

SUNY POTSDAM

CSTEP

HOW CAN WE
HELP YOU?

CSTEP has a Facebook group and is on twitter (@PotsdamCSTEP). Join to keep up-to-date on upcoming events and to network with fellow students and alumni. Search CSTEP to find our group. Also, check out our new [internship blog](#).

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. Please stop in for details!



Spring 2013

From the desk of the Director:

It seems like just a few days ago that I sat down to write the welcome letter for our fall newsletter. Now here we are in the home stretch of another academic year. Time sure flies! The quick passing of time is even more astounding when you consider the long list of things our CSTEP students have accomplished over the last two semesters.

One CSTEP senior, **Tanasia Betts** received the **2013 SUNY Chancellor's Award for Academic Excellence** based on her amazing work as an undergraduate. **Kristen Pyke** was accepted as a McNair Scholar at Clarkson, **Deneen Cole** was invited to do research at Northeastern and **Bobbi Jo Lauzon** is heading out west to San Jose State this summer. A bit closer to home, **Matt Cerda** will spend his summer with UAlbany's research program and **Kassandra Rosado, Laurene Tuidor, Matt Mehlenbacher, Jessica Helfter, and Cris Negron** will spend the summer in Potsdam working on their research as part of the CSTEP Summer Research Program.

On top of all of these researchers, a number of CSTEP students have made plans to complete internships and volunteer experiences this summer. **Laura Popielski** will be working with Gardenshare, **Aaron Prutzman** will be in Burlington, completing his Community Health internship. **Emily Donahue** will intern in Computer Science with Aras Corp in Massachusetts.

Best of luck to everyone this summer. We look forward to seeing you in the fall (or hearing about your amazing adventures as alumni)!



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YOUR NEW SOURCE FOR INTERNSHIPS

(and other opportunities)

Many of the students highlighted in this issue have found summer opportunities through the **new CSTEP Intern website**. You can be next! Just visit:

www.cstepintern.wordpress.com

to keep up-to-date on all the latest postings. New opportunities are added every week!

You can even **subscribe** to the page and get email updates when new items are added.

This amazing new resource was created by CSTEP alumna and graduate intern, **Crystal Rivera**. If you'd like to be our web intern for Fall 2013, please contact the CSTEP office!



Summer 2013 Internship and Research Placements

Matthew Cerda has been accepted at the 8-week **University at Albany Summer Research Program (UASRP)**.

Steven Torres has been accepted for the **North Eastern Regional Alliance MedPrep Scholars Program at Columbia University** (June 10 - July 26).

Cristopher Negron will be participating in research with Dr. Foisy in the **SUNY Potsdam Mathematics Department** (June 8 - August 2).

Kassandra Rosado and **Laurene Tuider** will be participating in research with Dr. Martin Walker in the **SUNY Potsdam Chemistry Dept.** (June 17 - August 8).

Jessica Helfter will be interning with Dr. Bonnar in the **SUNY Potsdam Community Health Dept.** (June 2 - August 9).

Laura Popielski will be interning with **Gardenshare** in **Potsdam, NY** (May 28 - July 21).

Deneen Cole will be interning with Dr. George O'Dougherty at **Northeastern University** for 8 weeks.

Aaron Prutzman will be interning at the **Samaritan House** in **St. Albans, VT** (May 20 - July 10).

Emily Donahue will intern with **Aras Corp** in **Massachusetts**.

Tyler Bershad will be conducting research at the **University at Albany** in **Nanoscience and Engineering**.

Bobbi Jo Lauzon will be participating in the **Summer REU Program** at **San Jose State University**.

Matthew Mehlenbacher is being sponsored by the Research and Sponsored Program's Office to perform research in the **SUNY Potsdam Chemistry Department**.

Doing an Internship and/or Research over the summer? Here are some tips...

Most students know that internships are considered the gold standard of career experience, but you may find it difficult to pursue internships because of academic time pressures, credit issues, every day commitments, or the need to subsidize your college expenses with more mundane employment. Even if that's the case, you can adopt the "internship state of mind," a key attitude that will help you translate your experiences—clubs, social organizations, jobs, volunteer work, leadership, and cultural activities into valuable, career related opportunities that will rival a formal internship for career value when noted on your resume and discussed in an interview.

