Welcome back! We are excited to begin the fall 2009 semester after your summer break. We are happy to welcome 20 new freshmen.

Once again, our freshmen class come from throughout New York State. This class enters Fisher's HEOP with one of the strongest academic profiles. Please welcome them and make them feel at home within our HEOP Family. Also, I want to congratulate our 15 program graduates who are now working and/or attending graduate school. We are proud to say that we retained and graduated a high number from this cohort.

As you return to classes, we encourage you to use the resources available to you on campus. These include HEOP, Math & Writing Center, Academic Affairs, your professors and the various academic departments. Please remember that the campus and its staff are geared to assist you in order to help you succeed. Make sure you get the help you need. Have a great semester!
I studied in Rome, Italy

I lived in a four bedroom apartment, which was very large and in a residential area. My apartment had a terrace with an amazing view of the city and a balcony in my room that overlooked my neighborhood. I was amongst all the natives and their families. There were no “college towns” or college housing. I had classes Tuesday through Thursday and no class Monday or Friday. My schedule allowed me to have four-day weekends in which I traveled a ton. The trips I took were planned and mapped out by my roommates and I, and we went wherever our hearts desired.

Since you’ve been abroad, were there been any additional countries/cities you’ve visited? If so, please list each of them and any cool things you did while you were there.

I was able to do a significant amount of traveling while I was in Europe. I visited Paris, France; Lisbon, Portugal; Barcelona, Spain; Corfu Island, Greece; Florence, Italy; Sicily; The Almalfi Coast, Terracina, Italy; and Budapest, Hungary. I took a part of each place with me. It’s very difficult to try and list or describe the special things I did in each place, but each town was unique and beautiful. I’ll always have the memories in my heart.

What was the best part of your experience?

The best part of my experience, I would have to say, would be the complete freedom I had and the pure bliss I felt waking up every morning. Just being able to be on my own, in a different country, and experience all that life has to offer and the beauty of the world was simply amazing. I got to see so much of the world and I never thought my dream of being able to do that would come true, especially at 21. Life was beautiful!

What was the worst part of your experience?

I’d have to say the worst part of my experience was leaving. I really did miss my family and friends, but I would have liked to return to America to visit them and go back to Rome. It was as if I was living a fairy tale and before I knew it I was back to the harsh realities of the world.

What is your best memory of your experience?

I have so many good memories that it’s hard to pick just one. But if I had to pick one I would pick my last night in Rome when my roommates and I walked to all the monuments (the Colosseum, Spanish Steps, Trevi Fountain, etc.). We sat and reminisced about all our good times and shared a good cry and many laughs. Looking at each monument lit up in its grandeur and looking back at where we started and where we had arrived, as four brothers that would have a life long bond, was gratitude in and of itself of the life we lived for 4 and a half months. I am truly blessed to have had the opportunity.

What advice would you give students considering studying abroad?

My number one bit of advice for students considering studying abroad would be to never hold back. Experience everything and everyone you encounter. Your experiences and the people that you meet truly change your life for the better.
Five Tips for College Freshmen: The Most Important Things New College Students Need to Know

No matter how great someone did in high school – football team, class president, even valedictorian – the playing field levels in college and all bets are off. Achievements in high school will always be relegated to that time prior to college. Life in college becomes a whole new chapter, as freedom looms ahead and freshmen are faced with a list of choices and critical decisions about the next few years that will ultimately impact the rest of their lives.

Welcome to adulthood and the land of opportunity. Freshmen preparing to enter a college or university for the first time this coming fall have a lot to look forward to and a lot to consider because much of what they do over the next four or five years will have a large influence over who they become as adults. That's why it is important to consider these five tips before heading to campus.

1. Be Prepared to Be Self Sufficient

Without parents or high school teachers telling them what to do and when, a lot of first-year college students find it difficult to meet their commitments. It is vital that college freshmen develop good habits which include taking responsibility for going to class, on time, and meeting course requirements and project due dates. It means being responsible and taking responsibility for choices.

