



# KNOTS

Knowledge for Non-Traditional Students

Spring 2009

SUNY Cortland

### Inside this issue:

- Non-Trads on Facebook 2
- NTSO Updates 3
- Tutoring Available 4
- Non-Trad T-Shirt Day 4
- An “Unbelizeable” Trip 5
- Calendar of Events Dates & Deadlines 6

## Fall Registration Time

Have you met with your advisor yet? It’s almost time to register for classes for next semester! The summer and fall 2009 course schedules are now available online.

You will need to meet with your advisor to discuss classes you may take toward your degree program. Your advisor will also give you your registration PIN. You must have this PIN in order to register. If you don’t already know, contact your department secretary to find out how to make an appointment with your advisor.

You can look up your “time ticket” on myRedDragon. A “time ticket” is the earliest date and time that you may begin to register. This time is based on how many total credit hours you have COMPLETED. It does not include how many credit hours you are enrolled in this semester.

Seniors can begin to register on Monday, April 6

Juniors can begin to register on Wednesday, April 8

Sophomores can begin to register on Friday, April 10

Freshmen can begin to register on Tuesday, April 14

myRedDragon registration deadlines: Summer classes—April 17, Fall classes—July 17.

## Are You Graduating This Year?

The SUNY Cortland 2009 Undergraduate Commencement ceremonies will take on place Saturday, May 16, 2009, at 9:30 a.m. and 2:30 p.m. in the Park Center Alumni Arena. As in past years, graduating students will select the ceremony in which they participate. Five guest tickets will be available for each student.

The 2009 Commencement ceremonies will continue with the “special person” tradition. Specifically, all graduates will be asked to designate a “special person”, who was instrumental in helping them achieve their higher education goals, and that person’s name will be read along with the student’s, as the student walks across the stage.

Once at myRedDragon, follow the steps below:

1. Type in ID and password
2. Select “Student Online Tab” and go to the Registrar Student Channel area
3. Select “Graduation and Commencement Menu”
4. Select “Degree and Diploma Application”

Students will then be asked a series of questions and guided throughout the application process.

Undergraduate students with 85 earned credit hours or more are eligible to apply.

*(continued on the following page)*



Non-traditional students and their families having fun at the family bowling event held at Cort-Lanes on March 7.

Check this issue for details on more events for non-trads and their families this semester.

## Non-Traditional Student E-News

A bi-weekly electronic newsletter for SUNY Cortland non-traditional students can be delivered to you via email. This newsletter is a great way to be aware of important campus deadlines, events that are happening just for non-traditional students and other campus events.

To receive this electronic newsletter, please email Cheryl at [cheryl.hines@cortland.edu](mailto:cheryl.hines@cortland.edu).

**“SUNY Cortland non-traditional students bring a unique dimension of understanding to the classroom that greatly enriches the teaching/learning process for everyone.” - SUNY Cortland President Erik Bitterbaum**

## Graduating This Year?...(continued from front page)

In preparing for Commencement, the College Store will hold its 7th Annual Grad Finale™ in the Corey Union Function Room on Tuesday, April 7 from 8:30 a.m. to 7:00 p.m. Students attending Grad Finale will have the opportunity to purchase or order items related to Commencement, including caps, gowns, diploma covers, class rings, invitations and diploma frames. In addition, representatives from various campus offices, including Graduate Studies, Student Accounts, Alumni Affairs, Cortland College Foundation, and Financial Aid will be available for questions and information.

This event is the first opportunity for undergraduate students to select their Commencement ceremony and pick up their guest tickets. The College Store will provide more information in the future about Grad Finale, which is open to both undergraduate and graduate students. After April 7, commencement-related items will be available at the College Store.

Detailed information regarding undergraduate and graduate commencement will be available on the SUNY Cortland Web site at <http://www.cortland.edu/commencement/>.

Students should check the *Dragon Chronicle*, "NonTrad E- News" and *College Bulletin* for frequent updates on Commencement. Additional questions should be directed to Darci Bacigalupi, special events coordinator, at (607) 753-5453 or at [Undergraduate.Commencement@cortland.edu](mailto:Undergraduate.Commencement@cortland.edu).

The Commencement Committee will provide additional information over the course of the semester to relay Commencement updates. All SUNY campuses will announce their speakers during the 2009 spring semester.



## Advisement & Registration Q&A Sessions

Academic advisors from the Advisement and Transition office will be available in the Non-Traditional Students' Lounge (Corey Union, Rooms 201-203) to answer advisement and registration questions. Please stop in during the sessions to ask your questions.



