Happy New Year! This academic year the newsletter has highlighted our TREK matrix. You’ll notice a hiking boot logo on all our marketing materials that indicates that an event includes components to strengthen a Transition, provide you Resources, encourage you to Explore, or assist in the reflection of Knowledge. This month focuses on $E = $Explore.

As you assess your fall semester you may be ready to explore more of what Keene State has to offer. Perhaps academic support is something you want to access. Think about the Center for Writing, the Math Center, the Aspire program, or the newest peer tutor program, BEST. The Spring Involvement Fair was last week to learn more about clubs and organizations to join. Missed it? Contact Jen Ferrell (jferrell1@keene.edu) for more information.

This month we highlight a program we offer for sophomores (many of you should watch for this next year) called the Success Seminar. The event is designed for students to identify academic and career paths, explore opportunities to enhance those paths, and discover allies and challenges along the way. We close the Success Seminar with a networking opportunity encouraging you to present your unique you.

This issue is full of information. Go out there and explore. Come see us for tips.

The Building Excellence in Science and Technology (BEST) program at Keene State College is designed to help you succeed, whether you’ve always known you were interested in the sciences or whether you’re just realizing the sciences might be the path for you.
Being an Orientation Leader at Keene State College is an experience that you will always carry with you. Orientation staff is a group of diverse, energetic, open-minded, and caring individuals who want nothing more than to make a difference. The Orientation Leaders are the first faces that new students see on campus. They are the people who introduce first year students to our community at KSC. Do you want to inspire, make a change, and help build the Keene State College community? Do you want to be a part of a team that, in the end, refers to themselves as a family? Then apply to be a 2015 Orientation Leader! The application is available online at www.keene.edu/orientation and at the Academic and Career Advising Center. It is due to the Academic and Career Advising front desk on Monday, February 9, 2015 by 4:30 pm.

On Friday, February 20th, Second-Year Students at Keene State will have the opportunity to take part in the annual Second-Year Success Conference. This year’s theme is “What’s Your Story?”

College is meant to expand horizons, provide new learning experiences and prepare students for the rest of their lives. The activities and opportunities students engage in during college help develop experiences to take them where they want to go. Through a series of workshops and presentations, participating students will discover...

- Where They Want to Go
- How to Get There
- What Is Needed to Succeed

This conference is offered every February to students in their second year at Keene State to get a jump start on planning for their future.

**Second Year Success Conference**

Friday, February 20, 2015
12:30 PM to 5:30 PM
Mountain View Room, Student Center
Keynote Speaker: Dominic DeBenedetto, Class of 2007
Breakout Sessions:
Networking Social with Doorprizes
Register Early - Space is Limited!

What’s YOUR Story?
College is meant to expand your horizon, give you new learning experiences and get you ready for the rest of your life. What you do during college can help you compile your own story, rather than letting others compile it for you.

On Friday, February 20th, we’ll help you “put together your own story…”

- Where Do You Want to Go?
- How You Can Get There
- What You Need to Succeed

Register today at
Registration - and Year Success
Or by visiting
The Front Desk of
Academic and Career Advising

Sponsored by
Academic and Career Advising
Trio Programs
Residential Life

Click HERE to register online for this event.

[Image]

Click on these video links to hear from KSC alumni about how their KSC experience enhanced their career development.

[Image]
Don’t Panic!
By Aaron Rock

Like many first-year students, I had zero clue what I wanted to do while I was in college, much less after I left. I had some ideas, but those were bundled up around the idea of, “I think I want to teach…something.” So I took my pre-planned schedule, didn’t visit any sort of academic or career advising and promptly muddled my way through my first semester. If this sounds similar to your experiences, I’m here to tell you that it gets a lot better, but you may have to make a few changes first. What made my college experience more enjoyable was the fact that I began to explore, both what the college had to offer, and more importantly, who I was as a student.

I spent a lot of my time, during my first and second year, worrying on whether I was choosing the right degree program. I consistently dwelled on the fact that I was spending a good deal of money and going into debt, and I needed to figure something out soon. I brought these worries to an advisor, who let me know a simple truth that should help you out, “it won’t be perfect and there might be an incorrect choice, but never a wrong one.” This advisor highlighted that it takes time to develop my knowledge of what I wanted to do, and that I would never find out if I kept a pair of blinders on and was too frightened to challenge myself with new courses or topics.

