Meet Your Head Orientation Leaders!

Molly Mulhare (She/Her/Hers)
Senior – Environmental Resources Engineering

Things I am involved in on campus: Alpha Xi Sigma Honor Society, Environmental Resources Engineering Club, SU Concert Band, ESF Alternative Spring Break, Environmental Engineering Research

Things I enjoy doing on my down time: Volunteering, hiking, photography, calligraphy, reading, gardening, baking & cooking,

Why I love ESF: There is a sense of community that radiates throughout the college, which contributes to the numerous opportunities to become involved both on and off campus. All of the students and faculty at ESF are connected with a common goal – helping the environment. It is inspiring to be surrounded by so many passionate people with the same goal as myself.

Favorite parts about being an OL: Connecting with new students. Whether it be through helping through a stressful situation, helping them feel comfortable with themselves enough to connect with other incoming students, or over the fact that downstate pizza and bagels are just better.

Advice and thoughts for new students: Being a new student in college is a lot. You are adjusting to a new schedule, are meeting so many new people, and are trying to make friends. During all of this don’t stray from who you are! If there is something that is keeping you from being yourself don’t be afraid to ask for help in overcoming that obstacle. If being yourself means being quiet, step out of your comfort zone and strike up a conversation with someone. Be courageous during your first year here and step out of your comfort zone!

Mete Rice (He/Him/His)
Senior – Aquatics and Fisheries Science

Things I am involved in on campus: Trout Bums Club, and the ESF Bass Fishing Team

Things I enjoy doing on my down time: I enjoy Fishing, hiking, playing video games, cooking, and being with friends.

Why I love ESF: ESF is a small, tight-knit community with lots of friendly faces and good vibes. The professors are awesome people to learn from and to talk to. If you ever need help, the ESF community is there for you.

Favorite parts about being an OL: I love meeting and helping all of the first years and getting close to the other orientation leaders.

Advice and thoughts for new students: Try your hardest and make sure to save some time for some self-care. Last but not least, enjoy ES
Meet Your Orientation Leaders!

Olivia Abry (She/Her/Hers)
Sophomore - Biotechnology

Things I am involved on campus: Student Ambassadors, AXS (Alpha Xi Sigma) Honor Society, APO (Alpha Phi Omega), and ESF in the High School

Things I enjoy doing on my down time: I love being with my friends, volunteering, getting involved on campus, gardening, and painting!

Why I love ESF: I love ESF for many reasons, mainly you get the best of both worlds. The professors are amazing as well as the people and we get to use almost everything SU has to offer at less than half their tuition (seriously take advantage of that).

Why I'm excited to be an OL: I'm super excited to meet all the new fresh faces! I'm also excited to help with any questions as everything can be a bit confusing and hard at first.

Something I struggled with most as a first year and how I overcame that struggle: My biggest struggle was by far procrastination. I procrastinated on almost everything from assignments to studying till the VERY last second, like till the night before or day of it being due last second. I found that to overcome it I had the most success in collaborating with others in study groups or working on assignments together when we were confused. Finding a work space helped as well like the study rooms in centen or in Moon which allowed me to just focus on my work.

Jordan Card (She/Her/Hers)
Senior – Environmental Education & Interpretation
Minor – Environmental Writing & Rhetoric

Things I am involved on campus: ESF Choose Action Network, Facilitator of C.A.R.E.

Things I enjoy doing on my down time: Hiking, Painting, Knitting, Baking, Activism, hanging with my bunny Penelope :)

Why I love ESF: ESF has a community of incredible people. No matter how tough the classes are, how intense our schedules get, or how stressful college can become, the ESF community creates connections with the people who can help us get through it.

Favorite parts about being an OL: I love meeting the incoming classes and introducing them to ESF, ideally sparking the love for the campus that I have found myself.

Advice and thoughts for new students: COLLEGE IS HARD!! We are all on different paths and have different goals, so try not to compare your experience to others. Never forget how capable you are of accomplishing your goals.
Meet Your Orientation Leaders!

Honey Herman (She/Her/Hers)
Senior – Environmental Resources Engineering

Things I am involved in on campus: President of Syracuse Jews, President of Jewish Stumpies, Secretary of AXS (honor society), TA at Syracuse, Started a Club

Things I enjoy doing on my down time: Listen to music/ record shopping, spending time with friends, go to farmers markets, explore Syracuse, paint/ sculpt/ art, meet new people

Why I love ESF: It is a place where I can truly be myself. Everyone at ESF is so different and unique, but we all share a similar drive and passion. ESF embraces everyone’s differences, while highlighting our unifying traits. This university has helped me to grow so much, both as a student and as a person. This is a place I can truly call home despite being 1000 miles away from the place I grew up. I have had the best time at ESF and I am looking forward to my final year here!

Favorite parts about being an OL: This is my second year being an OL! I am so excited to meet the incoming first years and be a familiar face for them around campus. I love getting to know the new students, help them, and guide them. I love being a part of the adjustment to college and helping students find their way through this new and exciting adventure. My favorite part about being an OL is meeting the incoming students. I get to make new friends, and act as a mentor to a new group of peers every year.

