Thinking about what to do after graduating from Oneonta? You should meet with your EOP Counselor to talk about your future goals and what some options are for you after you graduate. Even if you are an underclassman, it is never too early to plan ahead. The obvious choice for most would be to enter the workforce directly after graduation. However, due to the present economy, it may be difficult to gain employment in your desired field. Although there are still many jobs available in some industries, recent college graduates may want to take some time to think about what is important to them and if they really want to enter the workforce directly. Graduate school is becoming a more popular option for recent grads, as the Masters degree is now becoming the entry-level degree in many fields. Other options such as AmeriCorps, Peace Corps, traveling abroad through teaching and exchange programs and internships should also be discussed with your EOP and Career Counselors.

If graduate school is something you are interested in, make sure you have at least a 3.00 GPA, good letters of recommendation, and write a strong essay that many graduate programs require for entry. Although you may be tired of going to school and want to leave the classroom, tests, and papers behind as soon as possible, graduate school might be a good option for some. Dispelling some myths about graduate school is important especially for first generation college students, who are the first in their families to go to college, let alone graduate school. A common myth is that graduate school is expensive. That is true, in part, since tuition is usually higher than that of undergraduate education; however, there are a myriad of funding opportunities such as graduate and research assistantships that not only cover tuition and fees, but also a stipend for living expenses. In addition to scholarships, EOP students are especially privileged, as you are eligible to participate in the Graduate Tuition Opportunity Program (GTOP). GTOP provides tuition remission for EOP students who want to pursue graduate school in the SUNY system. You must gain admission to the graduate program and GTOP is dependent upon state funding.

If graduate school is not an option, you may want to consider volunteering for the Peace Corps, AmeriCorps, or a non-profit organization. The Peace Corps is a federal agency started by President Kennedy in the ‘60s that sends volunteers from the US throughout the world to help make a difference in developing countries. The Peace Corps provides a living

"One’s destination is never a place, but a new way of seeing things."

~Henry Miller

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:
607-436-2407
607-436-2471
332B Netzer Admin.
115 Alumni Hall
stipend, health insurance, college loan deferment as well as scholarships for graduate school. If leaving
the country is not for you, you can volunteer with the domestic version of the Peace Corps, which is
AmeriCorps. AmeriCorps was started by President Clinton and set up to help communities in the US by
providing volunteers to clean up the environment, fight illiteracy, and tutor and mentor disadvantaged
youth. Like the Peace Corps, AmeriCorps provides a living stipend and assistance paying back college
loans. In addition to AmeriCorps and the Peace Corps, there are other non-profit or public sector
internship and volunteer experiences that you may want to look into.

Volunteering in the US or abroad may not be for you and you may not want to go to graduate school
immediately after college, so your other option would be to enter the workforce. Considering the 10%
unemployment rate and the tough job market it may be challenging to find employment immediately
after college, especially in your chosen field. However, you should always pursue any opportunity to
apply for a position for which you may be qualified. Be sure to work with your EOP and Career
Counselors on campus to help with your resume, cover letter, and interviewing skills. Also, it is
important to remember that according to the US Labor Department, the average person will have 10.5
different jobs between the ages of 18 and 40. This means that the job you have when you first get out of
college will not be your lifelong career job. As important as finding the “right job”, is to learn what kind
of job you don’t like. Do you like working in an office or out in the field? Independent or with a team?
Public, private, or non-profit? These are all important answers that you will only learn from experience.
As I tell my students, from age 20 through 30 is when you decide what you want to do with the rest of
your life. And don’t be surprised if after 30 you change your career a couple more times.

All these decisions about what to do with your life can be daunting, especially if all you have done is
go to school your whole life. It is important to remember though, it is not what you do that is important,
but who you are as a person. Even if you know exactly what you want to do and how to get there, it is
important to have good character, integrity, and always help those who need your help. If you don’t
know what you want to do for a career, think of yourself as having $100 billion dollars in the bank. You
never have to work and you never have to go to school again. What would you want to do with your life
after you go on the vacations, buy houses, cars, etc.? What do you do now when you are not working or
going to school? You should ask yourself these questions to guide your decision making in the future.
Hopefully you will find the answers that will help you express your talents and pursue your passions in
life. As my Mom used to say, “If you do what you love, you won’t have to work a day in your life.”

Taking Control of Your Finances in Hard Times:
An EOP Counselor’s Advice
By Venessa Rodriguez

Cut out the excess. If you don’t need it, don’t buy it! If you already have a working cell phone,
you don’t need the newest one. That’s just one example of many. The point is no one expects that
college students are going to have the latest and greatest gadgets, clothing, or whatever is on the
market. Most of the time the pressure we feel to have the newest shiny things is self imposed, because
the truth is no one else is really paying attention (and if they are, they need to do some more studying
because they have way too much time on their hands)!