Thursday, April 2: 9:00-10:00 am

Monday, April 6: 5:00-6:00 pm

Tuesday, April 7: 12:30-1:30 pm



## Non-Trads Are Now on Facebook

A new group has been started for our SUNY Cortland non-traditional students on Facebook. This group is another way to be able to have discussions with other non-traditional students just like you who are also balancing classes with other responsibilities. There is a discussion board where you can start conversations and connect with other non-traditional students. This is a great place for those who are unable to attend events but want to connect with other non-trads. To join the group just search "SUNY Cortland Non-Traditional Students" on Facebook and join.

## ASL Scholarship Deadline Approaching

The Alpha Sigma Lambda Scholarship Applications are now available for the 2009-2010 academic year.

In order to be eligible you must:

- have completed 30 hours here at SUNY Cortland
- be at least 24 years of age
- have a cumulative GPA of at least 3.2

Four \$1,200 and two \$1,500 scholarships are available on a national level. Two scholarship applicants from SUNY Cortland will be forwarded for consideration. You do not have to be a member of Alpha Sigma Lambda to be eligible.

Application deadline is Thursday, April 16, 2009. For more information and for the application, please go to <http://www.cortland.edu/advisement/nontrad/asl%20scholarship%20appl.pdf>.

# Non-Traditional Students' Organization (NTSO)

My name is Sherry Hicks and I am the current president of the NTSO. I started at SUNY Cortland as a freshman in the spring of 2004. I can't believe that I am finally almost done. Like many of you, it's has been a long road full of many challenges, but the support that I have received from my family, friends, church and the NTSO has been invaluable. I didn't plan to get involved in anything on campus when I began my schooling, but I am so glad that I did. I have been able to include my family a little through the events the NTSO have planned so that they could be a part of my college experience. I have met new friends through the Non-Traditional Students' Lounge and NTSO who have supported me and I know I have helped and supported them, too. As I finish up my last semester of classes before I student teach in the fall, I want to encourage you to think how you might be part of the Non-Traditional Students' Organization. It only takes a little time (believe me, I know how precious your time is!), but it's worth it. 1) The goal of the NTSO is to support all of you in your efforts to continue your education here at Cortland. We all face different challenges as we continue our education. I, myself, have four children, ages 9-17 and a husband who commutes to work. There's dinner, basketball practice, housework, bills to pay, errands to run, and homework- mine and theirs. As non-trads, our lives are complicated by the fact that school is just one of the many responsibilities that we have. Our experience, however, often brings with it the determination and commitment which is necessary to succeed in all aspects of our lives.

So far this semester, the NTSO has sponsored an Open House/lunch, a family bowling event at Cort-Lanes, canned food drive for Loaves and Fishes, and a team for Relay for Life- all for our non-traditional student community. We have some more events planned for this semester. We will be hosting an ice cream social on Wednesday, April 29 to celebrate the return of spring. We will also be gathering at Garcia's Mexican Restaurant in Cortland on Thursday, April 16. An end-of-the-year picnic is also being planned to celebrate another successful semester. Be sure to check out the details on the back page of this newsletter on these and upcoming events. You can also find details online at <http://www.cortland.edu/advisement/nontrad/default.asp> under "events".

If you haven't found the lounge yet, take the time to do so. Once you find it, you will treasure it! It's a great place to rest between classes, meet other non-trads, and work on homework. We have our own computers, microwave, refrigerator, kiosks, tables, comfy chairs and small sofas. It's located in Corey Union, Rooms 201-203. It's just for us!

ELECTIONS ARE SOON! --The NTSO Needs You! Do you want to help make a difference on campus? in your community? Do you feel like your contribution would be too small? This semester we started out short-handed, but several have stepped up to help out. If enough people are willing to do a little, a lot can get done. Consider what you can do to be a part of NTSO. See more information below about becoming an officer.

I wish you a successful rest of the semester and look forward to seeing you soon.

## NTSO Meetings

The Non-Traditional Students Organization (NTSO) meetings have been scheduled for the rest of the semester! Please join us as we finish planning our fun events and prepare for the fall semester. Being a member or an officer of the NTSO is a great way to become active on campus. This involvement looks great on your resume'.

As Sherry Miller Brown, University of Pittsburgh, stated at the National ANTSHE conference held earlier this year, "Non-Traditional students really benefit from experiences where they get to 'connect' with other non-traditional students." If you don't feel you can commit to being a part of the NTSO, join us at our events planned during both the fall and spring semesters. Get to know other non-traditional students.

NTSO Meetings: Tuesday, March 31 @ 2:30 pm and Wednesday, April 22 @ 12:30 in the Non-Traditional Students' Lounge.

## NTSO Elections

Applications are now being accepted for officer positions for the Non-Traditional Student Organization for the 2009-2010 academic year. Application deadline is April 6. Qualifications for office are: any matriculated student at SUNY Cortland but with special consideration going to those who are 24 years and older, OR have a dependent child OR have had an interruption in their education. Positions available: President, Vice-President, Treasurer and Secretary.

The NTSO works together to promote academic development by sponsoring events which highlight college resources, addressing academic concerns and assisting in the social and economic readjustment of non-traditional students.

