

Progress Report: Student Affairs and International Programs

Presented by:

Gui Albieri, Vito Cavallaro, & Quy Nguyen

Goal VIII. Create a vibrant sense of community that promotes student and alumni engagement, academic success and the development of personal and professional competencies

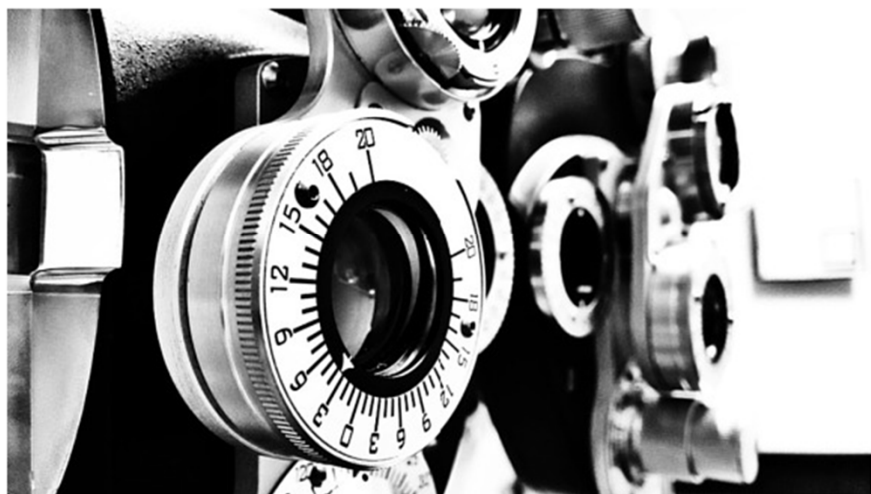
Goal VIII. Create a vibrant sense of community

Identify factors that influence academic and clinical success and implement programs to address these



Orientation
CDC sponsored workshops
Early Intervention/Counseling

necessarily
What got you here won't ^ get you there



THE NUTS AND BOLTS OF THE 3RD YEAR EXPERIENCE

Join Dr. Sheerer, 4th year Karen Levy, and Dr. Gui Albieri to discuss:

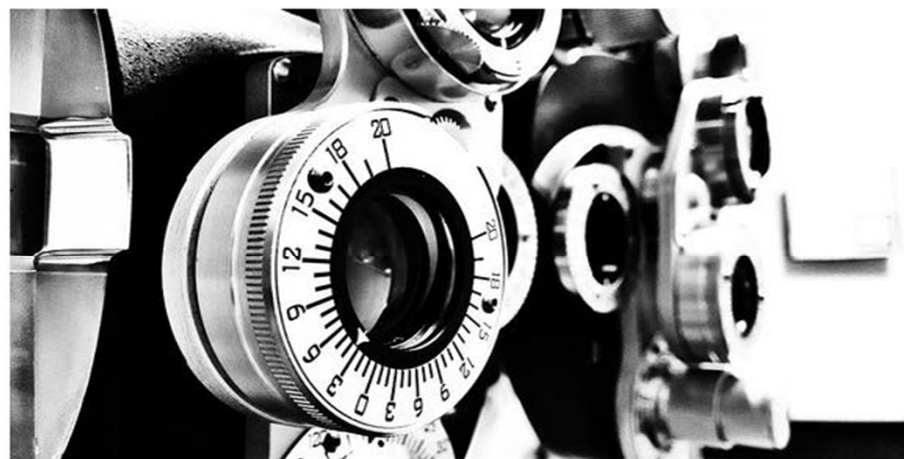
- Insider tips from those who have been there and done it
- The reflective clinician
- Receiving and giving feedback
- Tips and strategies on how to do well in third year classes
- Discussing the "B" word

Tuesday June 28th at 12:00

Room 101

Food will be served

necessarily
What got you here won't ^ get you there



BSK & STUDENT AFFAIRS PRESENT:

The Nuts & Bolts of 1st year

- Tips and strategies for how to do well in first year classes
- How to get the most out of your clinical experience
- Discover what BSK resources are available to you
- How to still have fun in NYC!

Tuesday, August 30

Room 103

Food will be served!

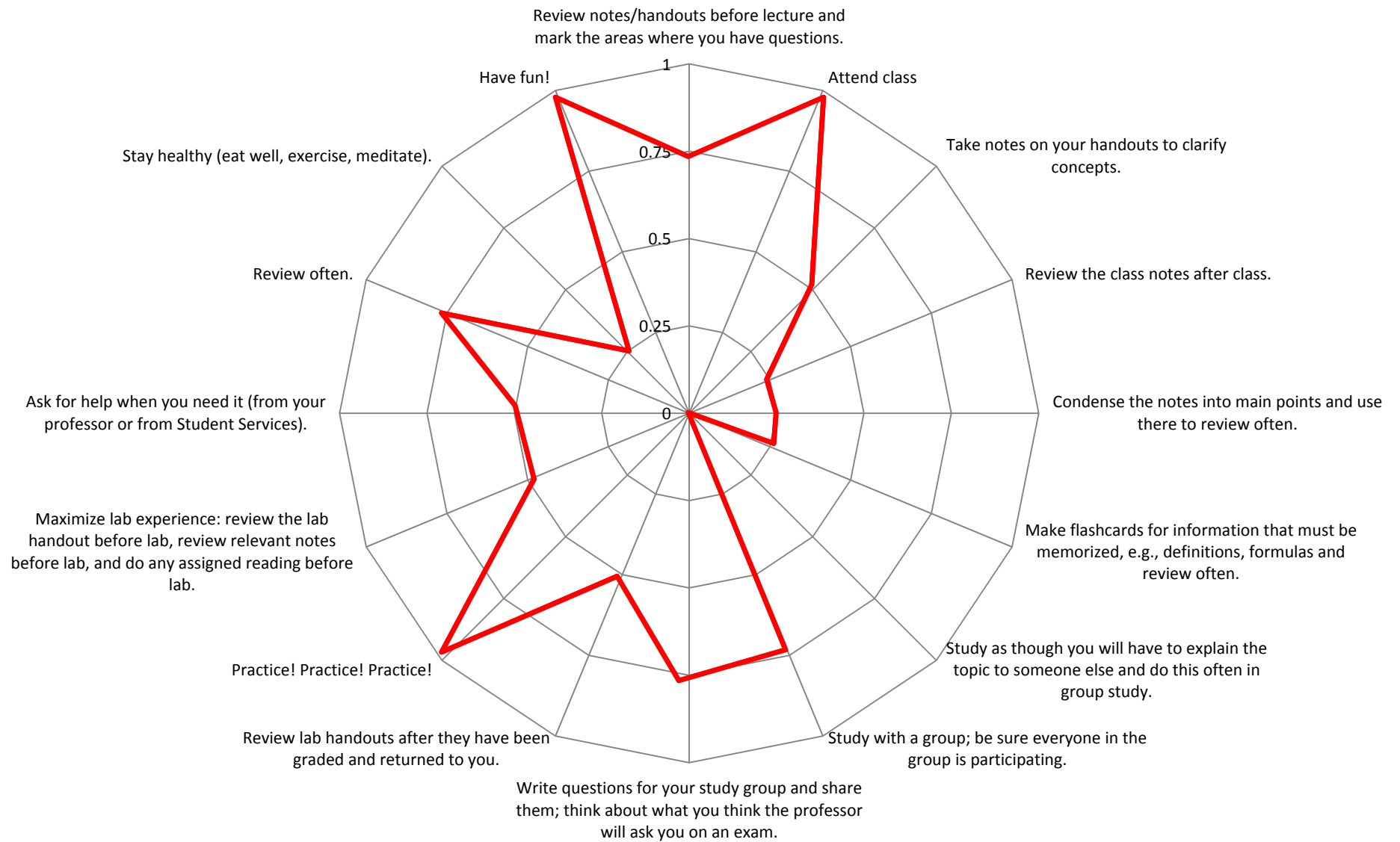
SURVIVING 2ND YEAR

- Tips and strategies for how to do well in second year classes
- Insider tips from those who have been there and done it
- Time management and organizational skills
- How to be a successful scribe

Thursday, September 1

Room 101

Food will be served!



Beta Sigma Kappa
&
STUDENT AFFAIRS PRESENT...

BSK RULES

Find study habits that work for YOU

- Don't compare your study habits to others.
- What works for one person may not work for somebody else, embrace your style of learning!

Remain adaptable

- Different courses may require varying study approaches, don't be afraid to change up your routine.

Make a study plan and stick to it

- Make a schedule to avoid cramming and set small, achievable goals.
- Not only will having a study strategy avoid becoming overwhelmed, but it will also allow you to schedule time for fun!

Take study breaks

- Study breaks will not only give you time to recharge and consolidate information, but they can help make time spent studying more productive.

Avoid distractions

- Turn off your phone, log out of Facebook, and truly devote a set block of time to studying.

Go to class

- Attending class is the best way to keep up with material and gives you the opportunity to ask questions as the information is being delivered.

Be an ACTIVE studier

- Write it out, talk it out, draw it out, ask questions, answer questions!
- Find a strategy, or a combination of strategies, that will take you from passively absorbing content to actively engaging in the material.

Find and maintain a support system

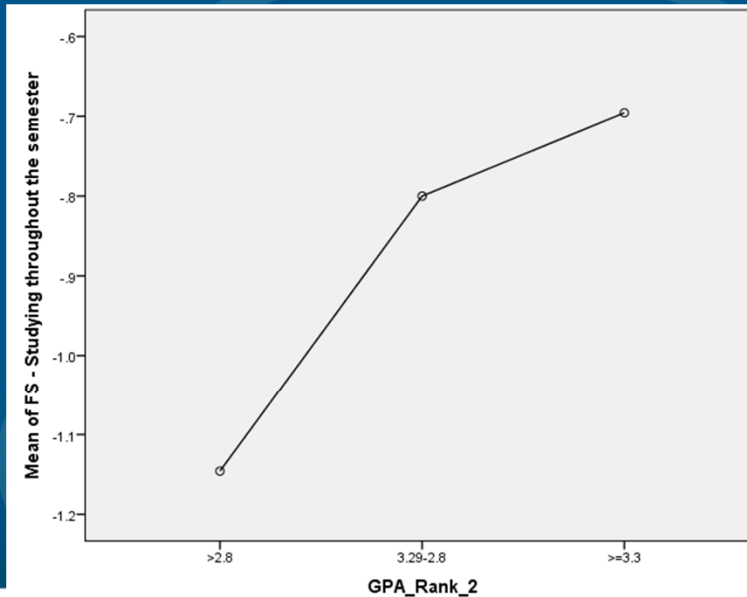
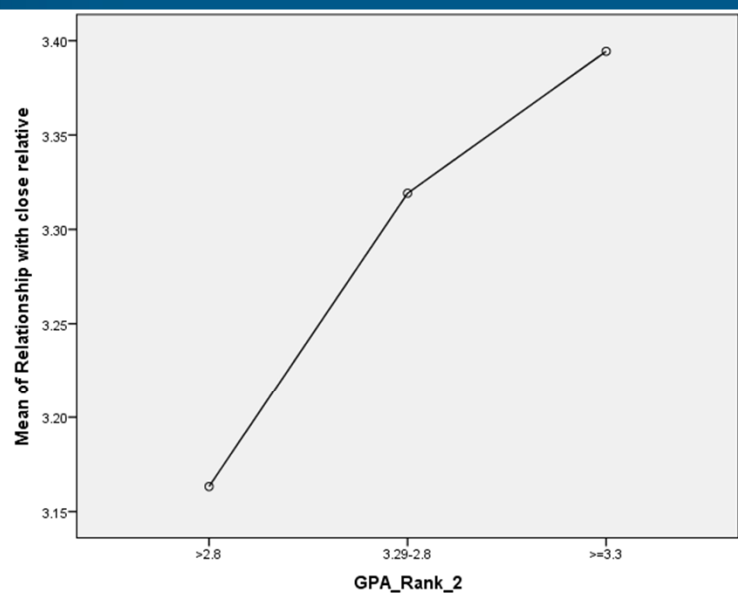
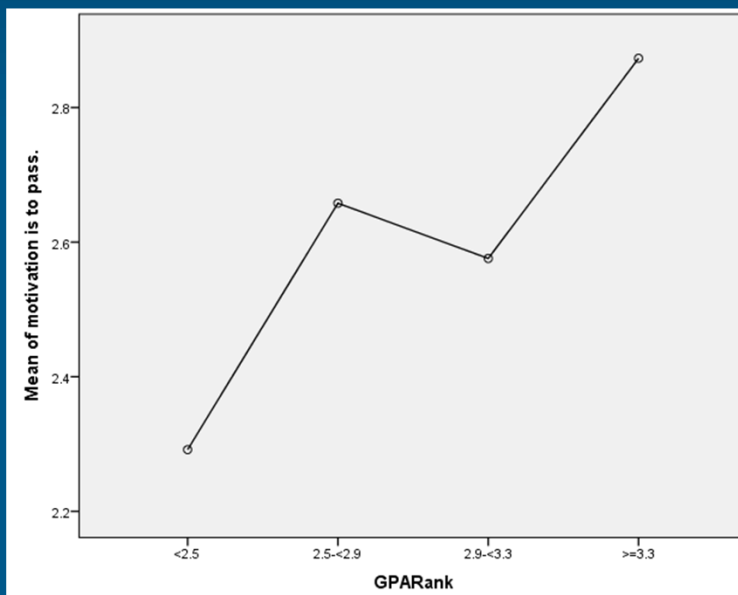
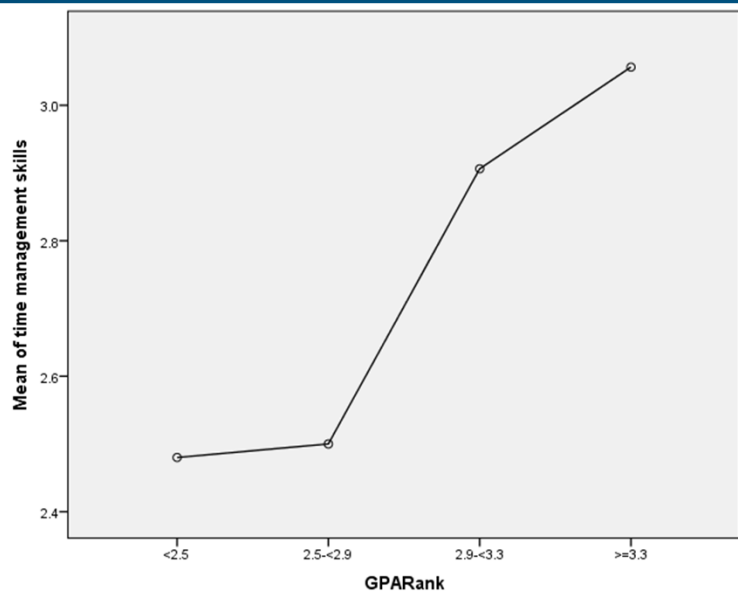
- Whether it's family, friends, classmates, or the Office of Student Affairs, always remember you are never alone!

Find a way to remain passionate and motivated

- Make time to attend lunch meetings, participate in events, and remain involved in our optometric community.
- Not only will these activities help make you a well-rounded and knowledgeable student, but they will also help remind you what inspired you to enter this profession.

Most importantly...stay healthy!

- Make time for sleeping, eating right, exercising and fun!
- Optometry school does require some sacrifice and compromise, but never underestimate the importance of a healthy lifestyle.