Create and keep a budget. Budgeting is a great way to ensure that your spending does not get
out of control. A good way to begin this process is to write down how much you pay out per month

(Continued on page 3)
for bills (credit cards, phone, food, etc.) and then figure out how much you earn per month. If you are spending more than you are earning, then you are not living within your means and will have to figure out what you can give up or reduce. If your spending is not more than you make and you find yourself with excess cash, designate that cash to things like savings, a small entertainment budget, etc., and that way you are less likely to overspend and more likely to be aware of what you are spending. Budgeting is a life skill that you will have to acquire at some point so you may as well begin now. It will save you a lot of headaches and grief if you become budget savvy sooner than later.

“If your actions inspire others to dream more, learn more, do more and become more, you are a leader.”

~John Quincy Adams

TUTORIAL TESTIMONIAL

Working with EOP tutors has been very beneficial for me, because they are there to assist me when I need them or just to make sure I am doing the work. Most people think that getting a tutor is only for students who are not doing well in a class, or just do not understand the material. This is not entirely correct because I still meet with my tutors on a regular basis, even if I do not need help. They help me review my class notes and make sure I am up to date with my work. The tutors that I have are patient, nice and understanding. They are ready to work and assist me in any way possible. I encourage all my peers to take advantage of this wonderful opportunity and get a tutor.

~Rokiatou Coulibaly

Being a Leader

As the instructor for Peer Counseling I have the privilege of working with some of the finest student leaders on this campus. Our Peer Counselors take a 3 credit, upper division course during the fall semester to become qualified to enroll in the Peer Counseling Practicum in the spring. The training is rigorous but fun! (Trust me, the students have told me so!) After completing this training, the Peer Counselors work with approximately 5 EOP students during the spring semester. In addition to meeting with students to provide personal, academic, financial and transitional counseling, Peer Counselors also serve as para-professionals for our office, facilitate workshops or events and create trainings for our Summer Academy program!

Students who complete both the training and the practicum with a B+ or better are also eligible to apply for an internship during Summer Academy. Students will have the opportunity to earn up to 6 credits (tuition is the responsibility of the student) while gaining valuable experience as Residential Peer Counselors!

It is that time of year when I start recruiting Peer Counselors! If you feel that you have the skills to be a great leader, would like to give back to the EOP community and meet the requirements (see below), please stop by and see me in 115D Alumni Hall. You can also stop in and talk to our current Peer Counselors, Keemie, Jenny, and Joliana, to get their perspective on the course!

Requirements for Peer Counseling Training:

Must have 25 credits (sophomore status) by Fall 2010 with a cumulative GPA of 2.5 or higher. Must possess excellent interpersonal, oral and written communication skills. Must be patient, dependable, flexible and willing to work day or evening schedule in order to meet student needs. Additional requirements must be met to qualify for Peer Counseling Practicum during the spring semester.

You may pick up an application in either EOP office (115 Alumni Hall or 332B Netzer).

~Danielle Tonner
EOP STUDENT ONE OF FOUR SUNY ONEONTA STUDENTS SELECTED FOR SUNY CHANCELLOR’S AWARD FOR EXCELLENCE

Four seniors are among a select group of SUNY students chosen to receive the 2010 SUNY Chancellor’s Award for Student Excellence. SUNY Chancellor Nancy Zimpher presented the awards to the students at a reception in their honor at the Empire State Plaza Convention Center in Albany. The Chancellor’s Award for Student Excellence is the highest honor that SUNY bestows upon students. It is presented annually to SUNY students who demonstrate academic excellence and integrate it with other qualities such as leadership, athletics, community service, creative and performing arts, entrepreneurship, or career achievement.

Wilkin Cabrera, English major, from the Bronx, New York, is an outstanding writer and student leader who has volunteered hundreds of hours to serve the community both on and off campus. He has received two scholarships, been on the Dean’s List for three semesters, been recognized as a “Best and Brightest” student, and been inducted into four honor societies. His exceptional writing ability earned him entry to a highly selective practicum led by Pulitzer-Prize-winning author Robert Olen Butler. Wilkin has served as President of the Phi Beta Sigma fraternity and as President of the 2006-07 freshman Educational Opportunity Program class. At the College, he has also served as a peer counselor, resident advisor, and teaching assistant.

OMICRON DELTA KAPPA Spring 2010 INDUCTION

The SUNY College at Oneonta Circle of Omicron Delta Kappa will induct 22 new student members in April. Omicron Delta Kappa, the National Leadership Honor Society, recognizes and encourages superior scholarship, leadership, and exemplary character. Membership in OΔK is a mark of highest distinction and honor. EOP Initiates are: Jason Avery and Lucas Hall

CONGRATULATIONS

To the faculty and students of the Earth Sciences Department who presented research at the combined meeting of the Northeast and Southeast sections of the Geological Society of America in Baltimore, Maryland in March. Students, including Wala Canario, presented two posters with co-author James Ebert based on a class research project in GEOL 360: Sedimentary Geology.

DIVERSITY PEER EDUCATION PROGRAM AWARD

Simonette White completed the Diversity Peer Education Program pioneer class which trains students to become diversity allies and peer educators. A certificate-award ceremony was held on March 27. Simonette was also inducted into the Lambda Pi Eta Honor Society in April.