Advice and thoughts for new students: This transition is very exciting, but it could also be nerve racking. Remember we have all gone through this, and we understand how you are feeling. We are here to help you and make this the most exciting time for you. This year is going to be different for all of us, and there are going to be new challenges to encounter. Remember, we are all experiencing new things this year and we, as OLs and peers, are here to help you navigate this new time. Come to us with anything! We want to help you find yourself and your way through college. Don’t be afraid to completely be yourself! Don’t be afraid to introduce yourself to a stranger, you never know who your new best friend could be! Embrace this time during orientation week, freshman year and all four years at ESF, and don’t be afraid to be excited. HAVE FUN and enjoy every minute.

Nataly Shearer (She/Her/Hers)
Sophomore – Landscape Architecture

Things I am involved in on campus: Computing & Network Services

Things I enjoy doing on my down time: Painting, shopping, kayaking

Why I love ESF: ESF is a place where you can be anyone that you want to be and nobody cares. You can always find the right crowd of people for you.

Favorite parts about being an OL: I get to share my love and energy for this school with all of the incoming students.

Advice and thoughts for new students: Make sure that you find an appropriate balance between your school work and your social life; both are extremely important.
Meet Your Orientation Leaders!

Ben Marshall (He/Him/His)
Senior – Environmental Resources Engineering
Minor – Mathematics

Things I am involved in on campus: Syracuse University Club Ice Hockey, ERE Club, Jewish Stumpies (Although I am not Jewish)

Things I enjoy doing on my down time: Hike High Peaks, Hang with Friends, Fish, Rock Climb

Why I love ESF: I love ESF because people are so friendly at this school. I can’t think of a single person I do not feel comfortable talking to on campus.

Favorite parts about being an OL: Helping with the first year’s adjustment to college is an absolutely amazing feeling. I remember my orientation as one of the best weeks of college and I want to do my part in making sure the students first year at ESF is absolutely amazing.

Advice and thoughts for new students: ASK FOR HELP! There is no reason you should be going into college feeling like you have no clue on what is going on. I also found that asking different people questions is a great way to meet others on campus. More often than not you are not the only one with that same question. I would love to hear from people before they get to campus so please feel free to contact me with any questions at any point in time.

Emily Ellithorpe (She/Her/Hers)
Junior – Environmental Resources Engineering

Things I am involved in on campus: Engineers Without Borders – Local Projects, New York Water Environment Association (NYWEA) – Vice President, Woodsmen Team, Trailhead

Things I enjoy doing in my downtime: Spending time with friends, hammocking, hiking, gardening, cooking, Just Dance, puzzles, and board games.

Why I love ESF: ESF is special in the sense that everyone is here because somehow or another they want to make a difference in protecting the environment. This makes finding friends a lot easier because you can find people with similar interests as you. I also appreciate that ESF practices what they teach by making improvements on campus to be more sustainable with the help of student run clubs.

Favorite part about being an OL: The best part about being an OL is sharing my ESF experience and helping new students get adjusted. For me personally it made my first few days a lot more comfortable being able to see all the OLs in their shirts in case I needed help finding something and I want to be a resource too.

Advice for new students: Don’t be afraid to reach out to upperclassmen with similar interests. It’ll help you get involved on campus if you already know someone in a club you want to join. If you don’t see someone doing something you’re interested in just ask, chances are they know someone who is (perks of a small school). Also, this tip isn’t exactly ESF related, but it is Syracuse related. I highly recommend investing in a good waterproof jacket if you don’t already have one. It can get pretty rainy here in the fall and your umbrella won’t always be able to survive in the wind. This is something I wish I had earlier in the year.
**Meet Your Orientation Leaders!**

**Joe Perez (He/Him/His)**  
_Sophomore – landscape architecture_

**Things I am involved in on campus:** Student Ambassadors, Undergraduate Student Association(USA), Landscape Club, Pokemon GO Club  
**Things I enjoy doing on my down time:** Drawing, archery, playing video games, playing with my dog and chinchilla  
**Why I love ESF:** I love the message the college sends, it makes me happy to be a student there. With how small the campus it’s also a good place to connect with others and find friends easily. There are also many opportunities for students to get involved with on campus from activities to events, making nothing feel boring.  
**Why I’m excited to be an OL:** I’m excited to be an OL because I want to help students adjust to college life and make the transition easier for people. Also I think it’ll be funny to be high energy, loud and annoying at 9 o’clock in the morning with a bunch of tired freshmen.  
**Something I struggled with most as a first year and how I overcame that struggle:** I found the most struggle on the first day of classes when I had so much to do in terms of assignments and collecting books, it made me feel overwhelmed. I had learned to overcome this by just writing out everything I needed to do. It helped me to lay out all of my thoughts organized and figure out when to do everything. I use this strategy now whenever I have a lot to do.

**Evan Grucela (He/Him/His)**  
_Sophomore – Bioprocess Engineering_

_Minor – TBD_

**Things I am involved in on campus:** I plan on exploring the variety of clubs this year, but in the meantime you can find me hanging out on the quad or at the rock wall in the Barnes Center.  
**Things I enjoy doing on my down time:** I enjoy skiing, hiking, climbing things, mountain biking, stargazing, exploring new places and photography.  
**Why I love ESF:** The tight-knit community at ESF is one of a kind. I love being able to see familiar faces walking around campus. I also really like having access to the facilities at SU while still being a part of a smaller school. You get the best of both worlds!  
**Why I’m excited to be an OL:** Orientation week was easily the most enjoyable week of my freshman year and it really sparked my love for the ESF community. I’m excited to meet and help the incoming students as well as form connections with them and other OLs!  
**Something I struggled with most as a first year and how I overcame that struggle:** The workload gave me issues during the beginning of freshman year. I had a lot of extracurriculars in mind but the burden of homework was always there. So, I buckled down and prioritized academics over social events and really worked on my time management skills. Eventually, I got ahead of the amount of work I had. Honing in on my time management prevented me from having to cram for exams at 3am the night before, and freed up time for self-care and extracurriculars!
Meet Your Orientation Leaders!

