

EOP VOICE



Fall 2009, No. 2

SUNY College at Oneonta
Student Newsletter of the Educational Opportunity Program

New Beginnings

"A journey of a thousand miles must begin with a single step," said Chinese philosopher Lao Tzu in the 6th century BCE. He knew, even over 2500 years ago, that all great endeavors must begin somewhere. So, congratulations to all of you who are beginning the incredible journey toward your college degree. And welcome back to all of you who are returning, beginning a brand new semester.

There is tremendous energy in beginnings. New beginnings are exciting and fun. You make plans, you organize your stuff, you think about the possibilities. But that energy only takes you so far. Think about New Year's Resolutions. You plan to lose weight, get in shape, join the gym, and eat healthy. How many people still belong to the gym and have stuck with their exercise plan 2 months later? The same is true for college. At the beginning of the semester, students buy new books, make their schedules, and have all good intentions of having a great semester.

Why is it then, that even though they have all good intentions, students often find themselves overwhelmed, behind, and struggling a few weeks into the semester? There's a Japanese proverb that says, "Beginning is easy... continuing is hard." The truth is, it is extremely difficult to sustain the level of energy that you have at the beginning of the semester. But that is exactly when it is most important to find the discipline, the strength, and the will to forge ahead! And that is where EOP can help. Your counselors are here, the Academic Specialist is here, the tutors are here and your entire EOP family is here to support your success. Come see us in our offices. We want to help. Our commitment to you is unfailing, at the beginning of your journey, and when the excitement of that new beginning wears off. Stay focused, stay strong, and know that you are never alone on the path.

JoAnne Murphy
Academic Specialist

"Success is the sum of small efforts, repeated day in and day out."

Robert Collier

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Who Are We?

The *EOP Voice* is:
Jessica Oliveira
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JoAnne Murphy
Cheryl Peeters

We are always looking for interested, creative students to work on the newsletter. If you would like to participate, or submit an article, poem, artwork, etc. please email us at: EOPVOICE

Or contact us at:
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115 Alumni Hall

Create Financial Health



USE A BUDGET

A budget is a breakdown and a plan of how much money you have coming in and where it goes.

- § Plan your expenses
- § Make a list of all your income
- § Think about what you need, not what you want
- § If your expenses are higher than your income, you **MUST** find a way to either increase your income or reduce your expenses
- § Stick to the plan

Your financial health, like your physical health, can improve if you know what to do and then commit to doing it.

WHAT'S GOING ON:

Sept 22—Study Abroad Fair
11am—2:30pm
Alumni Fieldhouse Atrium



Sept 25—College closes after last class

Sept 30—Classes resume
TAP certification begins. Students receiving TAP awards must be full time (12 s.h. or more) to be eligible for TAP.

Oct 12—Save Your Financial Self
Oneonta EOP Alum Kirk Allen presentation at the CME, 8pm



Oct 12-23—Halloween candy go on sale
Purchase a bag of candy for a buck and send it to a friend for Halloween! See one of our Student Opportunities Committee Freshman Class Officers.

Oct 23-25—Homecoming Weekend

Oct 26—Graduate and Professional School Fair
1-3pm, Chase Gym
Over 50 recruiters will be in attendance.

Oct 27—Withdrawal Deadline
Last day to drop a full semester course

Nov 6—Last day for filing Independent Study, Internship, Individual Course Enrollment & Teaching Assistantship forms (less than 3 s.h.). After this date, a \$20 late fee will be assessed.

Nov 12—XAE Induction Ceremony
5:30pm, Craven Lounge, Morris Conf. Center

Check out the Outdoor Resource Center if you are interested in: whale watching, horseback riding, snowboarding/skiing, hiking, and many other activities. Send your e-mail address to pettas@oneonta.edu to get on the Outing Club e-mail distribution list.



Spotlight on Excellence

*New Members to Join Beta Eta Chapter
of Chi Alpha Epsilon*

The 2009 Induction Ceremonies for the *Beta Eta Chapter of Chi Alpha Epsilon* are set for the afternoon of Thursday, November 12 in the Craven Lounge of Morris Hall. The EOP community and all campus constituencies are invited to celebrate this elite group of academic achievers. This fall, about 20 students are eligible for induction which could result in the **LARGEST CLASS OF INITIATES EVER**.

All EOP and CAMP students should strive to achieve *XAE* status by maintaining a cumulative GPA of 3.00 or greater. And jewel status awaits those who achieve at even higher levels. *XAE* meets regularly and participates in community service, and fundraising for both charity as well as opportunities for members to attend the Biennial *XAE* Leadership Conferences, to be held this spring in San Antonio, Texas.

Creative Corner

Who are you?

By Liana Minaya

My mind does not work and it's your fault
You have entered into my space
and interrupted my peace
Who are you so insignificant?
Who are you so different?
Who are you to look at me with eyes full of curiosity?
Your presence asks me for answers without questions
It is inevitable that for you I'm just a mystery
It is obvious to recognize your breathing
You bother me
But I breathe myself and you disappear
Then I think of you
You were like a curse
Crazy as if craving to learn your identity I look for you
Without results I stick to the urge
And finally behind my door there you were
Surprise
I smile at you to give you a place
And in you I found more than I expected



Check out the 2009 Summer Academy newsletters:
[Issue 1](#) and [Issue 2](#)



Did you know that...

In the EOP Advisory Center (115 Alumni Hall) there is a binder that contains hundreds of pictures from EOP-sponsored events that you can browse through and use for class projects? Just stop by and see Carole.



EOP Mission & Vision

Vision: Through unity of purpose, a diverse and supportive environment will be created that challenges and empowers students to excel academically and to be successful, lifelong learners in a global society.

Mission: The mission of the Educational Opportunity Program at Oneonta is to provide leadership, guidance, support, and services that present opportunities and options encouraging and promoting holistic, individual development for students and campus constituencies along with an ongoing commitment to program advocacy.