

COPE

January/February Newsletter



HEOP Maintenance Checks

Check #1- Friday January 28, 2004 (Pickup after 9AM)

Requirements:

Lobby Letter #2

ARC students must have met with COPE staff to review contract

Check #2- Friday April 8, 2005 (Pick up after 9AM)

Requirements:

Juniors and Seniors must have had a least one meeting with Danielle during the spring 2005 semester.

Freshmen and Sophomores must have had at least two meetings with Danielle during the spring 2005 semester.

All Student must had attended at least one of their workshop requirements.

Must turn in a copy of FASFA to the cope office

Arc students must be fulfilling all contract requirements (tutoring, counseling, etc.)

Seniors must be signed up for an exit interview.

***NOTE** Checks will not be given to students who have not met all requirements!*

Do you know the **RED MARK** Policy?

Students receive **red marks** for the following grades: **F, FX, W or I**

Students are **limited to 4 red marks** throughout their entire Canisius career.

Students receiving 5 or more will loose their HEOP or MLK funding. Please see a COPE staff member for more clarification.

It's **FASFA** Time

FASFA forms must be completed by April 15, 2005 for the 2005 school year.

Additionally, you must complete the Canisius College Financial Aid form.

Peach has copies of the FASFA forms if you need one and she will be happy to help you fill one out.

All HEOP students must submit copies of your FASFA and taxes to the COPE office.

Mrs. Dudley would like to remind everyone to complete cope requirements and keep up your academics.

Good luck this semester!

COPE Workshops

Card Creating for Veterans

Monday February 7th

Time: TBA

In the Street Side Café.

Come create valentines day card to Veterans. All cards will be sent to local Veterans.

Going to Grad School?

Wednesday February 2, 2005

6-9PM

Locations: TBA

Take a practice GRE, GMAT, MCAT, or LSAT

Kaplan will return on 2/10 outside the cafeteria in the student center between the hours of 10AM and 2PM to review scores.

Please sign up with Danielle ASAP

All COPE Events will be displayed on the COPE website. Just click on the "COPE Events" link to see what is going on this semester.

Artfully

Thursday March 3rd

6:30PM

In the Street Side Café.

Come create art work out of mirrors and picture frames while learning about eating disorders and positive body images.

Do You Like to do Service?

If so, feel free to get involved with any office, club, or organization that is doing service projects. This type of activity would certainly be a good choice for completing your COPE workshop requirements. Just write a one page reflection explaining your involvement and how it effected you.

HEOP Lobby Day

2 workshop credits

Each year the COPE office participates in a Lobby Day in Albany. This year Lobby Day will be held on February 8, 2005. We will be looking for HEOP students to make the trip with the COPE staff. If you are interested in participating please contact Peach or Danielle ASAP.

Inroads Internship Opportunities

Tuesday February 1, 2005

6:00 PM

Location: TBA

A representative from Inroads will be on campus at 6PM on Tuesday February 1, 2005 to speak with students and collect applications for summer 2005 internships. If you are interested in attending please sign up with Danielle ASAP.

For more information about Inroads visit their web site at

<http://www.inroads.org>

Spring 2005
FYE workshop
list can be found
on page 3.

Neil will be offer a
number of academic
workshops this
semester. Please
look for more
information soon.

Please note: You will be contacted via e-mail about upcoming events. If you find that you are not receiving our e-mails please let the COPE staff know ASAP in order to have this problem corrected.

This is not a complete list of COPE events for the spring semester. You will be notified via e-mail of other workshop opportunities as plans are finalized.

HEOP/ MLK Workshop Requirement

Freshmen: must attend ALL First Year Experience (FYE) workshops sponsored by the Student Advisement Center
Sophomores, Juniors, and Seniors must attend at least 2 workshops per semester.

All COPE Sponsored workshops Count. All you need to do is show up, sign in, stay for the duration of the workshop, and act appropriately.

Non-COPE Sponsored– you may attend other events on campus for workshop credit. If you choose to do so you must do two things:

1. have the workshop approved by Danielle
2. write reflection paper describing the event and what you learned. Only events determined as educational will count. **Reflection papers must be 1 full page, 12pt. Times New Roman font, with 1 inch margins.**

Neil's Tips for the Start of the Semester

1. Know your professors and make sure they know you.
2. Write down the due dates for projects and papers in a daily planner the moment you have the date (then check daily planner often).
3. Keep copies of all of your syllabi in a safe place so that if you lose a syllabus you will have a copy.
4. Form study groups early in the semester and start reviewing with the group early.
5. If you feel a class is going to be tough, stop by and see Neil (that's me) about drafting a study plan for that class.

Good luck and have a great semester!

Welcome Back! Best of luck for
your spring semester!
~Chris

Spring 2005 Counseling Appointments: (HEOP & MLK)

Freshmen and Sophomores: *4 times per semester*

- Session 1 by Wednesday February 10th
- Session 2 by Monday March 14th
- Session 3 by Friday April 15th
- Session 4 by Friday May 6th

Juniors & Seniors: *2 times per semester*

- Session 1 by Monday April 4th
- Session 2 by Friday May 6th

Spring 2005 FYE Workshops (All HEOP and MLK Freshmen)

Tips From Successful Students

Thursday 2/3 at 7pm in the Palisano

- Test Taking Anxiety

Thursday 2/17 at 7pm in the Palisano

- Fall Registration Preparation
Wednesday 4/6 and Wednesday 4/27
7pm Palisano
(choose 1 day to attend)

- Summer Job/Internship
Date, time and Location TBA

Financial Aid Tip of the Month:

It is advisable to stop by the financial aid office and discuss your bill. This will give you the opportunity to see how much work study to apply to your bill and if you will have any out of pocket expenses.