Gallup's Well-Being Index

Purpose

How you occupy time; liking what you do each day

Social

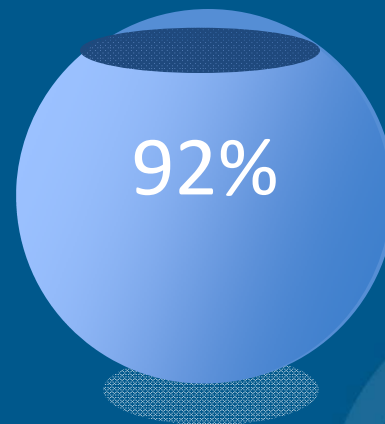
Relationships in your life

Community

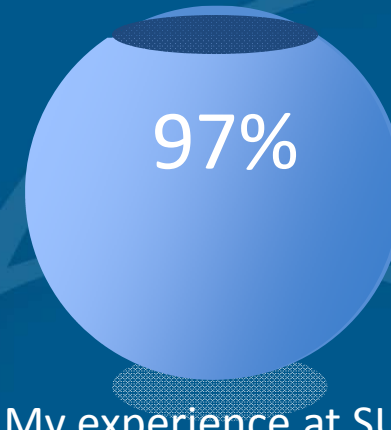
Engagement and involvement in the area where you live

Physical

Good health and enough energy to get things done daily

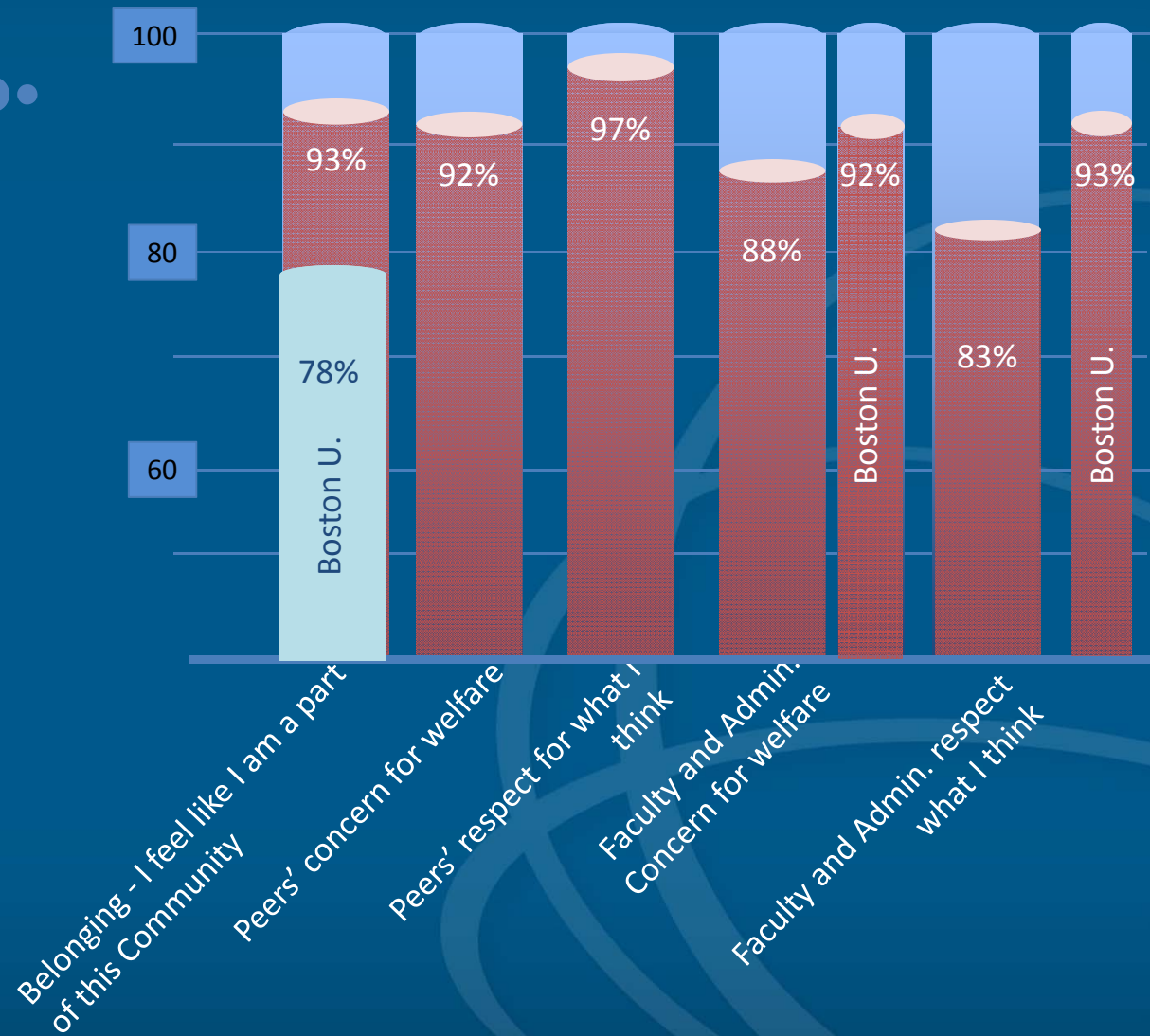


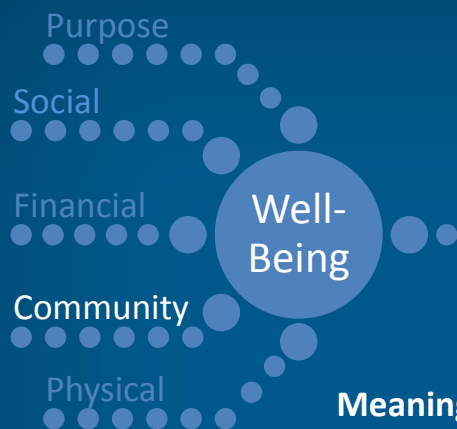
I enjoy my studies



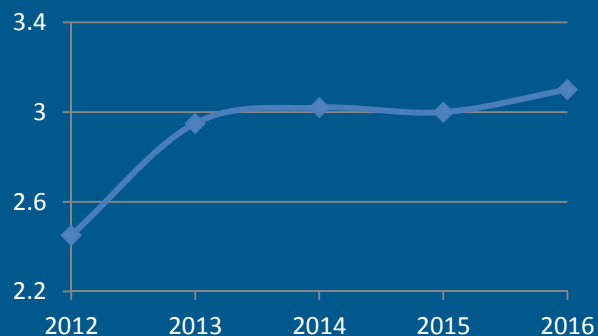
My experience at SUNY
Optometry has allowed me
to attain my professional
goals*

*Alumni Survey (Class of 2010)

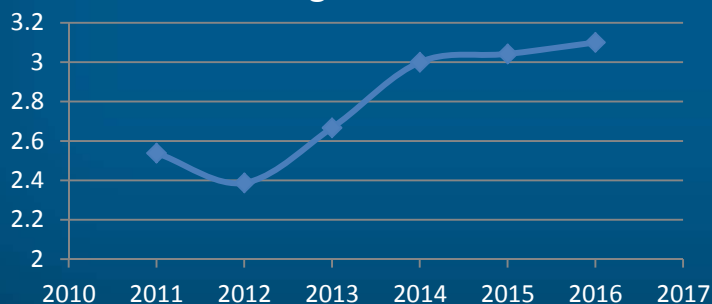




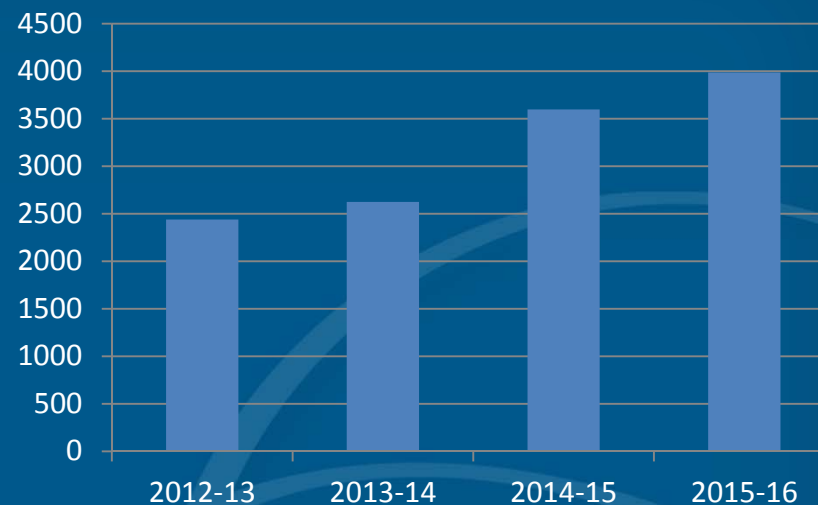
Meaningful Act Outside Class



Opportunity to participate non-academic college-related activities

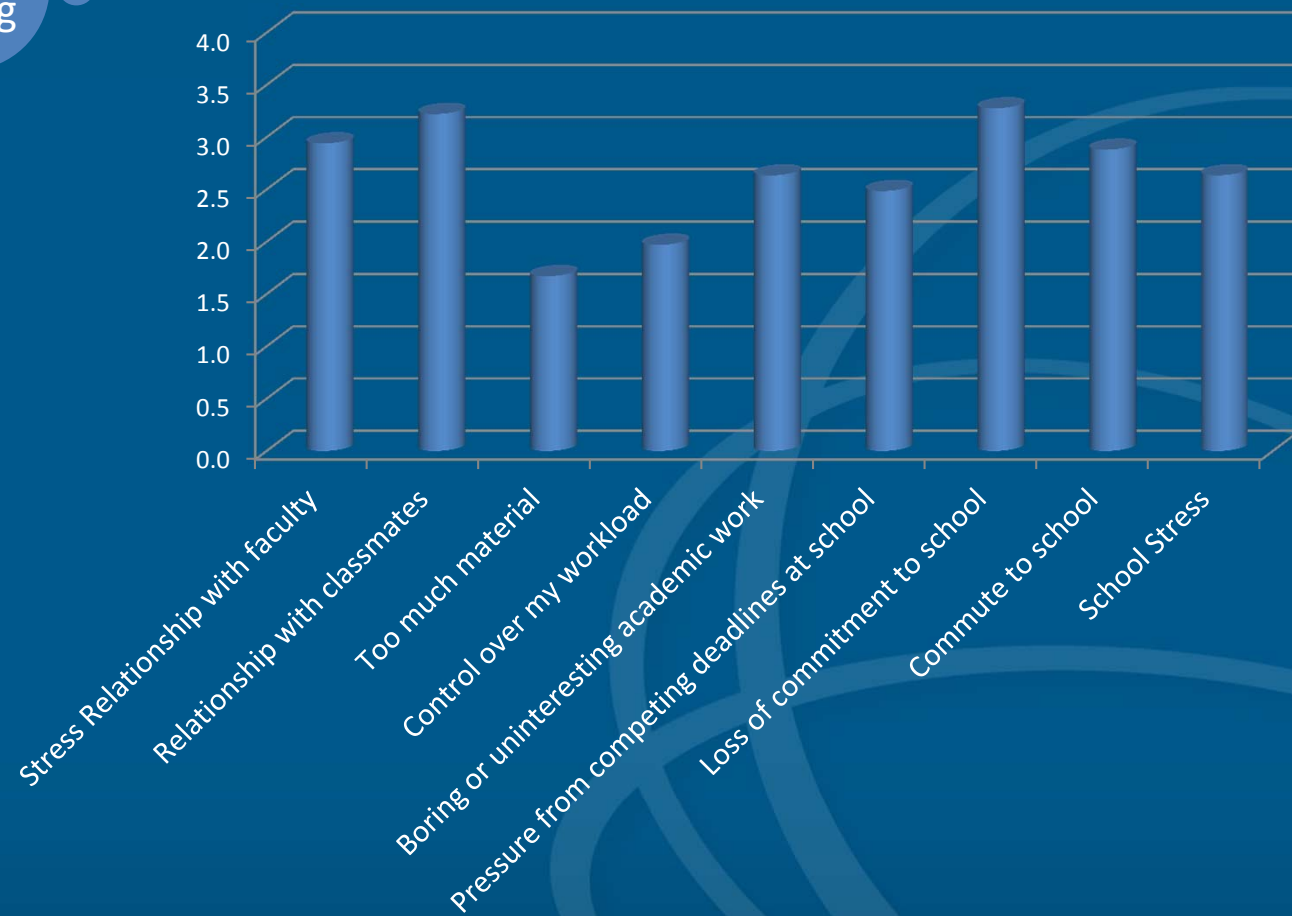


Student Community Service Hours*



Year	Community Service Hours by Students
2012-13	2439
2013-14	2625
2014-15	3599
2015-16	3987

*Volunteerism and community service preformed by students for community benefit. Includes Lion's Club, NOSA, SVOSH, BSK tutoring, FCO, NJSOP, Vision Walk and Special Olympics.



MANAGING STRESS

TOPICS TO BE COVERED:

UNDERSTANDING STRESS

Why we experience stress
The costs of stress

Test Anxiety Workshop - 9/20

Tuesday, September 20th
12-1pm
Room 206

* Required

Your name: *

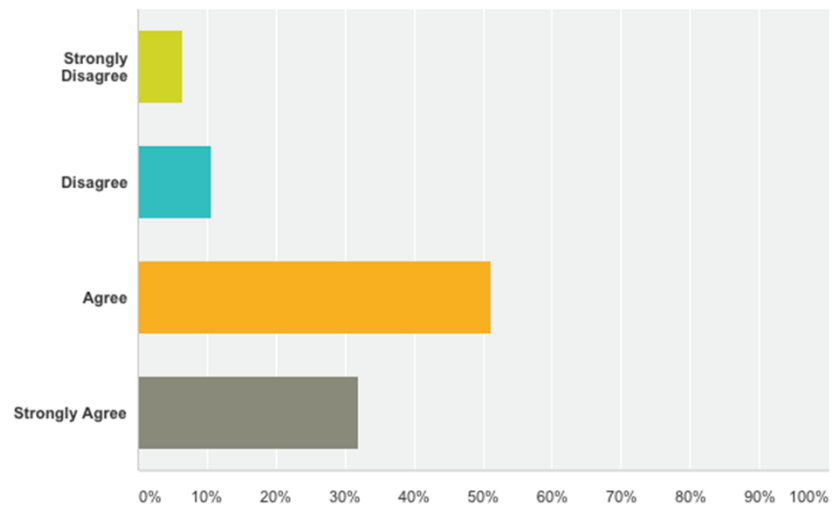
Your answer

Dr. Greenberg is a psychotherapist in midtown Manhattan. For more information, please visit www.TherapistsofNY.com.

WHEN TO SEEK PROFESSIONAL HELP

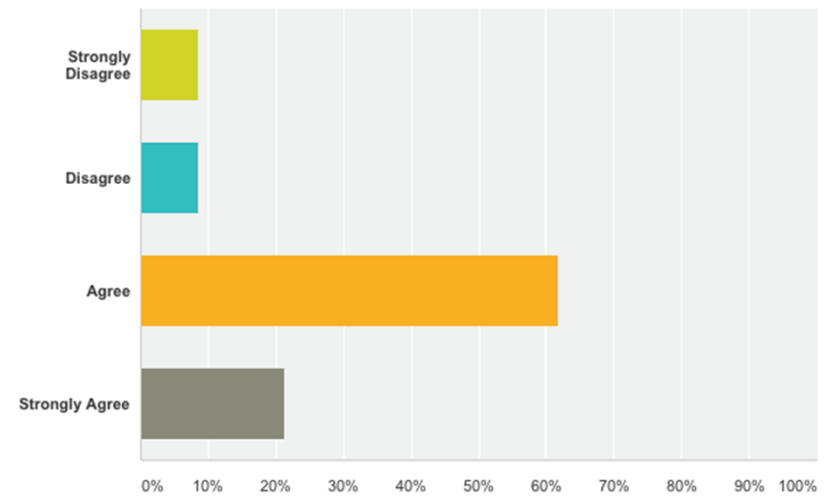
If someone were to report a sexual assault to a campus official, the College would take it seriously.