As for 8 a.m. classes, college students who are not bright-eyed and bushy-tailed at that time of the morning may forgo early classes for an all-afternoon schedule. However, keep in mind that most full-time jobs are some variation of 8 a.m. to 5 p.m., so preparation now will pay off later.

2. Take Advantage of All Opportunities

Study groups? Do it. Orientations? Yes, yes, yes. Campus tours? There's no better way for college students to find their way around campus and become comfortable with their new surroundings.

It is important to become involved with campus activities, too. Feeling homesick? Join a student organization, club, or sports team. Want to meet new people? Pledge a sorority or fraternity. Through these types of opportunities, freshmen can...

3. Develop Lasting Relationships

Now is the time to begin building those life long friendships. Those clubs or student organizations can easily form the foundation of a future career. Interested in a career in politics? Try the debate team or student government. Think social work is your calling? Join a volunteer program. Whatever a student's career plans, there is likely a related association or group.

But don't focus exclusively on peers. It's important for students to get to know their academic adviser – the primary person who can help with class conflicts or selecting a major – as well as their college professors. These are the men and women who can help when things aren't clear in a class or may have leads on employment opportunities – if not now, than in the future.

4. Strike a Balance

Being away from home for the first time, it is easy to fall into bad habits. That may mean eating too much fast food, not getting enough sleep or exercise, excessive partying, or any number of other problems.

In fact according to the Spring 2005 American College Health Association Reference Group, the top five obstacles to academic success are stress, cold/flu, sleep problems, concern for friend/family member and depression/anxiety.

And what about the “freshman fifteen?” Every new student is aware of how easy it is to pack on additional weight. Freshmen need to find the right balance between taking care of their mental, physical and emotional health.

Always remember why you decided to go to college. Some of these issues listed may lead you to perform poorly academically causing you to have to withdraw from college. Then you'll find yourself not being able to experience all of the things you were excited to experience because you did those things in excess. Find a balance.

5. Monitor Spending

Never had a debt? Never had a credit card? Never had to worry about a budget? All that can quickly change if freshmen aren't careful.

College students are easy targets for credit card companies because most figure that if a student defaults the parents will pick up the slack. Instead, while students are busy budgeting their time, they need to make sure to budget their money wisely, too. College students should avoid credit cards and only spend what they have. That may mean no Ed Hardy tennis shoes, but with less debt on graduation day, it will be worth it.

College is about learning, not just from books, but from new acquaintances and from the overall experience. So it's important to put in the effort; otherwise, why bother. And for the uninitiated -- those college freshmen just starting out -- it is important to be prepared and utilize these five tips.
**1. Where did you study?**

In spring 2009, I studied in Stellenbosch, South Africa.

**2. Please describe your study abroad set-up (ex. Housing, University attended, classes taken, schedule/trips, etc.)?**

I attended Stellenbosch University in South Africa. It was a very modern and up-to-date college with a beautiful campus as well as dorms. We each had our own room and bathroom but shared a kitchen. I took four classes, one of which was Afrikaans which was the language spoken in Stellenbosch. It was a lot of fun and it helped out when I was talking to the locals.

AIFS was the program that I was enrolled in and they had many trips planned throughout the semester. Also, they had events such as wine festivals and concerts available for students to participate in. It was a very organized program and the staff was always there to help when needed.

**3. Since you’ve been abroad, were there been any additional countries/cities you’ve visited? If so, please list each of them and any cool things you did while you were there.**

As part of the program, students stopped in London, England for three days prior to our arrival in South Africa. Additionally, while in South Africa me and a group of my friends backpacked along the coast of South Africa stopping in Swaziland, Johannesburg, Durban, and many other cities. It was an amazing trip! It was nice visiting other places in South Africa and seeing how different each city was.

**4. What was the best part of your experience?**

The best part of my experience was making amazing friends from all over the world that I still keep in touch with. Also, I was glad to see what it was like to live in another country that has a much different culture than mine. Overall, it was very interesting and exciting.

**5. What was the worst part of your experience?**

I honestly did not have any bad experiences while studying abroad. I loved every second of it... Mr. Norman mentioned studying abroad to me and I never thought that I would actually go through with it. I had my doubts and reservations about going until I got onto the plane and then I realized that it was one of the best decisions of my life.

