

# LIVE & LEARN

Vol. 12, No.2, Fall/Winter 2010

Excelsior College Magazine



Ashleigh Quiqley holds a new degree and her special guest, daughter Rowan, at Commencement 2010.

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Commencement photos: Michael Hemberger, Kris Qua, and Island Photography.

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 Cathy Kushner, *Vice President*

## CALENDAR

### 2010–11 HOLIDAYS

(College closed)

#### November 11

Veteran's Day

#### November 25–26

Thanksgiving Day & Day After

#### December 24

Christmas Day (observed)

#### December 31

New Year's Day (observed)

#### January 17

Martin Luther King, Jr. Day

#### February 21

Presidents Day

#### May 30

Memorial Day

#### July 4

Independence Day

### COMMENCEMENT CEREMONY

July 8, 2011

Your questions and comments regarding *Live & Learn* are welcome. Please direct them to the Publications Office: 7 Columbia Circle, Albany, New York 12203-5159 phone: 518.464.8555 email: [pubteam@excelsior.edu](mailto:pubteam@excelsior.edu)

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**O**f the 6,034 students who became Excelsior College graduates last year, more than 300 traveled with their friends and families to Albany, New York, where on Friday, July 9, they celebrated Commencement 2010.

**In typical Excelsior College style, the event provided the unique sight of adult graduates, marching proudly across the stage to receive the fruits of their college accomplishments, while their families – often, their children – were the cheering section, looking on with pride.**

The College's largest cadre of graduates yet came to participate in Commencement 2010. They traveled from all over the country and abroad to attend the event at the Empire State Plaza Convention Center.

Excelsior's 39th annual Commencement not only recognized the largest graduating class in the College's history, but it also marked the beginning of the College's celebration of 40 years serving adult learners.

In his opening statements, Richard Yep, chair of the Board of Trustees, advised, "...you just never know where life will take you, so make the most out of the experiences you will have, remember those who touched you in some way as you pursued the degree you will receive today, and think about how you might help those coming after you."



**On The Cover:** Ashleigh Quigley, BS in Nuclear Engineering Technology, is an EM2 (Electricians Mate, Second Class) in the U.S. Navy. Currently stationed in Norfolk, VA, she drove up to attend Commencement 2010 and was joined by her friends and family from MA and NH.

Cover Photo: Michael Hemberger





**Tilea Bell, Bachelor of  
Science in Business '10**  
(Bell is also an '07 associate  
degree graduate in business.)





Out of a total of **6,034** graduates **49.4%** were male and **50.6%** were female. **30%** of graduates self-reported as being members of minority groups.

**30%** of the graduates were members of the U.S. military. **674** of this year's graduates were from New York State. The average age of the Class of **2010** was **38**.

The oldest graduate was a **91-year-old** woman from New Jersey, who earned an Associate in Science in Liberal Arts degree.

All **50** states were represented plus the District of Columbia, Guam, Puerto Rico, the U.S. Virgin Islands, and **20** other nations.

The youngest graduate was a **17-year-old** woman from Brooklyn, who earned a Bachelor of Science in Liberal Arts.

# FACES OF THE CLASS OF 2010



Excelsior's 2010 graduate speaker, Carolyn McCartney, told an inspiring story of success in the face of seemingly insurmountable obstacles. It is a story with which our students are familiar. "Excelsior College helps you to achieve much more than an education," she said. "It is more than a build-



Carolyn McCartney

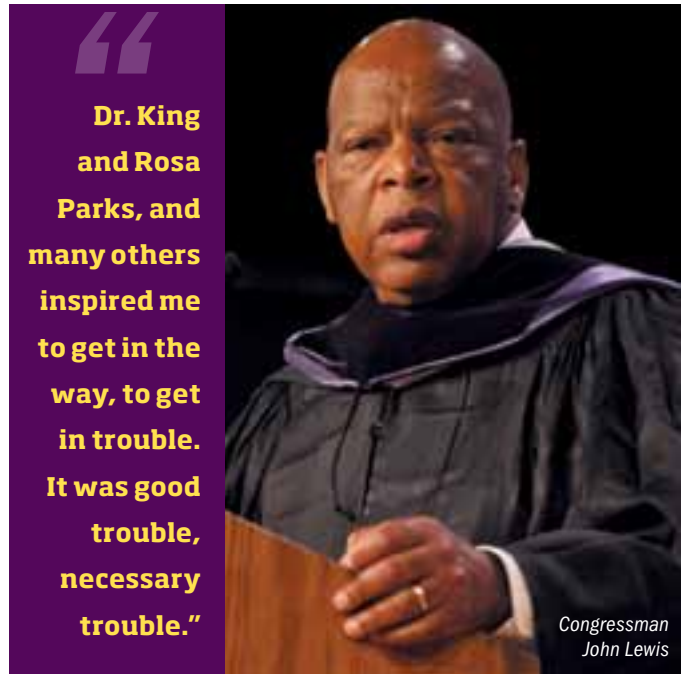
ing; it's more than a name on your degree. It's more than that voice at the end of the phone, saying you can do it. Excelsior College helped me to regain my self-confidence, and they helped me rebuild hope for my future. This is the power... the power of having a positive impact on someone's life. Now it's our turn. We need to make a difference." McCartney, who completed her Associate in Applied Science in nursing degree with Highest Honors, was also the recipient of the Ruth V. Matheney Memorial Award this year (see page 6).

During the ceremony, the College honored two with President's Medals for a major current or past commitment or contribution to Excelsior College: Michael B. Goldstein and John Robinson. Goldstein, a partner in the Washington, DC law firm of Dow Lohnes, PLLC, was acknowledged for his contributions to education and support of the Excelsior-founded Presidents' Forum. Director of Corporate Support for WMHT and president of his own marketing firm, John Robinson was lauded for his inspiring presentation to College staff during its Charter Day celebration.

Receiving honorary degrees were Under Secretary of Education Martha J. Kanter (also the keynote speaker) and John Lewis, U.S. Congressman and noted Civil Rights leader. Lewis harkened back to those days. "Segregation," he stated, "they said that's the way it is. Don't get in the way. Don't get in trouble. But Dr. King and Rosa Parks, and many others inspired me to get in the way, to get in trouble. It was good trouble, necessary trouble." Lewis concluded that he was taught to never, ever give up—or give in. "So I congratulate you, the class of 2010, for never, ever giving up, but for keeping the faith and keeping your eyes on the prize."

In congratulating the graduates, keynote speaker Martha Kanter noted, "You

*L to r: Congressman John Lewis (honorary degree recipient), Michael B. Goldstein (President's Medal recipient), Under Secretary of Education Martha J. Kanter (honorary degree recipient and keynote speaker). Front: John Robinson (President's Medal recipient).*



**Dr. King and Rosa Parks, and many others inspired me to get in the way, to get in trouble. It was good trouble, necessary trouble."**

Congressman John Lewis

are here, you're graduating because you embrace education, you embrace innovation, you embrace doing things differently. You came to a college that's incredibly innovative, and you have the drive and confidence to help move America forward."



Under Secretary of Education Martha Kanter

Soon, each graduate was crossing the stage in the traditional manner—to meet the enthusiastic, sometimes-thunderous applause of proud families, friends, and the entire Excelsior College community.

The ceremony concluded with "America the Beautiful," and graduates marched out of the auditorium together, passing through a receiving line that included the College's Board of Trustees, President Ebersole, the honorary degree recipients, and other community leaders including former Congressman Michael McNulty and Congressman Paul Tonko.

As always, Commencement ended with the graduates and their guests joining the Excelsior College family for a lively reception and lots and lots of picture-taking—as you will see on the following pages. ■



For the past few years, the ceremony has been Webcast 2010 for family, friends, and graduates who can't make the trip to upstate New York. "I am grateful for the live Webcast because both my sisters could watch it live and 'be there' with me," said Celeste Joyce, MS in nursing grad. "My sister texted me 'saw your smiling face' when the camera did a close up (my phone was on vibrate, of course)." Robert Netzly, who earned a BS in Liberal Studies, shared his story, "I live on the West Coast and so does my family, so it wasn't possible for everyone to travel out to see me graduate. Because of the Webcast my parents, grandparents, aunts and uncles were all able to see me 'walk the stage' and finish what I started—they're very proud. Mostly, though, I am thankful that my two young children were able to watch their daddy graduate on the computer while sitting on grandma's lap...they might not remember it 15 years from now, but I will!"