Jim Ballantyne (He/Him/His)
Senior – Environmental Resources Engineering
Minor – Water Resources


Things I enjoy doing on my down time: Birding, Backpacking, Hiking, Fishing, Disc Golf, spending time with friends

Why I love ESF: I love ESF because the school stands for many of the values that I hold as my own. I have always tried to be an environmentalist, and ESF has brought me into an environment of people that uphold those beliefs. I also greatly enjoy the atmosphere that not only the students bring to the school, but also the professors and faculty. My professors are some of the most respectable individuals I have met in my lifetime, and I greatly appreciate the opportunity to learn from them.

Why I’m excited to be an OL: I’m excited to be an OL because when I was a freshman, I highly appreciated the friendships I made with my small group and orientation leader, and strive to be able to pay that experience forward with the incoming freshman & transfers.

Something I struggled with most as a first year and how I overcame that struggle: When I was a freshman, my biggest struggle was having to find the time to complete all of my homework and study in a successful setting. I overcame it by working with my peers to form study groups and developing time management practices that helped me to get my work done not only on time but in a way that helped me learn the materials I needed to know.

Clara Rose Tyrel (She/Her/Hers)
Sophomore – Environmental Education and Interpretation

Things I am involved in on campus: Ecotones

Things I enjoy doing on my down time: I love hiking, planting, singing, playing music, exercising, anything outside, and being with friends as much as possible.

Why I love ESF: ESF reminds me of my favorite place in the world, a summer camp run by the Department of Environmental Conservation. Just like that camp, ESF is a kind, open, loving, and accepting place. I have made incredible friends, and there are so many more wonderful people to meet everyday.

Why I’m excited to be an OL: I am so excited to be able to help the incoming freshmen the same way that my OL’s helped me. The transition can be difficult but the compassion of the OL’s makes the week that much easier and more fun than it already is.

Something I struggled with most as a first year and how I overcame that struggle: I’m from Fayetteville, so I have been a commuter from the start. Learning how to balance the home life and school was a struggle at the start. However, after different amounts of trial and error, I learned how to find the balance between family and school with the help of friends and teachers.
Meet Your Orientation Leaders!

Tyler Rodriguez (He/Him/His)
Junior – Environmental Biology

Things I am involved in on campus: Bob Marshall Club
Things I enjoy doing on my down time: Playing games and Hackysack on the quad, looking for and learning about insects, Video Game Enthusiast.
Why I love ESF: ESF has a special community of people who enjoy each other’s company on campus. Everyone is willing to try their best to help their fellow peer and better the community. People are approachable making every day feel lively and fun.
Why I’m excited to be an OL: I want to be an OL because I have upperclassmen mentors and friends that have helped me through college challenges. College can feel repetitive at times but it is easier to enjoy the everyday details with like-minded people.
Something I struggled with most as a first year and how I overcame that struggle: College became overwhelming quickly. Classes and homework can feel unenjoyable enough to make someone doubt themselves or their work, at times. It took me a while to understand, but turning to the people struggling with the same materials and figuring it out together, helped me rekindle my passion for the work and get more involved in the community.

Sachi Segan (She/Her/Hers)
Junior – Environmental Studies (focus in Natural Systems Application)
Minor – Renewable Energy

Things I am involved in on campus: Green Campus Initiative, Diversity @ ESF 24/7/365
Things I enjoy doing on my down time: Reading, solo dance parties, journaling, watching new girl and queer eye.
Why I love ESF: The professors always want to help and I like being a part of a small community.
Favorite parts about being an OL: Meeting you of course! :)
Advice and thoughts for new students: Talk to your professors! It is never too early to make connections and valuable working relationships.
Meet Your Orientation Leaders!

Alexandra Allard (She/Her/Hers)
Junior – Biotechnology (was Pre-Vet for 2 years)
Minor – Microscopy

Things I am involved in on campus: Vice President of the Music Society, Student Ambassador (I do tours around campus for prospective and accepted students!), Lifeguard Supervisor at SU athletics department

Things I enjoy doing on my down time: Play piano and sing (former director of Ecotones, on campus Acapella group), swim and dance, hiking, I LOVE forensic science (hit me up with true crime documentaries!), cooking, movie nights with my roommates, and half of my house is on the Woodsmen team so let me know if you have any interest in the team! (think competitive lumberjacking)

Why I love ESF: ESF has the great advantage of being a small school with incredible resources and experiences while also offering the large school feel with SU right next door. There are so many opportunities to take advantage of from both sides of the educational experience.

Favorite parts about being an OL: Being able to connect with First-Years and transfer students and helping them through their transition to this incredible school. It was one of my favorite parts of my first year here and I hope to bring the same experiences to the incoming class!

Advice and thoughts for new students: It may seem very overwhelming and scary, but if you have an interest, follow it! Whether it’s an extracurricular group or team, or courses that you are super excited for, take advantage of them! Stay true to who you are but enhance the parts of you that brought you to ESF: your passion for learning and new experiences!