Here's how it's done:

- ◆ **Get Attitude!** Start with an attitude of curiosity, persistence and optimism. Consider each experience - no matter how mundane - a springboard for learning and development.
- ◆ **Set an Agenda.** Set your own learning agenda. What skills do you want to hone or learn? What questions would you like answered? Be realistic.
- ◆ **Learn. Learn. Learn.** Do the best you can with the job at hand. Claim small victories each time you succeed. Learn from your mistakes.
- ◆ **Watch and Listen.** Be a keen observer and listener: Notice organizational culture, management style, financial problems, and challenges beyond your own niche. Take note of how your small job or position contributes to the organizational mission.
- ◆ **Build New Skills.** Look for opportunities to take on new responsibilities to increase your skill set, above and beyond your prescribed duties. Ask to attend meetings, shadow other professionals, and read official documents such as annual reports, strategic plans, etc.
- ◆ **Turn Small Talk Into Big Talk.** Engage people in your environment to gain insights about the organization or their particular jobs. Do informational interviews to glean additional information. Consider the people you talk with part of your network. Plan to keep in touch with them when your summer experience concludes.
- ◆ **Reflect on your experience.** Keep a journal or blog about your daily or weekly observations and accomplishments. Chart the ups and downs of your performance.
- ◆ **Add Your Summer Experience to Your Resume.** Write about this experience on your resume. Use action verbs, cite specific skills used or acquired, quantify, and include your accomplishments.

-Source: Green, Marianne. "Developing an Internship State of Mind."
Job webs.com.

Dress for the job you want, not the job you have...

SOURCE: College Fashionista



SUNY Potsdam CSTEP ...

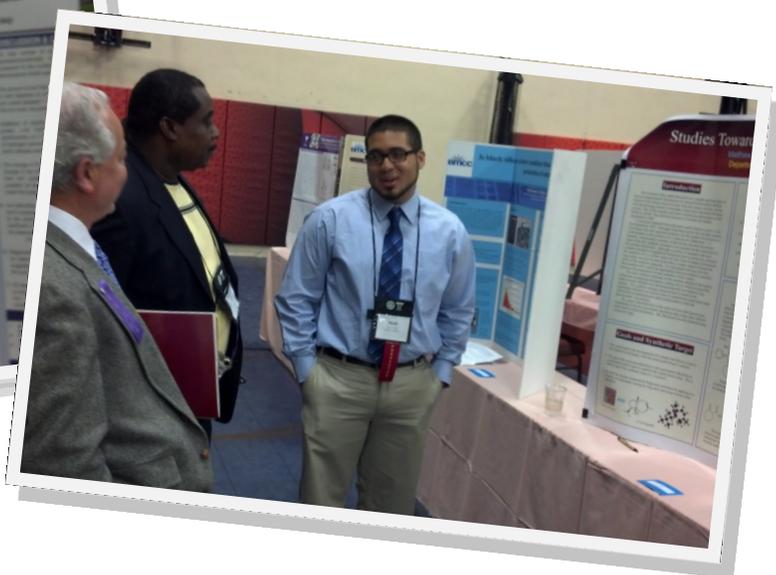
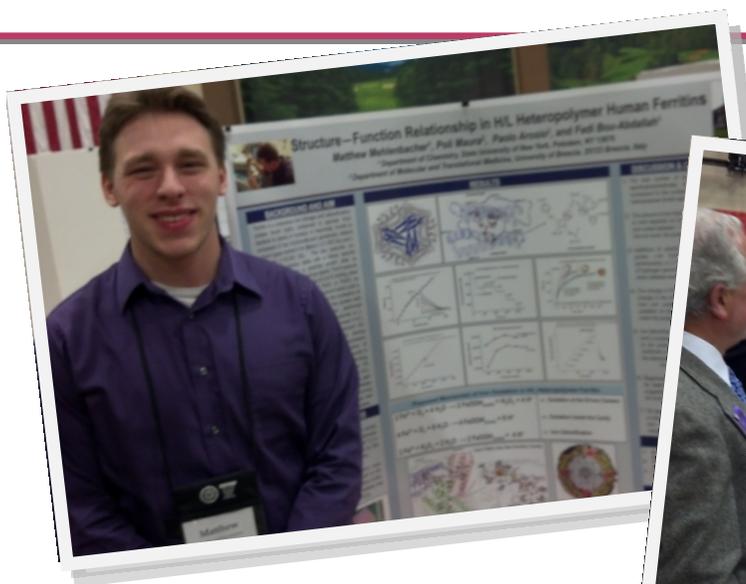
Annual Student Conference Sagamore Hotel, Lake George, NY

This year, a record number of students represented SUNY Potsdam at the 21st Annual CSTEP Student Conference at the Sagamore Resort in Bolton Landing, NY. An annual event bringing together CSTEP students from across the state, the conference included speakers, workshops, a graduate fair, and opportunities for students to present their research in poster or oral formats.