**6. What advice would you give students considering studying abroad?**

I would say that you should definitely go if you have the opportunity! It was the most amazing thing that I have ever done and would do it again in a second if I had the chance. Mr. Norman mentioned studying abroad to me and I never thought that I would actually go through with it. I had my doubts and reservations about going until I got onto the plane and then I realized that it was one of the best decisions of my life.

**7. What is your best memory of your experience?**

My best memory of South Africa was making friends from all over the world, and volunteering with the South Africans that live in poverty. In addition, the night life was amazing, believe it or not, so my friends and I always had a good time. I also went skydiving which was so much fun!

AIFS had a bunch of trips planned for students. For example, Garden Route was a weeklong trip that took students to many different places. It was a great trip and provided a lot of different activities such as bungee jumping, horseback riding on the beach, tree canopying, surfing and much more!

STUDYING ABROAD WAS THE BEST EXPERIENCE OF MY LIFE!
This past August, the Academic Opportunities Office welcomed our newest Fisher Jefferson Partnership (FJP) Scholarship and Grant recipients to a Leadership Institute here on the Fisher Campus. All of these incoming 9th and 10th grade students were chosen as FJP scholarship and grant recipients based on their outstanding academic performance at Thomas Jefferson High School. This year’s Summer Leadership Institute theme was “Your Goals Are In Reach,” and students participated in various activities and workshops related to exploring and building upon their personal, academic, professional and wellness goals. They also learned skills and received tips to help them be successful in high school and to aspire to seek higher education. We look forward to seeing these students and our returning FJP scholars at our events that we will have during the academic year.

Our Partnership has wide ranging agendas designed to bring into close collaboration St. John Fisher College and Jefferson students, faculty, administration, community businesses and local organizations. Many of our HEOP students are Fisher Jefferson Scholarship/Grant recipients. These students include: Andrew Cunningham, Liasor Dima, Monique Franklin-McDuffie, Precious Girigiri, Janice Kpor, Adam Mercado, Tyler Mosgrove, and Eileen Santiago. Other Fisher Jefferson Partnership students at the College include: Sandy Cao, Hang Nguyen, and Forrest Smith. Special kudos to Forrest Smith, who maintained a perfect 4.0 GPA for both the Fall 2008 and Spring 2009 semesters. Congratulations to our 2009 FJP St. John Fisher graduates: Angelica Davis and Thuy Trang Le.

Activities for the FJP include tutoring, mentoring, science-technology Club, leadership club, a three-day summer leadership program, scholarships, grants, and cultural enrichment programs and workshops.

Our goals include:

- To make students aware of the role a college education can play in preparing them for whatever they choose to do with their lives in the future.
- To acquaint students with a wide range of career options.
- To develop students’ problem-solving and cognitive skills, along with proficiency skills in mathematics, science and English.
- To nurture individual skills and talents and to give students confidence in their academic and social skills.
- To familiarize St. John Fisher students and personnel with students and personnel of the Rochester City School District.
- To create a climate of mutual respect so that schools and colleges can work together to address the needs of youth.

We have two FJP events scheduled for Fall 2009. On Saturday, October 17, we will welcome the Partnership students to campus for a St. John Fisher Men’s Soccer game. The FJP students will also join us for the College’s Day of Celebration on December 5th. If you are interested in getting involved with the Fisher Jefferson Partnership, please contact Tara for more information.

“Education without social action is a one-sided value because it has no true power potential. Social action without education is a weak expression of pure energy.”

Dr. Martin Luther King, Jr.
HEOP SUMMER ACHIEVEMENTS

Glory Rosario
Highest GPA - English
Most Improved - Math

Ahmed Hassanien
Most Improved - English

Sparkle Wilson
Most Improved - Psychology

Jose Ramos
Highest GPA - Math

Sadie Palmieri
Highest GPA - Master Student

An Dinh
Highest GPA - Psychology
Overall Highest GPA

STEPHANIE WOODWARD ON CAPITAL HILL

Stephanie Woodward wrote:

My internship was on Capitol Hill in Washington, D.C. and I interned for Senator Harkin of Iowa.