Application and deadlines can be found at <http://tinyurl.com/cbr7hw>

**Gain leadership skills! Be a part of the SUNY Cortland campus community.**

*More hands make light work.*

## Tutoring Available

We're in the final half of the semester and a great time to get some academic help. How are you doing in your classes? The Academic Support and Achievement (ASAP) office provides tutoring services in writing, reading, math, and study skills. You can register for a tutor on-line at [www.cortland.edu/asap](http://www.cortland.edu/asap). The ASAP Office is located in Van Hoesen B-205 and their phone number is (607) 753-4309.

Online tutoring is now an option for students. Open Monday-Thursday, 9 –11:30 pm, you can receive support for CPN 100/102 and 101/103. This service is available on a first come, first serve basis. It is designed to complement the fact-to-face daytime and evening services provided by ASAP. In the future, the program will add support for the 100 and 200 level foreign language and math courses. To access the service, go to <http://www.cortland.edu/asap/online>. For more information, contact ASAP at 607-753-4309.

## Ice Cream Social

Wednesday, April 29

12:00-1:30 pm

Non-Traditional Students' Lounge, Corey Union, Rooms 201-203

Join us to make your free sundae! Plenty of good toppings to choose from.

*Come when you can, leave when you must.*



## Social Gathering for Non-Trads

Garcia's Mexican Restaurant

Route 13, Cortland (across from Wal-Mart)

Thursday, April 30 @ 5:00 pm



Join other non-traditional students at Garcia's for some good food and fun. This event has been successful in past semesters and we are looking forward to another fun dinner. Each student is responsible for their own bill.

## Non-Trad T-Shirt Day—April 21st

The Non-Traditional Students' Organization (NTSO) sponsored a Top 10 t-shirt contest last fall. Non-Traditional students were asked to finish the statement "You Know You're a Non-Trad When...". The top ten statements were printed on the back of NTSO's t-shirt. You may purchase a t-shirt for \$5 from the Advisement and Transition office. Sizes are adult Small to 2X. These t-shirts are fun to wear. (And you'll be ready for "Non-Traditional Students T-Shirt Day" on April 21.)

10. ...your backpack has wheels.
9. ...when a professor asks if anyone remembers when something occurred and you are the only one to raise your hand.
8. ...classmates ask "How old ARE you?"
7. ...you use your 401K to pay tuition.
6. ...you have no idea what a "My Space" page is.
5. ...you listen to Journey and others call them old.
4. ...you don't own a pair of flip-flops.
3. ...you realize you got married before the other students in your class started kindergarten.
2. ...you lose sleep over any grade lower than an "A".
1. ...studying IS your relaxing break!

## An “Unbelizeable” Trip

I am a non-traditional professional writing major. During early January I took a trip with a group from SUNY Cortland to Belize, a Central American country south of Mexico, which was formerly known as British Honduras. When British Honduras became independent from Great Britain in 1981, it changed its name to Belize. Today, Belize is known for having the most intact ecosystem in Central America, and is home to an incredible variety of tropical trees, plants, birds, fish, mammals, and reptiles.

On Saturday afternoon our plane landed in this tropical paradise. The first five days we stayed in the jungle at the Tropical Education Center, which is associated with the Belize Zoo. The last two days we sojourned in San Pedro on the island of Ambergris Caye, which is located off the coast of Northern Belize.

On our first night in Belize our group headed to the Belize Zoo for a nighttime tour. Some of the students held the female boa constrictor around their neck, but I was more comfortable with just petting the smooth, silky skin. The most memorable part of our night visit was the howler monkeys. Although we could not see the creatures, they made loud, frightening noises. Howler monkey sounds are similar to the sounds heard in the movie, “Jurassic Park.” During our daytime visit to the zoo on Wednesday morning, we met the small creatures that made these noises. Sharon Matola, the zoo’s founder and director, informed us that the howler monkeys are trained to howl when visitors come to the zoo. We also met “Cortland” the margay and “Junior Buddy” the jaguar during this particular tour.

Each day of the trip an excursion was planned. Peter, our tour guide, spoke a particular word many times during these the outings -- “unbelizeable“ for which he meant unbelievable. On Sunday morning our bus took us to the starting point of our morning kayaking trip. Leaning trees, foliage and vines lined the river banks, and the atmosphere was serene with the occasional call from a bird or the drop of an iguana as it fell from a tree branch into the water. On Monday morning, we left on long bus ride south to Moonracer, currently horse farm and resort. Moonracer had previously been a place that rehabilitated jaguars. From there the bus drove farther south in the Cayo District to visit the Mountain Pine Ridge where we swam in the Rio on Pools. First, we experienced a breathtaking view from the overlook before cooling off under the waterfalls and the several pools of water. We returned north for our last stop -- Green Hills Butterfly Farm that raises butterfly larvae and sells them worldwide. Never had I beheld such a wide array of colorful butterflies.