The Webcast is now archived on the College's Web site at:

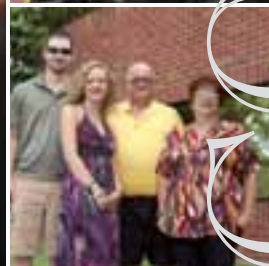
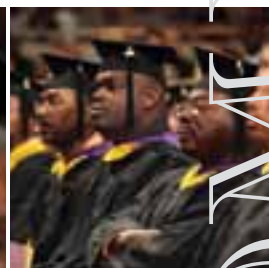
**[www.excelsior.edu/commencement](http://www.excelsior.edu/commencement)**

# First Awards Convocation— A New Annual Tradition for the College

**O**n July 8, the day before Commencement 2010, Excelsior held its first awards convocation, solely dedicated to the academic achievements and life accomplishments of its recipients.

Graduate and alumni achievement were celebrated together as one of the pre-commencement events—and the stories the awardees told as they each took their turn at the podium were amazing, inspiring, and poignant.

Provost and Chief Academic Officer Dana Offerman and VP of Institutional Advancement Cathy Kushner were on hand to present the graduate awards and introduce the awardees. President of the Alumni Association Advisory Board John Amidon and Advisory Board member Danny Scott did the same for our accomplished alumni honorees.





## "Together, they are a portrait of Excelsior College."

### GRADUATE AWARDEES

**A Tina Aown — Montag Award.** Aown completed her MS nursing degree 24 years after earning her AS in nursing from Excelsior (then Regents) College, which was her "springboard to a satisfying nursing career." At some point, she explained, "I knew I had to go back to school." Mother of four children, Aown was "excited to re-find the College." Completing the program provided "immediate benefits." Her career has blossomed. She is "fully engaged in participating with improving health care and dealing with health care issues," and with the confidence she's gained, she truly believes she can be "part of the solution."

**B MSgt Michael Baker — Gregg Award.** Baker called the College the "best decision" he could have made and described an experience so positive that his wife decided to enroll after he succeeded and was starting her first Excelsior course in August. He admitted that balancing everything was difficult, but "Excelsior College gave me the opportunity to finish something I had started years ago."

**C Charles Kern — Craig-Erhardt Award.** In accepting his award Kern spoke of Catherine Craig-Erhardt's devotion to education. As a U.S. Marine, he thanked Excelsior for the flexibility and for the way the College "always stands ready to educate the members of the U.S. military."

**D Carolyn McCartney — Matheny Award** (and graduate speaker at Commencement). McCartney said she had always dreamed of being a nurse, but when her initial attempts

failed, she was "shattered." She spoke of "the difference between dreams and goals," explaining that dreams are what you "think about, but goals are what you achieve when you take action." McCartney took action. At 56, she came out of Excelsior ("forever grateful") as a top-notch student—and RN—40 years after she first dreamed of becoming a nurse.

**E Daniel Tulip — Mahoney Award.** Tulip spoke of his military experience and the difficulties he had with completing his degree, until Excelsior College recognized his training and all of the credit he'd earned through other colleges. He thanked the Excelsior staff, "who were so professional and helpful" along the way.

**F Marcie Tulip — Student Support Award** (wife of Dan Tulip, Mahoney Award). Tulip said she was "touched by everyone's stories" and spoke of her surprise, learning her husband had nominated her and that she'd been chosen. In the closing line of his nomination, Dan wrote, "I will attend graduation, and on that day, nothing would make me prouder than to see my wife recognized for the selfless support that she provides on a daily basis."

**G Marie Wrinn — Kinsinger Award.** Wrinn spoke of her involvement with hospice and congregant care and described how her experiences, including those with Excelsior College, led her to start her own non-profit charity called No Child Dies Alone, whose mission is to provide end-of-life care for children in developing countries.

### ALUMNI AWARDEES

**H Dwayne Hanford — C. Wayne Williams Award.** Hanford said he was happy to "join the ranks of those who received this award before me," and was proud to acknowledge, "I'm the first in my family to graduate high school, let alone, college!" Hanford has been in the U.S. Army for 21 years, "the greatest job in the world!" As many have before him, Hanford pointed to the ESO (Education Services Officer), who inspired him to complete his college degree. A dedicated volunteer with the Boy Scouts of America and Little League of America, he said he looks forward to the day when the kids he has worked with will come up to him years from now, as adults, and remember him "as an inspiration."

**I Jeffrey Stewart — Alumni Achievement Award.** Stewart noted it had been thirteen years since he had walked in a graduation ceremony. He described his long journey to become a full-time professor and practicing endodontist, saying, "I can't help but think of the lessons I learned from the people along the way, especially those from the experience that I had at Excelsior (then Regents) College." As a touching addition to his talk, Dr. Stewart announced that his mother, too, had become an Excelsior College grad. "Six years after she started, she completed her degree and RN; she will be walking in the graduation ceremony with me tomorrow."

To learn more about the awards and their recipients, go to [www.excelsior.edu/graduateawards](http://www.excelsior.edu/graduateawards) and [www.excelsior.edu/alumniawardwinners](http://www.excelsior.edu/alumniawardwinners).



# Professional and Honor Societies Promote Lifelong Learning

**T**he School of Business & Technology hosted a two-part event on Thursday, July 8, during the College's Commencement activities—the Institute of Electrical and Electronics Engineers (IEEE) Student Branch charter presentation and the Alpha Nu Sigma Honor Society induction ceremony, which included the conferral of the first annual Dr. Robert L. Long Award for Academic Excellence in Nuclear Engineering Technology.

## IEEE Charter Ceremony

In her opening remarks, Dean Jane LeClair spoke of the School's commitment to providing professional development opportunities for its students, affording them the ability to "connect with other students in the same professions and to gain an understanding of the importance of professional development in our society."

As the first distance learning institution to host an IEEE student branch, the College received its official charter during the ceremony and welcomed new members. Keynote speaker William Clark, past president of ABET and a long-time member of both IEEE and the School of Business & Technology's Electronics Industrial Advisory Committee, presented the charter on behalf of IEEE and offered an illuminating presentation, "Professional Societies and Service,"

about the rewards of membership in a professional association. "Your learning never stops. Professional societies are a great way to continue your education once you graduate," he advised. "And if there ever was a group that exemplified lifelong learning, it would have to be Excelsior students." Several students, including Norman Thompson, this year's student branch president, attended the charter ceremony as did staff and faculty, including Dr. Sohail Anwar, lead faculty member of the Electronics Engineering Technology program and Mr. James Antonakos, program director. Dr. Anwar and Mr. Antonakos are faculty co-advisors for the student branch.

A leading professional association for the advancement of technology, IEEE is a global organization and authority on areas ranging from aerospace systems, computers and telecommunications to biomedical engineering, electric power and consumer electronics, among other fields. Excelsior's student branch membership is open to any enrolled student interested in electronics engineering and electronics/instrumentation technologies. The College covers the cost of the annual student membership fee. And, because IEEE has partnered with Excelsior College to offer educational opportunities to its members, substantial discounts on course tuition and program fees are a benefit of membership.

## Alpha Nu Sigma Induction

Part two of the event was the second annual induction of the Excelsior College chapter of the Alpha Nu Sigma Nuclear Honor Society. Twelve new members were honored for academic excellence in the area of nuclear engineering technology and welcomed into the chapter. Dr. Eric Loewen represented the American Nuclear Society. Chief consulting engineer, advanced plants



William Clark, chair of Excelsior's Electronic Industrial Advisory Committee, presents the IEEE charter to Norman Thompson, student chapter president, who is joined by James Antonakos, program director and faculty co-advisor, Dean Jane LeClair, and Sohail Anwar, faculty co-advisor.



Guest speaker Dr. Eric Loewen explains "The Role of Professional Societies in Your Career."







*Dr. Richard Coe, former faculty member, introduced the Dr. Robert L. Long Award for Academic Excellence in Nuclear Engineering Technology. Dean LeClair displays a letter of thanks from Teegan Wheaton, the recipient of the award, who was unable to attend in person.*

technology for General Electric—Hitachi Nuclear, Loewen is also a member of the President’s Blue Ribbon Commission on Nuclear Energy. Dr. Loewen’s remarks were titled, “The Role of Professional Societies in Your Career.” He noted, “The difference between a job and a career is getting involved.” He suggested that students become responsible leaders, observing that to do so, “you need to be concerned about people, you need to be concerned about the institution you work for, and plan on how you’ll continue to grow, which becomes your driving goal.”

The induction ceremony was highlighted by the presentation of the first Dr. Robert L. Long Award for Academic Excellence in Nuclear Engineering Technology. A longtime member of the College’s faculty, the late Dr. Long was known and respected across the world as an authority on the safe and peaceful use of nuclear energy. The Long Award is presented annually to an Excelsior BS in Nuclear Engineering Technology graduate who best exemplifies the criteria of academic excellence, as evidenced by membership in the Alpha Nu Sigma Nuclear Honor Society and academic record, including performance in the capstone course, NUC 495.