Answered: 47 Skipped: 0



I have confidence that the College administers the formal procedures to address complaints of sexual assault fairly.

Answered: 47 Skipped: 0

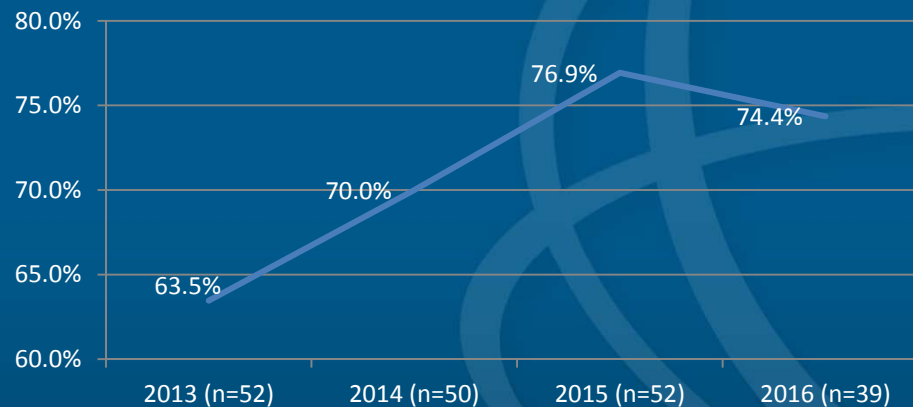


Goal VIII. Create a vibrant sense of community Continue to encourage and support student involvement in organized optometry

**RECRUITMENT > ORIENTATION > CLUBS & ORGS. > LEADERSHIP RETREAT >
CDC ADVISORY BOARD**

Creation of umbrella organization to coordinate organized optometry related activities

Professional organizations (AOSA, NYSOA)



Environmental forces – Past 5 years and next five years



- Sexual Assault and Title IX

- Emergence of Gender Identity Issues

- Mental Health issues

- Special Accommodations


- Cost of College

- Career ROI

- Change in demographics/ Gen Z/ Campus protests

Other developments

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 STATE UNIVERSITY OF NEW YORK
COLLEGE OF OPTOMETRY

[EDUCATION](#) [RESEARCH](#) [PATIENT CARE](#) [GIVING](#)

[OD Program](#)
[Graduate Programs](#)
[MBA Certificate Program](#)
[Residency Programs](#)
[Continuing Professional Education](#)
[International Programs](#)
[Faculty](#)
[Harold Kohn Vision Science Library](#)

STUDENT HANDBOOK

[Home](#) / [Education](#) / [Academics](#) / [Student Handbook](#)

- Introduction
- The Optometric Oath
- Student Code of Ethics
- Formal Complaint Procedure for Students
- Student Conduct Code
- Procedures for Enforcing the Student Conduct Code
- Health Policy
- Religious Observances Policy
- Alcohol and Drug Policy

Other developments

SUNY College of Optometry Clubs and Organizations Student Handbook



Office of Student Affairs

Promoting Academic, Clinical and Professional Excellence

Tuesday Tea Time - Refreshing Conversations – Tea Chats

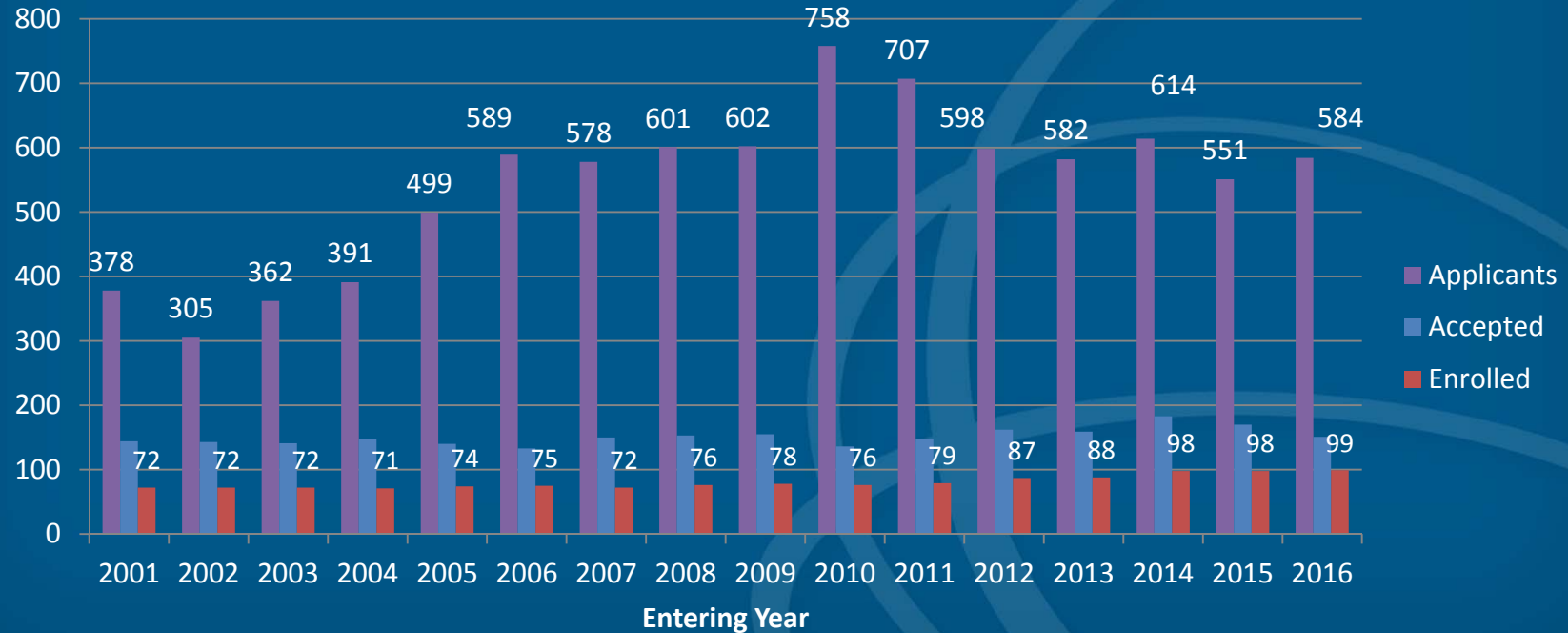
Date	Skills Conversation	Time	Location
Tuesday, February 7	BSK Rules	Noon	101
Tuesday, February 21	Self-Control & Time Management	4:15 p.m.	Std Affairs Conference Room
Thursday, February 16	Stress Management	4:15 p.m.	Std Affairs Conference Room
Wednesday, February 22	Test Anxiety	4:15 p.m.	Std Affairs Conference Room
Monday, March 27	Making the most of Vision Expo East	4:15 p.m.	Std Affairs Conference Room
Sunday, April 9	Career Symposium		
Monday, April 17	Study skills and test taking strategies (including test anxiety); Receiving feedback (clinical students) – Dr. <u>Guerrasio</u>	4:15 p.m.	101
Tuesday, April 25	Career Planning	4:15 p.m.	Std Affairs Conference Room
Thursday, April 20	Debt Management	4:15 p.m.	Std Affairs Conference Room
Monday, April 24	Stress Management	4:15 p.m.	Std Affairs Conference Room

IX. Enroll a highly qualified and diverse student body

Admission: Professional OD Program

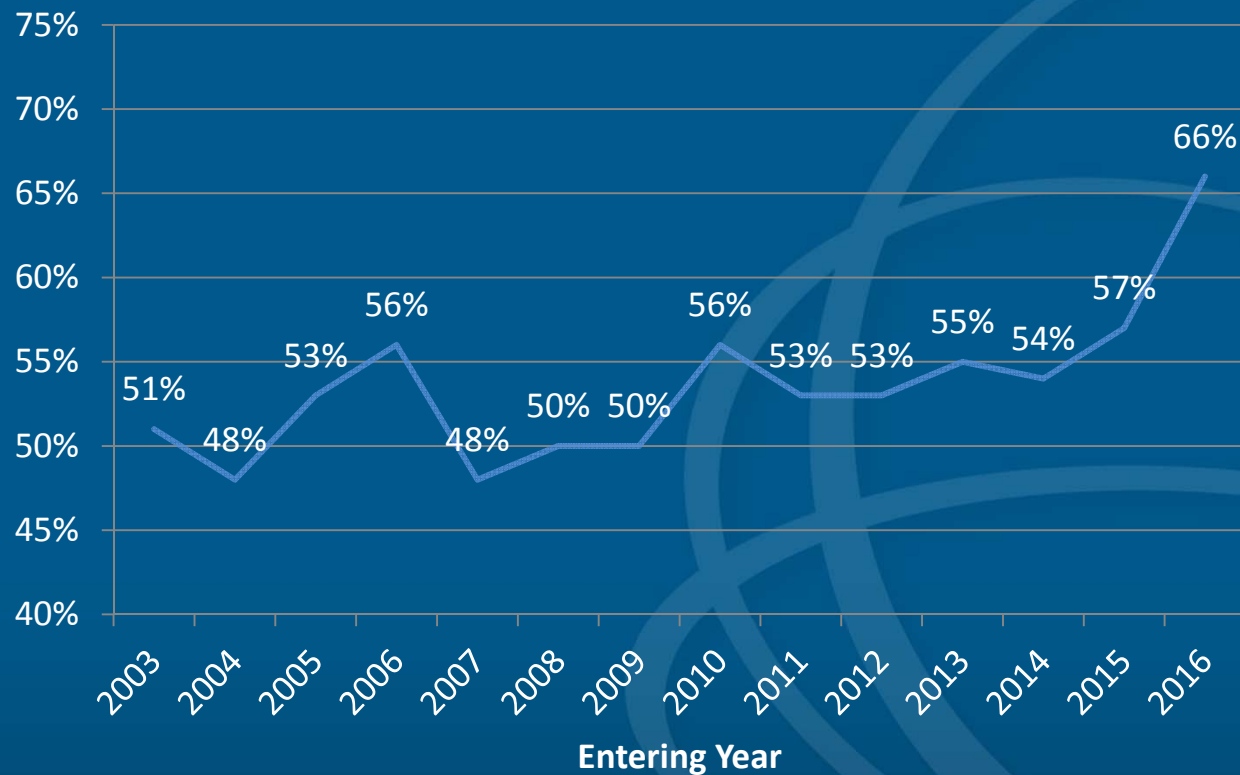
SUNY Admissions

Applications, Acceptances and Enrollment by Year



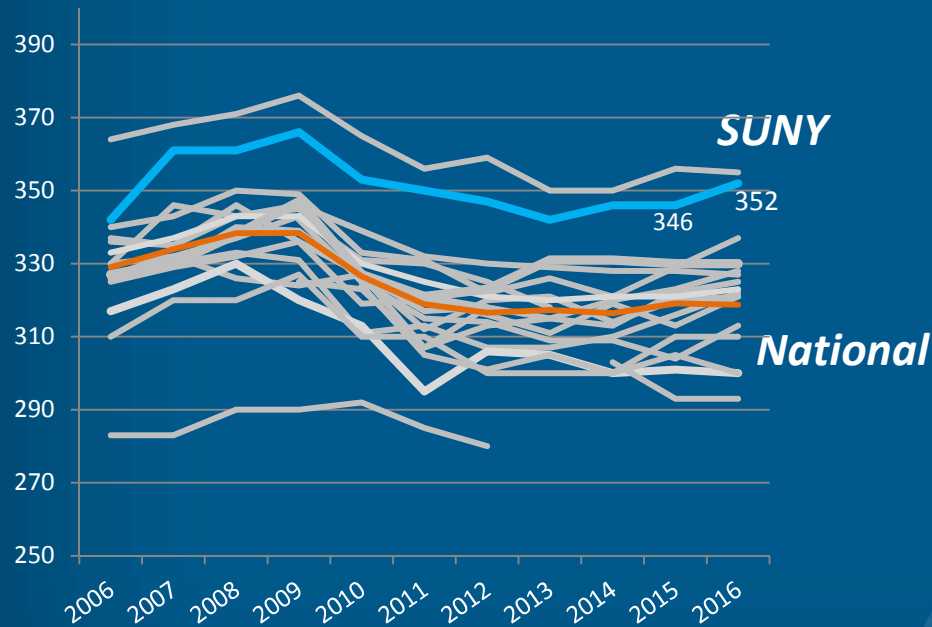
Admission: Professional OD Program

SUNY Yield (Enrolled/Accepted)

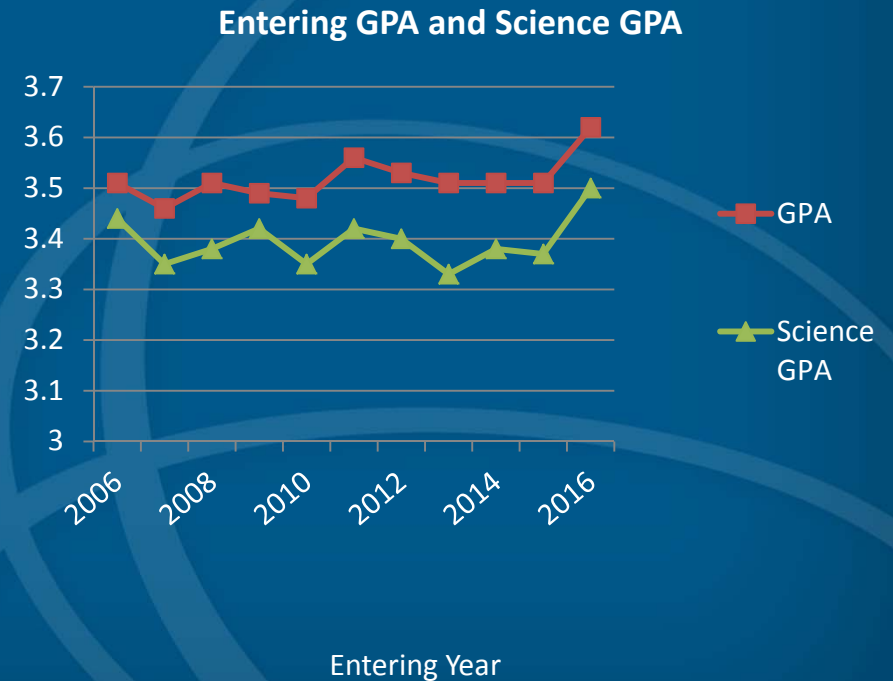


Admission: Professional OD Program

SUNY T. Science OAT



SUNY Admissions GPA



Yield Strategy

Focus on quality of student experience

SELECT A DATE AND TIME All times in EST

Monday, February 1, 2016

Feb 2016

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29				

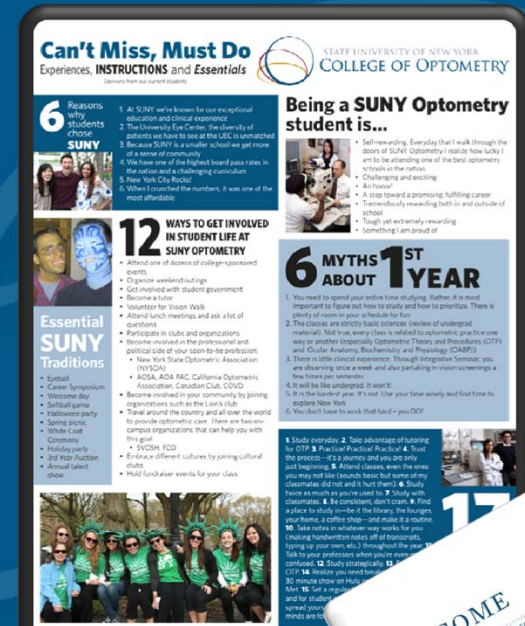
0 appointments available

Sorry, there are no available appointments on this date. Please select another date on the calendar.

