently looking at how you function as a student and telling you, almost daily, what you are doing well, and where you need to improve. More importantly, they gave students the resources they need to become better.

The AOP students, under the guidance of the Milne Library staff, did research on world issues, and then did poster presentations where they talked about what they discovered about many of the world issues. This presentation helps the students understand how to do research, work as a team, and it also gives them exposure to the entire campus. The Milne staff has received nationwide recognition for their guidance with the AOP students during the summer program.

Every year, we talk with our graduating Seniors and ask them, "What was the most memorable part of your time in AOP?", and the AOP Summer Scholars Program is constantly mentioned as the most memorable. The summer experience is what truly transforms you into an AOP student. It has become a right of passage. Thousands of opportunity program students have gone through a similar summer program either at SUNY Geneseo or at another New York State college, or university. They all met the challenge and they were better for it.

On the final evening of the AOP Summer Scholars Program, we have an end of summer celebration where we recognize those students who really excelled in their classes. My favorite award is the "most improved" award. We see students who have gone from truly not understanding what is happening in their classroom and maybe even failing their first quiz, or exam, and then by pure grit and determination they utilize all the services that AOP has to offer and work hard to become better students. It's always a pleasure seeing their faces light up and having their peers cheer for them.

On August 1st, 2019, the summer scholars program is over. The students meet with their counselors one last time. The counselors let them know what to expect in the next few weeks and what they need to do once they start the semester. Then around noon, after many, many hugs, the majority of them are gone. The campus gets really quiet. The AOP staff starts to relax. Many of us take some time off and get ready for the semester to start. The most interesting part of the end of the summer program is that as soon as it ends, we start to prepare for the next one. I am not kidding. The work is never ending, but it is so important.

- Mr. Gabriel Iturbides, Assistant Director

Meet Our New Staff

Mrs. Beth Buckley is thrilled to be in the AOP family and loves having contact with the students. Prior to coming to SUNY Geneseo, Mrs. Buckley worked at Alfred State College in the Student Records and Financial Services Department and has experience working with Financial Aid, Student Accounts and Student Records. Mrs. Buckley currently lives in Bath, NY with her husband, and two sons, Ethan (age 19) and Gavin (age 14). In her free time, she enjoys attending her sons' sporting events, reading, taking hikes, and always binge watching something on Netflix.



Ms. Monet Lewis is enjoying her first year as a TOP counselor. Previously, she worked as an admissions advisor for the University at Buffalo, racial equity initiatives associate for the Community Foundation for Greater Buffalo, and program coordinator for Buffalo State's Office of Equity and Campus Diversity. In her spare time, she facilitates diversity and inclusion workshops for the National Federation for Just Communities and is taking a beauty industry essentials online course through the Fashion Institute of Technology.

Work Study Students



Victoria Descorbeth

Hometown: Long Island, NY

Major: Pre Business Administration

Hobbies: Hanging out with friends, Watching TV/ Movies

Goals: Learning more about the program and knowing the AOP students.

Christian French

Hometown: Manhattan, NY

Major: History & Adolescent Education; Social Studies

Hobbies: I love playing and watching soccer and football and I love watching movies.

Goals: I am looking forward to gaining new skills and creating bonds with the staff that currently work in the AOP office as well as other AOP students.



Rachel LeSchander

Hometown: Rochester NY (Pittsford)

Major: Psychology

Hobbies: singing, swimming, hanging out with my friends and family and playing with my puppy Sophie!

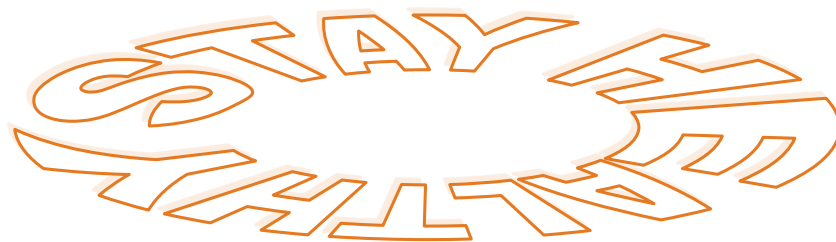
Goals: I look forward to getting to know the staff and students of the AOP!



