

ST. JOHN FISHER COLLEGE

HEOP SUMMER TIMES

June-August 2009

THE FIRST DAY: WHAT'S HAPPENING

WHAT TIME SHOULD I BE THERE?

You must arrive between 9:00 a.m. - 12:00 p.m. on Sunday, June 28th, at which time you will begin moving your belongings in to Murphy Hall.

Please come directly to Murphy Hall. If you need transportation from the airport, train or bus station, please call the office to make that request no later than Wednesday, June 25th. We will do our best to accommodate you. Please do not wait to make your request until the last minute!

After you finish checking in and unloading your belongings, a *light lunch* will be served beginning at 12:30 p.m. followed by an orientation meeting at 1:30 p.m. At this time, you and your family will have the opportunity to learn more about our program as well as ask questions.

HOW DO I GET TO FISHER?

St. John Fisher College is located in Pittsford, a suburb of the City of Rochester, a medium-sized city which provides many transportation options. You can come by bus, train, plane or car. The box to the right contains some numbers that may help



Make sure your travel arrangements get you here by noon.

you make your arrangements. Directions to the campus are also included in the enclosed packet.



June 28th SCHEDULE

12:00 p.m. Arrive at Fisher

12:30 p.m. Lunch in Haffey Dining Hall

1:30 p.m. Orientation meeting

Travel Options

Amtrak Train:

1-800-872-7245

Greyhound Bus:

1-800-231-2222

Jet Blue:

1-800-538-2583

American Airlines:

1-800-433-7300

US Airways:

1-800-428-4322

CONTACT INFORMATION: HOW CAN I BE REACHED AT FISHER DURING THE SUMMER INSTITUTE?

Effective Summer 2009, St. John Fisher College students will no longer have phone service in their residence hall rooms. It is a good idea for students to bring their cell phones with them to the Summer Institute and during the academic year.

Students will also be allowed to call home from the Academic Opportunity Programs Office (AOPO) during office hours. There is an answering machine, which will be checked daily for incoming messages. The number is

585-385-8036. Parents/Guardians, please feel free to leave a message for your son/daughter.

AOPO office hours are Monday through Friday 8:00 a.m. to 4:30 p.m.



Student's Name
St. John Fisher College
AOPO
3690 East Avenue
Rochester, NY 14618

VISITORS, GUESTS AND FRIENDS...

As you know, the purpose of the Summer Institute is to prepare you for your fall experience and entire college career. This includes learning your own rights as well as responsibilities as a college student.

College students are a valuable part of the overall St. John Fisher community. By working together and observing shared rules and standards, our students are prepared for life after college. During the Summer Institute, your dorm will be your community, and there are rules that you must abide by.



Times for visits are limited to Sundays only, between the hours of 11:00 am and 5:00 pm. Please share this information with people you anticipate will want to see you over the course of the five weeks.

Under no circumstances can you have overnight guests. Again, let us think of everyone's safety during our time together. If you have a family member who wants to come and visit, they will need to make their own personal hotel accommodations if they plan to stay in Rochester. They will not be permitted to sleep in the residence hall.

In addition, all guests must sign-in, and co-ed guests/dorm residents (if in room) must leave the door open 100%.



Other Summer Institute Policies

Curfew

- Weeknights
10:30 p.m. in building
11:00 p.m. in room
- Weekends
11:00 p.m. in building
1:00 a.m. in room

Absences

- No unexcused absences. If unavoidable, must be excused in advance.
- All scheduled activities are mandatory.
- Cannot miss meals.

Drugs/Alcohol

- **ZERO TOLERANCE**
- You do it — you go home.
- If alcohol is being consumed in the room, you are expected to remove yourself from the situation and tell someone immediately.

Smoking

- No smoking in public areas or dorms.

ACADEMICS

During the Summer Institute you will be attending several classes on a weekly basis. Below is a simple schedule.

Math	College Math	MTW	9:00 a.m. - 10:30 a.m.
Basic Study Skills	Master Student	MTW	10:45 a.m.-12:15 p.m.
English	Voices and Visions	MTWRF	1:45 p.m. - 3:45 p.m.
Psychology	College Psychology	TR	4:00 p.m. - 5:30 p.m.