Daniel Ricci (He/Him/His)
Sophomore – Environmental Resources Engineering

Things I am involved in on campus:
Track, ERE club

Things I enjoy doing on my down time:
Play piano, hike, Video games, go out with friends

Why I love ESF:
ESF is a great bargain with all the resources you can get from syracuse. In addition I am surrounded by people with similar beliefs.

Why I’m excited to be an OL:
I want to pass on what I learned and I was inspired by my Ol.

Something I struggled with most as a first year and how I overcame that struggle:
I struggled with calc 1 for engineers. The class was the first I really struggled with. It requires lots of dedication and leveraging the help tools available.
Meet Your Orientation Leaders!

Martin Cain (He/Him/His)
Senior – Environmental Resources Engineering
Minor – Water Resources

Things I am involved in on campus: Bob Marshall Club, Food Recovery Network

Things I enjoy doing on my down time: Fermentation, cooking, birding, burping, foraging

Why I love ESF: It feels like I never stop meeting people. Everyone is united with their love of the environment, and everyone has their own interesting story.

Favorite parts about being an OL: Spending a lot of time outside walking around while reliving the feeling of coming to college for the first time.

Advice and thoughts for new students: Take every field trip chance you can! Especially for people from rural areas, it can be hard to adjust to the city at first, so make sure you try to join a club early on! The Bob Marshall Club, our backpacking club on campus, is always a good start.

Kanika Jakhmola (She/Her/Hers)
Senior – Wildlife Science
Minor – Environmental Writing and Rhetoric

Things I am involved in on campus: The Wildlife Society, Herpetology Club, ESF Friends of Oakwood, AXS, Student Ambassador

Things I enjoy doing on my down time: Reading, making puzzles, hammocking, hacky sacking, or just anything outside (especially if it’s nice out!)

Why I love ESF: I love ESF because of the way the campus environment makes you feel. The first time I stepped onto ESF campus for a tour, I knew this school was different from others. Our small campus creates a close-knit community of friendly and welcoming people always willing to have a conversation. Also, I like that fact that in all the ESF buildings you can enter and exit through any of the doors and that there’s not just random useless doors made for fire exits @SU.

Favorite parts about being an OL: There are many reasons I love being an OL, but my most favorite part is that I get to help the incoming freshman and transfer students have a smooth and less stressed transition to ESF. I’m from Virginia so coming to ESF was a big and scary step for me, but the OLs made it a lot easier. I hope to do the same for the new students!

Advice and thoughts for new students: Be who you are and step out of your comfort zone, everyone here is so accepting you have nothing to worry about. Talk to people, go to all the on-campus events and get free food, join the clubs that interest you even if you don’t go to all the meetings. Just make the most of your time here (because it goes by fast... I’m not crying, you’re crying).
Meet Your Orientation Leaders!

Mary Hillebrand (She/Her/Hers)
Junior – Environmental Education and Interpretation

Things I am involved in on campus: ESF Bass Fishing Team, Syracuse Western Equestrian Team

Things I enjoy doing on my down time: Embroidery, horseback riding, fishing, singing, lookin at ferns

Why I love ESF: ESF is made up of people that have many different interests, views, and backgrounds, yet the same common love and respect of nature, which is a rare occurrence in a college setting.

Why I’m excited to be an OL: I’m excited to help new students engage with the ESF community and really see all that ESF has to offer! I want to make sure every new student knows that they have a place at ESF, and that they have a network here to support them.

Something I struggled with most as a first year and how I overcame that struggle: I struggled (a lot) to figure out how to be in college. From learning how to study to balancing school and social life, I felt totally lost. By realizing I was part of a much larger community of students, and realizing how many resources are available to students, I was able to figure out what worked best for me and find my place (and my people) at ESF.

Emily Li (She/Her/Hers)
Junior – Environmental Studies
Focus in Policy, Planning, and Law
Minor – Urban Forestry and Writing and Rhetoric

Things I am involved in on campus: The Baobab Society, Office of Inclusion, Diversity, and Equity, Christian Outreach (SU), Writing Resource Center

Things I enjoy doing on my down time: Watch Steven Universe (and other cartoons), baking, cooking, making kombucha, trying to finish lip balms before I lose them, watch Queer Eye.

Why I love ESF: Because of its small community it’s easy to approach and learn more about anyone and everyone on campus.

Why I’m excited to be an OL: Because I love meeting new people and helping them in any way possible.

Something I struggled with most as a first year and how I overcame that struggle: I struggled with the whiteness on this campus and so that’s why I joined the Baobab Society! They were a great community supporting POC on campus and their members have supported me through a lot!
Meet Your Orientation Leaders!

Quintin McDonald (He/Him/His)
Sophomore - Environmental Science

Things I am involved in on campus: USA (Undergraduate Student Association)

Things I enjoy doing on my down time: Skateboarding, hiking, cooking, photography, marathon napping

Why I love ESF: ESF is a super tight knit community where everyone is extremely accepting and positive. The small size of the school allows you to make a ton of connections and see friendly faces every day. All of the students have a shared interest in helping the environment which can pave the way for many opportunities. However, since we are so close to Syracuse there are always opportunities to meet new people and explore interests outside of the environmental field.

Why I’m excited to be an OL: I am excited to help students feel more comfortable at ESF. My orientation leaders helped turn my fear of being at a new school into excitement and I can’t wait to do the same for the new first year students.