The recipient was Teegan B. Wheaton, a 2010 graduate of the BS in Nuclear Engineering Technology program, who achieved a 4.0 grade point average. Currently on active duty in the U.S. Navy, Wheaton completed the Navy Nuclear Power School program, supplementing his learning with courses from several universities and colleges, including Excelsior. Wheaton, although unable to attend the event in person, sent a letter, read by Dean LeClair, in which he wrote, “What an honor to receive this award... I am completely humbled by its presentation.” ■

## President Ebersole Receives Secretary of the Army Award

**Medal recognizes exceptional public service to the U.S. Army**



*Joseph J. Taluto   Joseph S. Laposata   John F. Ebersole   Arthur J. Gregg*

**P**resident John F. Ebersole received the Secretary of the Army Public Service Award during Commencement *in recognition of exceptional public service that makes a substantial contribution to the accomplishment of the Army’s mission.* Granted to private citizens, it is the second highest award the Secretary can bestow. A medal and citation were presented to Ebersole on behalf of the Secretary of the Army by Lt. Gen. Arthur J. Gregg (USA Ret.), Lt. Gen. Joseph S. Laposata (USA Ret.), both Excelsior trustees, and Maj. Gen. Joseph J. Taluto (USA Ret.), former adjutant general of New York State and an Excelsior College alum (BSL ’86).

In the citation accompanying the medal, Secretary of the Army John McHugh noted Ebersole’s progressive and innovative leadership of programs that benefit Army personnel. During Ebersole’s tenure, the College has become an onsite course provider at the U.S. Army Sergeants Major Academy, introduced a Military Spouse Scholarship program, established Excelsior’s Center for Professional Development, and created and staffed a veterans’ services and outreach program. The citation reads,

***“As a result of these and other efforts, soldiers are attaining their educational goals to better serve our nation while in uniform and to improve their options upon entering civilian employment.”*** ■



## Deep Thinkers: Master Minds Present Theses



**W**hat do Thoreau, decision-making, and foreign language all have in common? Master Minds, of course! These seemingly disparate concepts represent the variety and depth of topics covered by students in the Master of Arts in Liberal Studies degree program. Representing the best of the year's submissions, the authors of three theses were recognized as the program's 2010 Master Minds.

Lissy Weirich of Carlisle, Pennsylvania, a high school teacher of German, explored "Motivation, Self-Efficacy, and Anxiety in the Foreign Language Classroom."

Harry Steven Soehnel of Liverpool, New York, a certified teacher assistant and part-time writing tutor, examined transcendentalist Henry David Thoreau's legacy, "Are Thoreau's Words in Ecological Literature Used Correctly?"

Assistant Dean for the School of Liberal Arts at Siena College, Donna Tytko of Schenectady, New York, wrote a creative thesis that combined research with an original novel. Her work, "When You Know Better, You Do Better: The Art of Decision Making," was coupled with the novel *Under the Heavenly Moon*. ■

## Congratulations to our Project LEARN and VA Scholarship Grads!

**S**ummit Health—Chambersburg Hospital in Chambersburg, Pennsylvania, has a version of Project LEARN called the "Fast Track Program" for Excelsior College Associate in Science nursing students. It is made up of LPNs, who are paid by their hospital employer to go to school and finish their degrees in one year. The project, which began in September 2007, has graduated a total of 47 students.

Additionally, seven nursing students graduated this past year from Albany Medical Center, a long-standing Project LEARN partner located in Albany, New York.



*In attendance from Chambersburg were (l to r): Elaine Simmers, Hillary Tice, Toni Armstrong, and Yvonne Ellifritt with Theresa Sicilia, Project LEARN advising coordinator.*

*Project LEARN stands for Learning, Experience, Assessment, Resources, and Networking. Teams are formed when hospitals, teaching institutions, and health care agencies partner with the College to provide access to the most current and respected learning resources for associate, bachelor's, and master's degree nursing students.*

**I**n collaboration with the Veterans Healthcare Administration, Excelsior College works to promote the retention rates of VA scholarship participants across the country, who are enrolled in a nursing program at Excelsior. Two of our VA scholarship recipients attended Commencement this year and were greeted by Excelsior staff before the ceremony began.

**"It was a tough and rewarding journey!"**

**Ann-Marie Dixon,**  
BS nursing, Atlanta VA Medical Center

Nursing students who wish to apply for a VA scholarship must be enrolled with Excelsior College, receive approval from their VA program coordinator, and have worked for the VA for a minimum of one year.



*(L to r): Diane Wild-Smith, senior academic advisor and primary advisor for the VA scholarship students; Dr. Mary Lee Pollard, associate dean, School of Nursing; Tina Lucky, AS nursing graduate from the Northport VA Medical Center in Northport, NY; Ann-Marie Dixon, BS nursing grad from the Atlanta VA Medical Center; and Deb Hodge, senior academic advisor.*





# Nursing Honor Society Inducts 44 New Members



**"Simple things – done with great expertise – can lead to elegant outcomes. Nurses who make it look simple have this essential piece of care."**

—Barbara Blakeney

**T**he Tau Kappa Chapter of Sigma Theta Tau International, Honor Society of Nursing held its annual induction ceremony in Albany, New York, as part of Commencement 2010 activities. Dr. Bridget Nettleton, dean, School of Nursing welcomed forty-four nursing graduates, who "met or exceeded the standards for membership."

Keynote speaker, Barbara Blakeney, RN, MS, innovation specialist at the Institute for Patient Care at Massachusetts General Hospital and immediate past president of the American Nurses Association, presented: "Change is Great—You go First!" Her program examined the knowledge explosion in technology and health care and discussed the pace at which research is turning ever more quickly into evidence-based practice.

Responding, reacting, and balancing technology with humanity of care is the challenge. She strongly noted, "Simple things—done with great expertise—can lead to elegant outcomes. Nurses who make it look simple have this essential piece of care."

The formal induction ceremony commenced with each attending inductee received into membership with a pledge, the symbolic honor society pin, and signature in the Tau Kappa book. Leadership Awards were presented to Debra Jeffs, PhD, RN, and Bridget Nettleton, PhD, RN; Helene Wallingford, MS, RN, was recognized with a Chapter Mentorship Award; and the Research Award was presented to Patricia Edwards, EdD, RN, NEA-BC, associate dean, School of Nursing.

In closing, Dr. Nettleton reminded all that membership in the Tau Kappa honor society "is an experience to create throughout your career." ■

*New members (right) of Excelsior's Tau Kappa chapter gather for a photograph after the induction ceremony.*



# Center for Military Education

## Veteran Outreach at Fort Drum ACAP Career Fair

Veteran Services and Outreach Director Judy Reed recently participated in the Fort Drum Army Career & Alumni Program (ACAP) Quarterly Career Fair. The ACAP Fair assists transitioning soldiers, family members, veterans, and retirees to make informed career decisions, find employment, research career options, and experience success in the civilian sector.



*Judy Reed, director of veteran services and outreach, discusses college degree options with an injured soldier at Fort Drum during the ACAP Career Fair.*

The first hour of the fair was open only to Fort Drum's wounded, injured, and ill soldiers, allowing them the opportunity to visit booths at their own pace and the time to ask questions. Many visitors to the Excelsior College booth during the five-hour career fair—soldiers and civilians—completed interest forms for a preliminary evaluation and requested more information on degree programs and certificates

## Recognized by G.I. Jobs Again

*G.I. Jobs* has named Excelsior College a top military-friendly school for 2011. This marks the fifth time in a row that the College has been recognized as such, placing Excelsior in the top 15 percent of colleges, universities, and trade schools nationwide that are doing the most to embrace America's military and veteran students.

The latest *G.I. Jobs* designation is based on a poll of more than 7,000 schools nationwide. The process included an academic advisory board of educators from colleges and universities from around the country as well as representatives from the Veterans Administration, the American Council on Education (ACE), the College-Level Examination Program® (CLEP), and Student Veterans of America.

## College Hosts Veteran and Military Open House

Excelsior's spring Veterans and Military Open House was well attended by Capital Region military, veterans, and their families as well as guests from longer distances. The guest who traveled the farthest was an associate degree nursing student and veteran from Colorado, visiting the event in conjunction with his Clinical Performance in Nursing Examination (CPNE®). Several enrolled students from the immediate area dropped in to meet their academic advisors and visit with other College staff.

The Center for Career Services provided resume critiques to several guests during the open house. Career Services representatives assisted servicemembers and veterans in developing and refining their resumes by highlighting their most marketable skill sets in a clear, concise, and



*Representative of the many Excelsior military grads are (l to r) NCCS Andre Brown, Navy, AAB '09; CWO3 Charles L. Kern, Marine Corps, BSL '09; and MSgt Mary Gibson, Air Force, BSL '10.*

Photos: Kris Qua

visually appealing format. In addition to providing resume critiques, other career resources on all aspects of career development were available to participants.

