GET GOING!

The academic enrichment opportunities listed below are available to compliment the traditional classroom experience at SUNY Potsdam. These high impact experiences are great ways to essentially get you going on setting yourself apart from the typical graduate of a Bachelors degree program.

COLLEGIATE SCIENCE & TECHNOLOGY PROGRAM (CSTEP)

The purpose of the program is to increase the number of under-represented minority and low-income students pursuing careers in the sciences, mathematics, engineering, technology, health, or the licensed professions. Funded by a grant from the New York State Education Department (NYSED), CSTEP at SUNY Potsdam provides an array of academic and career services designed to meet each student’s individual needs and assist them in achieving a career in their chosen field. Some of the services provided include:

- Workshops on all aspects of the graduate school application process
- Graduate school visits across the US
- GRE, LSAT, and MCAT test preparation courses and exam registration fees
- Graduate school application fees
- Help finding funding for graduate study
- Assistance finding paid summer research positions
- Help locating and securing internships

Eligibility for CSTEP is determined by the NYSED. To be eligible for CSTEP, an applicant must:

- Be a resident of New York State
- Black, Hispanic, or Native American OR meet income guidelines (below)
- Possess a cumulative GPA of 2.50 or better for continuing SUNY Potsdam students
- Have an interest in pursuing a career in a CSTEP field

For more information on CSTEP, you can visit their office in 216 Sisson Hall or visit their web site: [http://www.potsdam.edu/support/cstep/index.cfm](http://www.potsdam.edu/support/cstep/index.cfm)

HONORS PROGRAM

The SUNY Potsdam Honors Program encourages highly motivated students to explore education in a supportive environment. The Honors Program is designed to realize the
ideal of a handcrafted education by offering small class sizes with increased student interaction and independent projects. Honors courses are taught by faculty who excel in their field of study and highly encourage student participation. Honors students enjoy benefits such as:

- Graduation with distinction
- Early registration
- Honors lounge and computer lab
- Optional housing that includes a shared kitchen and lounge
- Special programming

We can help you make the most of your academic experience at SUNY Potsdam! Please contact the Honors Program Office with any questions or visit: http://www.potsdam.edu/academics/specialprograms/honors/index.cfm

**PRESIDENTIAL SCHOLARS PROGRAM**

Through the Presidential Scholars Program, motivated & talented SUNY Potsdam students are given the opportunity to create their own independent project and to more fully develop their interests and intellect. The Presidential Scholar's Program provides recognition and additional financial resources (up to $600) to students who have achieved academic excellence and who demonstrate a commitment to their own academic progress.

Applications to the program are accepted in September of each year and consist of an essay that describes the proposed project and letters of recommendation from two faculty members. The admission criteria include a GPA of 3.5 or better, 30 completed hours at SUNY Potsdam, and at least four semesters remaining towards completion of an undergraduate degree (including the Fall semester in which students apply).

For more information on the Presidential Scholar’s Program, please visit http://www.potsdam.edu/academics/specialprograms/presidentialscholars/

**STUDY ABROAD & NATIONAL STUDENT EXCHANGE**

Want to travel to exotic places, enrich your education, and expand your understanding of other cultures, all while building your resume? The benefits of completing a study abroad or National Student Exchange experience are immeasurable, both personally and professionally:

- In two to three months' time, you will learn more about the world, your country and yourself than you have ever learned in two years staying at home.
- Studying abroad increases your openness to new ideas while simultaneously encouraging independent thinking.
• It allows you to enjoy both academic and experiential learning, as it deepens cross-cultural understanding and appreciation.
• Your intellectual maturity, flexibility and self-confidence will grow along with your career prospects.
• You will have the time of your life while becoming better prepared for living and working in our increasingly globally interdependent world.

With over 450 study abroad programs available through the SUNY system and over 200 participating institutions in the National Student Exchange Program (exchange within the U.S. & Canada) – there is definitely a program for you! And with advanced planning, you can take major/minor/general education courses, graduate within your expected time frame, work out specific financial aid details and even apply for scholarships to use specifically for study abroad or study away experiences.

For one-on-one advising appointments, please contact the staff of the International Education & Programs Office located in 136 Sisson Hall.
Email: international@potsdam.edu
Website: http://www.potsdam.edu/academics/international/index.cfm

UNDERGRADUATE RESEARCH

Explore new ideas and methods - Create new knowledge in your field - Aspire to a higher level of understanding! Research is a great way to get involved at SUNY Potsdam. Faculty in every academic discipline are engaged in active work and they always welcome student collaborators. What are the benefits of doing Undergraduate Research?

• Form a close relationship with a faculty member.
• Apply what you learn in the classroom to unique problems.
• Build confidence in your academic and professional skills.
• Present your research results at a conference.
• Get higher grades in classes.
• Create a better resume for graduate school or employment.
• Experience the joy of discovery!

It's not too early or too late to get started! If you know you want to do research, but don't know where to start, stop by the Center for Undergraduate Research at MacVicar 102. We have a growing list of resources and are eager to help you get started. http://www.potsdam.edu/academics/specialprograms/cur/