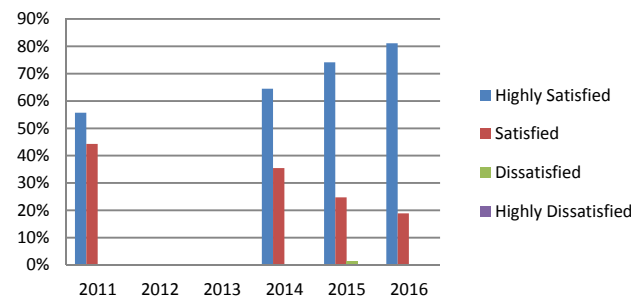


Student Life presentation

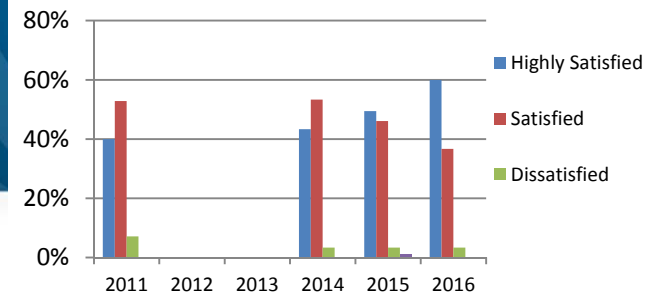
Greeting at Lobby Mini orientation



Generally, How were you treated during Interview day?



Campus Tour (Satisfaction)



PROTECTED: TUITION DEPOSIT FOR PROFESSIONAL OD PROGRAM

[Home](#) / [Education](#) / [Admissions](#) / [Orientation](#) / Protected: Tuition Deposit for Professional OD Program

Please fill out the form below with the ID Number and Type of Deposit depending on your wait-list or acceptance letter.

(Note: refunds will be credited back to the initial method of payment)

**ID Number in email*

Applicant's Full Name:

ID Number*:

Type of Deposit:

Tuition Deposit for Professional OD Program ▾

Congratulations on your acceptance to our professional O.D. program at the SUNY State College of Optometry. **In order to secure your seat in the incoming class, a tuition deposit of \$750.00 needs to be submitted by completing our online payment form below.** Tuition deposits need to be submitted within 30 days upon receiving your admissions offer, and deposits are 100% refundable up until May 1st. After May 1st, deposits become non-refundable.

For more information on the State University of New York's policy on professional and graduate school tuition deposits, please refer to the following link: http://www.suny.edu/sunypp/documents.cfm?doc_id=397.

[Pay your Tuition Deposit](#)

WELCOME CENTER

HOUSING

FINANCIAL AID TIMELINE

ORIENTATION

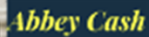
CLASS FACEBOOK

CONTACT US

PROTECTED: WELCOME CENTER

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[illegible]

There are parallel air transportation. Flights were cancelled for a majority of the line and on some lines, I can walk for less of a price and some are there. But, access to all the other boroughs, and some towns outside of New York, is all under a single case.

[illegible]

For example, 90% of the population in the United States is white, but only 10% of the population is black. This is a clear example of a skewed distribution. In a skewed distribution, the data is not symmetrically distributed around the mean. The mean is pulled in the direction of the tail, which is the direction of the skew. In a right-skewed distribution, the tail is on the right side of the distribution, and the mean is pulled to the right. In a left-skewed distribution, the tail is on the left side of the distribution, and the mean is pulled to the left.

It is important to remember that the results of this study are only descriptive. It is not possible to generalize the results of this study to other countries, states, or cities. There is a need to conduct more research in this area to determine the extent to which the results of this study are generalizable to other countries, states, or cities.

© 2004 Blackwell Publishing Ltd, *Journal of Internal Medicine* 255: 103–110



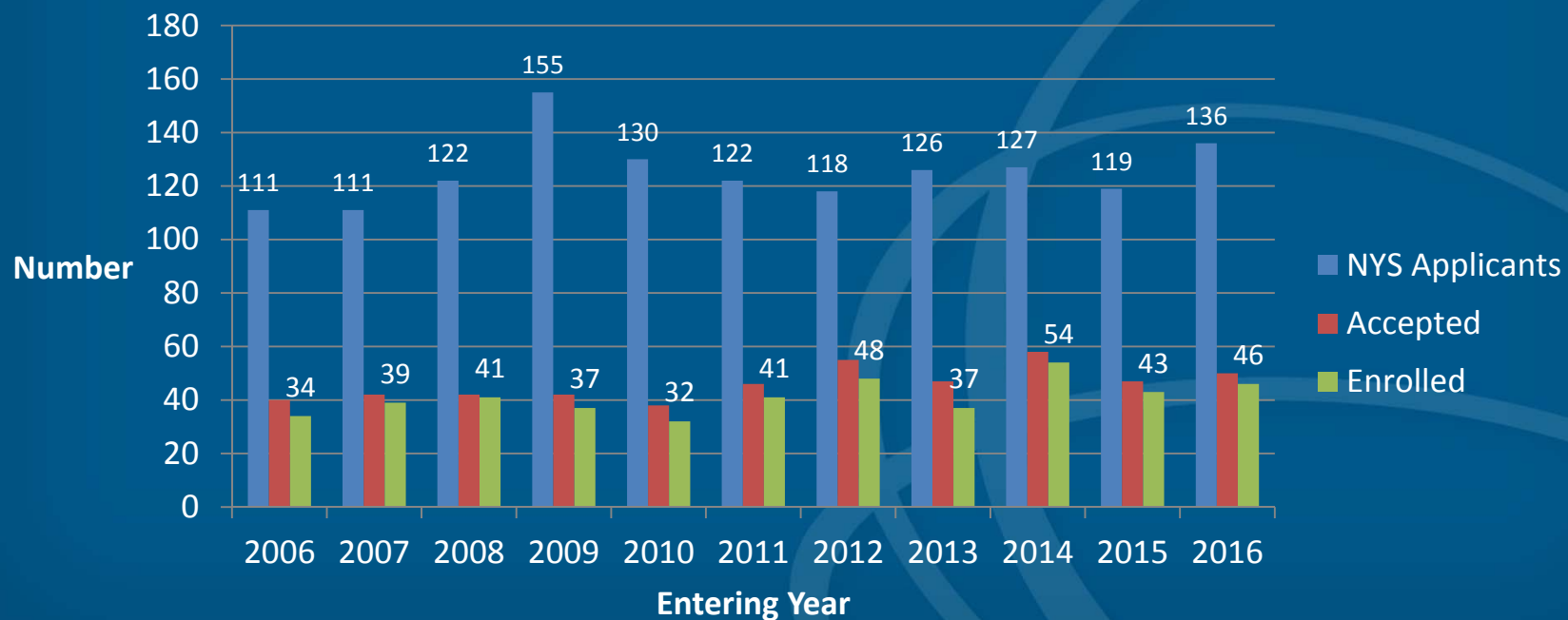
IX. Enroll a highly qualified and diverse student body

***Increase the number of inquiries and applicants from
residents of New York, particularly Upstate New York***

Increase the number of inquiries and applicants from residents of New York, particularly Upstate New York

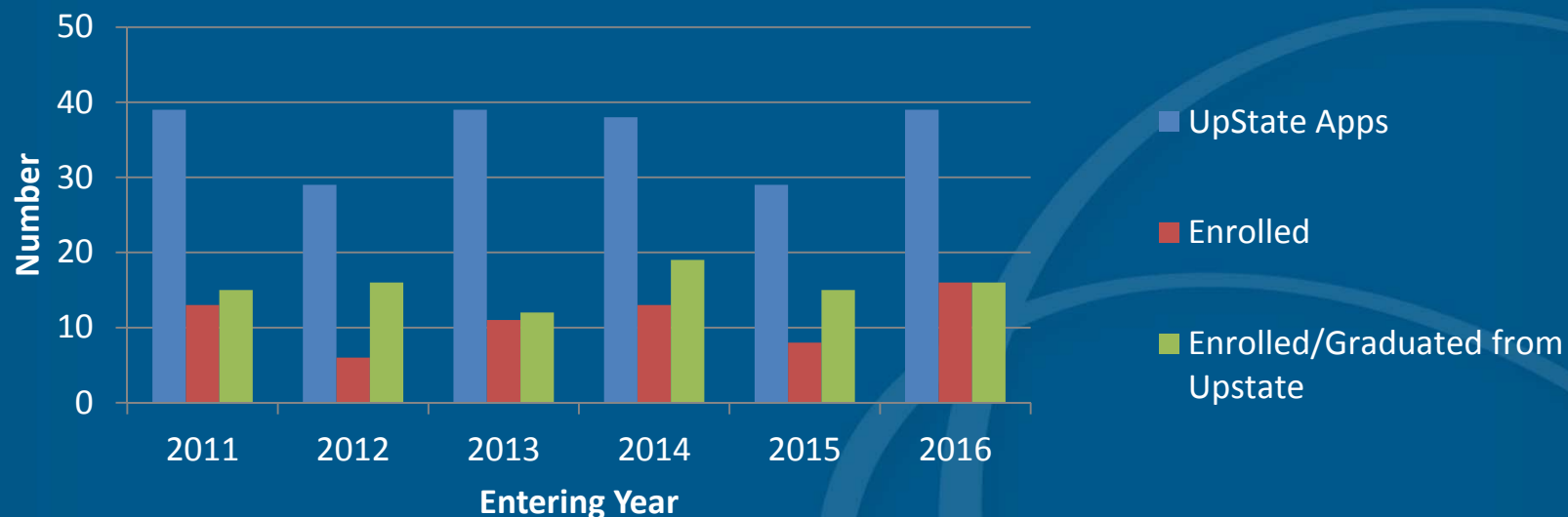
SUNY NYS Admissions

**Applications, Acceptances and Enrollment by Year
New York State Residents**

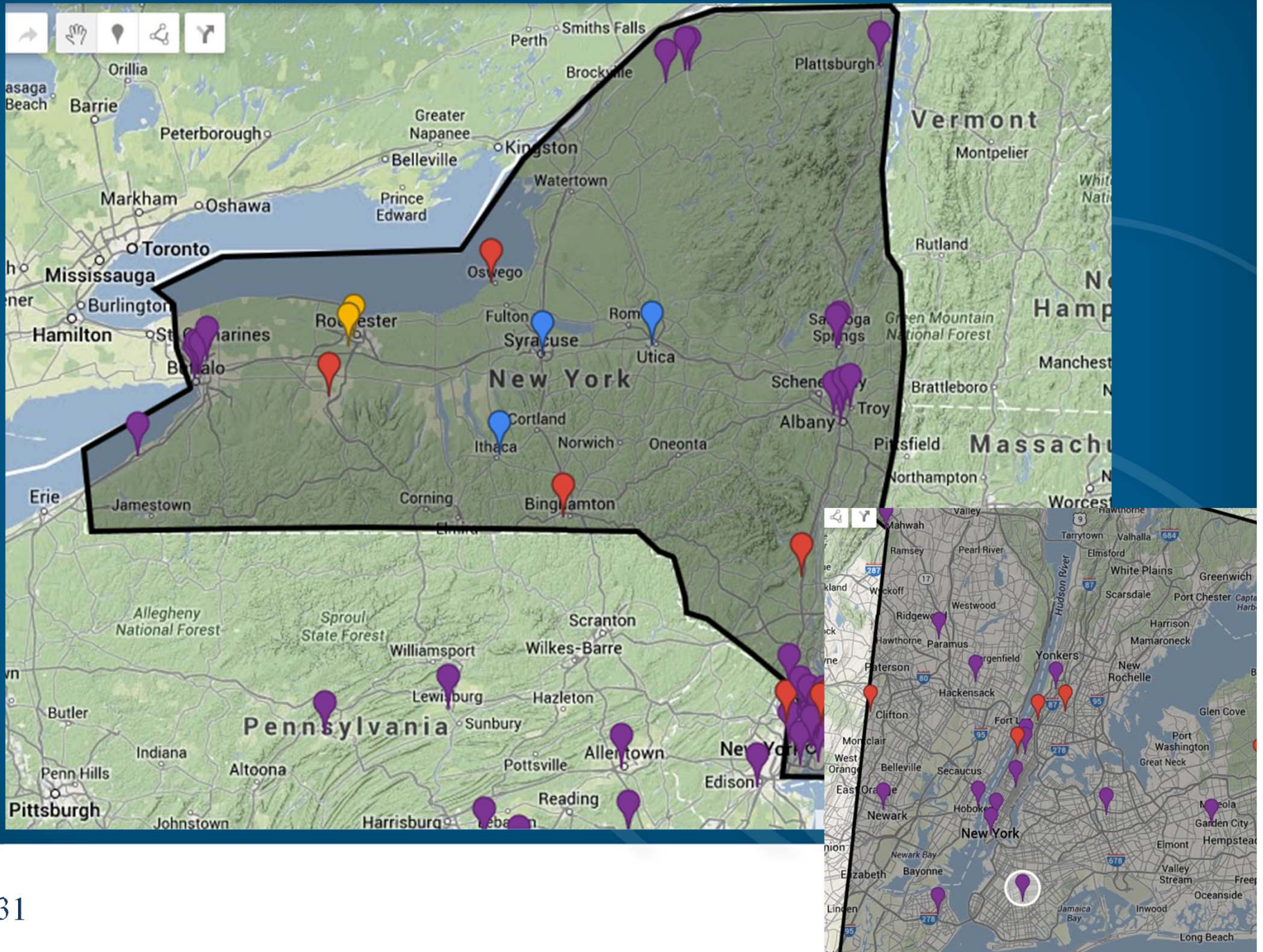


Increase the number of inquiries and applicants from residents of New York, particularly Upstate New York

Upstate NY Applications, Enrollment by Year

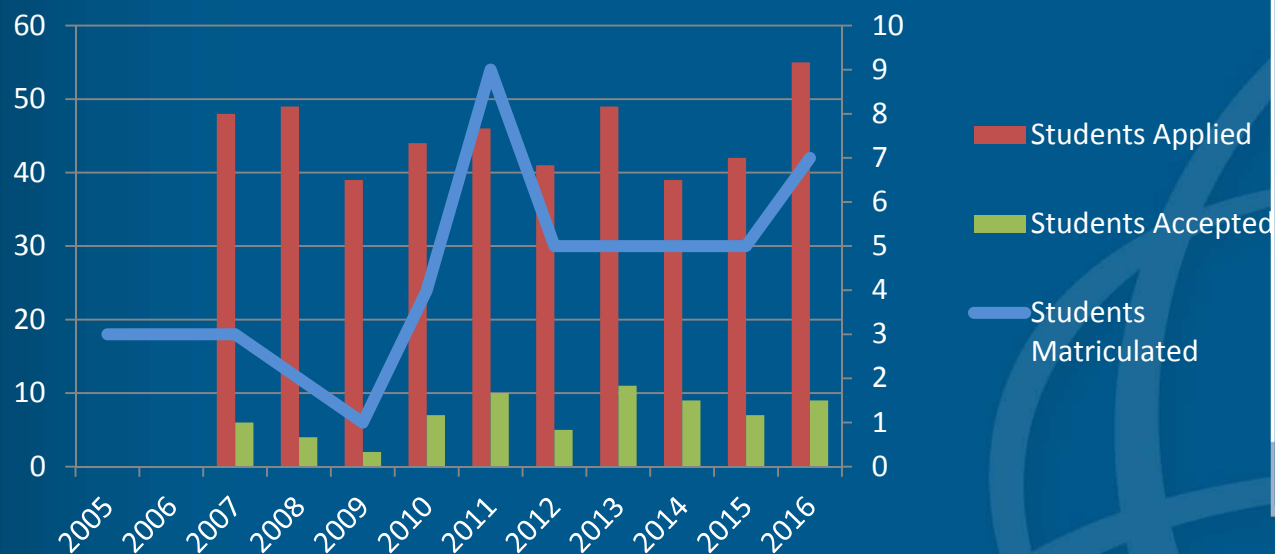


Entering Year	Up State Apps	Enrolled	Enrolled Stds who Graduated from Upstate Schools
2011	39	13	15
2012	29	6	16
2013	39	11	12
2014	38	13	19
2015	29	8	15
2016	39	16	16



