

SUNY POTSDAM

CSTEP

HOW CAN WE HELP YOU?

CSTEP has a **Facebook** group. Join to keep up-to-date on upcoming events and to network with fellow students and alumni. Search CSTEP to find our group.

The **CSTEP Computer Lab** is open Monday-Friday from 8:30am-4:30pm. We have **new computers** for your use. Also available is free printing, copying, faxing, and resume paper!

CSTEP can help you create or update your resume; search for jobs, internships, scholarships, and graduate schools; as well as help you prepare for graduate school exams (GRE, MCAT, LSAT, etc).

CSTEP has **textbooks** for you to borrow. Check with us before you buy them.

CSTEP has a **laptop loan program**. Stop in for details!

It's never too late to get tutoring help!



FALL 2012

From the desk of the Director:

Are You Ready For Summer?

Having not seen our first real snowfall of the year, it may seem far too early to be thinking about plans for the summer. However, as the old saying goes, the early bird gets the worm. There are an incredible number of excellent research and internship opportunities out there and their application deadlines will be here before you know it. Now is the time to get your plan together!

Over the past several summers, CSTEP students have interned at an array of hospitals, NASA, Lockheed Martin, SUNY Optometry, Brookhaven National Laboratory, Bellevue Psychiatric Hospital, and the St. Lawrence County Health Initiative.

If are considering research, it may interest you to know that CSTEP students have done research in Costa Rica, Nova Scotia, Haiti and Australia in recent years. Domestically, folks have spent their summers in the labs at SUNY Stony Brook, Kansas State, Columbia, Minnesota, Yale, Georgia Tech, and the Roswell Park Cancer Institute. I just got a packet of info about a research program in Brazil and Switzerland!

CSTEP will provide funding support to a limited number of students this summer. Applications will be available in early November. For programs at other institutions, the deadlines will be coming up in late fall and early spring. Now is the time to begin thinking about what you'd like to be doing, where you'd like to be doing it, and who you'd like to get references, etc.

CSTEP can help with all of these steps. Come in and see us right away to get started on your best summer ever!

Sean Partridge,
CSTEP Director



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Spring 2012 President's List

Matthew Cerda
Nicole Cline
Lyndsey Creed
Rebecca Cruz
Mariama Diallo
Lydia Eisenbrandt
Windy Grant
Jhaneil Jump
Dannielle Kreider
Christopher Martinez
Isamar Martinez
Aminata Traore
Laurene Tuider

Dean's List

Adedoyin Akingba
Deneen Cole
Julysa Cruz
Ocianie Elianor
Nicholas Hall
Stephanie Hall
Tackie Huff
Willie Ip
Shanior Robinson
Caitlin Scavone
Amanda Trujillo
Amanda Worrell

CSTEP Student Highlights

Bachelor's Degree Honors

Avatar Davis (Magna Cum Laude)
Joseph Friedel (Summa Cum Laude)
Cassandra Hamilton (Cum Laude)
Ciera Jacobs (Cum Laude)
Nicholas Mercado (Magna Cum Laude)

Presidential Scholar

Justin McNally

Honors Program Distinguished Scholars

Justin McNally

Phi Kappa Phi Inductees

Lydia Eisenbrandt

2012 Departmental Scholars and Merit Awards

Joseph Friedel—Anthropology and Biology
Justin McNally—Biology and Chemistry

2012 College Honors Convocation Awards

Justin McNally
Tri Beta Biology Award
Biology Departmental Award

Avatar Davis

Philosophy Department Distinguished Service Award
Award for Excellence in Philosophy
Chancellor's Award for Student Excellence

Tackie Huff

Pete Baker Award for Student Leadership
in Support of Diversity

Jully Gomez

Fallon Family Leadership Award

Don't Miss These Opportunities

BROOKHAVEN NATIONAL LABORATORY 2013 MINI-COURSE: this 5-day course will expose students to the wide range of research projects conducted at BNL, help them understand different pathways to scientific careers, and develop networking opportunities with the BNL scientific community and administrators. Program dates: January 7-11, 2013. Deadline to apply: November 19, 2012. Please contact the CSTEP Office to learn more about this opportunity.