Guest participants who supported the event included representatives from the New York State Division of Veterans Affairs, New York Small Business Development Center, New York State Troops to Teachers, and the New York Army National Guard.

## U.S. Army Sergeants Major Academy

This 2010 class of the Sergeants Major Academy, the first group to experience face-to-face instruction by Excelsior College professors, has now graduated. The ceremony was held at the Sergeants Major Academy at Fort Bliss, Texas. Susan Dewan, executive director of the Center for Military Education; Scott Dalrymple, dean, Liberal Arts; and David Elliott, associate dean, Liberal Arts attended the graduation event on May 25. Two-hundred-eighty Sergeants Major, who completed their degrees and certificates with Excelsior College, were recognized.

The Academy trains between 500–600 top senior noncommissioned officers through 1,200 hours of intensive instruction over a nine-month period. During this time, students can also complete civilian education programs earning associate, bachelor's, and master's degrees. This past year, more than 1,000 courses were taught by Excelsior College instructors through face-to-face instruction at the Fort Bliss Sergeants Major Academy. ■



# Celebrating the Opening of Excelsior's Washington Center

**O**n June 22, Excelsior College celebrated the opening of its satellite office with a ribbon cutting ceremony and reception at the National Geographic Museum in Washington, DC.

The College's decision to open the Washington Center grew from its founding mission—to provide access to educational success for those historically underserved in higher education. With the high percentage of military in the area, a number of community colleges with graduates seeking additional degrees, and a strong presence to build on, it simply was the best location for this new office.

Cathy Kushner, vice president for Institutional Advancement, explained, "As we considered ways in which to mark the opening of the Center, we knew from the outset that alumni and students should be included. We also looked for someone who could officially represent DC and formally welcome us to the area. As a learning institution, we wanted the event to reflect this value and to have an educational component. The resulting celebration brought together these elements in a highly successful manner."

The open house invitation was extended to all alumni and, through the Web, all students. Congressman Elijah Cummings agreed to speak. Representative Cummings, a member of the House Committee on Oversight and Government Reform, sits on the subcommittee that provides oversight to the District of Columbia. Beyond this role, his dedication to uplifting and empowering people, particularly around education, made



him a perfect fit for this Excelsior event. And the National Geographic Museum's exhibit, *Designing for the Other 90%*, created an apt education backdrop for the event.

Annette Jeffes, assistant vice president for Enrollment Management and director of the Washington Center said of the opening event, "It was a great success. We were very pleased with the number of guests who came. There is a lot of positive energy surrounding the new location, and we are very excited about furthering relationships with our many key constituents in the area."

"The event was all we could hope for," said Kushner. "More than 85 alumni, students, guests, and staff were in attendance. Congressman Cummings clearly understood and supported Excelsior and its mission. And the exhibit inspired and educated those present." Thanks were offered to Excelsior Trustee Lt. General Joseph Laposata, U.S. Army (Ret.), whose vision inspired the College to make the Washington Center a reality.

Looking forward, Excelsior alumnus and retired Master Chief Petty Officer of the U.S. Navy, Joe Campa (right), encouraged alumni attendees to work together to create an alumni chapter for the DC area, and he offered his help in coordinating the effort. Since then, a planning committee for the DC chapter has formed, and a first social gathering is scheduled for Nov. 18, 2010. ■



L to r: Trustee Board Chair Richard Yep, NY Congressman Paul Tonko, Trustee Lt. Gen. Joseph Laposata (USA Ret.), and Assistant Vice President Annette Jeffes perform the ribbon-cutting ceremony for the Washington Center.

# College Honors a Technology Pioneer



**T**his past spring, more than 150 friends of the College came together at the New York State Museum for Excelsior's second *Partners in Lifelong Learning* event. Held in recognition of a Capital Region organization or individual that shares the College's commitment to continuing education, the event was established in support of scholarships for Albany-area students enrolled at Excelsior. This year almost \$60,000 was raised for the Capital Region Student Scholarship Program.

Excelsior President John Ebersole opened the program, introducing the event's sponsors, honorary committee, and all who made the evening possible. "Our Partners in Lifelong Learning award," he explained, "recognizes people as well as organizations that share our values and mission. Tonight, we recognize the efforts of an early visionary in education and the use of technology, John Cavalier."

"Long before there were iPhones and iPads, there was John Cavalier," said Dr. Alain Kaloyeros, senior vice president and CEO of the College of Nanoscale Science & Engineering at the University at Albany. It was Cavalier's pioneering work at Apple that advanced the effort to bring computers into classrooms so students could be exposed to the then-emerging world of PCs. He later went on to become chairman and CEO of MapInfo and has served on boards of several other businesses and organizations. Cavalier also chairs the Tech Valley High Foundation, guiding the innovative high school created in 2007 to provide students with the skills necessary to be successful in college and in tomorrow's workforce.

In accepting the Partners in Lifelong Learning award, Cavalier acknowledged Excelsior's contribution to using technology to reach students. He cited Excelsior's philosophy—What you know is more important than where or how you learned it®—as a "wow statement." He explained, "Excelsior really understands" that learning can be accessed from various sources. America's way of teaching and learning, he offered, has not kept pace with technological advancement. For example, today's top ten "in demand" jobs didn't even exist in 2004. "All of us need to be involved in the education process in this country," Cavalier asserted. He was also proud to learn just how well the College serves the U.S. military and the educational goals of servicemembers and their families.

Chris Dede, the Timothy E. Wirth Professor in Learning Technologies at Harvard's Graduate School of Education, was the guest speaker. The need to prepare students for careers that don't even exist yet was at the forefront of Dede's



Director of Development Marcy Stryker with Partners in Lifelong Learning awardee John Cavalier.

presentation. He postulated that society needs to prepare students for *expert decision-making* and *complex communications*: the two skills that are fast becoming the hallmarks of 21st century living and are "more important than the relentless drive toward content that rapidly becomes obsolete."

Before the reception and silent auction began, President Ebersole concluded with one more reminder of the gift John Cavalier gave to the development and growth of technology as applied to education throughout his long career. "Since 1971," Ebersole pointed out, "Excelsior has been a leader in educating adult learners from a distance. This college has revolutionized adult education, recognizing learning wherever and whenever it occurs. This is the kind of technology that John championed in the 1980s—technology that helps us deliver education with greater access and lower cost." ■



Guest speaker Chris Dede discusses 21st century technology with the New York State Capitol building in the background.



# Excelsior Connects with Social Networking



by Dana Yanulavich, Sr. Editor

**C**an you name the third largest nation in the world based on its community population? It's not China or India as some may speculate, but the social networking powerhouse, Facebook.

Now boasting more than a half-billion users, it represents the meteoric rise in the use of social networking. According to a Nielsen Co. study, there's been a 43 percent increase in the use of social media in America alone. With so many of us logging into Facebook, Twitter, LinkedIn, and the like, it's no wonder that Excelsior College, too, is using this popular medium to interact with current and future students as well as alumni.

"We're an online community," explains Nancy Scala, project manager in Excelsior's marketing department and among those leading the College's social networking initiatives, "so what better way to connect with our students and alumni?"

**"My varied professional life just would not be the same without my social media toolkit."**

—Gillian Palmer, faculty member

The College established social networking sites about two years ago with Facebook, Twitter, YouTube, and LinkedIn. Each has seen a steady increase in participation. Excelsior on Facebook, for example, welcomed nearly 200 fans in its first month and now counts almost 2,000 followers! Since its initial foray into online communities, the College has also added blogs and MySpace to the mix and established Facebook communities tailored to specific audiences such as alumni, exam takers, and the military.

While most use social networking to stay in touch with family and friends, there's been an uptick in the number of businesses seeking to capitalize on its popularity to communicate with consumers. A Simmons New Media study found that 68 percent of individuals have become a fan or friend of a product, service, or company on a social networking site. And it's not just for kids anymore—the study showed that while the majority of 18 to 34-year-olds visit social networking sites, 41 percent of online adults aged 50 and over visit monthly as well.

"I never thought about Facebook, etc., being used professionally till a few weeks ago," explained Celeste Joyce, a 2010 grad. "After I completed my capstone graduation weekend, and knowing I now had my master's in

nursing, I gave more thought to establishing a consulting business." She thought about creating a brochure to promote such a business and asked her son for his opinion. "His response—'brochures?' Do you have a Facebook page? Are you on LinkedIn?"

What sort of interaction happens on Excelsior's social networking sites? It runs the gamut from questions regarding courses, exams, and requirements, to sharing challenges and triumphs. Commencement, for example, brought a virtual play-by-play on the College's Twitter site, reporting on the events as they unfolded. "Martha [keynote speaker and U.S. Under Secretary of Education Martha Kanter] has mentioned Twitter three times!" reports one such Tweet.