Diversity of student body

Under-Represented Minority Students: Applied, Accepted and Matriculated



DIVERSITY AND INCLUSION MASTER PLAN

2016-2020



Redesigned CSTEP program to add diversity to experience at SUNY-Opt

- 2 field trips to private practices
- Professional speaking workshop
- Workshop for academic/career success
- Session for professional photos
- Luncheon to involve NOSA/faculty and staff with CSTEP students

2017 Winter SUNY CSTEP Internship Week 1

TIME	Monday, 1/2/17	Tuesday, 1/3/17	Wednesday, 1/4/17	Thursday, 1/5/17	Friday, 1/6/17
9:00-9:30	COLLEGE CLOSED!	WELCOME AND INTRODUCTION [Qay Nguyen on 11th floor]	CLINIC OBSERVATIONS	PROFESSIONAL PHOTOS [Jed D with Louise Racosa]	STRATEGIES FOR SCHOOL AND CAREER SUCCESS [Qay Nguyen Room 206]
9:30-10:00		RESEARCH PROJECT REQUIREMENTS [Qay Nguyen on 11th floor]			
10:00 - 10:30		UBC PRESENTATION Lidvina Martinez - Gonzalez, Monica Fuller on 11th floor			
10:30 - 11:00		LOCKERS & SCHOOL TOUR	DEMONSTRATIONS IN VISUAL PERCEPTION [Thomas Flagg, Room 1519]	PRACTICE TOUR TO PERSPECTIVE FAMILY EYECARE [Dr. Ben Arthur, Brooklyn NY]	EFFECTIVE COMMUNICATION Steve Alexander [Room 206]
11:00 - 11:30			KORN VISION SCIENCE LIBRARY [Elaine Wells at Library]		STUDENT SUCCESS & STRENGTHENING WILL POWER [Christian Alberto & Zach Levin-Epstein [Room 206]
11:30 - 12:00					
12:00 - 1:00		LUNCH BREAK	LUNCH BREAK	LUNCH BREAK	LUNCHEON WITH OD STUDENTS/STAFF/FACULTY [Shaffer Lounge]
1:00 - 1:30		CLINIC OBSERVATIONS	CLINIC OBSERVATIONS	CLINIC OBSERVATIONS	CLINIC OBSERVATIONS
1:30 - 2:00					
2:00 - 2:30					
2:30 - 3:00					
3:00 - 3:30					
3:30 - 4:00					
4:00 - 4:30		OPTIONAL RESEARCH PROJECT TIME Library	OPTIONAL RESEARCH PROJECT TIME Library	OPTIONAL RESEARCH PROJECT TIME Library	OPTIONAL RESEARCH PROJECT TIME Library
4:30 - 5:00					

2017 Winter SUNY CSTEP Internship Week 2

TIME	Monday, 1/9/17	Tuesday, 1/10/17	Wednesday, 1/11/17	Thursday, 1/12/17	Friday, 1/13/17
9:00-9:30	OAT/TEST PREP <i>[Anita Arwade, Room 1118]</i>	COLOR VISION TESTING <i>[Dr. Jay Cohen, 5th floor]</i>		WORK ON RESEARCH PRESENTATION <i>[Library]</i>	SET UP & PRACTICE PRESENTATIONS
9:30-10:00					
10:00 - 10:30					
10:30 - 11:00	PRIVATE PRACTICE TOUR TO OPTIMEYES <i>[Dr. Rajat Shetty] [Long Island City, NY]</i>	ADVANCES IN DIAGNOSTIC TECHNOLOGY <i>[Dr. Jerome Sherman, 7th floor clinic]</i>	OAT/TEST PREP <i>[Anita Arwade, Room 1118]</i>	SUNY OPTOMETRY OPEN HOUSE <i>[Schwarz Theater]</i>	RESEARCH PRESENTATIONS <i>[Room 206]</i>
11:00 - 11:30					
11:30 - 12:00					
12:00 - 1:00	LUNCH BREAK	LUNCH BREAK	LUNCH BREAK	LUNCH BREAK	CONCLUDING LUNCHEON <i>[Schaffer Lounge]</i>
1:00 - 1:30	CLINIC OBSERVATIONS	CLINIC OBSERVATIONS	CLINIC OBSERVATIONS	CLINIC OBSERVATIONS	ADMISSIONS & FIN AID <i>[Vito Cavallaro & Christian Alberto [Room 206]</i>
1:30 - 2:00					
2:00 - 2:30					
2:30 - 3:00					
3:00 - 3:30					
3:30 - 4:00					
4:00 - 4:30	OPTIONAL RESEARCH PROJECT TIME <i>[Library]</i>	OPTIONAL RESEARCH PROJECT TIME <i>[Library]</i>	OPTIONAL RESEARCH PROJECT TIME <i>[Library]</i>	OPTIONAL RESEARCH PROJECT TIME <i>[Library]</i>	VIDEO INTERVIEWS, DISBURSE CHECKS, & WRAP UP
4:30 - 5:00					

CSTEP Facebook Campaign Started



1st ever CSTEP Symposium Summer 2016

- 90.48% of CSTEP Symposium attendees rated it above average or excellent

NEW YORK STATE CSTEP
COLLEGIATE SCIENCE & TECHNOLOGY ENTRY PROGRAM
preparing science, technology & licensed professionals since 1986

STATE UNIVERSITY OF NEW YORK COLLEGE OF OPTOMETRY

1st Annual SUNY Optometry CSTEP Symposium

ENVISION
YOUR FUTURE

• overview of OD program • success workshop • optometric research • student panel • reception • raffle

Thursday, June 9, 2016
1:00pm to 5:00pm

For more information, contact: Dr. Quy Nguyen at 212-938-5505 or qnguyen@sunyopt.edu
RSVP at: <http://www.sunyopt.edu/education/admissions/cstep/cstep-symposium/>