Gabby Mass (She/Her/Hers)
Senior - Wildlife Science

Things I am involved in on campus: SUOC, Wildlife Society, Quad Activities

Things I enjoy doing on my down time: Playing Ukulele, hiking, swimming like a fish

Why I love ESF: I love the way the community supports each other and works together towards the same cause.

Favorite parts about being an OL: Making new students feel welcomed, and making banana friends.

Advice and thoughts for new students: Things will get tough and confusing, but you can always make it through and succeed in your own personal goals if you reach out for help and believe in yourself!
Meet Your Orientation Leaders!

Mary Zarba (She/Her/Hers)
Senior – Environmental Science
Minor – Marine Science

Things I am involved in on campus: SU club lacrosse, Food Recovery Network, Nautilus Society, Alpha Phi SU Sorority, AXS Fraternity, Ottothon

Things I enjoy doing on my down time: Taking photos, going to the beach, paddle boarding, fishing, shuffle dancing, longboarding, hanging out with friends.

Why I love ESF: My love for ESF stems mainly from the people that make up the ESF community. The student body at ESF is the most welcoming and diverse group of people that I have ever been a part of. Additionally, we all share a similar passion for the environment. ESF is hands down the place to be for students studying the natural world. On a different note, because I am also a fan of the “big university feel” and crazy, spirited athletic events, ESF once again is the place to be because of our neighbor, Syracuse University. As ESF students, we are granted all of the same benefits as SU students. I absolutely love spending time on the university campus whether I’m at a basketball game in the dome, playing lacrosse with the SU club team, or just hanging out with friends. Even better yet, being able to come home to my small campus at ESF where everyone is a smiling familiar face is absolutely amazing. This duo-dynamic is why there is no better place for me than ESF.

Favorite parts about being an OL: I was ecstatic to be an orientation leader as a sophomore, and I am even more excited as a junior. After I fell in love with ESF, I knew that I had to be an OL so that I could express to the new students how amazing this school is. I am excited to help the freshmen have the best first experiences on our ESF campus as possible. My orientation leaders last year were the reason I felt so at home at ESF from the day I arrived, and I am ecstatic that I have the opportunity to do the same for the ESF family’s newest additions.

Advice and thoughts for new students: I would like all the new students at ESF to be aware of the plethora of academic resources at their fingertips. ESF is a rigorous school, particularly for the first-year students who oftentimes are required to take several different challenging courses during their first year. However, students should never feel alone in their studies. There are workshops every day of the week in various campus buildings for students in a variety of different classes such as Biology, Chemistry, and Calculus to name a few. There are also TA-led reviews before quizzes and exams. Tutoring services are provided by individual sign-ups online as well as an academic success center in the library open long hours each day of the school week where students can go for extra assistance in math and various science courses. The list does not stop here. Overall, there are so many different individuals and groups of people on campus that are dedicated to our success.
Meet Your Orientation Leaders!

Nick Govatos (He/Him/His)
*Junior – Environmental Science (Focus in Watershed)*

**Things I am involved in on campus:** Green Campus Initiative, Alpha Xi Sigma Honor Society, Plant Propagation Club

**Things I enjoy doing on my down time:** When I have the time, I like to tend to my plants, binge–watch reality TV, play with my dogs, cook, and read.

**Why I love ESF:** ESF is very much built on a sense of community. We are tight–knit. It is not uncommon to say hello in passing or stop and have a short conversation with people that you don’t usually hang out with. We understand each other. We support each other. You will find somebody at this school that gets you.

**Why I’m excited to be an OL:** I want to be there for others in the way that OLs last year were there for me! It can be difficult to adjust to college, no matter how prepared you feel, and orientation week is a great transition to help you feel more at home.

**Something I struggled with most as a first year and how I overcame that struggle:** Going to college comes with much more freedom than you have at home and I did not know how to channel that. It is easy to feel lost in your identity because of this. It is okay. What matters most is to follow what you feel and you will eventually find your way back to yourself.

Tim Web-Horvath (He/Him/His)
*Senior – Environmental Resources Engineering*

**Things I am involved in on campus:** AXS, Engineers Without Borders (VP), ERE Club, ESF Friends of Oakwood (President), NYWEA (Secretary), Syracuse University Outing Club, Organization of Competition Bodies, NAE GCSP, Honors Program

**Things I enjoy doing on my down time:** Weightlifting, camping, skating, cooking, board games

**Why I love ESF:** More than anything else, I love the people at ESF. The community here is more wholesome, helpful, and supportive than any other I’ve ever come across. It seems that no matter what your problem is, there is somebody on campus that is willing and prepared to help. Every interaction I’ve had with others on campus has been a positive one and the kindness within this community is unmatched.

**Favorite parts about being an OL:** The ability to provide help to first–years. I remember how much the support of the OL’s positively shaped my introduction to college and consequently everything after that. I am excited to get to know everybody and answer any questions that may help somebody. Seriously, ask me anything.

**Advice and thoughts for new students:** Be yourself and be comfortable. I have found that people here embrace individuality. So, do whatever it is that makes you happiest and do it well. Regularly ask yourself what you can do to make yourself happier and be vocal about what it is.
Meet Your Orientation Leaders!

Julia Niehoff (She/Her/Hers)
Sophomore – Environmental Chemistry

Things I enjoy doing on my down time: Hiking, volleyball, and hanging out with friends.

Why I love ESF: It really is the best of both worlds, not only do you have a small, tight-knit school with some of the most devoted faculty in the country, you also are right next and have opportunities to become involved in Syracuse University, a big, D1 school with people from all over the world.

