



Division of Student Affairs

SUNY PLATTSBURGH

Upward Bound Alumni Newsletter

WINTER 2015

Hello UB Alums!!

We recently celebrated our 15th Annual Upward Bound Alumni Reception on Wednesday, January 7th. What a wonderful afternoon. We had great turnout with almost 20 alums gathering here in the UB office in beautiful Redcay Hall. And, just for showing up and sharing their fall semester grades and/or award letters, those in attendance received a total of **\$475** in book and scholarship awards! The best part of the afternoon though was seeing folks from the 2011 to the 2014 graduating classes all together.

For those of you who could not make the event, no worries. But, we need you to stay in touch! I know you are all grown up and tend to forget about us UB folks now that you are in, or finished with college, but we would love to hear from you! We are especially concerned if you are having issues while in college. These could be such things as money, academic challenges, or any other kind of problem. Don't forget to use Upward Bound as a resource! We may be able to help you out—even if you do not attend SUNY Plattsburgh.

Within these pages is hopefully some valuable information that can be utilized while you are in college. We also hope it keeps our connection with you strong. While you are busy doing great things, we are continuing to serve over 200 high school students in the districts you all attended, making the same kind of connections you did. Summer 2015 is right around the corner...don't be a stranger!

And, to bring back some great memories...

~Brian



Inside this issue:

Summer Jobs/TRIO information	2
Career Selection/Financial Aid	2
UB Alum College Attendance and Graduation List	3
Grad School?/Residence life	4
College completion/Useful apps for college students	5
Connect with us!	6

Summer Jobs

Tutor-Counselor applications for the 2015 Summer Program are now available. If you are entering your Junior, Senior, or graduate year of college, you are eligible to apply for a Tutor-Counselor position.

You must be in good academic standing and have the patience, stamina, humor, and maturity to work with Upward Bound students. Some great alumni have worked with us over the years...and who better to share the magic of UB with new students!

If this interests you, contact us now for an application!

518-564-2030 or riddleac@plattsburgh.edu

TRIO Programs Don't End With UB!!!

The TRIO pipeline continues while you are in college. If you didn't know this already, **Student Support Services (SSS)** is also a TRIO program that offers you assistance while you are in college. They often have scholarship money available, and offer academic advising, tutoring and other important services not available to everyone.

If you attend SUNY Plattsburgh, we know you have been introduced to the staff in the SSS office and hopefully are taking advantage of what they have to offer.

Financial Aid Info for College Students

Just because you are in college doesn't mean you can forget about financial aid. There is still some important information you and your family need to be aware of:

- **The FAFSA must be filled out every January-** Always make sure the requested information is in by the deadline. The maximum amount of aid you are eligible for depends on it!
- **Realize the amount of financial aid you receive will vary from year to year-** Your school may offer different amounts of aid, your families income may change, all these affect the aid package from year to year.
- **Your enrollment status will affect your financial aid eligibility-** In order to receive federal financial aid (Pell grants, Stafford loans, Perkins loans, work-study) you must be enrolled at least half-time. Generally, in order to receive institutional money (scholarships) you must maintain full-time status.
- **Be aware of the repayment terms for your federal loans-** As a student, you will more than likely have federal student loans. These loans can often be forgotten because you don't have to start paying them back until six months after you graduate.



Visit Your School's Career Services Office

Though many colleges and universities provide free career services to students, few students make use of these services. As soon as you have time, make an appointment with a career counselor at your school and show them a copy of your resume. Take advantage of all the free resources you can while you are still in school!

How to Discover the Right Career

Follow these 3 practical steps to choose the career pathway for your unique personality, experience and skills.

Know yourself. What are your strengths? How do you like to spend your time? What special skills do you have? What type of future lifestyle do you want?

Match your strengths to career options. Focus on the career options that correspond to your set of natural aptitudes and skills.

Explore and research your career options. Research various careers in the career category you selected.

Career websites to assist you in your choice:
www.careervoyages.gov

UB Alum College Attendance and Graduation

Class of 2014

Nick Armstrong	CCC
Joe Arno	Canton
Logan Baker	Plattsburgh
Brittany Bordeau	CCC
Ashley Brindisi	Nazareth
Brianna Brockway	NCCC
Madison Bushey	Potsdam
Laura Buskey	Albany
Roland Carignan	Plattsburgh
Grace Cochran	CCC
Chad Coulombe	CCC
Francesca D'Alessandro	Buffalo
Ryan DesRocher	Clarkson
Ashlee Estes	Plattsburgh
Eli Fasking	Plattsburgh
Shelby Gates	CCC
Thomas Goodrow	CCC
Brooklyn Haverstock	Canton
DJ King	Plattsburgh
Karri Kusalonis	CCC
Jacob Jacques	Clarkson
Taylor Kenniston	NCCC
Sky LaPointe	Neumont
Devin Larson	Paul Smith's
Megan McDonald	Canton
Alesha McElwey	CCC
Andrea Meshefsky	Oneonta
Alexys Monette	Plattsburgh
Marisa Montefusco	St. Rose
Matt Moore	Paul Smith's
Dallas Page	Plattsburgh
Evan Page	St. Lawrence
William Palmer	CCC
Shonna Provoncha	Plattsburgh
Alexis Provost	CCC
Nichole Pulsifer	CCC
Tyler Rock	Plattsburgh
Alyssa Rodriguez	Plattsburgh
Nick St. John-Lester	CCC
Joe Templin	CCC
Angel Turan	Pratt
Hailey Watson	Plattsburgh
Darryl Webber	Oswego
Tracy Wells	CCC
Amanda Wilson	Paul Smith's
Irene Wilson	CCC
Brittany Winner	CCC