"I keep an eye on Excelsior's Facebook page and have used it some, along with posting my graduation pictures on it," noted Gary W. Nolan, a Bachelor of Science in Liberal Studies grad. "I believe Excelsior is doing a great job in its efforts to connect with the students."

Faculty, too, use social networking. Gillian Palmer, faculty in the School of Business & Technology, offered, "My varied professional life just would not be the same without my social media toolkit." She uses a broad array of social media resources, such as Delicious, a social bookmarking site; LinkedIn; Facebook; Twitter; YouTube; and blogging. "I have also enjoyed meeting some Excelsior students there [Facebook] and just being part of the Excelsior learning community without the strictures of the roles in a 'learning platform.' I now use Twitter on a daily basis to keep up to date with educational trends, find information, be reminded of term dates, gain support, and, I hope, sometimes give support as well."

While some may think that social networking and education are an odd alliance, Educause, a nonprofit association whose mission is to advance higher education by promoting the intelligent use of information technology, predicts that "online groups might begin to resemble existing campus communities..." and that it promises to create new avenues of professional development and networking for faculty and alumni.

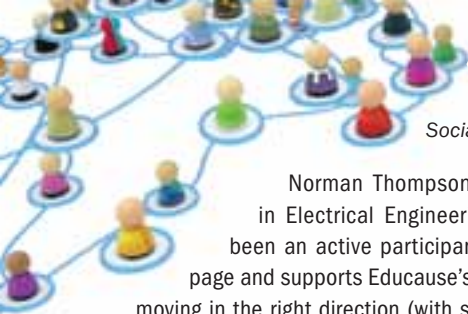


CELESTE JOYCE



GARY NOLAN

*continued on next page*



#### Social Networking continued

Norman Thompson, Jr., a Bachelor of Science in Electrical Engineering Technology student, has been an active participant on the College's Facebook page and supports Educause's assertion. "I think Excelsior's moving in the right direction (with social networking). They're listening and noticing the trend. You'd become extinct if you didn't get involved." He also is a subscriber to the College's YouTube channel and is connected with Excelsior's LinkedIn site. Social networking, he claims, fits his lifestyle. A single parent with two children, president of Excelsior's IEEE student chapter, and lead engineer at EchoStar, this Air Force veteran has his hands full while working to complete his degree. "If I want to stay connected to my industry, I have to stay on top of things. I knew I had to find avenues to do that. That's why social networking is great for me."



NORMAN THOMPSON

The oft-cited book, *The Wisdom of the Crowds*, offers many intriguing examples of how the combined wisdom of a group is often greater than the smartest, single individual. With fellow students, alumni, faculty, and staff all participating, the College's social networking efforts offer another means of communicating and creating community online. Don't get left out of the discussion. Check out Excelsior's social networking initiatives at [www.excelsior.edu/communities](http://www.excelsior.edu/communities). ■

#### School of Business & Technology

## ABET Reaccreditation

**T**he School of Business & Technology is pleased to announce the renewal of accreditation for its Electronics Engineering Technology and Nuclear Engineering Technology programs. In October 2009, the two programs underwent ABET review. ABET's Technology Accreditation Commission (TAC) officially notified Excelsior College of the approved status on August 5, 2010.

**ABET, Inc.**, the recognized accreditor for college and university programs in applied science, computing, engineering, and technology, is a federation of 30 professional and technical societies representing these fields. Among the most respected accreditation organizations in the U.S., ABET has provided leadership and quality assurance in higher education for over 75 years. ■



## MBA Revised

### Successful Program Enhances Flexibility and Accessibility

**E**xcel's Master of Business Administration (MBA) program has been enhanced to increase its flexibility and accessibility for working adults. The School of Business & Technology academic faculty and the College's instructional designers have given each MBA course a new look along with enriched content and learning activities.

Consistent with the College's mission to provide educational opportunities that overcome barriers of time, distance, and cost, the program allows students to transfer up to 24 credits from outside sources.

Students can complete the MBA program fully online, with between 33 and 48 graduate academic credits. Upon admission, individual candidates receive an evaluation indicating which courses must be successfully completed to qualify for the degree. Upon enrollment in the program, up to 15 credits of foundation courses may be waived on the basis of prior graduate or upper-level undergraduate study in the relevant areas. Waivers for foundation requirements may also be attempted through online challenge exams after enrollment.

"For the last fifty years, an MBA degree has been the path to management in corporations around the world," explains Craig Tunwall, business faculty program director. "Now, in a world of rapidly changing values, technology, and economies, that MBA has to be adaptive and focused on the future. Excelsior's new approach to an MBA degree recognizes those realities; it is adult education aimed at tomorrow's challenges."

The Excelsior College MBA is designed to provide a quality graduate business degree that facilitates career advancement; it is particularly helpful to those in middle management, emphasizing ethics, communication strategies, and workplace-oriented skills as well as the application of theory to practical situations. ■

For more information, go to [www.excelsior.edu/mba](http://www.excelsior.edu/mba).





## New Degree Options for School of Health Sciences

**I**n September, Excelsior's School of Health Sciences launched two new degree programs—the Bachelor of Science (BS) in Health Care Management and the BS in Health Care Management to Master of Business Administration (MBA) dual degree.

The BS in Health Care Management program is designed to prepare students to meet the increasing business demands of today's health care arena by developing managerial knowledge and skills. The curriculum includes core courses in business, health care management, and other disciplines supportive of the health care manager role.

**“... there's never  
been a better time to  
make the move into  
management.”**

—Dean Deborah Sopczyk

The dual degree path allows students to save time and money by earning both a BS in Health Care Management and MBA together. Thus, they can earn a Bachelor of Science in Health Care Management and an MBA with fewer credits than if each was earned separately.

And what better way to move into management then to tap into the Excelsior College MBA program? The recently enhanced graduate program (see preceding page), offers a broad business background to complement the health sciences curriculum, preparing students for a move into management or helping to amplify their existing skills.

“With the U.S. Department of Labor projecting strong growth in the health care industry through 2016, there's never been a better time to make the move into management,” explains Dr. Deborah Sopczyk, dean of the School of Health Sciences, “and these two new degrees offer the tools to help students succeed.”

To learn more, call the Admissions Office at **888-647-2388**, ext. 27, or visit the School of Health Sciences at [www.excelsior.edu/healthsciences](http://www.excelsior.edu/healthsciences).

## Distinguished Faculty Members of the Year



**T**he Distinguished Faculty Members of the Year awards program has been established to annually recognize the outstanding accomplishments of one faculty member in each of Excelsior's four schools—Business & Technology, Health Sciences, Liberal Arts, and Nursing.

Faculty members are nominated in the following categories: outstanding development of courses and assessments, outstanding service to the College community, outstanding service to students, and/or outstanding course instruction.

Staff, faculty, and students cast more than 500 nominations. Presentation of the awards took place on Excelsior's Charter Day, April 22, and three of the four winners were able to receive their recognition in person in Albany, NY. President Ebersole noted that the faculty awards marked another major step forward in the evolution of the College, pointing to the extraordinarily heavy competition for the awards and the remarkable qualifications of the four winners.

### **DISTINGUISHED FACULTY MEMBERS OF THE YEAR AWARD WINNERS FOR 2010**

**Eric S. Harter**, MBA, DM, School of Business & Technology

**Craig A. Owens**, MSW, LCSW, School of Health Sciences

**David Sherman**, MMus, School of Liberal Arts

**Sharon A. Aronovitch**, PhD, RN, School of Nursing

Two of the four awardees are actually Excelsior College graduates—Dr. Aronovitch earned a BS in nursing in 1984, and Harter earned a BS in business in 1992. ■



## MS in Nursing Degree Program

**W**e are extremely pleased to note that this year marks the 10th anniversary of the graduate degree program in nursing at Excelsior College," announced Dr. Bridget Nettleton, dean, School of Nursing. In 1999, Excelsior

took a giant step into the frontier of online graduate nursing education, seeking and receiving approval from the New York State Education Department (NYSED) to offer a Master of Science degree in nursing with a specialization in Clinical Systems Management. Concurrent with approval for the master's degree program, the NYSED also approved an RN-MS program, which would combine both the bachelor's and master's degrees.

Development of the first courses brought together renowned experts from across the country, along with onsite faculty, to transform the curriculum to the online platform. These experts also became the instructional faculty as the courses were launched, providing a national scope to the program.

In fall 2002, after a successful self-study and site visit, the program received its initial accreditation from the National League for Nursing Accrediting Commission (NLNAC).

By December 2002, the first four students to complete the program came to Excelsior to meet face-to-face for the first time. The celebration, which included faculty and staff who had been instrumental in developing the program, was a great reunion of people who had never met in person.