SENIOR ADVICE

My Geneseo experience had its ups and downs but throughout all of it, I learned and gained so much. I hope to use what I have gained and give back by working with nonprofit groups. My advice to underclassmen is that the memories, knowledge, and relationships are what will define you when you leave this place so make sure you are well defined.

- Caitlyn Davies, Class of December 2019



Student Health and Counseling welcomes AOP to Fall 2019. Here are a few things we want you to know.

We have opened a new primary care service center in South Village, Onondaga North. Please come visit the South Village Health Center (SVHC) at our Open House on **September 18, 2019 8am - 10am**. Check it out, ask us questions and get FREE food.

Laura Evans, RN, the Campus Community Resource Nurse, also known as the Sturges Nurse has been relocated to Onondaga North/SVHC due to the upcoming Sturges renovation. She may be farther away but her goal to be available and assist you, absolutely remains the same. Laura/Nurse Evans is available Monday - Friday 8a -4p.

Phone: 1-585-245-6284

Email: evansL@geneseo.edu

FLU SHOT clinics are being offered at the following times and locations.

You MUST bring your health insurance card to get immunized.

Sept. 26 1p-4p @ College Union

Sept. 30 4p-6p @ Red Jacket

Oct. 2 1p-4p @ College Union

Oct. 10 1p-4p @ College Union

EMERGENCY Information

<https://www.geneseo.edu/health/emergency-info>

Emergencies

ON Campus, call UPD 1-585-245-5222

OFF Campus 911



After hours:

Nurse line 1-585-245-5736

Urgent Care is located on Route 20A, near Byrne Dairy.

They are open 9a - 9p. Take your health insurance card.

If you have Instagram, please following us for information and events:

#CCRNassistant (Nurse Evans)

#geneseohealthandcounseling (Student Health & Counseling)

#healthygeneseo (The Health Guards)

- Ms. Laura Evans, Campus Community Resource Nurse



The McNair Program & Application Season

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 (i.e., low-income) 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 now accepting applications through its “early-bird” cycle! Apply online! The application deadline is Monday, October 7! Recommendation letters are due October 14.

If you are interested in learning about the McNair Scholars Program, you can attend one of our information sessions (see dates and times below)! The session will be held in Sturges Hall, Room 122B. You can also contact the assistant director, Mr. Miguel Baique (baique@geneseo.edu) or email mcnair@geneseo.edu with any questions!

Wednesday, 9/18, 2:30 - 3:30 p.m.
Thursday, 9/26, 4:30 - 5:30 p.m.
Thursday, 10/3, 4:30 - 5:30 p.m.

If you are thinking about applying, here are ways you can strengthen your application: Talk extensively about research interest and Ph.D. attainment. If you are looking into just masters or professional doctoral degrees (i.e., MD, JD, Ed.D, etc.), this program may not be for you.

- Had some rough semesters? Let us know what was going on. No need to get too personal, but having insight on what you were going through will allow us to understand your circumstances some more.
- Letters of recommendations: make sure to get at least two letters of recommendation. Your references should be faculty, specifically faculty who can speak about your academic achievement and potential.
- Apply before the deadline!
- Edit your application!

Please feel free to reach out to Miguel Baique (baique@geneseo.edu) with any questions. Good luck!

- Mr. Miguel Baique, Assistant Director of The McNair Scholar Program

**“When you fail to
plan, you plan to
fail!”**

-Anonymous



Welcome back everyone! The Women's Leadership Institute (WLI) is looking forward to another exciting year of delivering personal and professional development to students at SUNY Geneseo. Since 2007, WLI - a student-run organization backed by the AOP department - has delivered programming to support the development of young women in leadership roles. This year, the Program Development team members who will be leading the organization are: Rachel Arauz, Qyarah De Jesus, Jessica Kaplan, Quaana Lake, Evelyn Mendez and Chalia Orellana. The Program Development team will create, facilitate and coordinate several activities and events centered around the "Five Pearls" or principals of WLI, which are: leadership, support, networking, service and advocacy. These activities and events include:

Woman to Woman sessions – informal sessions for women to gather and discuss issues pertinent to their experiences as well as get to know each other and form new friendships. This year, Woman to Woman sessions will be taking place on Fridays from 5 pm to 6 pm in the College Union Fireside Lounge. These sessions are open to all women on campus, not just participants in WLI, so please feel free to join us and take part in these fun and thought-provoking discussions and activities.