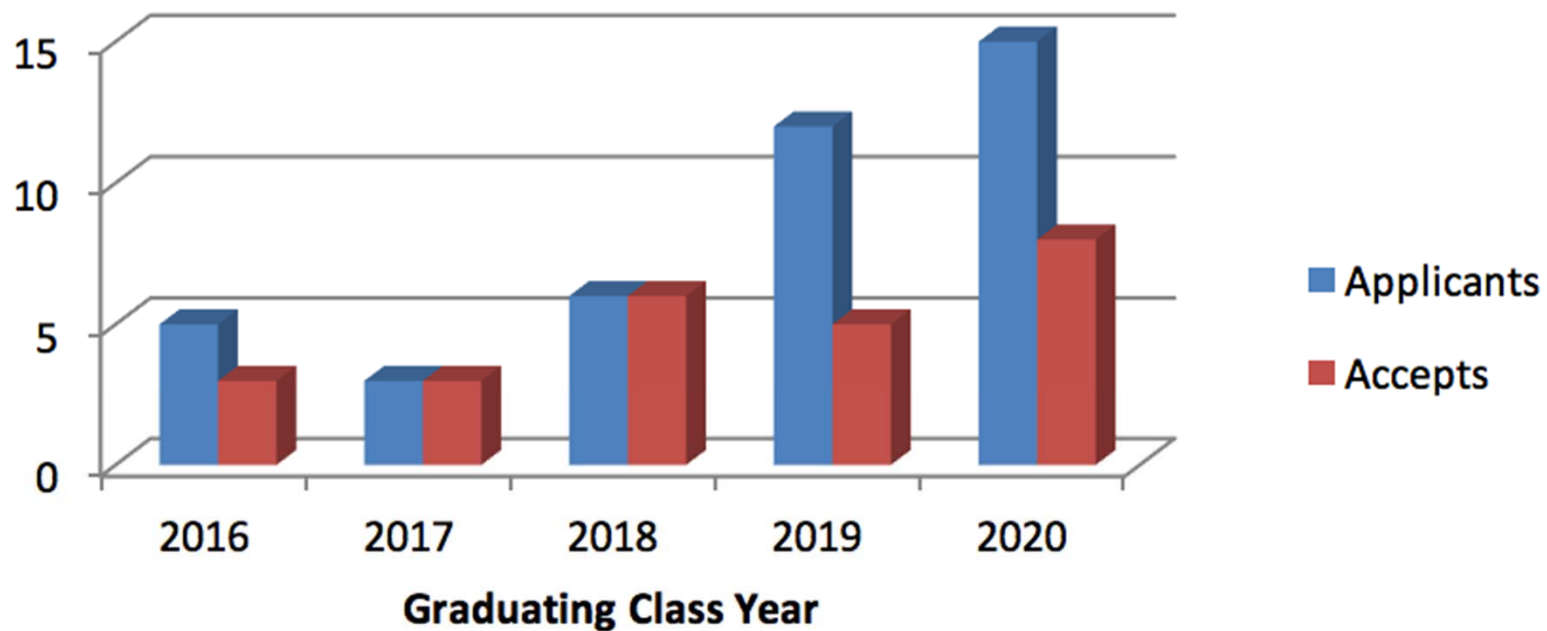




CSTEP - a successful pipeline program

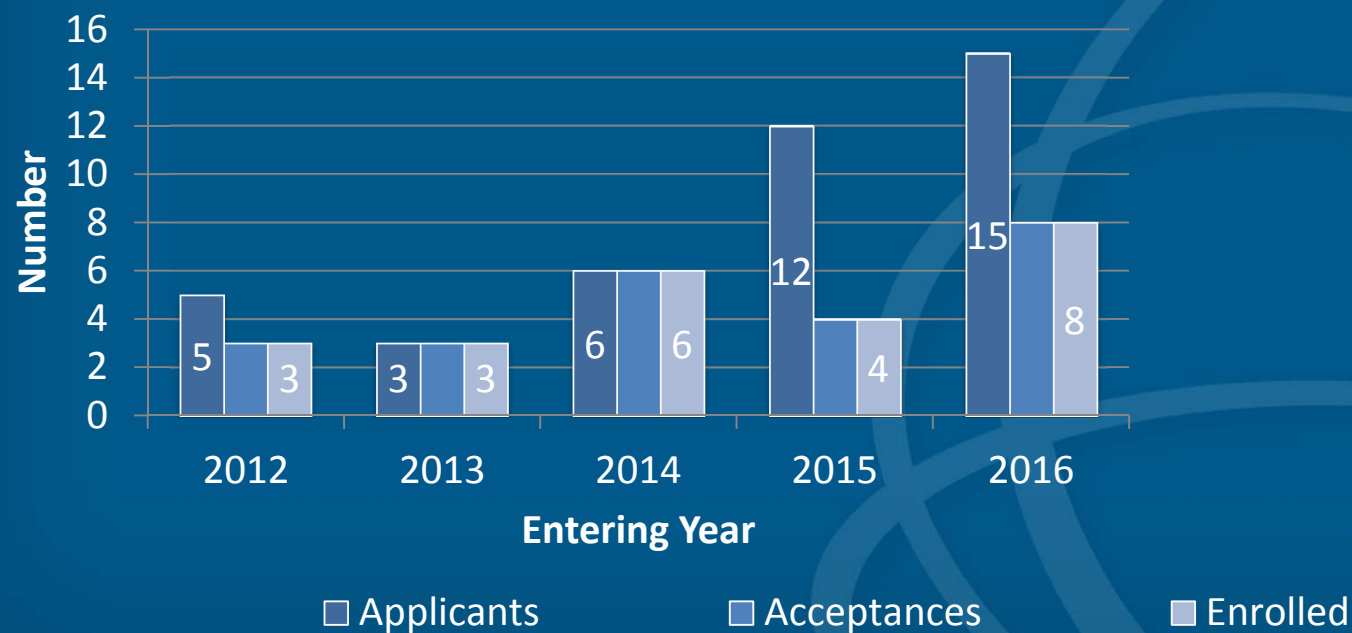
Chart Area

CSTEP Students Applied and Accepted to SUNY Optometry 2011-2016



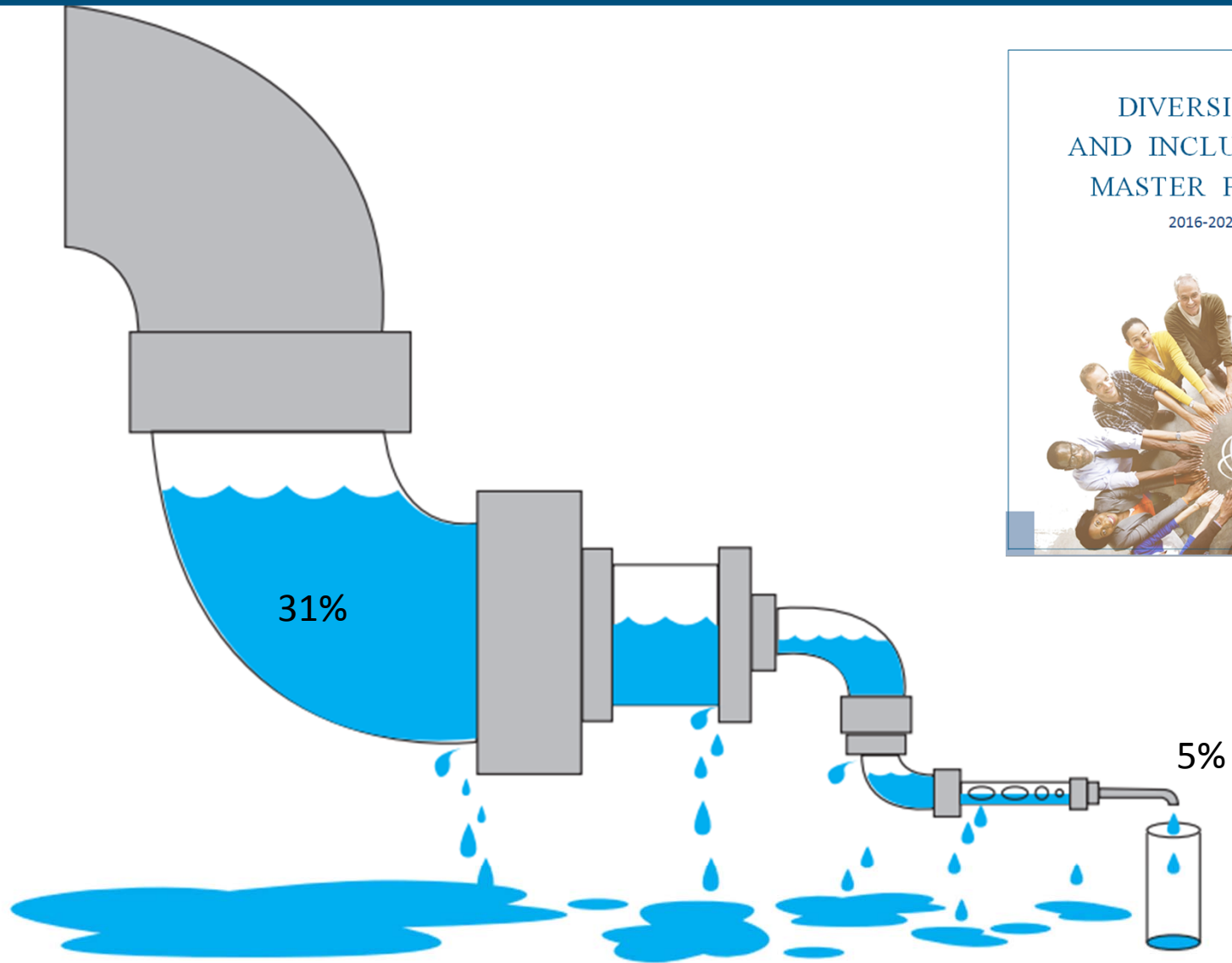
Diversity of student body

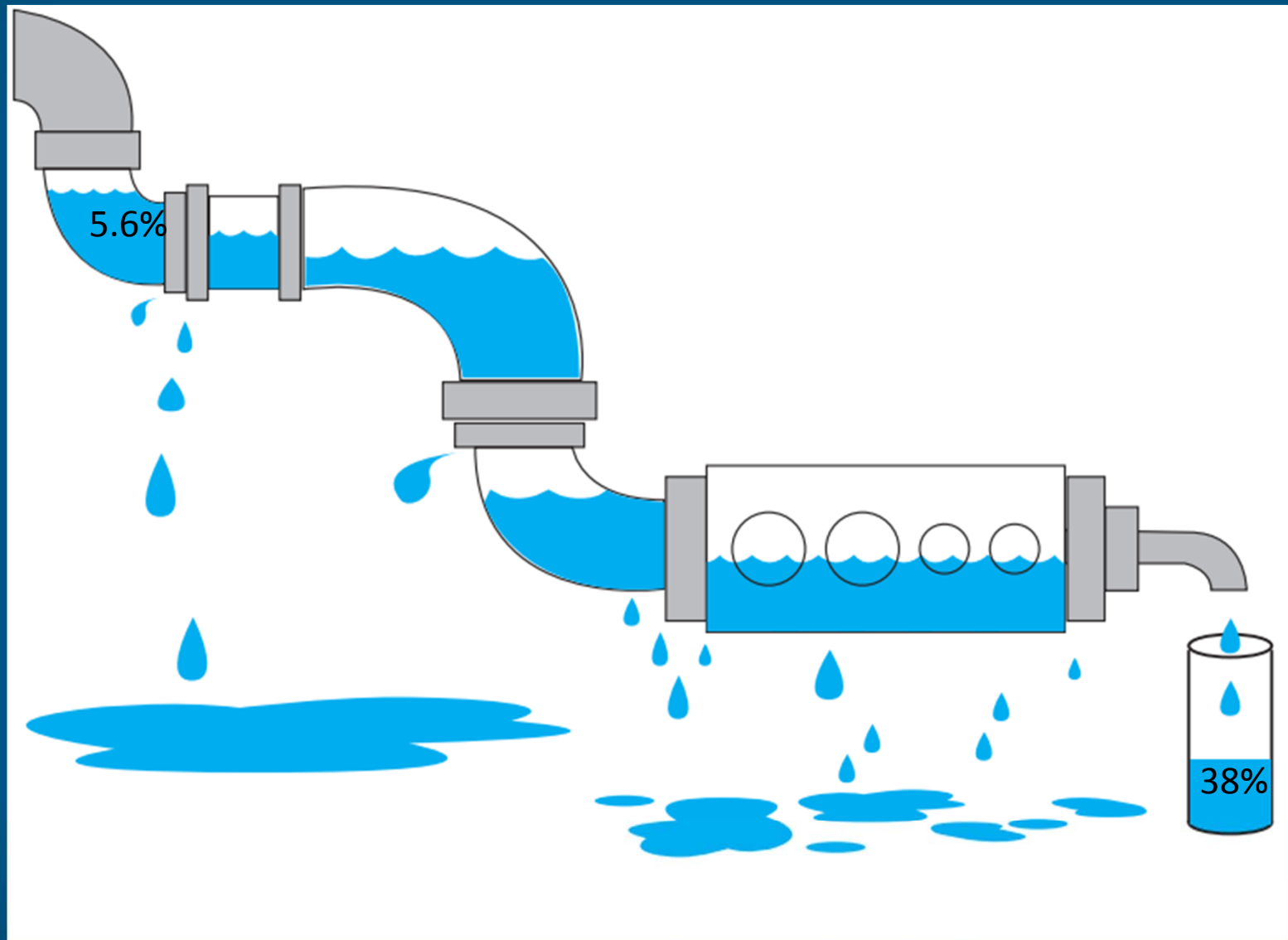
Students who Completed CSTEP Program: Applicants, Acceptances and Enrollment to OD Program



DIVERSITY AND INCLUSION MASTER PLAN

2016-2020





Lifetime Performance Report

State University of New York College of Optometry - PPC

Campaign Start Date: October 7, 2016

Campaign End Date: December 6, 2016

Campaign Summary

October 7, 2016 - December 6, 2016

Campaign	Clicks	Impr.	CTR	Avg. Pos.	All Conversions
PPC - Doctor of Optometry	445	7,256	6.13%	1.44	16
PPC - Doctor of Optometry - RLSA	15	277	5.42%		3
All Results	460	7,533	6.11%		19

Industry
Average:
2.2%

Conversion Summary

October 7, 2016 - December 6, 2016

Facebook Campaign Summary

October 7, 2016 - December 6, 2016

Campaign	Impr.	Clicks	CTR	Page Engagement	Post Likes	Social Impressions	Unique Clicks (±) ?	Unique CTR (±) ?
Doctor of Optometry	167,532	4,234	2.53%		19	222	4,034	4.07%
All Results	167,532	4,234	2.53%		19	222	4,034	4.07%

Industry
Average:
1.06%

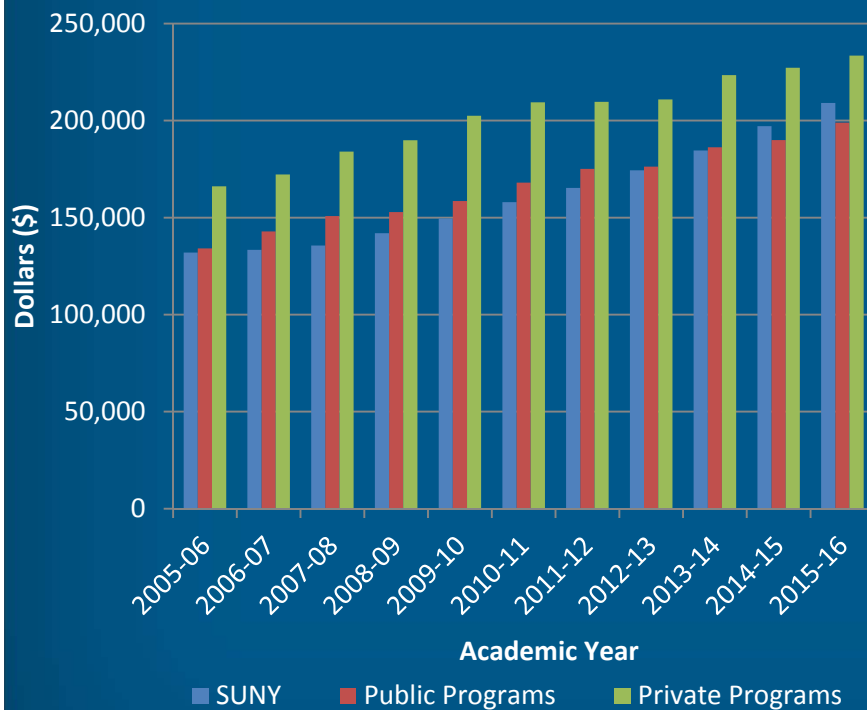
IX. Enroll a highly qualified and diverse student body

Maintain tuition and fees competitive with other schools and colleges of optometry

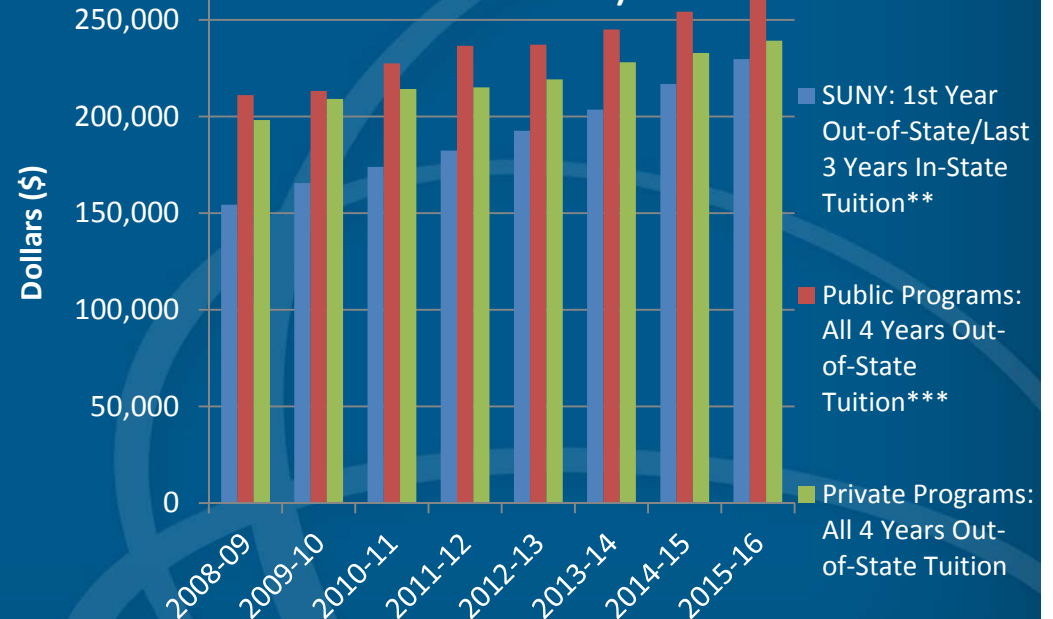
Financial Aid

Colleges of Optometry Tuition and Fees

Total Costs* for In-State Students (All Four Years)



Total Costs* for Out-of-State Students (All Four Years; USA Citizens)

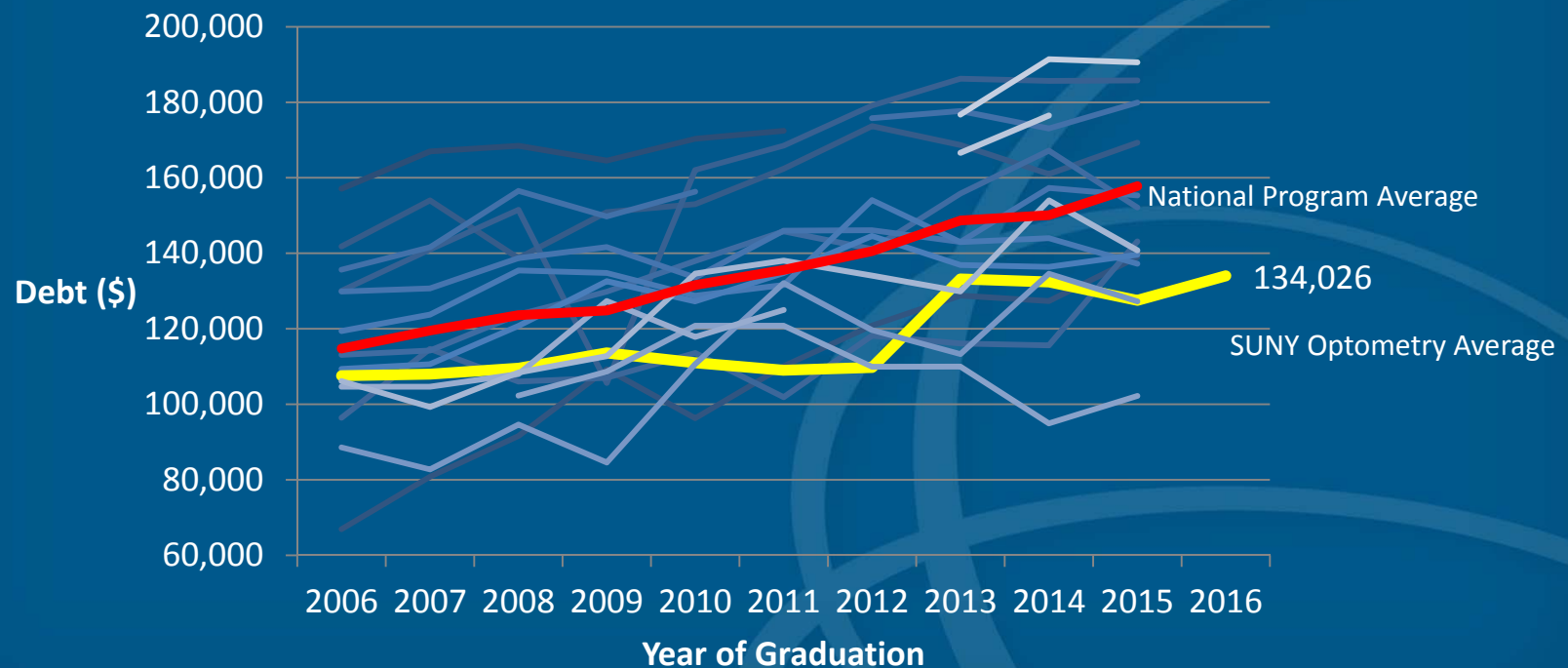


Expenses include: Tuition, Fees, Books, and Instruments

Financial Aid

Indebtedness by School per Year

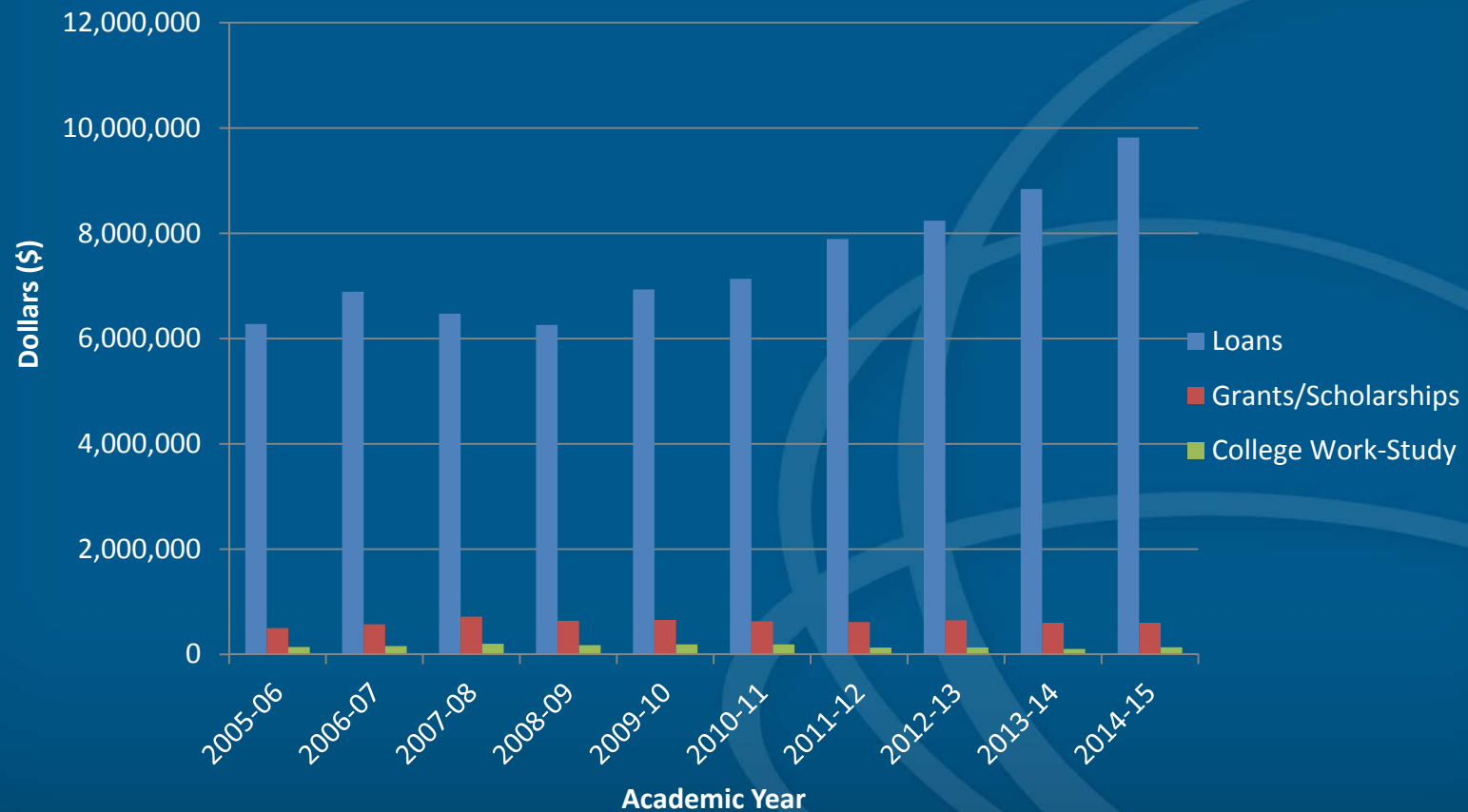
Optometry School Indebtedness of Students who Took out Loans
by School (USA Citizens)*