I was part of Senator Harkin's Health, Education, Labor and Pensions Committee, which he now chairs since the passing of Senator Kennedy. I drafted bills, wrote the Olmstead Resolution, which is now in legislative history, and attended the signing of the UNCRPD (United Nations Convention of the Rights of People with Disabilities) in NYC. While in D.C. I also met a lot of other great people including Senator Schumer, Senator Dodd, and I attended Senator Leahy's campaign party. I briefly met both Joe Biden and Barrack Obama.

The experience was mind blowing and life changing. Being able to write bills that will go into history is amazing! I got first hand knowledge on all of the different aspects of healthcare reform and many other important issues.

The best part of my internship was meeting lots of different people and getting first hand knowledge about everything that was happening in the Senate. I could tell you everything that was going to be in the next day's newspaper. So cool!

The worst part of my internship is that it ended! I loved every bit of it, even working 8am to 6pm everyday! If someone is thinking about interning in D.C., do it! Make sure you have an idea of what kind of issues you'd like to work on. Also, ask for work. The Senators and their staff look for people who work hard and give them the best projects to work on and allow them to meet the coolest people like the President.

AOPO EMPLOYEES OF THE MONTH

a. Basic Eligibility Criteria:

- FCWS Academic Opportunity Programs Office employee
- Employed by AOPO for a minimum of four (4) months.
- Current performance evaluation is on file documenting outstanding performance.

b. Qualifications:

In order to be considered for the “Employee of the Month,” a nominee must meet at least four of the following service excellence standards:

- consistently exceeds job standards
- proactively anticipates and meets customer needs or solves potential problems
- contributes to a friendly, responsive work environment and high morale
- acts as a friend/mentor to co-workers to enhance their work performance
- has excellent attendance and arrives to work on time
- seeks out opportunities to take the initiative

c. Reward:

The nominee selected as “Employee of the Month” will receive the following EOS certificate, a choice of one gift from this award selection: Movie Gift Card or Wegmans Gift Card or Barnes & Noble Gift Card or Subway Gift Card, picture and write up in the AOPO Chronicles.
While many new grads tend to look for jobs near their college or hometowns, scores of them are considering locations they might not have when they entered school four or five years ago. "Given the current economy, new grads looking to relocate are becoming increasingly concerned with the cost of living as they are faced with more competition for jobs than seen in previous years," said Tammy Kotula, public relations and promotions manager at Apartments.com. "With these very real concerns weighing on the minds of many, two leading online resources for apartments and jobs have come together to paint a realistic landscape of both the job market and cost of living in the most popular cities for young adults after college."

For new grads who plan to expand their job searches beyond their college or hometowns, Apartments.com and CBcampus.com just released the "Top 10 Best Cities for Recent College Graduates." The list is based on the ranking of the top U.S. cities with the highest concentration of young adults (age 20 - 24) from the U.S. Census Bureau (2006), inventory of jobs requiring less than one year of experience from CBcampus.com (2009) and the average cost of rent for a one bedroom apartment from Apartments.com (2009).

According to Apartments.com and CBcampus.com, the top 10 cities for new grads are:

1. Indianapolis
   Average rent*: $625
2. Philadelphia
   Average rent: $1,034
3. Baltimore
   Average rent: $1,130
4. Cincinnati
   Average rent: $691
5. Cleveland
   Average rent: $686
6. New York
   Average rent: $1,548
7. Phoenix
   Average rent: $747
8. Denver
   Average rent: $877
9. Chicago
   Average rent: $1,133
10. San Antonio
    Average rent: $696

Looking beyond your hometown

If you are considering expanding your job search to other cities, here are some tips:

- Contact an alumnus from your college who lives in that city and join your alumni chapter if there is one.
- Get an insider’s perspective by familiarizing yourself with the local media and other resources. Read up on the city’s business and community news.
- Develop a list of companies within the area and learn about their businesses and company cultures.
- Register with a national recruitment agency; interview with a recruiter in your local office and have that person put the word out to other offices in your target cities.
- Consider spending a few days in your desired city to learn more, network and set up informational interviews. In your applications and cover letters, tell hiring managers the dates you’ll be in the city and available to interview.