Why I’m excited to be an OL: I’m so excited to be a part of the OL family as well as help incoming freshmen and transferring students become accumulated to ESF and Syracuse!

Something I struggled with most as a first year and how I overcame that struggle: Adjusting to being so far from home and my family was hard (3 and a half hours away in Mendham, NJ), but luckily I was surrounded by a group of friends and a ESF community that became my second family.

Siela Zembsch (She/Her/Hers)
Sophomore – Landscape Architecture
Minor – Environmental Writing and Rhetoric

Things I am involved in on campus: Acorns and Anchors Climbing Club, Apex Climbing Club, ESF Poetry Club, Alpha Xi Sigma Honor Society, SU Outing Club, and STEAM tutoring at Dr. King Elementary School.

Things I enjoy doing on my down time: I love being with friends, rock climbing, listening to music, and doodling.

Why I love ESF: ESF is a friendly, tight-knit community that’s there to welcome and support you from the start. It’s so inspiring to be surrounded by people who share your love for the environment! Finally, professors are dedicated to quality teaching; they share your interests, too, and want to make sure you’re really learning. So many eye-opening conversations and incredible labs.

Why I’m excited to be an OL: ESF is an amazing place, and I’d love to introduce incoming students to the many opportunities that lay ahead! I can’t wait to meet all your friendly faces. :)

Something I struggled with most as a first year and how I overcame that struggle: Part of what makes ESF so special is its focus on environmental disciplines. Yet, at times, I found myself missing some of my other interests, especially writing and drawing. I wasn’t sure there was a place for those amidst science lectures and labs. Soon, though, I realized that ESF has lots of creative outlets for non-environmental hobbies and interests, too, from music to art to sports. (And these interests are so important in the field, too!) Hold on to your passions, major-related or not, and know that there are people and places to share them with at ESF.
Meet Your Orientation Leaders!

Carson Rowe (He/Him/His)
Senior – Environmental Studies
Focus in Policy Planning and Law
Minor – Economics and Environmental Writing and Rhetoric

Things I am involved on campus: Alternative Spring Break, Student Government, Economics TA

Things I enjoy doing on my down time: Hiking, Kayaking, Reading, Fishing, and Hunting.

Why I love ESF: I love ESF because of the incredible community of students, faculty, and staff. All of which actively want to see the success of their colleagues and friends.

Favorite parts about being an OL: My favorite part about being an OL is providing a safe and fun atmosphere for incoming first years to transition into the next chapter of their lives!

Advice and thoughts for new students: My advice to new students is to remember that there is a reason you are here at ESF, remember why you came. Also, remember to let yourself have some fun because college is all about the work life balance.

Lucy Bischoff (She/Her/Hers)
Senior – Conservation Biology

Things I am involved on campus: English Equestrian Team

Things I enjoy doing on my down time: play guitar, exercise, find new music to listen to

Why I love ESF: Everyone at ESF is so genuine and compassionate. I love the small–school community and the availability of SU resources and clubs right next door.

Favorite parts about being an OL: Being able to connect with new students and provide support alongside the amazing team of OLs is super rewarding.

Advice and thoughts for new students: Don’t be afraid to reach out for help! Transitioning to college can be stressful but people at ESF really want to help you, and talking to your orientation leaders is a great place to start.
Meet Your Orientation Leaders!

Jordan Lew (He/Him/His)
Junior - Environmental Biology

Things I am involved in on campus: Student Ambassadors, Pokemon GO Club (Officer), Herpetology Club, Climbing Club, Sadler Dining Hall (Student Supervisor).

Things I enjoy doing on my down time: Video games, rock climbing, shopping, taking walks to destress, herping, hanging out with friends.

Why I love ESF: The fact that while all our students are dedicated to the environmental world, there are countless walks of life that make our small campus incredibly diverse. Also, the relationship we have with Syracuse University that gives our students the best of both worlds with a small school and big school feeling.

Why I’m excited to be an OL: My time at ESF had an unforgettable start with an amazing orientation week that made me immediately fall in love with the campus as a whole. As an OL, I’d love nothing more than to give other students that sense of pride and community that I was given.

Something I struggled with most as a first year and how I overcame that struggle: Time management, for sure! I would find myself some nights spending the entire night at the all-night library and had a rough start academically. To overcome this, I carefully created and stuck to a strict schedule that turned my rigorous schedule into a more manageable schedule that allowed for down time while staying on top of my studies.

Lydia Loan (She/Her/Hers)
Senior - Environmental Resource Engineering
Minor - Water Resources

Things I am involved in on campus: President of ERE Club, Engineers Without Borders/Engineers for a Sustainable Society, Bob Marshall Club, work at Trailhead, student ambassador

Things I enjoy doing on my down time: Embroidery, cooking/baking, hiking, artsy stuff, lettering, dog and plant mom

Why I love ESF: It brings together such a wonderful community of like-minded people that love the earth and want to make it a better place! I hardly ever find someone here I don’t like.

Favorite parts about being an OL: Helping incoming students become more comfortable to be who they are at ESF and find their passion! I love being there for anyone and everyone who needs advice and a friend.