Default Rate: 0%

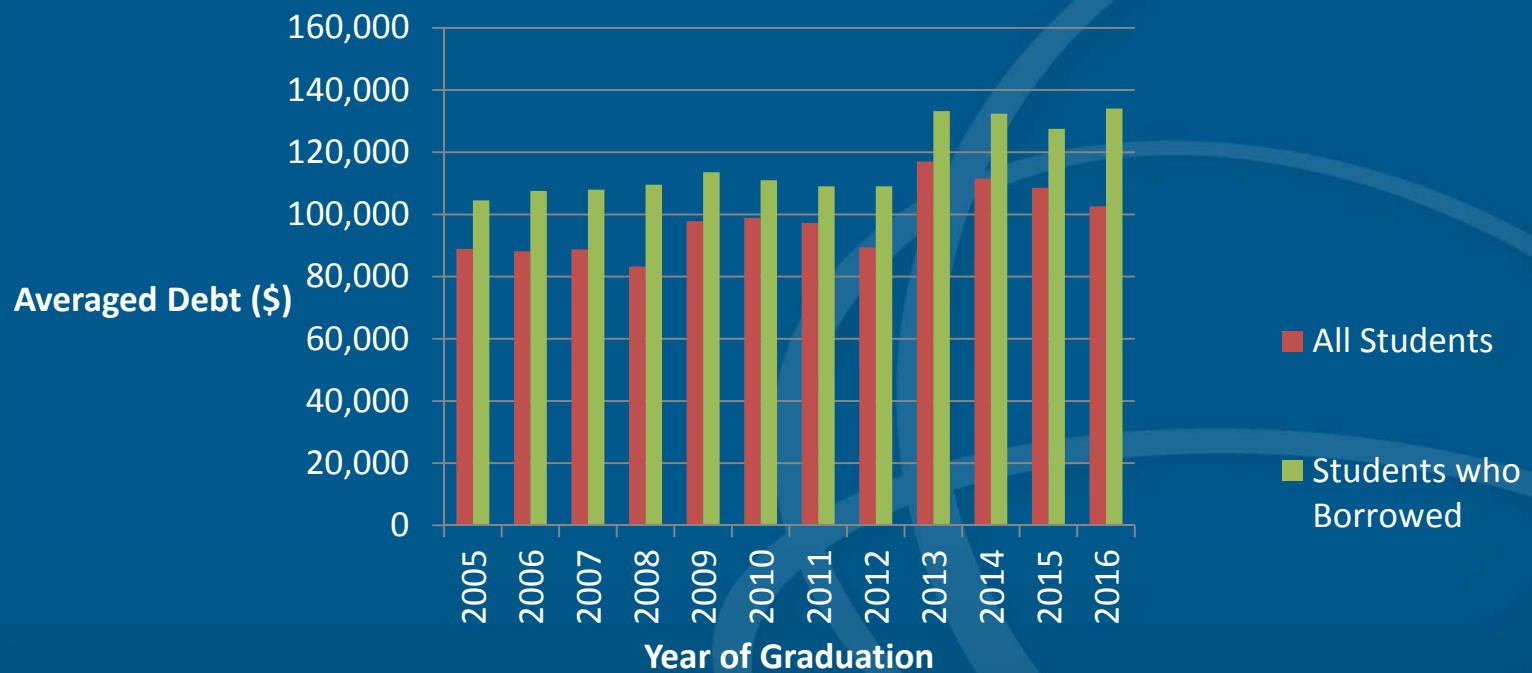
Financial Aid

Graph 3: Student Aid By Source (OD Students)

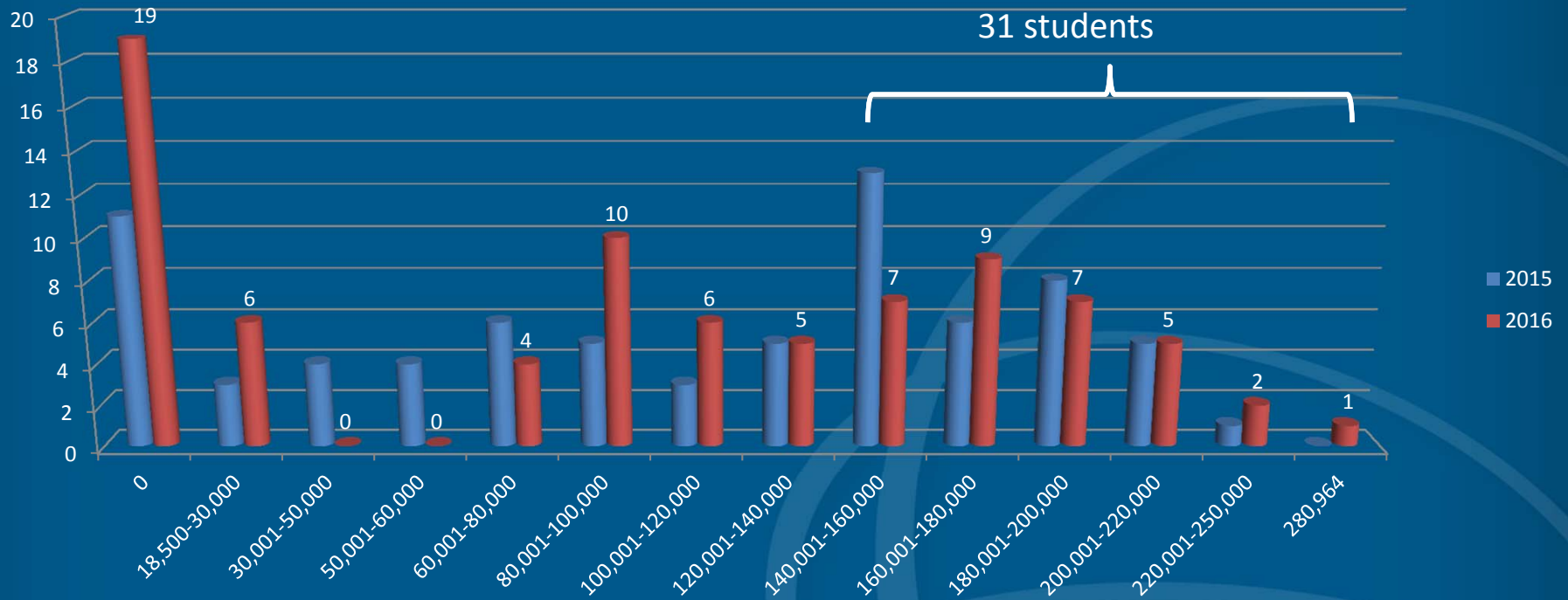


Financial Aid

*Graph 2: Average Indebtedness of Graduating SUNY OD Students
(USA Citizens)*



Debt Profile of Class of 2016



	Class of 2015	Class of 2016
Borrowed Amount:	\$8,033,969	\$8,309,586
AVG Debt All Dtudents	108,567	\$102,588
AVG Debt All Students w/ Debt:	127,524	\$134,026
Students Over \$140,000	32	31

Types of Loans Available to Students and Related Fees

<u>Loan</u>	<u>Figures</u>
Direct Unsubsidized Stafford Loan:	\$40,500 per year.
Interest rate:	6.21% capped at 8.5%
Origination Fee :	1.068%
 Direct Graduate Plus Loan:	 \$20,000 per year
Interest rate:	6.84% capped at 9.5%
Origination Fee:	4.272%

Case 1:

Total Loan Balance: \$127,524

	Student 1 (10 Years)	Student 2 (25 Years)
Loan Balance:	\$127,524	\$127,524
Loan Interest Rate:	6.80%	6.80%
Loan Term:	10 Years	25 Years
Monthly Loan Payment:	\$1,468	885.11
Number of Payments:	120	300
Cumulative Payments:	\$176,106	\$265,532
Total Interest Paid:	\$48,582 (38% of Balance)	\$138,008 (108% of balance)

Case 2:

Total Loan Balance: \$224,304

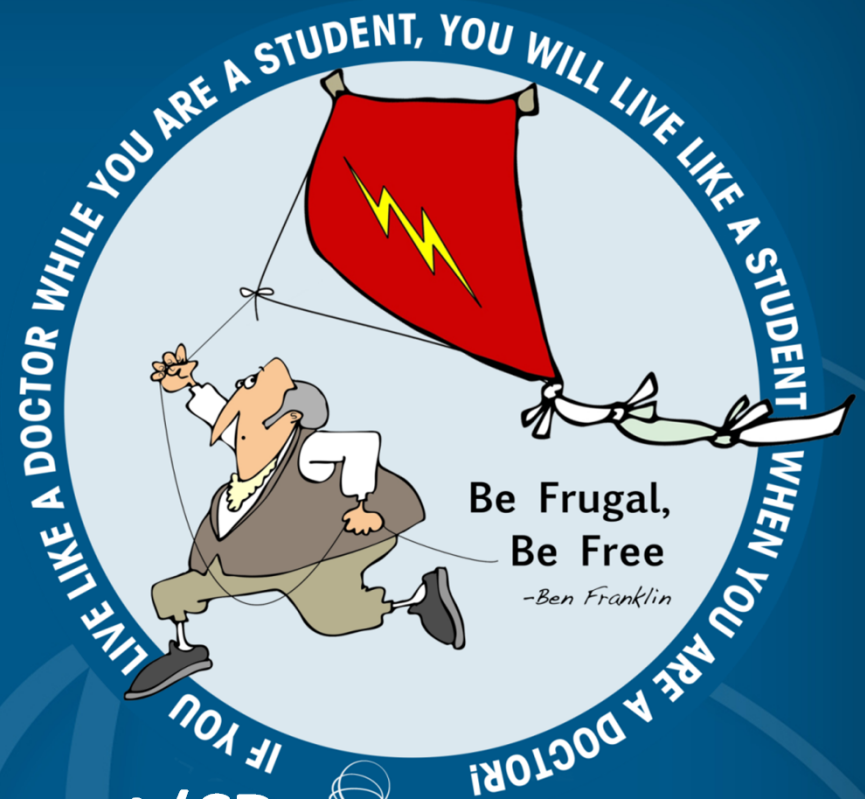
	Student 3 (10 Years)	Student 4 (25 Years)
Loan Balance:	\$224,304	\$224,304
Loan Interest Rate:	6.80%	6.80%
Loan Term:	10 Years	25 Years
Monthly Loan Payment:	\$2,581	\$1,557
Number of Payments:	120	301
Cumulative Payments:	\$309,756	\$467,050
Total Interest Paid:	\$85,452	\$242,746

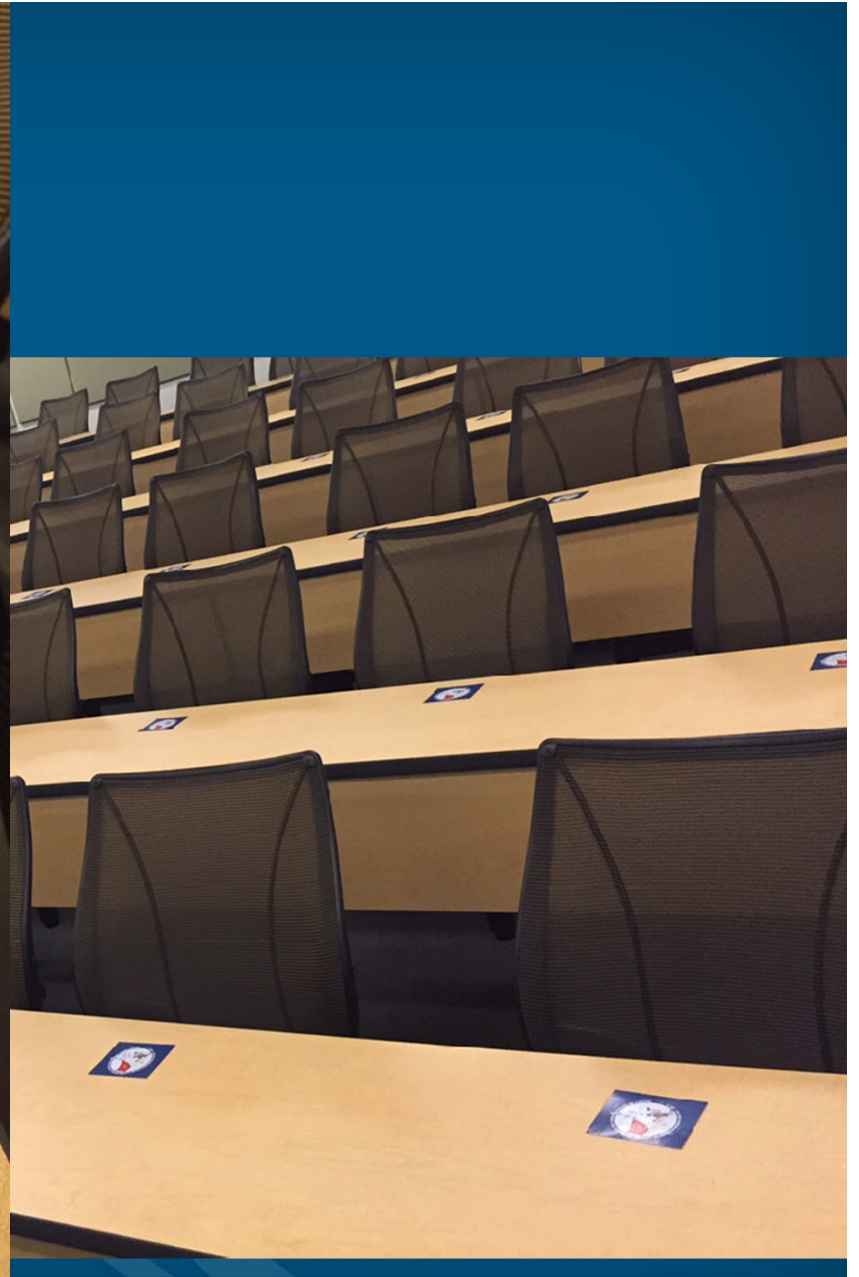
Disposable Income: The Case of Two Graduates

