CSTEP at SUNY-ESF

Collegiate Science & Technology Entry Program

Eligibility/Requirements:

· New York State resident
· From historically underrepresented or economically disadvantaged background
· Regular interaction with CSTEP staff, faculty mentor, and participation at select programs.

2015-2016
"CSTEP assisted in my growth, involvement on campus and gave me the confidence to be able to tackle the challenges that awaited me."

Mabelys Arias, Class of 2012
What is CSTEP?

The Collegiate Science and Technology Entry Program (CSTEP) is a national award-winning program sponsored by SUNY-ESF and the New York State Department of Education. It is an enrichment plan designed to foster students’ academic success in preparing for professional licensure or careers in the scientific, technical, or health-related fields. CSTEP has been at SUNY-ESF since Fall 2005, with over 150 alumni representing all academic programs offered at the College.

The SUNY-ESF Program

Optional one Credit ESF 296 Course

1:1 Meetings with CSTEP Staff

Scientific Portfolio

Conference Experience

Faculty Mentoring

Internship Support

Workshops/Events

Summer Fellowship Support

Professional Organization Membership

Days of Service

Professional Development Opportunities

Supporting Students Committed to Success in STEM Programs

Page 3
Students actively engaged in CSTEP can receive academic credit for this initiative! A one-credit course comprised of four different tracks is available. While first-year students will be required to participate in the Study Hall track during the entirety of their first year, upper-class students can self select into one of the other three course options:

- Research/Internship
- Career/Graduate School Preparation
- Service Learning

Faculty Mentoring

Individualized support from a faculty mentor representing your academic department will facilitate your personal and academic growth through the sharing of knowledge, experience, and advice as scholars in similar STEM professions. Mentorship includes:

- Help navigating the college environment and your specific field
- A guide, role model, and coach from first-year to graduation
- Personalized conversations on issues relevant to your student experience

CSTEP Staff Meetings

CSTEP staff are available to support and advise students throughout their student experience at SUNY-ESF. Our office seeks to be a regular part of your day-to-day life providing resources, advice, and connections on or off campus.

Students will meet individually with CSTEP staff members on a monthly basis to review topics such as academic success strategies, current academic performance, and goals while at ESF.
**Scientific Portfolio**
By the time CSTEP students graduate from SUNY-ESF, they will have developed a scientific portfolio, a tool to allow them to demonstrate their knowledge and understanding of scientific concepts using their talents, abilities, and experiences at ESF.

**Conference Experience**
Our students will be offered many opportunities to gain professional experience in submitting proposals for conference workshops or poster sessions. Conferences opportunities include national scientific conferences, statewide student leadership conferences, and on-campus research symposiums.

**Internship Support**
CSTEP students will be provided opportunities to access, apply, and reflect upon experiences in order to better prepare for expectations in the work force. Whether through academic credit or access to postings, you will leave ESF with having had at least one internship.

**Workshops/Events**
Throughout an academic year, CSTEP students will have opportunities to sit in on a variety of presentations, workshop or other skill building sessions such as study skills, personality assessment, goal setting, financial health, navigating graduate the school process, career networking, etc.

**Summer Fellowship Support**
CSTEP students have exclusive opportunities to apply for financial support for summer internship or research opportunities. Students can apply for up to $2300 per opportunity. Work with our faculty mentors or find your own opportunity and CSTEP will help fund the dream.

**Days Of Service**
Students will be able to opt into single days of service with local agencies or develop on-going volunteer relationships with CSTEP partners such as the Museum of Science and Technology, Montezuma National Wildlife Refuge, and hosting STEP students on campus for a shadow day.

**Funding For Professional Development**
Students interested in joining professional organizations in their select field of study can apply for financial support for membership or other professional development expenses like GRE prep or certifications.
Minimum Semesterly Commitment

All CSTEP students will participate in:
- Monthly faculty mentor communication, meeting face to face once per semester
- Monthly meetings with CSTEP staff
- Minimum of two workshops/events
- Fall and spring semester kick off meetings

Are you taking ESF 296?

YES

STUDY HALL TRACK
- **Required** for all first-year students for both semesters
- Weekly one-hour study hall sessions that may include tutoring, academic coaching, or small study groups

OR

RESEARCH/INTERNSHIP TRACK
- Regular planning meetings with Coordinator
- Approximately 40 hrs. of research or internship work
- Presentation of work to the group

OR

CAREER/GRADUATE SCHOOL PREP TRACK
- Regular meetings with Coordinator
- Approximately 40 hrs. of work researching graduate school, preparing for GRE exams, researching jobs, working on portfolios, self-assessment tests, mock interviews, shadowing professionals etc.

OR

Service Learning Track
- Regular meetings with Coordinator
- Approximately 40 hrs. of work with an off-campus partner in active service project
- Presentation of work to the group

NO

While you might not be taking ESF 296 this semester, we strongly encourage that you consider this for next semester while maximizing all that the CSTEP program has to offer.

Engaging beyond the minimum expectations will connect you to faculty, staff, and peers in more meaningful ways, not to mention the opportunity to broaden your knowledge, abilities, and network.

For more information about the **ESF 296 course experience**, please contact one of the CSTEP staff members in 110 Bray Hall.
2015-2016 Application

Name: Last___________________  First_________________  Middle Initial____

SU ID #__________  Date of Birth____________________  Gender: Male___ Female___

Local Mailing Address: _________________________________________________________

City ___________________________  State__________  Zip______

Local/Cell Phone______________

E-mail __________________________

New York State Resident: Yes_____  No____

U.S. Citizen: Yes_____  No____  Perm.

Resident Alien: Yes____  No_____  (If yes, attach a copy-front and back-of your alien registration card)

Country of Citizenship: _______________________________________________________

Parent/Guardian Name: _____________________________________________________

Permanent Address: __________________________________________________________

City ___________________________  State_______  Zip_____  Telephone__________________

All students please check all that apply:

Race:

___ American Indian or Alaskan Native   ___ Native Hawaiian or Pacific Islander

___ Black or African-American   ___ White

___ Asian

Hispanic/Latino Ethnicity? Yes _____  No ______

Check One: FY___  So ___  Jr____  Sr____  Grad___  Current GPA___________

Major_____________________________  Advisor_______________________________

Were you enrolled in the ESF CSTEP Scholar program last semester? Yes______  No______

Are you currently enrolled in the Equal Opportunity Program (EOP) at ESF? Yes______  No______

Have you previously been enrolled in CSTEP, STEP or LPP at another institution? Yes_____  No______

If yes, name CSTEP/STEP Institution:__________________________________________

Admission date in prior program: M/Y_______

Signature: ______________________________________  Date: ____________________
SOUND BITES...

“CSTEP at ESF offered me the opportunity to experience a real conference where we developed our presentation skills and built our confidence as emerging scientists of an underrepresented group.”

Jorge Barbosa Garzon, Class of 2009

“CSTEP has been an invaluable support system that has greatly contributed to my success at ESF.”

Jessica Ortiz, Class of 2011

“The most helpful aspect of the CSTEP program for me was the mentorship. No matter what was going on in my life I always knew that I had someone on campus to go to for advice, to bounce ideas off of, to complain to, or to be encouraged to do things I didn’t think I was capable of. And not just one mentor, but multiple”!

Marcus Rosten, Class of 2015

“The CSTEP students have always seemed comfortable with me as their Biology Laboratory and Freshman Seminar Instructor – I believe through these informal CSTEP programs, I become more approachable to them. They frequent my office hours; they visit before and after class; and they engage during class.”

Dr. Greg McGee, Assistant Professor & CSTEP Mentor