MCNAIR SCHOLARS RESEARCH AT CLARKSON UNIVERSITY: this summer research program is designed for students considering pursuing a PhD in science, technology, math, or engineering. It includes a 10-week paid faculty-mentored research program, opportunities to travel to conferences to present research, assistance with GRE prep and graduate applications, and much more. For more information, go to: www.clarkson.edu/pipeline/programs/mcnair.html

SUNY OPTOMETRY – WINTER INTERNSHIP: SUNY College of Optometry offers CSTEP students an on-site Internship Program that occurs in the winter of each project year. This year, the program runs from January 2-11, 2013. Each session runs 8 hours/day for 2 consecutive weeks. In addition to exposing students to careers in Optometry, participating CSTEP interns are assigned to work with fourth-year SUNY Optometry students in their own clinical rotations. Applications are due by December 7, 2012 and should include a transcript, a current schedule, your spring registration, and an application form with 100-word essay on why you think you would benefit from the program. Visit our office for more information.

MENTORING IN MEDICINE—MEDICAL PATHWAY PROGRAM VII: this is a 20-week intensive boot camp (on-site or on-line) preparing students for the journey to medical school application and study. Class schedule is Saturday, December 1, 2012—Saturday, April 20, 2013. Deadline to apply is Friday, November 23, 2012. Scholarships are available. For more info, go to: www.medicalmentor.org

More Opportunities:

NERA MEDPREP PROGRAM: this program is a partnership between New Jersey Medical School (NJMS), Mount Sinai School of Medicine Center for Multicultural and Community Affairs, Columbia University College of Physicians and Surgeons, and the Manhattan Staten Island Area Health Education Center. The Program uniquely builds on the collective expertise of four outstanding institutions to expand health careers preparation and targets college freshmen or sophomores with residency in the NYS area. It is a six-week summer enrichment program that last 3 summers beginning in May or June annually. For more info., please go to: <http://www.neramedprep.org/> Deadline to apply: March 1, 2013.

REU PROGRAM AT WADSWORTH CENTER: undergraduate students are selected from colleges across the country to work for 10 weeks (from early June through mid-August) on independent research projects in the laboratories of Wadsworth scientists. Deadline to apply: March 1, 2013. For more info., visit: <http://www.wadsworth.org/REU>

SUNY OSWEGO GLOBAL LABORATORIES FUNDING FOR INTERNATIONAL RESEARCH: this is an innovative undergraduate research experience offering students hands-on, immersive problem-solving opportunities in international laboratories in the most promising fields of study—science, technology, engineering and mathematics (STEM). Qualifying students spend 2-10 weeks in any of the world's seven continents conducting community-based research on global issues. Deadline to apply is December 1, 2012. For more info., http://www.oswego.edu/academics/research/global_laboratory.html

STEM TEACHING SCHOLARSHIP OPPORTUNITY FOR MATH/SCIENCE STUDENTS: Union Graduate College has scholarship towards a Master of Arts in Teaching. To learn more, come to an info. Session on November 7, 2012 from 6:30—7:30 pm in the Sisson Lounge or go to: www.uniongraduatecollege.edu/pages/schools/education/STEM_Scholarships.asp

CSTEP Tutoring Services

CSTEP provides both individual and small group tutoring services to students enrolled in the CSTEP program. Small group tutoring is comprised of a minimum of 2 and a maximum of 4 students. Students receiving tutoring can request tutors for up to 3 courses and receive tutoring assistance for 2 - 3 hours per week per course. I am currently done accepting tutoring requests for the fall semester; but I will begin accepting tutoring requests for the spring semester once you have met with your advisors and set up your spring courses.

To get the most out of tutoring services, you should follow these steps: 1) Submit tutoring requests during the first few weeks of classes (as you can always cancel tutoring if you find you are doing well in your courses), 2) Be prepared, focused and arrive on time for all of your scheduled tutoring sessions, 3) Communicate with your tutors about any sessions that you need to reschedule, 4) Contact me immediately when you drop a course and/or when you no longer need tutoring services and 5) Inform me if you have any problems, questions or concerns regarding your assigned tutors. There is always the opportunity to reassign students to different tutors when necessary.

Each Fall I recruit and train tutors to work with CSTEP students in a number of courses and I am always looking to recruit new tutors. Students that have a 3.0 or above cumulative and course GPA are eligible to apply to be a CSTEP tutor. You can pick up tutoring requests and tutoring applications from the main CSTEP office and by meeting with me.

Heather West
Tutoring Coordinator

SUNY Potsdam CSTEP Students...

Potsdam Planning and Development Office, Nicole Cline

This summer I worked in the Potsdam Planning and Development Office under the supervision of Fred Hanss, in order to learn more about urban and regional planning. Primarily, I worked as an assistant program coordinator for the *Raquette River Blueway Corridor's* Stewardship Committee to help develop a Voluntary Stewardship Plan (VSP) for the river corridor. I was also able to work as a production assistant for WPBS-TV's production of "The Raquette River Experience", a travel documentary. Overall, this was a fantastic opportunity to learn about myself and to help further define my future career path.