They all came to know each other well as participants in the kind of community that develops as students go through an online program together.

The MS nursing has continued to gain in popularity and enrollments, as did the College's desire to create new specializations. In 2006, the nursing education specialization was introduced to help prepare the nursing workforce of the future, and one year later, a third specialization was added, nursing informatics.

In the spring of 2008, the MS degree program's NLNAC accreditation status was continued for another eight years.

Today, there are 740 students enrolled—337 in the master's and 403 in the RN to MS. These students come from all over the U.S. and some from outside the country. Graduates from Excelsior's AD and BS nursing programs make up a significant percentage of the MS students. To date, there are 178 graduates, and 58 of those grads have two or even three degrees from Excelsior College. ■

**Commencement 2010** saw the largest turnout ever of MS nursing grads! Twenty-three came to Albany to celebrate their achievements. One group, who named themselves the "Red Shoes," marched together and enjoyed the camaraderie of mixing with faculty, staff, and their peers.



The MS nursing program consists of core nursing courses and specialty courses in management and informatics and culminates in a capstone course, which includes an administrative practicum experience and a weekend onsite leadership retreat at the College. **To learn more about the Master of Science degree in nursing, go to [www.excelsior.edu/msn](http://www.excelsior.edu/msn).**

## A High Percentage of Success: College Increases Partnerships

**Over the past six months, the College has formed a number of educational partnerships with organizations from a variety of industries, increasing access to many more employees wishing to earn a degree.**

During the College's fiscal year, the Excelsior partnership development team exceeded net revenue goals by 300 percent (or \$300,000), creating eleven new partnerships and performing extensive outreach to existing partner organizations including Albany Medical Center, IBEW, CSX, and USPS.

The benefits of an Excelsior College education partnership are many; for example, substantially reduced fees and tuition may be available, helping to enhance employee recruitment and retention. Over the next year, the partnership development team will focus on creating new partnerships in industries including energy and hospitality.

If you think an education partnership with Excelsior College would benefit your company or organization, please contact the Partnership Development Office. Call toll free 800-896-1632 or email [corporate@excelsior.edu](mailto:corporate@excelsior.edu).

Our new partner organizations include:

- **Professional Law Enforcement Association (PLEA)** – Troy, Michigan
- **Public Service Enterprise Group Nuclear (PSEG)** – Lower Alloways Creek, New Jersey
- **Executive Women in Government (EWG)** – Washington, DC



# Introducing My Academic Plan (MAP)

**B**ased on feedback received from our enrolled students, the College is now in the process of redesigning the Academic Evaluation Summary (AES) and Status Report (SR).

These documents, which list students' remaining requirements for degree completion as well as all of the credits that have been accepted toward their degrees, will be renamed My Academic Plan (MAP). It is already being used for associate degree students in the School of Liberal Arts and will soon launch for other degree programs.

Future plans for the MAP include an interactive degree-planning tool, in which students can plan out the courses and examinations they will take—and when they plan to take them.

**A.** This is where your name and student ID number are listed along with the date your MAP was created.

**B.** Your academic policy date determines which policies affect you. Your degree title is listed here as well so be sure you are enrolled in the correct degree.

**C.** General announcements for all students are listed here.

**D.** This section replaces the AES and lists the credits still needed for your degree.

**E.** The comments section is where you will find information related to your degree. Your advisor will add any specific notes for you here.

**F.** Credits that have been applied to your degree are all listed here. Only the basic information for each course is now listed including grade, credits, distribution, and level.

**G.** This is where you can see how many total hours you have toward your degree. Your overall GPA and Excelsior College GPA are listed here as well.

**H.** This key explains what the codes represent.

Student Name:  
Student ID#: **A**  
Report Date: 7/15/2010

Academic Policy Date: 12/2/2009  
**B**

**EXCELSIOR COLLEGE**  
BACHELOR OF SCIENCE - LIBERAL ARTS  
Focus Area: Adm/Bus/Mgmt Studies

## My Academic Plan

### Important Information Pertaining to Your Degree

**Excelsior College Course Option** Students enrolled in the Excelsior Course Option are required to complete a minimum of **12.00** semester hours of Excelsior College distance learning courses before the degree is conferred. Currently, you have completed **1.00** semester credits. You have two choices at this time:

1) Remain enrolled in Excelsior Course Option and complete an additional **11.00** semester credits of Excelsior College courses. Please review the course offerings and registration information at [www.excelsior.edu](http://www.excelsior.edu) then contact your advisor for course approval prior to registering. 2) If you have fulfilled all degree requirements with the exception of the residency requirement for the Excelsior Course Option you may change to the Multi-Source Option for the Military.

### Credits Needed

TOTAL ARTS AND SCIENCES		Needed
Arts and Sciences Lower Level Total		0.0
Arts and Sciences Upper Level Total		12.0
<b>TOTAL ARTS AND SCIENCES REMAINING</b>		<b>12.0</b>
TOTAL APPLIED PROFESSIONAL or ADDITIONAL ARTS AND SCIENCES		Needed
Any Academic Area Lower Level Total		20.0
Any Academic Area Upper Level Total		0.0
<b>TOTAL IN ANY ACADEMIC AREA REMAINING</b>		<b>20.0</b>

**Totals listed above must include the following requirements:**

General Education Requirements:		Needed
Written English		0.0
Humanities Distribution <sup>a</sup>		0.0
Humanities Requirement <sup>a,b</sup>		0.0
Social Sciences/History Distribution <sup>a</sup>		0.0
Natural Sciences/Math Distribution <sup>a</sup>		1.0
Quantitative Requirement		0.0
Information Literacy		0.0

### Comments

Excelsior College does not award credit for physical education activity courses, high school level GED examinations, continuing education units, Carnegie units or orientation courses. Transfer credits with a grade of D along with remedial and/or non-degree level courses are not transferable. Any courses falling into these categories will not be reflected on the My Academic Plan.

### Credits Applied

Term	Title	Grade	Credits	Distribution	Level
<b>SAINT LEO UNIVERSITY</b>					
2007/SP	HRA*360 COMPENSA & BENE	A	3.00	E	U
2008/SP	HRA*330 HEALTH, SAFETY & SECURITY	A	3.00	E	U
2008/SP	MGT*441 LABOR RELATIONS	A	3.00	E	U
2009/SP	ENG*225 SURVEY OF WORLD LIT I	A	3.00	H	L
2009/FA	SOC*320 METHODS OF SOCIAL RESEA	A	3.00	S	U
<b>EXCELSIOR COLLEGE</b>					
2010/SP	INL*102 INFORMATION LITERACY	P	1.00	E	L

Total Credits Completed: 94.00  
Overall Grade Point Average: 3.52  
Excelsior College Grade Point Average: n/a

### Key to Distribution and Level Codes

**Distribution Codes**

- E - Applied Professional
- H - Humanities
- N - Natural Science/Math
- S - Social Science/History
- W - Written English Requirement

**Level Codes**

- L - Lower Level
- U - Upper Level
- G - Graduate Level

## Excelsior College Announces GED Preparation Online

**E**xcelcior College is now offering a GED (General Educational Development) online review course designed to prepare students to sit for the GED exam. The program, called the GED PREP XCELERATOR, offers preparation for all five of the exam's subject area tests: math, writing, reading, social science, and science. Students can enroll any time and have access to experienced facilitators to assist them in their studies.

Offered through Excelsior's Center for Professional Development, the program will require students to complete a pretest to gauge their knowledge level at the time of entry into the program. Students will also be asked to commit to three hours per week of study time to ensure adequate preparation for the exam. Those in the program receive targeted content support and, when ready, information about taking the exam in their home state. Successful completion of the program will then give students the option of continuing their education with Excelsior at either the noncredit or credit level.

Why is Excelsior College now offering GED preparation? It is a natural progression. "Excelsior has already removed the barriers of time and place for college students, and now we will offer those seeking a GED a way to access this first rung in the higher educational ladder," said John Ebersole, Excelsior College president.

Citing statistics that show over one million students do not finish high school each year in the U.S., as well as President Obama's initiatives to increase high school completion rates, Ebersole reiterated Excelsior's commitment to assist in the effort to raise the educational attainment of all learners. "It is in our nation's best interest to help with the high school dropout rate. The economic effect of not earning a high school diploma is staggering. This is a need that cannot go unfulfilled, and Excelsior has the ability to help solve this problem."