This year, **Deneen Cole** participated in her second poster competition in the Biochemistry category. She was joined in her group by first-time presenter **Matthew Mehlenbacher**. Both students worked in Dr. Bou Abdallah's research lab in the Chemistry department. Another first-timer, **Matthew Cerda**, presented his poster, based on his research with Dr. Molinero, in the Physical Sciences category. All three performed tremendously in the stressful poster session and made SUNY Potsdam proud.

Rounding out the SUNY Potsdam contingent were **Maria Gonzalez, Crystal Rivera, Laurene Tuidler, Kassandra Rosado, Elizabeth Amanquah, Karissa Jump, and Windy Grant**. They were joined by Dr. Bou-Abdallah, making his second appearance as a judge for the poster competition. Taking full advantage of the networking opportunity, several members of the Potsdam team made a connection with Dr. Ruth Hart from SUNY Upstate Medical University, an outstanding mentor for CSTEP students considering medical careers. They even convinced her to visit campus in the fall to continue her mentoring!

Congratulations to all of our poster presenters and to all of the students who represented Potsdam CSTEP so well!



...A Semester in Review!

17th Annual NNY CSTEP/STEP Career Symposium

This year's symposium was sponsored by St. Lawrence University and was extremely well-attended with over 35 students and staff from SUNY Potsdam alone! Students first learned more about financial responsibility as they work towards their future career goals. The roundtable sessions included everything from choosing a career that fits you, to the graduate school application process, to question/answer discussions with a variety of professionals in STEM-related fields. This was a wonderful opportunity for students to gain more insight into what they should be considering as they prepare for their futures!



Pi-Day

selves by memorizing Jeopardy trivia questions, and by completing various pi related puzzles. SUNY Potsdam CSTEP would like to thank the following students for their volunteerism: Alexandria Dass, Jeanette Sanchez and Cristopher Negron. Also, thank you to Sean Partridge for providing transportation and for taking all of the wonderful pictures!

March 13 – Clarkson University Pi-Day

On Wednesday, March 13 Clarkson University hosted its annual Pi-Day celebration. Approximately 250 6th - 12th grade students, from local school districts, participated in this event. Pi-Day participants were given the opportunity to challenge and quiz themselves by memorizing Jeopardy trivia questions, and by completing various pi related puzzles. SUNY Potsdam CSTEP would like to thank the following students for their volunteerism: Alexandria Dass, Jeanette Sanchez and Cristopher Negron. Also, thank you to Sean Partridge for providing transportation and for taking all of the wonderful pictures!

March 14 – SUNY Potsdam Pi-Day

On Thursday, March 14 SUNY Potsdam's Math Alliance and the CSTEP program hosted their annual Pi-Day event; approximately 100 students were in attendance. The CSTEP Program hosted the following activities: Jeopardy, Are You Smarter than a 5th Grader, puzzles galore, circle art, flip sticks and flip books, story corner and the always popular mystery jar. This year SUNY Canton CSTEP volunteers joined us and hosted a "Make Your Own Crown" table. The Math Alliance also had activities that included arts and crafts, face painting and tattoos, and a pie eating contest. Thank you to CSTEP and CFD students and staff that hosted the CSTEP activities and assisted with set up: Adedoyin Akingba, Kareem Attia, Rebecca Cruz, Isaac Griffith, Aime Kikoma, Dannielle Krieder, Cristopher Negron, Kassandra Rosado, Laurene Tuidar, Sean Partridge, Sheila Marshall and Gabe Freyer. Also, thank you to Circle K members: Hans Butler, Katherine Humenn, Cora-Beth Shott, Deanna Ibey, Roxanna Aimiri, Katie Briggs and Nick Monte.



...A Semester in Review! (cont.)