Class of 2013

Rebecca Adams	Canton
Miranda Arthur	SUNY ADK
Robert Barber	Plattsburgh
Whisper Bennett	Potsdam
Jamie Bigelow	NCCC

Andy Bizga	CCC
Cory Blanchard	Elmira
Brittany Burdt	NCCC
Natasha Burns	NCCC
Taylor Chien	SUNY IT
Austin Connell	NCCC
Zander Connor	Plattsburgh
Evan Eggleston	Canton
Colby Garrand	Brockport
James Gearsbeck	Potsdam
Kyle Kemp	HVCC
Katelynn LaBombard	Plattsburgh
Casey LeClair	St. Lawrence
Josh Levasseur	Plattsburgh
Sarah McNally	Plattsburgh
Meagan Morelock	CCC
Evan Nichols	CCC
Jared Nichols	CCC
Joe Perry	NCCC
Kyle Racette	Plattsburgh
Mackenzie Rentas	Plattsburgh
Sharon Rock	SUNY ADK
Brianna Sherwin	SUNY ADK
Stephanie Strack	NCCC
Desire Sydnor	Plattsburgh
Cassi Tomkiewicz	CCC
Kelsey Wallace	NCCC
Sierra Wimett	Canton

Class of 2012

Dmytro Andryeyev	CCC
Stephanie Beckman	Canton
Marissa Brockway	Potsdam
Kirstin Burns	CCC
Shelby Coleman	Plattsburgh
Aurelia Cruz	CCC
Alex Davison	CCC
Brittany Drollette	Siena
Keyanna Dunn	Siena
Elaine Duquette	Plattsburgh
Chris Elliott	NCCC
Bryan Geiger	St. Lawrence
Andrew King	Cedarville
Shawn Ko	Hyles Anderson
Angelica LaBombard	CCC
Ashley Levasseur	Plattsburgh
Caleb McGuinness	Canton
Kristy Napper	Canton
Zach Peltier	NCCC
Richard Pinter	Plattsburgh
Kaitlyn Wait	Potsdam
Dallas Wilson	Plattsburgh
<u>Class of 2011</u>	
Abigail Clark	Plattsburgh

*Samantha Clement	CCC
Aaron Connor	Clarkson
Craig Gardner	Oswego
Derek Gokey	Albany
Jackie Gonzalez	Plattsburgh
Andrew Jenkins	Plattsburgh
Will Lamoy	Potsdam
Lorna LeBrasseur	Plattsburgh
Zabrina Malagon	Plattsburgh
Emily McNally	Albany College of Pharm.
Kayla Meshefsky	Plattsburgh
*Melissa Offman-Rodriguez	CCC
Austin Perry	NCCC
Christina Rock	Plattsburgh
Krissy St. John	CCC
Travis Tedford	Canton
Andrew Turner	Clarkson
William Webber	Fredonia

Class of 2010

Virgil Atkinson	Potsdam
Samantha Barber	College America
Heather Bemis	CCC
Anna Boland	Plattsburgh
Steve Boulerice	Cortland
Heather Clark	CCC
Ryan Fifield	Plattsburgh
Paul Harriman	CCC
Chuck Ko	Brockport
Keely Lamica	NCCC
Lora LaRochelle	NCCC
Daniel Ormsbee	Plattsburgh
David Patterson	CCC
John Peterson	CUNY-Manhattan
Jade Petro	Albany
Skyler Resendez	Plattsburgh
Ashley Rice	Canton
Alexis Smith	St. Rose
Tegan Spinner	RIT
Keenan Spurdens	Plattsburgh

BOLD = Graduated

* = Enrolled in second degree



Thinking About Grad School: A Few Things That Could Make it Easier

While most financial aid goes to undergraduate students, there still is a variety of resources out there for those of you who want to continue with your education. You should always start with your Financial Aid office on campus to see what opportunities are out there.