The internship was difficult in the beginning, as I was jumping into the middle of an extensive and complex project. Soon, I was conducting research on local invasive species and educational initiatives for prevention and eradication, in addition to researching best practice suggestions for recreational activities within the river corridor.

Working with the Stewardship Committee, we developed a timeline and set goals. Later, we developed three public outreach meetings which were used to gather public input about the river corridor. Preparing for and holding the public outreach meetings was quite a busy process. I spent much of my time creating a presentation, organizing the locations, and writing press releases.

Along the way, there were various other projects I was involved in, the largest of which was working with WPBS-TV on filming the Raquette River travel documentary. I worked with the producer to organize a shooting schedule and contacted interviewees. I ended up being interviewed for the documentary, which I gladly agreed to. I also helped organize and publicize *Raquette River Awareness Week* and lent a hand doing damage assessments when a major storm that hit Potsdam this summer and damaged several businesses and homes within the village.

This internship was an incredible experience that helped me better understand my career aspirations while gaining hands-on experience with the planning process. I am so grateful for this opportunity and look forward to additional internship opportunities in the future.



Computer Programming Research, David Crook



This summer I was fortunate to be able to combine two of my passions while completing my summer research project: programming and football. Over a 3 month period I wrote a java program that would attempt to predict the winner of NFL football games. I set up the program to predict the outright winner of the game and the winner against the spread. The spread is the published betting line used by sports books and online gambling sites. I used results from previous season in order to find a statistical profile that I could use in the program. After analyzing data from the last 10 NFL seasons I was able to produce what I thought was a winning formula.

After many late nights and much sweat I was ready for the start of the season. My first week was a disaster! I only managed a 62 % winning percentage for straight predictions and only 25% against the spread. After the first week I rethought and reexamined my input data and changed the way I rated games to determine the winner. Last week, week five of the schedule, my program was correct 71.49% in predicting the outright winner and 64.29% against the spread. I hope to have that number improved to 75% by the end of the season.

Web Design Internship with Penski, Inc., Emily Donahue

This summer I worked as a web development intern at Penski, Inc., a staffing agency right here in Potsdam. My task was to adapt an existing *Ruby on Rails* website to create a virtual career fair site. This goal of this new site is to help North Country students find local internships and career opportunities. I was involved in each step of the site development - fine-tuning the concept from a student's perspective, as well as research, design, and developing code. Working at Penski gave me many 'real world' experiences, such as working as part of a team and task prioritization. At the end of my paid summer internship, I was hired on at Penski to continue developing new features for the site.

NERA MedPrep Program, Windy Grant

Two years ago, only 2 weeks before summer break, I decided to pay CSTEP a visit and ask about summer opportunities in the medicine. In a matter of hours, CSTEP sent me an email with links to various summer enrichment programs in New York City. One that caught my eye was the MedPrep, a 3-year program. I sent out my application and, surprisingly, received an acceptance letter within two days. I couldn't believe that I was about to take a step toward realizing my dream at Columbia University College of Physicians and Surgeons, one of the most renowned medical schools in the country!

The first portion of the program lasted 7 weeks during which I met students coming from different cultural and social backgrounds but sharing a common interest: medicine. I took science courses in Organic Chemistry and Physics. I attended a class to help develop writing and reading skills in preparation for the MCAT. I also had the opportunity to examine different types of tissues under microscope in a histology class. Lastly, I was able to learn more about doctor-patient relationship and to interpret stories of illness and I received information about medical schools and professions such as OB/GYN, Psychiatrist and Pediatrician.

The following summer I was placed at Mount Sinai School of Medicine. That summer we honed our test-taking skills and become familiar with the MCAT. On my first day there, I was obliged to take a full practice test, which I was not prepared for. I must say I had a wake-up call! But soon I began to get more comfortable with the test and learned how to interpret the questions. Besides the MCAT sessions, I gained clinical experience by shadowing different nurses in the hospital's Heart Center. The majority of the patients were obese and had other complications associated with heart disease such as diabetes, edema, kidney failure, etc. Interacting with the nurses, I learned how to read an EKG strip and the different medications used for treatment. This allowed me not only to expand my knowledge, but it was also a rewarding experience in that I was able to assist and support patients.

