



Transfer Connect

VOLUME 1, ISSUE 3

MARCH 1, 2007

Important Events

March 2-4
The Vagina Monologues
7pm-9pm
3pm-5pm Sunday
Hewitt Union Ballroom

March 7th
Stress & Anxiety
Screening
12:40pm-1:35pm
Hewitt Union Formal
Lounge

March 19-March 23
Spring Break
No Classes

March 28th
Stand-up comic
Tissa Hami
12:40pm-1:35pm
Waterman Theatre

LET'S TALK

Office of Transfer Services
611 Culkin Hall

Transfer Coordinator
Chris Hockey
P: 312-3638
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transfer@oswego.edu

AIM: OzTransferHelp

www.oswego.edu/transfer

Looking Forward

By: Chris Hockey, Transfer Coordinator

As I write this, I am thinking of how nice it will be this August when I am asked to pack up all my office belongings and move over to the renovated Swetman Complex. At some point in August (we still don't have a move in date) several offices, most currently housed in Culkin, will be moving over to Swetman. The offices of Student Advisement, Orientation, Career Services, Experience Based Education, First Year Programs and Transfer Services will be combined into one main office which we are calling "The Compass." The Compass is designed to provide aid and services to all students from the time they come to Oswego until graduation and beyond. This new design

of offices is very new and very exciting. The combination of offices will be able to provide a tremendous amount of support to all of our students.

With this move will come a lot of changes as well. The hope is that with this collection of offices in the center of the Campus Center, we will all be much more visible and more accessible than we currently are. The other hope is that with the combination of these offices, we can provide more and better programs that will combine academic and personal growth with fun and enjoyable activities. There will also be a new website with some great new technologies that we hope will provide an interactive, user friendly experi-

ence for all students.

I believe that this move for the Transfer Services office will be a great thing. With a more visible and inviting location, shared resources, more staff, and the ability to provide better programs, I think that we'll be able to provide transfer students with a greater experience than ever before.

Transfer services and support on this campus are growing and getting better. I'm looking forward to the future and the things to come.



It's the Dash that Counts

By Gary Morris, Assistant Director of Career Services

You know that old cliché, "What do you want written on your tombstone?" Change that to, "What is the most important thing on your tombstone?" Date of Birth? Thoughtful poem? No, it is the dash between the years – in other words, your life. And your life will consist of over 82,000 hours of work. You'll spend more time at your job than you do with your family, your hobbies - even more time than you sleep. And as your job goes, so goes the rest of

your life.

Getting out of bed in the morning and shouting, "I can't WAIT to get to work!" ought to be your goal at this point. Don't settle for anything less. The Career Services office can help you evaluate what makes you tick – your values, interests, abilities and personality – and explore good career field matches. Finding a job is a matter of mechanics. Develop the documents, network, interview and accept. Finding a job you LOVE is

the hard part. From career fairs and networking events to career counseling and mock interviews, we are here to help you get from where you are to where you want to be.

Make sure that your dash counts.

Career Services
606 Culkin Hall
312-2255

Each of us has a fire in our hearts for something.

It's our goal in life to find it and to keep it lit.--

Mary Lou Retton

The Office of Transfer Services is looking for transfer students who might

be interested in a 6 credit

internship at the new

Campus Center. If you

would like to work with

transfer students in our

new office next year,

please go to

www.oswego.edu/

transfer for more

information or email

transfer@oswego.edu.

We need your help!!

Beating the Winter Blues

By: Shelly VanSlyke, Health Promotions Coordinator

Snow. I know it's a four letter word, cold and icy but really...it's not that bad. Really! Winter time in Central New York can offer a lot to do! Keeping active in the winter is important to your health and there is a wealth of activities out there. On campus, ice skating is offered in the Campus Center each Monday, Tuesday and Wednesday from 12-2pm and Tuesday evenings from 6-8:30pm. In addition, Lee Hall offers intramural sports and water aerobics-a great way to get out, exercise and meet new people. If you are looking to escape campus for a bit, check out <http://www.cnywinter.com/>.

Some people notice that limited daylight and long nights can provoke depression, sluggishness, headaches, difficulty sleeping and irritability. This is called Seasonal Affective Disorder (SAD). SAD is treated by sitting in front of a special light for 30 or more minutes per day. Talking with a counselor is another

recommended form of treatment and for some people, taking antidepressant medications will help with SAD. People cope with SAD in many ways-exercise regularly, open shades, blinds and curtains in your home and get outside as often as possible during the daylight hours.

Some winter health tips:

- Dress in layers. Some buildings/rooms are warmer or cooler than others. By dressing in layers, you will be ready for anything!

- Colds and flu are not caused by cold weather; they are viruses. To protect yourself from these viruses, wash your hands regularly (or use hand sanitizer), sneeze into your elbow (not your hand), get plenty of fresh air and drink lots of fluids.

- If you have frostbite (pale, gray, blistered, burning/numb extremities), place warm water or a warm washcloth over

the area. Do not use hot water.

- Limit alcohol consumption. While you may feel warm after drinking alcohol, the body temperature is actually decreasing. Combine that with no jacket and a walk downtown and that could be a recipe for disaster.

- Minimize dry skin: after taking a shower or bath, pat your skin dry and apply lotion.

- Be cautious with winter sports. The snow drifts are high and difficult for motorists to see over, so stay away from them when you can if you are sledding, snowmobiling or even walking on a sidewalk.

- Admire the lake from a distance. Do not walk out onto the ice floes or breakwalls, or along the shoreline. The footing is treacherous, the wind is strong, the ice can be unpredictably thin and covered with snow, the waves are overpowering and the water is freezing.

So be safe...and think SPRING!

Student Spotlight

This month we highlight Tia Rubadeau. Tia is a junior psychology major and is an intern in the Peer Advisement Office:

Q: Why did you decide to transfer to Oswego?

A: The location (I grew up in the area) and strong interest in the school counseling grad program here.

Q: What do you enjoy most about being at Oswego?

A: There are so many opportunities for career exploration and many resources for grad school preparation.

Q: What do you do in your spare time?

A: Spare time? I'm looking forward to reading *The Audacity of Hope* by Barack Obama when I get a chance and hopefully a trip to Florida in the near future to visit friends.

Q: What has been your best experi-

ence so far?

A: I'm really enjoying my internship with the Peer Advisement Office.

Q: If you could change one thing about your experience so far, what would it be?

A: Commuter parking!!

Q: Where do you see yourself in 5 years?

A: With my Master's completed and possibly pursuing an Ed.D.

The Office of Transfer Services is dedicated to improving the academic and social experience of all transfer students. Through collaboration with our regional community colleges and SUNY Oswego's faculty and staff, the Office of Transfer Services aims to provide programs and initiatives that will ease the transition process for transfer students, improve academic performance and learning as well as create opportunities for social interaction and growth.