- **Fellowships**- These are typically offered by private and government organizations for specific areas of study. Fellowships usually involve research that will advance the purpose of the organization offering the award, but at the same time advancing your skills in a particular area of study. They can offset the cost of your graduate study, if not pay for the entire degree.
- **Assistantships**- These are usually provided to graduate students through part-time academic employment. Graduate assistants are paid a small stipend in exchange for working for the college or university, typically in research, teaching, or residential life.
- **Employer Tuition Reimbursement**- Many employers offer to pay a portion of your tuition or coursework in field of study related to your job in the form of tuition reimbursement. Under IRS regulations, \$5,250 of the yearly employer tuition reimbursement for graduate expenses may qualify for income tax exemption.
- **College or University Employee Benefits**- If you are a college or university employee, there are many opportunities for tuition reimbursement not only at the college/university you are employed at, but also at schools within the same system. Check with the human resources office at your school for more detailed information on this opportunity.



Thinking About Becoming a RA?

Becoming a RA (Resident Assistant) can be a great way to cut some of your college costs as long as you know what you are getting into!

Although some of the benefits are great, like a private room, fun activities, and job where you get paid to hangout with people...it can be counterbalanced by some late nights, tough situations, and a major time commitment. Here is a closer look at the pros and cons:

Pros

Your own room

Decent pay

Great leadership Experience

Resume builder

Teamwork

Cons

Time commitment

Not much privacy

New student problems

Potential conflict

Supervisory role

Roommates...

One of the most important lessons you'll learn in college happens outside the classroom. This is figuring out how to live with someone sharing your space for the next four years or so! Here are some basic ground rules to help you in that quest:

- **Respect each other**- being considerate, keeping your space clean, and leaving their stuff alone is a great place to start for developing respect.
- **Set ground rules**- areas such as talking on the phone, visitors, smoking, and hours of sleep can help maintain a good relationship with your roommate.
- **When all else fails**...sometimes, no matter how much you do, your roommate will still drive you crazy. You can just deal with it, talk it out, talk to your RA, or just leave the room until the air clears!

Hopefully everyone gets along and you develop a lifelong friendship with your college roommate!

Finishing the game...without the degree, you'll just owe the money!!!

As you have heard us say for years, investing in your college education is one of the best decisions you can make. The data consistently supports that the more education you have, the more earning potential you will have over the course of a lifetime. There are many other by-products of this education as well. These include: better health, more security, and greater quality of life.

We also all know that a college education is expensive! Depending on the college you are attending and the financial aid package you receive, a lot of this investment is in the form of student loans. This is a reality for pretty much everyone who attends or attended college. Loans have to be paid back! So, what is the most important thing you can do to help pay back those loans? **Finish your degree!** If you don't complete the program you started, you will still have to pay back the money you borrowed...without the degree to get the better job!

This is probably the most important piece of advice we can give you. You don't want to end up saddled with debt and not have a degree to show for it. So, enjoy your college experience, change your major if you must, but finish the game!

***Textbooks-resources to save \$\$**

Packback – a new startup founded by three students at Illinois State University. I'm absolutely stoked about Packback because they're working on offering digital textbook rentals on-demand for just **\$5 a day**.

StudentRate Textbooks – a search engine that lets you compare textbooks prices across tons of different online sellers.

Amazon – typically you'll find that even new textbooks are cheaper here than they are at your school's bookstore, and used editions are often far, far cheaper. But the best thing Amazon offers are Kindle editions of textbooks – that you can rent.

Chegg – the best-known name in textbook rentals, and definitely still a good place to check.



***Tools for Time Management/Productivity**

HabitRPG – a habit tracking app that I use every single day. I use it for smaller habits – remembering to floss, doing pull-ups, juicing, reading 30 minutes a day, taking vitamins, etc. Without it, I'm prone to letting work take over my life and forgetting to do these things. With it, I'm a small-habit superhero.

Pick Four – the best goal tracking method I've ever used. This is a simple workbook created by Seth Godin that has you define four goals for a 12-week period. Then you write down what you did for each one, every day. The "streak" effect keeps you motivated and working.

Google Calendar – this has been my trusty calendar ever since freshman year. On my iPhone, I manage it with the beautiful Sunrise Calendar app.

Wunderlist – a wonderful (hah) task-tracking app. It's free, syncs beautifully across all platforms and devices (and the web), has recurring tasks, sub-tasks, multiple lists, and is pretty to boot. I use it as a bucket for all my tasks, which I peer into each day when creating my daily plan on my whiteboard.

Trello – this is the best tool for managing group projects that I've ever used, and it's free.

Dropbox – the most essential app ever for anyone who uses a computer. Keeps your files backed up and synced across all your computers and devices, as well as on the web. Forget your paper on your home computer? Log onto Dropbox at school and print it out in the lab. Use it. Seriously.

***Writing/Note Management Tools**

Evernote – this app can be described as my *second brain*. All my class notes, ideas, blog post research, important scraps of information, non-important scraps of information, half-finished rap lyrics, story drafts, travel plans, and everything else is stored in Evernote. After 4 years I have almost 900 notes.



***collegeinfo geek.com**

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Check out our facebook page at Suny Plattsburgh Upward Bound

Join the TRIO Alumni Association

Follow the link below to connect with other TRIO alums all over the country!

<http://www.facebook.com/TheNTAA>



Keep in Touch!

Heard from any long, lost alumni??

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