On Tuesday morning, we boarded a motorboat that sped along the New River to the Lamanai Mayan Ruins in the Orange Walk District. Each scaled the steep stairs to the top of the Great Temple and enjoyed an “unbelizeable” view. On Wednesday afternoon we went cave tubing through a very dark cave at Caves Branch Archaeological Reserve near Belize City. The day culminated with a visit to Sharon’s home. The following morning we took a water taxi to San Pedro where the group snorkeled, sunbathed and shopped.



Eastman is pictured in the front row, second from the right.

Indeed I found the pristine environment of Belize to be “unbelizeable.” Although we toured several districts within Belize, I wished to stay longer ... there was still much more to see. In addition to a unforgettable experience, I’m also earning three credits towards my degree.

For more information, visit the Belize Zoo blog at <http://tbzblog.blogspot.com/> or by contacting Thomas Pasquarello at [thomas.pasquarello@cortland.edu](mailto:thomas.pasquarello@cortland.edu).

Also, you can view my other Belize photos posted on Facebook by joining SUNY Cortland Non-Traditional Students group.

Linda Eastman, NTSO Treasurer

*Editor’s Note: A Belize Zoo Project meeting will be held on, Tuesday, March 24 in Sperry 106 at 7:30 pm. to discuss the idea of forming an official SGA sponsored club. For more information, contact Thomas Pasquarello at [thomas.pasquarello@cortland.edu](mailto:thomas.pasquarello@cortland.edu).*

# Calendar of Events

- All events meet in the Non-Traditional Students Lounge, Corey Union, Room 201-203 unless otherwise noted -

Tuesday, March 31	<b>NTSO Meeting</b> , 2:30 pm
Thursday, April 2	<b>Advisement &amp; Registration Q&amp;A Session</b> , 9:00-10:00 am
Saturday, April 4	<b>Children's Museum: Chinese Dumplings and Technology</b> , O'Heron Newman Hall, 10:00 am—1:00 pm
Monday, April 6	<b>Advisement &amp; Registration Q&amp;A Session</b> , 5:00-6:00 pm
Tuesday, April 7	<b>Advisement &amp; Registration Q&amp;A Session</b> , 12:30-1:30 pm
Tuesday, April 7	<b>Grad Finale</b> , Corey Union Function Room, 8:30 am—7:00 pm
Saturday, April 18	<b>Children's Museum: Kidsville Fair</b> , Cortland County Office Building, 10:00 am—1:00 pm
Tuesday, April 21	<b>Non-Traditional Student T-Shirt Day</b>
Wednesday, April 22	<b>NTSO Meeting</b> , 12:30 pm
Thursday, April 23	<b>Alpha Sigma Lambda Honor Society Induction Ceremony</b> , Brockway Hall Jacobus Lounge
Wednesday, April 29	<b>Ice Cream Social</b> , 12:00-1:30 pm
Thursday, April 30	<b>Social Gathering at Garcia's Mexican Restaurant</b> , Route 13, Cortland (across from Wal-Mart). Each student is responsible for their own bill.
Thursday, May 14	<b>End-of-the-Year Picnic</b> , Suggett Park, Cortland, 5:30-8:00 pm, details to be announced soon.

## Dates and Deadlines

April 6 & 7	Seniors begin to register
April 8 & 9	Juniors begin to register
April 15	Last day to withdraw from course
April 10 & 13	Sophomores begin to register
April 14 & 15	Freshmen begin to register
April 17	Last day to register on the web for summer classes
May 6 & 7	Study Days
May 8–13	Final Exam Week
July 17	Last day to register on the web for spring classes

## Non-Traditional Students' Lounge

The Non-Traditional Student Lounge is located in Corey Union, Rooms 201-203. The lounge is open Monday-Thursday 6:30 am—9:00 pm and on Fridays 6:30 am-4:00 pm.

Please note: This space is designated as a lounge, not a quiet study area. Please be considerate of those around you. Thank you.

ALL non-traditional students are welcome.

<http://www.cortland.edu/advisement/nontrad/default.asp>

### Non-Traditional Student Support

Cheryl Hines, Coordinator  
Advisement and Transition  
Memorial Library, A-III  
607-753-4726  
Cheryl.hines@cortland.edu



Spring 2009 NTSO Officers: Sherry Hicks, Ami Ingrahm, Linda Eastman and Danielle Rumsey

### Non-Traditional Student Organization (NTSO) [ntso@cortland.edu](mailto:ntso@cortland.edu)

President: Sherry Hicks  
Vice President: Danielle Rumsey  
Treasurer: Linda Eastman  
Secretary: Ami Ingrahm  
SGA Representative: Jennifer Cobb  
SGA Representative: Kerry Linden

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