Advice and thoughts for new students: Try a black bean burger in a spinach wrap with chipotle mayo at trailhead. The best places to cry/poop are the single stall bathrooms in the basement and second floor of Gateway, also the basement of Moon. Find an upperclassmen in your major/with shared interests. They know things and can help you more than you know. It’s ok if college is hard at first, I promise it will be ok! Go on a Bob Marshall trip. Join stumpy swap and check it often for good deals on cute clothes. Try to catch some cool events at SU (they have $$ and their events are super fun). Go to Thornden Park for the sunset. Guest swipe me into the dining hall. Live your life and have fun and be safe!
Meet Your Orientation Leaders!

Matthew Phillips (He/Him/His)
Senior – Environmental Health

Things I am involved in on campus: Historic Oakwood Cemetery Preservation Association’s Crypt Keepers, Food Recovery Network at Syracuse University

Things I enjoy doing on my down time: Board games, Video Games, Reading, Disc golf

Why I love ESF: By and large the reason I love ESF is the people. Everyone that I’ve had the pleasure of meeting has been accepting and wholesome to a fault. There's no shortage of unique people with their own interesting stories to tell in our little community.

Why I’m excited to be an OL: I’m excited to help first year students make the transition to college as seamless as possible and introduce them to the delightful place that ESF is.

Something I struggled with most as a first year and how I overcame that struggle: What I struggled with the most as a first year student was holding myself accountable. You really get what you put in. What really helped me overcome this was knowing that I could do just a little bit better than the day before. Baby steps are better than no steps at all.

Emily Link (She/Her/Hers)
Senior – Environmental Biology
Minor – Environmental Communication and Policy; Environmental Writing

Things I am involved in on campus: President of ESF FORCES, Participated in Emerging Leaders, Employee at campus dining hall

Things I enjoy doing on my down time: Kayaking, Hiking, Cooking

Why I love ESF: I love ESF because of the inclusive environment. Everyone has a place they belong, and no one is judged for being themselves. Everyone here is also very passionate and strives to get things done, which I admire.

Favorite parts about being an OL: I enjoy welcoming students to this new chapter in their lives and helping them unlock the potential of their ESF experience.

Advice and thoughts for new students: Always be yourself. There are friends for everyone on campus and if you aren’t yourself you won’t find those who have similar interests and people you actually enjoy spending time with. Ask for help when you need it. Too often students struggle alone despite the overwhelming support that can be found across campus. Even though this orientation will be very different, you are still very supported through this transition to college life. We plan on being more connected than ever and want to still make this a fun-filled, informative, social experience. Please do not hesitate to reach out with questions and concerns, or just to say hi. Can’t wait to meet you!
Meet Your Orientation Leaders!

Makayla Gallegos (She/Her/Hers)
Sophomore – Environmental Resource Engineering

Things I am involved in on campus: ERE Club, Herpetology Club, Woodsman Team.

Things I enjoy doing on my down time: Hiking, Camping, Reading, picnics in the cemetery.

Why I’m excited to be an OL:
I’m excited to meet new people, new friends, and be part of a support system for everyone coming in.

Something I struggled with most as a first year and how I overcame that struggle: It was difficult to adjust to the amount of information and scheduling that I now had to take in on a daily basis. My greatest asset in overcoming this was using all the resources available to me. Office hours and study groups helped me have a constant schedule that kept me on track. I also made sure to schedule some fun in too, like orange after dark events, or just going to the mall.

Jared Mason (He/Him/His)
Senior – Environmental Biology

Things I am involved in on campus: ESF in the High School, Student Ambassador, American Red Cross Blood Drive volunteer

Things I enjoy doing on my down time: I enjoy going to thrift stores, traveling, running, reading, and collecting/selling sneakers and clothes.

Why I love ESF: The ESF community is unlike any other college campus, everyone is extremely supportive and rooting for each other’s success in their respective fields.

Favorite parts about being an OL: I enjoy having the opportunity to be a representative of ESF and introduce the freshman and transfer students to a college I have grown to love.

Advice and thoughts for new students: Try to find some clubs you really enjoy, that’s how you’ll meet peers who enjoy the same things as you and you can grow a friendship!
Meet Your Orientation Leaders!

Bailey Kerr (She/Her/Hers)
Sophomore - Environmental Education and Interpretation

Things I am involved in on campus: ESF Acorns and Anchors (Climbing club), SU Outing Club, I work at Moon Library

Things I enjoy doing on my down time: Go climbing, watch movies, and sit on my porch

Why I love ESF: I love the atmosphere that everyone creates here including the professors, students, and facility workers. There are people ready to help no matter where you are and it’s an overall really friendly environment.

Why I’m excited to be an OL: There are so many great things to do and resources available at ESF but it can be tricky to navigate everything when you’re coming into a new environment, so it’s exciting to be able to guide people in the right direction and to help them find what they need. Also everyone who comes to ESF is usually really cool so by being an orientation leader I get to meet so many new and interesting people!

Something I struggled with most as a first year and how I overcame that struggle: I struggled mainly with my time management skills during my Freshman year, but I realized that there are study groups and plenty of other people in my classes who wouldn’t mind working with me. By setting work times with friends and classmates it helped keep me committed to finishing stuff on time.

Joey Baker (He/Him/His)
Junior - Environmental Resource Engineering

Things I am involved in on campus: ERE Club, tutoring

Things I enjoy doing on my down time: Take walks, whittle and carve wood, read, try new hobbies

Why I love ESF: ESF provides such a strong community and cooperation

Favorite parts about being an OL: I love to express myself and support others.

Advice and thoughts for new students: Give it your all, make sure you’re doing what’s right and healthy for you, and do not be afraid to ask for help <3.
Meet Your Orientation Leaders!

