

AT CAMPUS LIFE

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TRYING TO FIND HELP

by Regina Murphy '19

Substance abuse has been on a dramatic increase throughout the years. There has been a recent cry for help for these individuals that want to get clean. There has been a stigma that has been placed around this issue and for some reasons many individuals have been scared to discuss this topic. Drugs are becoming a serious problem, people who usually get addicted to these drugs start off using marijuana, heroin, LSD, in their adolescent years.

Teens are extremely vulnerable in trying any addictive substance. Rehabilitation for adolescents is considered to be highly effective. The Recovery Village, a personalized addiction treatment center, states that only 7 percent of addicted teens receive treatment for their disorder. Oswego County has been reported to be one of the poorest counties in New York State. Residents in rural areas

like Oswego County don't have much opportunity to seek a wide range of drug treatment options compared to urban communities.

There is a mind-set for a teenager that lives in a rural and low-income area using marijuana and drinking alcohol from a young age is normal but residents in these rural areas have a huge epidemic on their hands. In recent years, our young youth are getting their hands on a much powerful illicit drug called heroin. There has been recent measures in the fight against the heroin epidemic, including getting out there and trying to educate the residents of Oswego County the danger of abusing heroin and the treatment-based programs that offered to those who become dependent on these drugs. They also provided a local support system that allows addicts to have

a safe haven to have a successful recovery.

Providing an in-patient rehabilitation service for our local area youth for treatment of substance abuse, especially for heroin, would be very beneficial. The more that an entire community can be educated about the risk and how highly addictive the use of narcotics can be, the better off we will be as a society to combat this epidemic.

Drug & Substance Abuse Hotlines:

Addiction Center
800-586-9670
addictioncenter.com

CNY Narcotics Anonymous
315-472-5555
honyana.org

TRANSFERRING

by Austin Seeley '20

My name is Austin Seeley, I am a sophomore at SUNY Oswego in the graphic design program; however, I did not start out my college career at Oswego. I transferred in the fall of 2017 from a private school called Philadelphia University.

Transferring schools was a very difficult decision and was not something that I thought I would ever have to do, but due to my family moving to Corning, NY a little over a year ago from Pennsylvania, transferring schools appeared necessary due to financial responsibilities of attending an out-of-state school.

The transfer process for being a transfer student wasn't much different than it was when I was first considering and applying to colleges in high school. I still had to fill out an application for each perspective school, pay an application fee and get letters of recommendation.

However, there were a few differences in the transfer process. First, I had to submit my transcripts from my previous college. And I had to assess what credits would transfer. Also, I had to research colleges to transfer to. And I had to visit all the schools that I was looking at, all while still being in enrolled full-time at school.

When considering schools to transfer to, I made an excel spreadsheet to compare all my top school contenders. The criteria that I used to narrow down my decision to one school was: overall cost, school size, majors, and distance from home. Firstly, I knew that I wanted to attend a SUNY School. Furthermore, I wanted to be two hours or less from home. Another criterion was I wanted to attend a medium sized school. Lastly, I wanted a school that had graphic design.

While driving onto SUNY Oswego's campus for a transfer

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students open house the first thing that I noticed was how nice the campus was. Although, I visited campus in the middle of winter, Lake Ontario was still beautiful. People say that first impressions are everything. My first impression of SUNY Oswego was a great one. The people that I interacted with during the open house were so friendly and were able to answer all my questions that I had. While taking a walking tour of campus during the open house I noticed that a lot of the buildings were newly renovated. I liked that there were so many dorms across all parts of campus and that there were multiple dining halls and small cafés all over campus.

After visiting Alfred State, SUNY Cortland and lastly SUNY Oswego I discovered that not only did SUNY Oswego check off all my criteria on my list, but it was a place that I could see myself calling home.



Department of Campus Life, State University of New York at Oswego, 135 Marano Campus Center, Oswego, NY 13143
 Phone: 315.312.2301
campuslife@oswego.edu