Although this is a challenging market for new grads, remember: Attitude can be the key to your success. The reality is that the job search will take longer for these new grads thrust into the "real world" but the right mind-set can make you resilient.

**Note:** Average rent in Rochester, NY is approximately $587. So consider sticking around after graduation. You may find that it will be a good place to get your career started. Who knows, you may even end up staying longer than you expected - like forever!
Our Mission
Through personalized guidance tailored to the needs of individual students, the Academic Opportunity Programs Office recruits, enrolls, and empowers academically under-prepared and economically disadvantaged students to overcome obstacles on their way to becoming informed, ethical, tolerant, self-reliant and socially responsible citizens.

HEOP Works!

Academic Opportunity Programs Office
Responsible for:
• Arthur O. Eve Higher Education Opportunity Program
• Fisher/Jefferson Partnership Program

Staff
Clarence Norman
Director
Tara Preteroti
Assistant Director
Victoria McEachin
Academic Support Coordinator/ Counselor
Kimberly Felton
Administrative Assistant

Congratulations to the 3.0 Club Members!
Spring 2009

Keith Alexander
Sean Banks
Zahilis Carmona
Xiaomei Chen
Ayesha Coleman
Quarnisha Coleman
Shannon Congdon
Josue Cornier
Ashley Cortese
Tara Duchyns
Erica Flores
Denise Gerken
Precious Girigiri
Ines Herovic
Latasha Hill
Porcha Jackson
Natalie Joseph
Thuy Trang Le
Fauzia Mohammad
Casey Moore
Stephanie Moss
Amanda Munto
Na Nguyen
Yamiled Ortiz-Lopez
Matthew Palmer
Chantal Phillips
Crystal Pullings
Andrew Taylor
Marquis Turner
Stephanie Woodward
Franz Wright
Tamara Zelenjakovic

Special Recognition
Highest Overall GPA
1. Stephanie Woodward - 3.95

Top Freshmen GPA’s
1. Josue Cornier/Chantal Phillips - 3.56
2. Yamiled Ortiz-Lopez - 3.52

Top Sophomore GPA’s
1. Matthew Palmer - 3.71
2. Crystal Pullings - 3.66

Top Junior GPA’s
1. Stephanie Woodard - 3.95
2. Shannon Congdon - 3.90

Top Senior GPA’s
1. Nathalie Joseph - 3.85
2. Erica Flores/Ines Herovic - 3.67

3.0 Luncheon
Tuesday, October 27, 2009
Free Period
St. John Fisher College
Look out for details from Mrs. Felton

Events Calendar

September 2009:
9/11 - Last day to sign-up for December Graduation
9/14 - Mondays/Wednesdays/Fridays HEOOP Study Tutorial Begins
9/14 - 9/19 - Homecoming Week!
9/15 - Last day to register or add a course & Thursdays HEOOP Study Tutorial Begins
9/17 - SGA Involvement Fest
9/18 - Campus Fall Fest
9/23 - HEOOP Program Meeting

October 2009:
10/6 - Last day to withdraw from a course without receiving a “W” on your transcript
10/13 - HEOOP Program Meeting
10/16 - Recess Day (No Classes)
10/23 - 10/25 - Fisher Family Weekend
10/30 - HEOP Program Meeting

November 2009:
11/10 - Last day to Withdraw from courses and receive a “W” on your transcript

December 2009:
11/16-11/20 - Course registration for Spring 2010 by assigned times
11/17 - HEOOP Program Meeting
11/24 - Classes end at 5:55pm for Thanksgiving Break
11/30 - Classes Resume from Thanksgiving Break

December 2009:
12/1 - Last day to apply for May 2010 graduation
12/11 - AOPO Winter Open House (HEOP)
12/14 - Final exams begin
12/19 - Winter break begins. Residence Halls close at 6:00pm