SUNY College at Oneonta The Best and the Brightest

To increase the recognition of the achievements of our outstanding students, the Community Relations Office develops news releases about our "Best and Brightest" students for potential use in the media. Faculty and staff members participate by nominating students worthy of recognition and providing information about those students.

Many of our "Best and Brightest" students show outstanding academic achievements, but students are also recognized for exceptional projects, research, or community involvement. EOP Student Dania Valdes was nominated by Professor Michael Green. Dania is a member of the Chi Alpha Epsilon Honor Society. She is an AALANA mentor and Spend the Night host, and Vice President of Sistah2Sistah. She is a member of Students for Global Education and has served as a Resident Advisor, Resident Director Assistant, and EOP Peer Counselor.
Ghana was one of the best decisions I have made this year so far. Ghana was full of inspiration and so much that one cannot learn from a book. You are constantly seeing people trying to make a living out of anything they can get a hold of. Yes, these individuals do not have a lot of things they can call their own, but I saw the way they made entrepreneurs out of themselves.

Before going to Ghana I was unsure of what I wanted to do in the future. I do have a major, but doubts tend to occur. Once I returned from Ghana, I had this overwhelming belief that anyone can do anything they wish to do. Of course students hear that saying every day, but it does not really sink in until they see it for themselves. Ghanaians have small places that they can call their businesses. I visited Global Mamas, a clothing company that also exports clothing to the US. Before I got there I was expecting a big factory with several hundred workers. The working space was the size of a quad living room here in any residence hall. When I walked into this small space, I realized that maybe I could amount to something in the fashion world and maybe even other things beyond that. I felt inspired to try other things. I realized the world is not such a small place and there is so much I can choose to do with my life.

I loved every part of Ghana and learned that I can truly do anything that my heart desires.

~Liana Minaya
We went to the school where $1,000 was donated to help build their library. We helped with the construction of another room.

We went to Elmina Slave Castle which was right near the beach.

We attended a drumming/dancing session in which we were taught Ghanaian dances and drumming.

Learning how to drum was fun and exciting, especially on drums we had custom made.

~Daisy Aguilera

There is a special naming ceremony that takes place. Depending on the day of the week you were born, you are given a certain name.

Akwaaba = Welcome
Ye fre wo sen? = What is your name?
Ye fre me john = Will be the response

~John Lara

We took a day to relax and went to the beach. There we met some kids who were very friendly.
I have no words for what it really meant to me to be one of the few fortunate Oneonta students who went to Ghana except that it was a once in a lifetime experience. Everything from the people to the culture to the traditions were welcoming to anyone willing to truly learn. A day did not go by where we didn’t learn something new about the Ghanaian culture and lifestyle. I left Ghana with a thankful heart for my personal blessings at home as well as those I have been given by everyone in Ghana who opened their hearts and arms and gave a little bit of time to me and my Oneonta/Ghana family. “MA FI WO” (“I miss you”)

~ Katherine Mendoza

The Ghana trip was an amazing experience. I most enjoyed the warmth and friendliness that all Ghanaians possessed. After traveling the country and meeting the people, I felt that there was a warmth and happiness in their outlook on life that Americans have lost touch with. My favorite part of the trip was visiting Cape Coast and Elmina Castles. It was a truly moving experience that touched my heart. I will never forget the eerie feeling of walking through the tunnels where slaves were once boarded onto ships bound for the new world. I will never forget Ghana and the lessons I learned from its people and unique history.

~ Jessica Lamendola
My trip to Ghana was an eye-opening experience. Most of my trip I felt confused and sad—everything I saw did not feel real. What I “enjoyed” the most was visiting the orphans because I disliked what I saw—so what I enjoyed is what I did not enjoy. I realized that the people over there need help and I MUST do something! I already knew that people in general take things for granted in life—this experience was just another living example. It is hard to express it with words. Ghanaians looked to me like they were happier than I was and I couldn't understand why. I do not even know if they were sad inside because they knew by the way I looked that I was more privileged than they were. I learned about Ghanaian culture, but what this trip really taught me is to step up in every sense of the word. It has taught me to take responsibility for my people in other countries and to reach out for help. I am part of a group called Students for Global Education and we are finding ways to raise money to help these people. Most of the people who went to Ghana are part of this club, but we need people who want to help even if they did not go to Ghana! If you are interested in making a difference, get involved by e-mailing me at valdd73@oneonta.edu. Thank you.

~Dania Valdes

ALUMNI CONNECTION

Come Back and Celebrate Reunion Weekend
June 4-6, 2010

Join the EOP Network Meeting and
Congratulate the Outstanding EOP Alumni
Award Recipients.

For the full Reunion Weekend schedule, go to
the college alumni webpage or click the link
http://www.oneontaalumni.com/s/885/
NoPageName.aspx?sid=885&gid=1&pgid=572

EOP Activities Reunion Weekend 2010:

Saturday, June 5
10:30 am—12 pm
50th Reunion Class and Alumni Awards
Reception
Hunt Union Ballroom

1:30 pm
EOP Alumni Meeting
Union Square, Hunt Union

2:30—5 pm
EOP Card Tournament
Union Square, Hunt Union

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.