This past summer was focused on research. I was placed at the Institute for Translational Epidemiology at Mount Sinai. I performed a literature review of previous research on esophageal cancer in the United States. Reading articles, analyzing and interpreting data helped me understand this disease and have an idea of its etiology, which is still not clear for researchers. Towards the end of the program, I presented my work to my peers and the director, Dr. Lloyd Sherman. In addition, I attended a set of seminars on medical school admissions, interview sessions, personal statements and even financial aid.

CONSIDERING AN INTERNSHIP? LET CSTEP HELP!

If you're interested in an internship to learn more about a specific career field or to expand your network of professional connections, the CSTEP office can help. Please schedule a visit with your CSTEP counselor for assistance in pursuing an internship, job shadow, or field experience. No experience necessary!

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12	4	(268)	15.99	10.81	167.26	55.85	(252)	47.87

CSTEP had the wonderful opportunity to co-sponsor the 2nd Annual Potsdam Chemtoberfest

Part fall festival, part science fair, this free community event had a variety of activities to usher in autumn and spread a passion for chemistry to young and old. **Chemtoberfest 2012** featured science demonstrations, a chemistry magic show, a "wizard training" course, book giveaways, interactive activities and snacks, all to honor National Chemistry Week. SUNY Potsdam CSTEP took part in the festivities as part of our annual Day of Service project to encourage young people to pursue STEM careers and to get excited about science.

Student volunteers demonstrated the chemistry behind snacks like cotton candy, ice cream, candied apples and popcorn. The day-long event also included demonstrations about the cinematic chemistry behind special effects like those seen in movies such as the "Harry Potter" series with explanations on floo powder and magical sweets found in Honeydukes. CSTEP students were a tremendous help as they assisted with everything from event set-up, demonstrations, and final tear-down.

The festival was attended by college students and staff; kids from the campus day care center; elementary, middle, and high schoolers; NCSTEP students from across NNY, local home school students, and even President Schwaller!

Thanks to all for volunteering and sharing your time and enthusiasm! We look forward to another successful year of this annual event!



NOVEMBER 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 CSTEP Business Etiquette Dinner 5:30pm Thatcher Hall McNair Info. Session @Clarkson 5:30-6:30 pm	2 Regional Opportunities Job Fair Event at Clarkson 11:00am	3
4	5 Dr. Louellen White Native American Issues Kellas 103 @ 2pm	6 ELECTION DAY	7 Class Registration for Seniors	8 Class Registration for Juniors	9 Class Registration for Sophomores	10 TOC Best Practices in Teaching SUNY Upstate Medical Center OPEN HOUSE
11 VETERANS' DAY	12 Application Deadline for Kilmer Undergraduate Research Apprenticeships	13 Class Registration for Freshmen	14 Class Registration for Freshmen Career Planning Job EXPO @ 4pm Iroquois Social	15 Mandatory CSTEP Meeting Time TBA	16 Mandatory CSTEP Meeting Time TBA	17 LGBTAA Drag Show
18	19 Brookhaven Winter Program application DEADLINE	20	21 THANKSGIVING Break	22 THANKSGIVING Day 	23 THANKSGIVING Break	24 THANKSGIVING Break
25 THANKSGIVING Break	26	27	28 Diversity Dialogue Sisson Lounge 6:30-8Ppm	29	30	31

Graduate School Visits

Thinking about graduate school? There's no better time than now to start visiting schools to see the campus, and to learn more about their programs, opportunities, and resources!

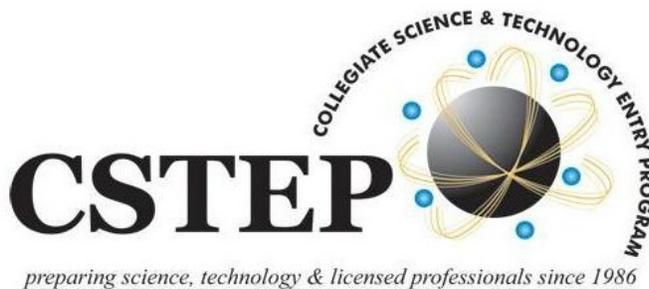
If you're interested in any open houses or have schools that you would like to visit, please contact the CSTEP Office to suggest a trip and/or acquire more information!



21st Annual CSTEP Student Conference April 12-14, 2013 The Sagamore Resort—Bolton Landing, NY

Every spring, CSTEP students from across New York State gather on the shores of Lake George to share their research, take in amazing workshops, learn from inspiring speakers, and make lasting connections. You can be a part of this incredible experience!

SUNY Potsdam CSTEP will be sending a contingent of students to the conference this year. If you would like to be a member of that group, please contact Sean in the CSTEP office to sign up.



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www.potsdam.edu/cstep www.stepforleaders.org