Salary	\$110,000	\$95,000
Taxes/Payroll Deductions (32%)	\$35,200	\$30,400
Net Salary	\$74,800	\$64,600
Health Insurance	\$4,800	\$4,800
Rent (\$1,800/month)	\$ 21,600	\$21,600
Groceries/	\$ 8,400	\$8,400
Entertainment	\$7,200	\$7,200
Transportation	\$ 3,000	\$3,000
Personal Expenses	\$4,104	\$ 4,104
Other Costs	\$49,104	\$49,104
Salary Balance	\$25,696	\$15,496
Loan (\$1,468*12)	\$17,616	\$17,616
Disposable Income	\$8,080	\$ (2,120)
Monthly Disposable Inc.	\$673.33	\$ (176.67)


Action

- Personalized counseling
- Workshops on debt management (CDU)
- Pursue additional scholarship funding






Finance tips– digital pamphlets created and shared



Tips for Managing your Money for Optometry Students

- 1. Review your financing options.**
 - Examine all scholarship opportunities as well as family and personal financial options
 - Talk to your Financial Aid Administrator
 - Educate yourself about loan types, interest rates and repayment terms before you borrow
- 2. Be an informed borrower.**
 - Always look at least expensive loans first (lowers fees and interest rates)
 - Only borrow what you need. Review your budget carefully and minimize expenses
- 3. Pay the interest on loans before they are capitalized.**
 - Interest accrues on all unsubsidized loans and Grad Plus loans from the date they are disbursed to you. If you do not pay the interest before its capitalized it will be added to your principal and the loan will cost you more in the long term
 - If you can afford to make interest only payments while in school this will reduce your total costs
- 4. Organize your finances and documents.**
 - Use SUNY Smart Track Financial Literacy Website. It is an online, interactive financial aid literacy tool. Visit this link: <https://goo.gl/G63vlt>
 - Track and organize all your loans and review repayment options
 - Track all your federal the National Student Loan Data System (NSLDS.ED.GOV)
 - Save all your important documents in one secure place
- 5. Budget, Budget, Budget!**
 - One of the most important habits to develop is budgeting, keep track of your expenditures and determine what you are willing to spend in various categories
 - Your housing decisions will have the biggest impact on your costs. Living in Queens vs. living in Manhattan can save you thousands of dollars per year
 - Remember that being aware of what you are spending money on is critical to financial success
- 6. Check your Credit Report.**
 - Use (Annualcreditreport.com) to review your reports. You can get a free report from each agency so use one every 4 months to check your report regularly
 - Report any inaccuracies to credit bureaus right away
- 7. Know your Options During Residency.**
 - It's possible to postpone loan repayment with a deferment or forbearance
 - An income-driven repayment plan may make monthly payments more affordable (studentaid.ed.gov)

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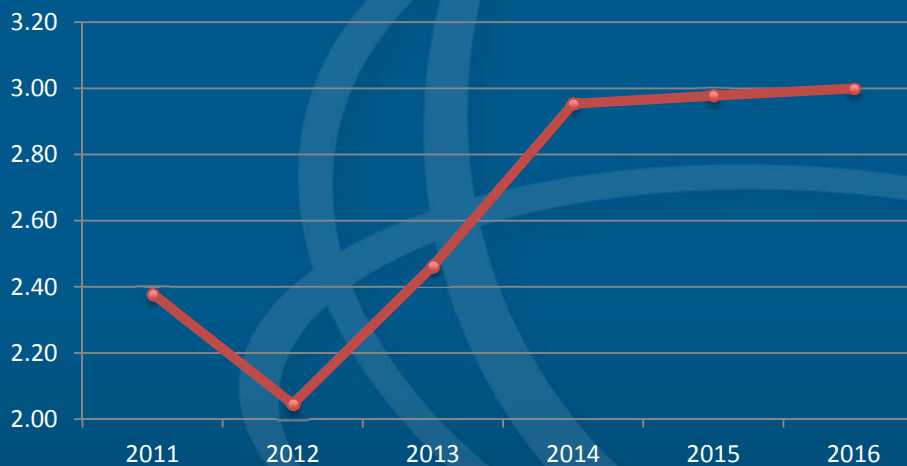
Tips for Managing Your Money for Young Professionals

- 1. Determine if Loan Consolidation is Right for You**
 - Consolidation can lower your monthly payment(by extending the term); remember, though, that the total cost of the loan increases with a longer term
- 2. Make Bi-monthly Payments, or More to Loans Instead of Monthly Payments**
 - This will decrease your principle earlier so there is less interest charged on your loans each month
- 3. Learn About Loan Forgiveness and Repayment Assistance Programs**
 - Federal agencies such as the NIH< NHSC, IHS, and VA offer loan repayment assistance or forgiveness
 - The Public Service Loan Forgiveness (PSLF) may be an option (studentaid.ed.gov/publicservice)
- 4. Maintain a Good Credit Score**
 - Keep older credit card accounts and don't open too many new credit cards
 - Pay your bills on time -- consider automatic payments
 - Increase credit limit to decrease "amounts owed"
- 5. Investment Strategies**
 - Always take advantage of employer retirement accounts (ie, 401k) first. If there is a match, contribute enough to get the full match
 - Next, set up a Roth IRA and contribute up to \$5,500
 - If you have money left over, consider contributing more to your 401k. The current limit is \$18,000. Alternatively, some advisors would say keep it simple and max out your 401k contributions first, and then contribute to a Roth IRA, if possible
 - If you still have money left over, open a non-retirement account. For someone new to investing, it's best to invest in an index or life cycle fund than individual stocks

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Goal X: Provide students residents and alumni with the services to succeed in their careers

Satisfaction With Career Services



Taking CDC Digital – Facebook Campaign

- More and more students (especially incoming classes) are spending their time in the digital world – started campaign to take CDC online
- A great place to promote and share events and get RSVPs
- Better engagement with students and alumni (than emails!)
- Good platform to share pictures, engage students on various topics, provide tips and strategies for academic and career success
- Started a forum on CDC Facebook Page to help the upcoming 4th year class find jobs and make connections with alumni in other states

Taking CDC Digital – Facebook Campaign (233 OD student followers)



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SUNY Optometry Career Develop...

Closed Group

Joined ▾ Share Notifications ...

Discussion Members Events Photos Files

Search this group

Write Post Add Photo / Video Create Poll More

Write something...

ADD MEMBERS

+ Enter name or email address...

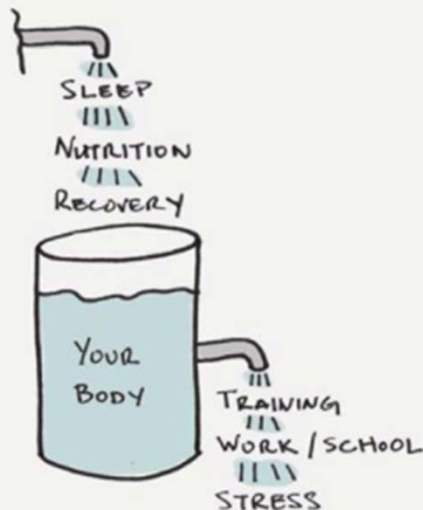
MEMBERS 233 Members (1 new)

study, the more you feel like there's a lot more you don't know. That's NORMAL! There's really that much material in grad school!

I promise you, staying up an extra hour - or worse, pulling an all nighter - isn't going to make that much, if any, difference in your grade. There's just a million things your professor can ask you on a test, and what's the chance that it's something you sacrificed sleep or exercise for?

Please be mindful, support each other, take breaks, and keep your buckets full the next 2 weeks. Good luck everyone!

KEEP YOUR BUCKET FULL



JamesClear.com

Like

Comment

Monique Mohammed, Mariana Maeda and 53 others

Seen by 209

Tips/strategies

November 2016



Women in Optometry: Talking Shop

Monday, November 28, 2016 at 12 PM

Monique Mohammed and 222 other guests

October 2016



The Innovator's Workshop

Thursday, October 13, 2016 at 12 PM

Monique Mohammed and 217 other guests

September 2016



4th Annual Externship Expo

Friday, September 23, 2016 at 3 PM

Monique Mohammed and 211 other guests



The Army's Health Professions Scholarships

Friday, September 2, 2016 at 12 PM

Monique Mohammed and 204 other guests

August 2016



Time Management & Self Control Workshop

Wednesday, August 31, 2016 at 12 PM

Monique Mohammed and 189 other guests

Promote events/get RSVPs

Forum started for 4th years/resident to help connect with ODs and find jobs

JUL 31 Forum for Job Searches (4th years/residents)

Event for SUNY Optometry Career Development Center · Hosted by Quy Nguyen Sunyopt

Monday, July 31 at 11 AM

SUNY Optometry
33 W 42nd St, New York, New York 10036 [Show Map](#)

4th years and residents: I'm starting to get some requests to help with job searches. While I can't help everyone find a job, I can put up posts with curated job opportunities I hear about for you to consider. If I receive a great opportunity, I'll post it here first before it gets posted on the Career Portal.

This is not a REAL EVENT, rather a forum for us to post about this topic as you're nearing graduation and starting work.

We can use this "event" page to help each other out with searches, with contacts in other states, etc... Now is a good time to start looking into opportunities!

Last note: if you're thinking about going to a particular state and need help with setting up contacts, do post on this forum as well. We have a list of alumni (from the Alumni office) as well as my personal contacts so that we can try to set you up with someone in that respective state.

Zhenzhen, Famyra and 11 other friends are going

22 going	1 maybe	206 invited
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[Message Guests](#)

Invite Members

[+ Add members to this event](#)

Related Events

[STEP Alumni Networking Meet](#)

Family of Mentors Program

- 50 mentors and 50 3rd/4th year students/residents successful matched May 2016
- 3 social events planned for the year
 - August picnic, Holiday Party, Career Symposium



Career Portal

- Redesigned/updated look for Career Portal
- Changed front page look with easier instructions and a preview of job postings
- Automatic job postings (changed due to alumni request)

CAREER PORTAL Home / Education / Student Life / Career Development Center / Career Portal

The Career Portal allows SUNY Optometry students, residents, faculty, alumni and friends of the College the opportunity to search local and national optometry jobs and internship opportunities. The Career Portal features a resume builder to create and store your professional information as well as letter writing tools. Keep up-to-date with workshops and sessions provided by the Career Development Center as well as career resources posted in the Resources Library. The Career Portal is provided free of charge.

View Job Postings **Post Jobs**

Students can access the Career Portal by using the login box and using your already existing SUNY Optometry Network Account username and password (userxxxx; password).

Friends or Alumni of the college can also make an account to view jobs.

In order to post a job listing you must register as an "Employer" by following the instructions below, even if, you are already registered as an Alumnus, Faculty, Resident or Friend of the College.

Once your account is approved, you can create a job posting which will be automatically uploaded on submission.

To look at all the job postings, create a student account by clicking on 'View Job Postings', and register with a separate email address than the one you used for your employer account.

Job Postings

Full Time/ Part Time Optometrist - Brooklyn And Queens **Full Time, Part Time**
Sightrite Eye Care Services (Nationwide, United States)
Posting Date: Dec 30, 2016

Full Time/ Part Time Optometrist - Buffalo, NY **Full Time, Part Time**
Sightrite Eye Care Services (Nationwide, United States)
Posting Date: Dec 29, 2016

Career Symposium 2017

Save the Date

6th Annual Career Symposium
with a focus on communication skills



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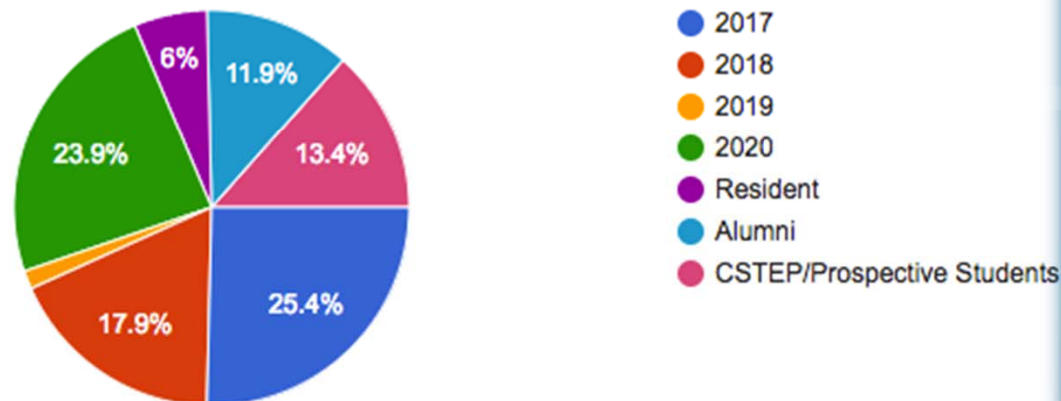
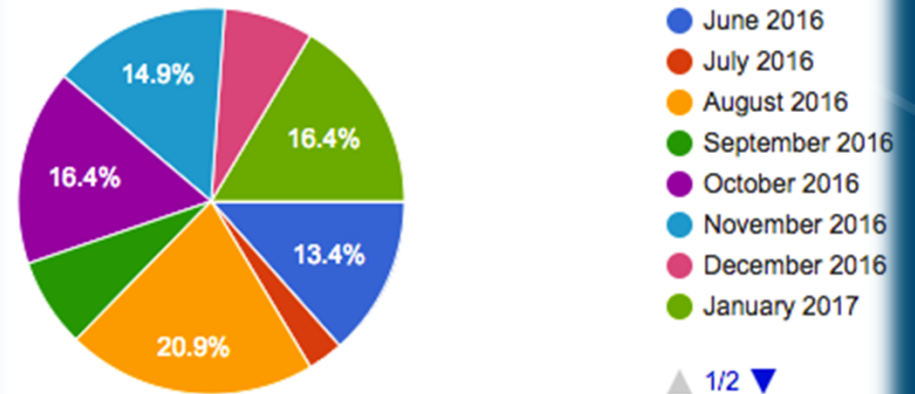
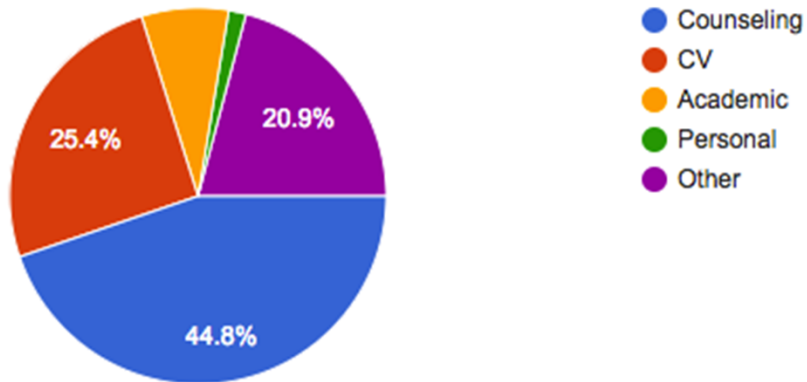


Sunday, April 9, 2017

INVITATION TO FOLLOW



Counseling (69 sessions this year)



International Programs



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COLLEGE OF OPTOMETRY

EDUCATION ▾

RESEARCH ▾

PATIENT CARE ▾

GIVING ▾



OD Program

INTERNATIONAL PROGRAMS

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Q&A