2013 SUNY POTSDAM LEARNING AND RESEARCH FAIR

The annual showcase of undergraduate research, the Learning and Research Fair was held on Wednesday, April 17th. Over the course of the day, students from nearly every major department on campus presented the fruits of their academic labor. Once again, SUNY Potsdam CSTEP was well represented. The CSTEP students who participated were:

Aminata Traore – Anthropology
 Rebecca Cruz – Biology
 Windy Grant – Biology
 Sean Atkinson and Justin McNally (alum) – Chemistry
 Deneen Cole – Chemistry
 Matthew Mehlenbacher – Chemistry
 Matthew Cerda – Chemistry
 Bobbi Jo Lauzon – Chemistry
 Chris Li – Chemistry
 Laurene Tuidor and Cassandra Rosado – Chemistry
 Hans Butler and Nicaise Kouame – Modern Languages
 Kerrian Ferguson – Psychology
 Lydia Eisenbrandt – Psychology
 Tatyana Gray – Women and Gender Studies
 Karissa Jump – Biology

Congratulations to all of you for your hard work! Special thanks to all of the amazing staff in the Research and Sponsored Programs office for all that they do to make this such a successful event!

ATTENTION JUNIORS!

This semester, a brave group of CSTEP juniors volunteered to serve as test subjects in a unique and exciting experiment. Every Friday afternoon this spring they met for an hour for the first ever **CSTEP Junior Seminar**.

This new non-credit course was designed to keep our upper class students on track to realizing their career goals. Our sessions covered applying to jobs, internships and graduate school, resume writing, cover letters, interview skills, and more. Each week, students were tasked with completing a task that moved them forward on their path to an internship, job, or grad school.

CSTEP will offer the Junior Seminar again this fall. If you're a junior, contact the CSTEP office to sign up! The juniors liked the class so much they asked to meet again in the fall as they work on their graduate school applications. All seniors will be welcome to join that group too!



CSTEP 2012-2013

Student Highlights 2013

Fall 2012:

President's List

Brian Beaufort
Tyler Bershad
Andrea Betz
Allison Boots
Matthew Cerda
Nicole Cline
Lyndsey Creed
Lydia Eisenbrandt
Jully Gomez
Sebastian Howard
Stephan Jemmott
Matthew Mehlenbacher
Hu-Tyson Palmer
Kristen Pyke
Susan Rosello
Caitlin Scavone
Laurene Tuider

Fall 2012:

Dean's List

Dallas Emrich
Kerrian Ferguson
Nicholas Hall
Annie Jacobs
Marie Lipscomb
Samuel Lucas
Ashante Parker
Nnamdi Ubozoh



Graduate School Acceptances:

Lydia Eisenbrandt - University of North Carolina at Wilmington, Psychology Program

Tanasia Betts - University of Plattsburgh, Student Affairs Counseling Program

Amanda Trujillo - Marist University in Italy, Museum Studies Program

Jeanette Sanchez - SUNY Oneonta's Cooperstown Graduate Program in History
Museum Studies

Caitlin Scavone—CUNY Queens Mental Health Counseling Program

Student Awards and Honors:

Deneen Cole - Kilmer Research Fellowship

Matthew Mehlenbacher - Kilmer Research Fellowship

Windy Grant - 2013 Student Affairs Award

Aminata Danioko - 2013 Fallon Family Leadership Award

Tyler Gitto - ADA Baron Award for Exemplary Work in Intro Computer Science

Matthew Cerda - Chemistry Honor Society

TK Huff - 2013 Student Affairs Award

Tanasia Betts - 2013 SUNY Chancellor's Award for Excellence

Have some free time this summer ...consider volunteering!

Boost Your Resumé!

- ◆ Volunteering or participating in community service can be an excellent way to boost your resume'. Employers like to see that you are a good at managing your time and are a team player.

Build your Network!

- ◆ Volunteering is a great way to create a network of valuable connections. Volunteer in areas or with companies that you are interested in. If nothing else, you've increased your social network with individuals who have similar interests.

Increase your Personal Growth / Experience!

- ◆ Volunteering allows you to build on your existing skills set. It can help you determine where your interests really lie or expand/improve your experience within a specific area.

Volunteering also just makes you feel good!!!

- Modified from
Scholarships.com



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SUNY Potsdam CSTEP is funded by a grant from the New York State Education Department and has been fostering student success in the STEM fields and licensed professions for more than 20 years.

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