Liam Petri (He/Him/His)
Senior – Wildlife Science

Things I am involved in on campus: SUOC, Syracuse Rugby

Things I enjoy doing on my down time: Hiking, Camping, Skating, Drawing, Travelling

Why I love ESF: One of the main reasons I love ESF is the ability to be in a small school that provides specialized wildlife classes with small classes that provide an intimate teacher experience while being able to partake in the experiences of a large campus such as Syracuse University, such as clubs, sports games, and concerts.

Why I’m excited to be an OL: I’m excited to be an OL because it’ll allow me to bring a positive energy and welcoming atmosphere for the new students attending our school. And hopefully to create a network and connection with students that align with different interests.

Something I struggled with most as a first year and how I overcame that struggle: My first year I think I struggled most with taking on the workload that was required of an academically challenging school. Though the thing that helped most was finding friends that were on track with their school work that helped motivate me to have fun together while studying and doing homework as a group.

Brielle Howell (She/Her/Hers)
Senior – Environmental Studies (Policy, Planning, and law)
Minor – Environmental Writing and Rhetoric, Food Studies

Things I am involved in on campus: President of the Syracuse University Outing Club! We go backpacking, biking, climbing, caving, skiing, paddling, and more! Also a research fellow for the Center for Environmental Medicine and Informatics, and former work–study so I know a bunch about that

Things I enjoy doing on my down time: Rock/Ice climbing, backpacking, thrifting, painting!

Why I love ESF: I love how many opportunities I’ve had to grow academically – both through research and in my classes. I also love the tight knit community compared to the massive ones at SU!

Favorite parts about being an OL: I love being able to make new students feel welcome! I remember what it felt like to be new and the orientation leaders were so helpful to me.

Advice and thoughts for new students: Even when starting college in pre–pandemic conditions, I struggled to adjust at first, and I often felt overwhelmed. You’re starting college at a really tumultuous time in history, so it’s important to take care of yourself and ask for help if you need it! Whether it be from OL’s, counselors, new friends, old friends, just make sure that you’re getting the support you need!
Meet Your Orientation Leaders!

Emma Strassberg (She/Her/Hers)
Sophomore – Wildlife Science

Things I am involved in on campus: Syracuse Snare Quidditch Team, Gaming Club, Student Ambassadors

Things I enjoy doing on my down time: Read, watch TV, hang with friends, paint, garden

Why I love ESF: I love ESF because it's such a unique school. It's a small environment where you're surrounded by friendly faces with common interests, and the classes are about subjects that interest me.

Why I’m excited to be an OL: My OL really helped me transition into college smoothly and I want to be able to do that for other people.

Something I struggled with most as a first year and how I overcame that struggle: I struggled with the workload in the beginning, but there's a lot of great resources available to help you. The writing resource center, my teacher's office hours, the TA's, and group study sessions really helped. Once you get into a routine the work is easier to manage.

Madison Goodman (She/Her/Hers)
Senior – Environmental Resource Engineering

Things I am involved in on campus: Food Recovery Network, AXS Honor Society, ERE Club

Things I enjoy doing on my down time: Hiking, bike riding, cooking, party planning

Why I love ESF: ESF is an amazing community of open minded and friendly individuals who share at least one common interest of love for the Earth. I find it so easy to connect with the people around me and the network of friends and staff members here is so supportive.

Favorite parts about being an OL:
I love being an OL because I want to be able to help freshmen learn things about this school, and college in general, that I had to figure out myself. I feel like as a senior I am fairly knowledgeable on things that the freshmen might find confusing or intimidating and I love to do anything I can to help reassure them that their college experience can be a fun one.

Advice and thoughts for new students:
My advice to new students would be don’t be afraid to reach out to people and make connections. ESF is a community of friendly faces and just sitting down in Gateway with a new group might seem scary but try it out maybe you will have something in common and make some new friends!
Meet Your Orientation Leaders!

Mary Haley (She/Her/Hers)
*Sophomore – Environmental Studies*
*Minor – Writing and Rhetoric*

**Things I am involved in on campus:** Syracuse University: Syracuse Sailing Team, Kappa Alpha Theta Fraternity, Syracuse Lifeguard (paid job).

**Things I enjoy doing on my down time:** I enjoy going to the beach and recently took up paddleboarding! I also enjoy taking photos, reading, and bullet journaling.

**Why I love ESF:** In a simple answer I love ESF because of the community it creates on our campus. I have never walked around and felt anything less than accepted, appreciated, respected, and confident. ESF is a community consisting of driven and inspiring people that will always encourage you to be your best self.

**Why I’m excited to be an OL:** I am most excited to be an OL because it means getting to know all of you! Like I mentioned before the thing that I love most about ESF is the community and part of making that community be so useful for yourself is meeting other people. By being an OL I can meet all of the wonderful people that are also Ols as well as all of the new incoming students!!

**Something I struggled with most as a first year and how I overcame that struggle:** First year I struggled most with time management. I took on A LOT and it took me some time to figure out how to balance that all. Overcoming that meant being honest with myself and transparent with those around me. By being honest with myself I was able to recognize when I could and could not do something instead of convincing myself that working a 5 hour shift after a full day of classes left just enough room to also go out with my friends later on. By being transparent with everyone around me I never felt like I had to hide anything that I was doing and I knew the people I surrounded myself accepted me and wanted to be with me even if that meant having to work around a busy schedule.