In addition to the above courses, a Study Tutorial will be held Sunday through Thursday from 7 - 9 p.m.

Over the five-week session, students will be given the opportunity to meet faculty members, attend numerous workshops, participate in interviews for on-campus employment, learn about leadership, engage in community service and much more.

By the end of the Summer Institute, students will be very familiar with the St. John Fisher College campus and its resources.



We're here to help you succeed!

WHAT FUN WE'RE GOING TO HAVE!

ROPES COURSE



**FRIDAY,
JULY 3**
**DEPARTURE TIME:
9:00 A.M.**

Don't panic - but be prepared to challenge yourself. This course is used to train leaders at Xerox, Kodak and many other organizations. See what you can discover about yourself. We'll be out in Nature for the day, so hiking boots or hard soled, comfortable shoes (gym shoes) and comfortable clothes are recommended.

DARIEN LAKE AMUSEMENT PARK



**SATURDAY,
JULY 11**
**DEPARTURE TIME:
9:00 A.M.**

Attention thrill seekers...We will be spending the day at Six Flags Darien Lake Amusement Park. This will be a chance for you to relax with your friends at the water park, or test your nerve on one of the many exciting rides at the park, including several roller coasters!

WHITE WATER RAFTING



**SATURDAY,
JULY 18**
**DEPARTURE TIME:
8:30 A.M.**

With professional, certified guides you'll enjoy a trip down the Salmon River through beautiful scenery and create memories that will last a lifetime. The Salmon River is controlled release, which assures that we will have enough water even in a dry summer. Bring bathing suits, t-shirts, and water shoes!



**SATURDAY,
JULY 25**
**DEPARTURE TIME:
9:00 A.M.**

HEOP AREA DAY

We will join with other Rochester Area HEOP programs for a fun-filled day at Nazareth College. We will participate in various activities with students from the other schools, and compete against the other schools in a Jeopardy game.

THE WEATHER REPORT: DON'T BLINK...IT MIGHT CHANGE!

Rochester's weather varies throughout the entire year. We can have a hot or mild summer. Since we are unsure, please come prepared to wear loose clothes to stay cool in the heat as well as a jacket or sweatshirt for cooler nights. Rain might also be an issue,



so have an umbrella on hand.

The weather does not stop us from doing any of our activities! You will also have several opportunities to go swimming. Please bring a swimsuit or trunks, towels, sunscreen and other swimming necessities.

Can I bring my car?

If you have a car, you must leave it at home for the summer! Make arrangements to secure a ride to St. John Fisher College with either a family member or friend. If it is not possible to get a ride, make reservations for other means of transportation (see transportation information on page 1).



Early check in – Late check out

If you need to arrive earlier than Sunday, June 28th or leave later than noon on Saturday, August 1st, you must make special arrangements with our office as soon as possible.

It is important that you do your best to make arrangements for the actual start and end dates of the Summer Institute. **Accommodations will be made only in extreme circumstances.** You will not be allowed to leave Friday evening. Check out will only be between 7 a.m. and noon on Saturday, August 1st.

How much money will I need?



During the five-week program, the Academic Opportunity Programs Office provides you with all your basic needs, i.e. meals, housing and transportation for all activities. We also cover the cost for general admission to all of our programs. If there is anything additional you will need, i.e. personal items, additional food and snacks for your room or while on a trip etc., you will need to come prepared to spend your own personal funds for those items. There will be time for students to go to the grocery store to purchase any personal items they might need.



Academic Opportunity Programs Office

St. John Fisher College
L-105
3690 East Avenue
Rochester, NY 14618

Phone: 585-385-8036
Toll Free: 1-800-444-4640
Fax: 585-385-8305

STAFF

CLARENCE NORMAN..... DIRECTOR
TARA PRETEROTI ASSISTANT DIRECTOR
VICTORIA MCEACHIN.....ACADEMIC COORDINATOR
KIMBERLY FELTON.....OFFICE COORDINATOR

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.