Elizabeth Santiago, Excelsior's online GED course developer and facilitator, sees online access to GED preparation materials as more than just a good idea. Santiago not only teaches GED preparation classes in Somerville, Massachusetts, but she also earned her high school diploma by passing the GED herself in 1988. She then went on to earn an undergraduate degree from Emerson College in Boston and a master's degree in education from Harvard University. Santiago knows firsthand the opportunities that higher education can



**"...Earning the GED gave me the confidence to go further in my education."**

*Elizabeth Santiago*

provide to those who take the first step in getting their high school equivalency certificate. "When I left high school, I was disappointed in myself and not sure if I would ever go back to school," she says. Nervous about pursuing a GED, she got up the courage to start studying, did well, and passed the exam. "Earning the GED gave me the confidence to go further in my education. Was it easy? No. I had to work full-time and take college courses part-time, but it didn't matter to me because I finally believed that I belonged in school." Santiago uses her own experience when she teaches GED prep courses to inspire others who have dropped out of school and lack the confidence to try again. "If I can do it, I believe strongly that anyone else can. I have yet to be proven wrong."

by Susan M. Kryczka, Executive Director, Center for Professional Development

**For additional information** on the GED preparation course, go to [www.excelsior.edu/GED](http://www.excelsior.edu/GED) or call 888-647-2388, ext. 118211.





## New Courses from the CPD

**W**hether you're looking to upgrade the skills needed for your current career or wish to be trained for a new one,

The Center for Professional Development has offerings that are right for you. Our newest non-credit programs include:

**Nature Guiding**—Gain the essential skills necessary to become a successful nature guide, whether you are leading a nature tour on foot, kayak, raft, bicycle or vehicle, or presenting a nature program to an indoor audience.

**Medical Ethics Certificate**—A state-of-the-art ethics curriculum with video case studies, complemented by nationally recognized expert opinion, is delivered for individual learning into the virtual classroom. This program is especially relevant for doctors, nurses, and other health care professionals as well as those who sit on hospital ethics boards.

**English for Medical Professionals: A Communication Course for Doctors, Nurses, and Pharmacists**—Improve your English language skills and your ability to interact more successfully in any health care setting. The nine modules in this course focus on real-world issues faced by non-native English speakers working in U.S. hospitals, clinics, pharmacies, and public health facilities. The course is designed to help you gain more confidence in communicating with patients as well as with other hospital or medical personnel.

**English for Medical Professionals: A Communication Course for Home Health Care Aides and Unlicensed Assistive Personnel (UAPs)**—Improve your English communications skills and your ability to interact successfully in a professional manner in home health and other health care settings. The nine modules in this course focus on real-world issues faced by non-native English speakers working in private homes as well as U.S. hospitals, clinics, pharmacies, and public health facilities.

More than 100 courses are available through the Center for Professional Development, and over 60 are approved for benefits for active duty military service-members and veterans. For additional information, go to [www.excelsior.edu/cpd](http://www.excelsior.edu/cpd) or call toll free 888-647-2388, ext. 118211.

## Excelsior Hosts HBCU Workshop on Distance Learning

**T**his past summer, the College held an innovative workshop titled "Going Online: Increasing Access While Keeping Traditions Alive," to begin laying the groundwork for future alliances with institutions serving minority students.



One of the program's presenters, Rhonda Spells, executive director of eLearning Services at Prince George's Community College, spoke about peer review methods and the tools institutions can use to establish quality guidelines in development of online courses.

Representatives from 20 Historically Black Colleges and Universities (HBCUs) participated in the two-day event. Excelsior College served as the primary underwriter with assistance from *Diverse Issues in Higher Education* magazine.

"Our goal for the workshop was to demonstrate the College's commitment to minority-serving institutions, starting with HBCUs," said President John Ebersole. "This is a sector of higher education that has not yet fully embraced online delivery, despite research showing that a substantial percentage of minority learners do seek this option. We believe that with Excelsior's long experience in the field and cutting edge online learning technologies, we can help these institutions improve their efforts."

The HBCU event drew educators and administrators from a great variety of institutions such as Tom Joyner Online Education, the Sloan Foundation, Fayetteville State University, Thomas Nelson Community College, Franklin University, and Morgan State University. Discussions and presentation topics ranged from getting started with online education, student support strategies, growing and marketing programs, and faculty engagement, to the use of multimedia in online learning. ■

# Advisor Receives National Award

## NACADA Recognition for the Fifteenth Time!

**D**eborah Hodge, senior academic advisor in the School of Nursing, has received a Certificate of Merit in the Primary Advising category from the National Academic Advising Association (NACADA).

This marks the fifteenth time in the College's 40 years that an Excelsior College advisor has been recognized by NACADA. Hodge will receive her Certificate of Merit at the annual awards ceremony and reception to be held in Florida this fall.

Her nomination portfolio clearly established how highly respected she is by her colleagues and how deeply committed she is to her students. Hodge herself is the first to say how much she loves her profession: "I enjoy the entire advising process — knowing that I'm helping students realize their educational goals as well as their life goals. I have the pleasure of working with a diverse population, and despite the distance between myself and my advisees, I feel a strong connection with them."

**"Speaking with Ms. Hodge makes that personal connection with me... Her efforts confirmed in my mind that Excelsior College definitely was the right choice for me to fulfill my educational needs." — Holly Mari Filer, RN**

**"I could go on and on about the good things Deb brings to academic advising at Excelsior College... and her willingness to go above and beyond what is expected of her in her advising role... I am so privileged that she is on my advising team."**

**— Sandra A. DerGurahian,  
Director of Advisement and Evaluation, School of Nursing**

**"Somehow just telling her *thank you* doesn't seem enough for all that she did to assist me. Please help me show her how much she means to the students of Excelsior. She is really the best." — Charles Blades, RN, BS in nursing**

**To nominate your advisor,** please send an email to Betsy DePersis at [depersis@excelsior.edu](mailto:depersis@excelsior.edu), or fax 518-464-8777, or send a letter to the attention of Betsy DePersis. Include your name, student ID#, your advisor's name, and a brief description of how your advisor has helped you work toward the completion of your college degree. We look forward to hearing from you.

**Congratulations Deborah Hodge**







**T**he vast majority of Excelsior College students are working adults, balancing family, career, college, and community responsibilities. It can often be a juggling act at best! As work obligations, course deadlines, and family needs prevail, many wonder how to manage it all and still preserve balance and harmony in life.

## CAREER CORNER

by Maribeth Gunner Pulliam, MS Ed

### What Exactly is Work-life Balance?

In general, work-life balance entails fostering the right combination of participation among all life roles. It includes the interaction among paid work, family activities, personal development, community events, favorite pastimes and hobbies. Work-life balance is a commonly used term, but has a different meaning for each individual. There is no “one-size fits all” formula. We all have different values, aspirations, and commitments that drive us, as well as our own unique methods of arranging and allocating our time. Career experts are quick to point out that the phrase “work-life balance” can be misleading; it implies a false dichotomy of two separate and equal parts—work and life. On the contrary, our lives and careers are inextricably intertwined and multifaceted. They are not so easily divided or calibrated. Developing a healthy balance between work and life is truly an individual process that changes over time, depending on life stages, goals, and the current socio-economic climate.

### What Factors Affect Work-life Balance?

We live in a 24/7 society. Changing social demands, increasing globalization, shifting demographics, varying economic conditions, and rapidly growing information and communication technology options are some of the factors that significantly impact how we approach our lives and careers.

Consider a few current trends:

**Changes in the workplace**—Employees operate in an ever-changing, fast-paced workforce. Job mobility has increased. There are no longer jobs for life or guaranteed job security. Due to increased technology, many jobs that exist today may be reconfigured or eventually become obsolete. For some occupational fields, jobs that will be popular in 20 years have not even been created yet!

**Option overload**—As we attempt to balance our daily routine, we also experience an inordinate amount of choices. We can choose among an array of foods, restaurants, mobile devices, cars, movies, clothing, and more. We are offered many ways to better our health, diet, parenting, and education. If you're still not sure, comparison shopping is only a click away on the Internet. Although most

often embraced, ample choice can also lead to arduous decision-making. Continuously discerning how to allocate our energy and resources among multiple options can create more of a drain on already overscheduled time.

**Family dynamics in flux**—Both single- and dual-income families in today's society are significantly affected by the competing demands of life and career. For parents working outside the home, multitasking is commonplace as they face both child care and elder care issues. With so much to juggle, it can be challenging for working adults to carve out time for family, recreation, educational pursuits, community services, exercise, and other leisure activities.

### How Do You Know if You're Out of Sync?

We all have days when we feel a lack of control; that we're falling behind; or out of step. However, when this feeling becomes the rule instead of the exception, we may be teetering on the edge of imbalance. For some, devoting an excessive amount of time to work leaves little room for other important discretionary activities. Tipping the scale too far to one side can result in negative implications such as increased stress, poor health, relationship issues, job burnout, and overall dissatisfaction in life.

### Get Back On Track!

Feel like your work-life balance is off the mark? Consider it an opportunity to create a workable balance. Regain a sense of control, flexibility, and gratification in your everyday personal and professional life. It's within your reach!