It was great advice; I was getting ready to move into my second year (and on my third degree plan, still for teaching…just a different subject). I promised myself that I would challenge myself and take one class that was outside my comfort zone. I chose a random philosophy course that didn’t sound too daunting, and as time to enroll came closer, I got more and more excited about the class and that I had listened to good advice. I went to register, and the class was full, and the professor had zero interest in taking more students. As I stood in the department offices complaining, someone overheard and recommended that I take another philosophy course that met at the same time, it was in a subject I knew nothing about (Existentialism) and was with a new professor. The entire time this random person was talking up how great the class was, and how fantastic the professor was going to be. Resigned (and with still missing a class) I signed up, dreading the possibility. This random decision led to the one of the biggest influences on my college education. By taking this class, I found a subject I really enjoyed, and I worked through the rest of my time in college to fit in more philosophy courses. I didn’t care about the fact that it wasn’t a streamlined and focused decision; I gave myself leeway to make sure that my degree plans co-existed with the courses I was passionate about. Oh, the person who talked up the course and the professor, it was actually the professor. Apparently, I wasn’t the only one who realized that.

This leads me to my advice to any first year student. First off, Stop Worrying. I understand what it feels like to have multiple people asking you the fun question of “what are you doing with your schooling,” or “how is that going to get you a job.” You are under a lot of pressure, and sometimes that pressure can seem like it’s controlling your actions. Talk with an Academic and Career Advisor at the ACA, we’re here to help you with your choices, but to also develop an idea of what you can link your academic passion with career opportunities. It’s important that you listen to yourself, it’s your education and it’s up to you to make informed decisions on what you would like to do with your time here at Keene.

Secondly, There Will Be Roadblocks. Be it a course being full, or coming to the realization that you just aren’t a fan of being a teacher (or nurse, or whatever!). I’m here to tell you that it’s okay, that you can transition much easier than you think. The only wrong decision is waiting too long into your college career to do so. Don’t ever feel stuck in a degree program, especially early on, the curriculum is designed to be flexible enough if you want to change. The biggest part of the decision is to be confident and honest with what you want to do, and how you are going to get there. Again, meeting with an Academic and Career Advisor will help you with those hard choices. Checking out the resources that we have available and starting up a Career Action Plan early is your best option.

And lastly, Explore. Seriously, get out of your comfort zone. Starting in your first and second year, explore the curriculum and your classes. Explore your own ideas for what career and degree you want. Take part in extra-curricular activities and clubs! During your Junior and Senior year, explore experiential learning, such as Study Abroad and Internships. Challenge yourself, and use college resources to figure out how to make it work financially. And finally, once you’re ready to graduate, be open to getting out there. Be it a job across the country, or maybe working with non-profits such as the Peace Corps or City Year, or even going overseas and working, your prospects for a rewarding job go up when you allow yourself to be open to what’s available.

Remember that there are resources available to you here at the ACA. I’m looking forward to helping you explore your possibilities there at Keene (and there are a ton of them). Just remember, as your second year approaches, remember that first piece of advice and the rest will fall into place with some help from others.
Second Year Success Conference
Friday, February 20th, 2015
12:30 p.m. - 5:30 p.m.
Mountain View Room – Student Center

KSC Career Clinic 1 - Spring 2015
Tuesday, February 24th, 2015
4:00 p.m. - 7:00 p.m.
Atrium Conference Room – Student Center

RESUMANIA!
Tuesday and Wednesday, March 24th & 25th, 2015
1:00 p.m. - 7:00 p.m.
Rhodes Hall Atrium

Career and Internship Fair Preparation Workshop
Tuesday, March 24th, 2015
4:00 p.m. - 5:00 p.m.
Academic & Career Advising Center, Elliot Hall

KSC Career and Internship Fair
Friday, March 27th, 2015
2:30 p.m. – 5:00 p.m.
Spaulding Gym

KSC Career Clinic 2 - Spring 2015
Thursday, April 16th, 2015
4:00 p.m. - 7:00 p.m.
Atrium Conference Room – Student Center

Contact Academic & Career Advising for more information on any of these events.
603-358-2500
aca@keene.edu

MARK YOUR CALENDARS!