Professional Development events – one Saturday per month in the fall semester, participants gather to learn important information on topics related to professional development. Past topics have included resume and cover letter writing, preparing for an interview, public speaking and how to network

Women in Leadership Conference – on Wednesday, March 4, 2020 we will hold our 12th annual Women in Leadership Conference. This day includes several concurrent workshops based on topics related to women in leadership and culminates with a networking dinner where students get to practice their networking skills with faculty, staff and alumni as well as get inspired by a keynote speaker.

Community service – opportunities vary each year.

Participants who successfully complete the program earn a Certificate of Completion at our closing ceremony in April. WLI a great way not only to learn important leadership skills but also to meet a variety of different people and to get comfortable networking and advocating for yourself. We would be happy for you to join our organization this fall! Please see our website for the application due Wednesday, September 25, 2019.

- Mrs. Courtney Havens, EOP Counselor



OF
WORD MONTH
THE

Academia

noun [ak-uh-dee-mee-uh]

The world of higher learning.

Adapted from Vocabulary.com

MILES

Men Incorporating Leadership Empowerment and Service (MILES) is a club based out of AOP that focuses on developing the leadership, professionalism and networking of its members. In MILES we offer opportunities for community service, professional development meetings and Guest Speakers. Another important part of MILES is creating a space where a dialogue can be shared about sometimes sensitive subjects, this open dialogue allows for members to be apart of conversations that otherwise might not be addressed on campus. An example of this is the conversation we have on what it means to be a “man”. MILES is an open and inclusive space that welcomes anyone who wants to join us, the more voices the better! We meet every Friday at 4 p.m. in the Fireside Lounge (College Union).

- Randall Lombardi, Class of 2020

ATTENTION FRESHMEN

Studies show that students who take advantage of peer mentoring programs are more successful in college. Don't wait, work with your peer mentor today!

College Success

D B G I R A T I O N A L I Z E S X D A U O E Z M
U J J G N I K A E P S C I L B U P T T J B C J T
T N C K V T J E C N A D N E T T A Q J V I E K D
R X Y P P T Y K P E R S O N A L I T Y T Y P E S
U W D U R S P U O R G Y D U T S H U Q C B N P G
O R R G O H B L N S E T O N H C T E K S R N O E
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T S L A R D A V D E D C O B R G X X I I F I S O
A S B M O M O T I V A T I O N F N G D A G N T N
P A U K G A L N L L D F R O D Y I E U M G G H S
I Y S W A P I V T Z D I A L A I C N A N I F E B
C S D A L P T I Y U I B Q G V I W Q X G O Q T N
I W F H E I W S T I M E M A N A G E M E N T I C
T Y B Q Z N O U G O A L S E T T I N G N A I C K
R Y R F U G S A L G B O O K S T O R E V K Z P O
A M Z V P Y C L A C X P F M M H M H W E S E R D
P I V N O L U D A I E P Y T G N I N R A E L R R
O J B E H L N O I T A N I T S A R C O R P J Y Z
N E E R G E D E G E L L O C B R P F T A P J S R

Auditory	College Degree	Rationalize	Procrastination
Motivation	Generations	Attendance	Participation
Public Speaking	Stress Management	Study Groups	Bookstore
HCC	Professor Rogal	Kinesthetic	Visual
Learning Type	Personality Types	Career Center	Library Resources
Financial Aid	Blackboard	HawkMail	Writing Essays
Sketchnotes	Mind Mapping	Annotation	Note Taking
Goal Setting	Time Management		