*continued on next page*

## Here are Some Tips to Get You Started:

**Assess what is important**—Honestly assess your values. What do you enjoy? What do you want to achieve? Be sure to account for all your life roles. Determine how to best allocate your personal resources and energy. Focus on what your priorities are—not what others think they should be.

**Set goals and establish a career plan**—Explore your options and set incremental milestones. Then, take action; even small steps move you forward. Review your plan regularly and make adjustments as needed.

**Organize**—You will be more productive if you have a system in place to streamline work processes and life events. Keep a daily to-do list. Do what needs to be done and let the rest go.

**Delegate**—Solicit the help of others. Outsource activities that others can do.

**Be adaptable**—Allow yourself more flexibility when arranging your personal schedule. Accept the possibility that the lawn may get cut on Wednesday instead of Monday. Simplify whenever possible.

**Learn to say no**—Limit choices. Recognize that you can't do it all. It's okay to respectfully say no. Do you need to attend every family event and all work seminars? Don't commit out of guilt or false sense of obligation.

**Nurture yourself**—Maintain your energy! Carve out time for fun. Invoke humor. Set time aside for activities that you enjoy. Eat healthy. Add physical activity to your daily routine.

**Find quiet time**—Put white space on your calendar, and allow time for reflection, solitude, and clarity.

**Use vacation time**—Recharge your batteries! Take the time you are allotted by your employer to rejuvenate and relax. You may be surprised by the energy you have when you return to work.

**Take advantage of employer options**—Ask your employer about flexible scheduling or telecommuting. Use tuition and health promotion benefits. By increasing your control, you can diminish your stress.

**Improve your work environment**—Flexible schedule arrangements not an option? Look to enhance other aspects of the job. Strengthen working relationships with colleagues or seek to learn something new.

**Bolster your support systems**—Enlist trusted friends and relatives to help out when family and work conflicts arise. Keep a list handy of phone numbers and email addresses to access if needed.

## Strike a Balance!

Many working adults aspire to succeed in the workplace without forgoing their personal lives.

Finding the right equilibrium between personal and professional roles can be a challenging but worthwhile endeavor. Your time is valuable! Make sure the way you spend your time aligns with your life goals, and you will be well on the way to achieving a successful and satisfying work-life balance.

## Related Resources

### Workplace Values Assessment, Arizona State University

<http://career.asu.edu/S/CareerPlan/SelfDiscovery/ValuesAssessment.htm>

### Work-life Balance Quiz, Quintcareers.com

[http://www.quintcareers.com/work-life\\_balance\\_quiz.html](http://www.quintcareers.com/work-life_balance_quiz.html)

### Goal Setting and the Career Planning Process, Dawn Rosenberg McKay

[http://careerplanning.about.com/od/settinggoals/a/setting\\_goals.htm](http://careerplanning.about.com/od/settinggoals/a/setting_goals.htm)

### The Future of Work-Life Balance and Workplace Flexibility, New America Foundation

[http://workforce.newamerica.net/events/2010/the\\_future\\_of\\_workplace\\_flexibility](http://workforce.newamerica.net/events/2010/the_future_of_workplace_flexibility)

## Tip Sources

[www.mayoclinic.com](http://www.mayoclinic.com), [www.cioinsight.com](http://www.cioinsight.com), and Goal Setting and the Career Planning Process, Dawn Rosenberg McKay

Access this article, and many additional career-related links at the Excelsior College Career Center at [www.excelsior.edu/career](http://www.excelsior.edu/career). Questions or comments about this article? Contact Maribeth Gunner Pulliam, Career Services Coordinator, Office of Online Education and Learning Services.

Plan ahead to make sure you receive your degree at the time you want it.

## IMPORTANT DEADLINES

Conferral Date	Deadline for receipt of transcripts/ official documents for initial evaluation	Deadline for receipt of transcripts/ official documents for updated evaluation	CPNE Completion Cut-off (Nursing only)	Final Changes
November 19, 2010	Sept 10	Sept 24	Oct 1	Nov 5
December 17, 2010	Oct 8	Oct 22	Oct 29	Dec 3
January 21, 2011	Nov 12	Nov 24	Dec 3	Jan 7
February 18, 2011	Dec 10	Dec 23	Dec 30	Feb 4
March 18, 2011	Jan 7	Jan 21	Jan 28	Mar 4
April 15, 2011	Feb 4	Feb 18	Feb 25	Apr 1

### COMMENCEMENT JULY 8, 2011

Note: All additions/deletions/corrections to the final transcript must be submitted by the student, in writing, two (2) weeks prior to the conferral date.



# Living & Giving

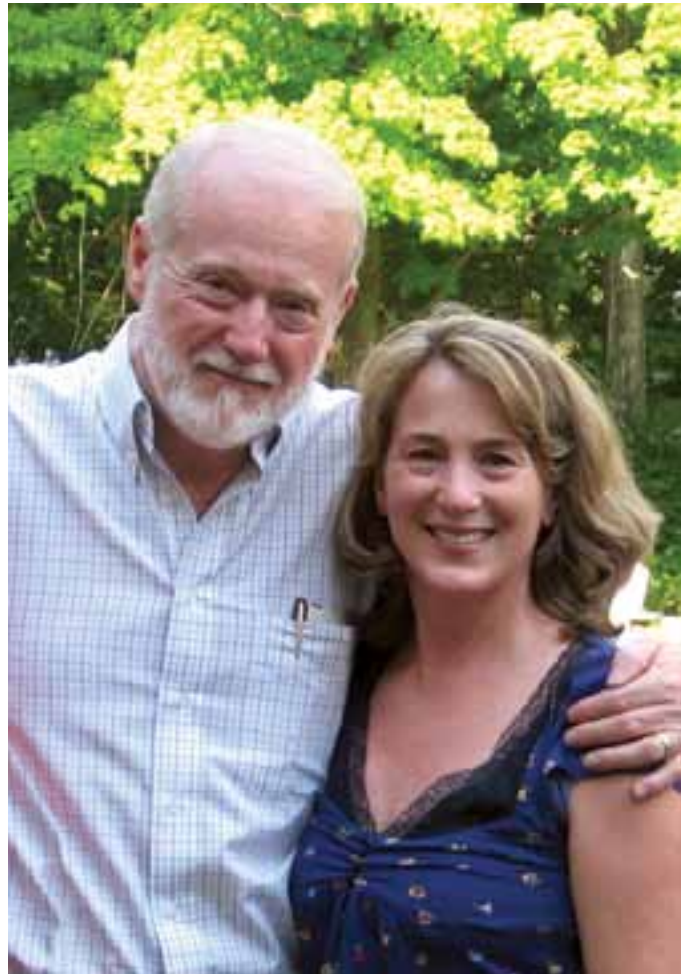
## *The Art and Science of Life*

**E**xcelstor President John Ebersole and his wife Connie Cramer (right) are no strangers to higher education. Both worked in the field for many years prior to joining the Excelsior College family. This past Christmas, when John was looking for a unique way to celebrate the holidays, he surprised Connie by establishing the *Jean Bovard Cramer Scholarship Fund* at Excelsior College. The Fund honors Connie's mother, Jean, an extraordinary woman who throughout her life exhibited a spirit of inquiry, a passion for teaching, and an understanding of the enduring importance of a liberal arts education.

This gift recognizes Jean by supporting the transformational effects of education on adult students. Scholarships awarded from the Fund will provide assistance to a female student pursuing a liberal arts education. "Ideally, this scholarship will go to a woman like my mother—someone with a sparkle in her eye and an interest in the world. It would be poetic if it was awarded to an individual with an interest in literature or music, as those are my mother's passions," says Connie.

Jean came of age at a time when societal roles often limited women's opportunities to focus and apply their talents and energies. However, as Connie reflected, "My mom earned her college degree in the 1940s, went on to teach high school, and then to work as an airline stewardess in the early days of aviation. She was a devoted wife and mother but always remained active in her local community and was deeply interested in world affairs." Jean's passions led her to be active in her church, where she organized adult education programs for seniors, ranging from tours of the California missions, to historic ships, to museums, to the wine country. As a mother, she was very involved in K-12 education as a substitute teacher; she also headed a successful bond measure to secure funding for her children's school district.

Jean Cramer is the embodiment of the liberal arts in its truest sense—she believes in the education of the whole person and how lifelong learning nourished the spirit. Stemming from her training as a journalist, she holds a strong belief that to be an engaged citizen one must stay informed and think



for one's self. Connie echoes that idea, musing, "The liberal arts help one attain intellectual and personal authenticity and will remain relevant into the future. Some of the questions facing society 100 years ago are the same we face today. While we may have airplanes, GPS, and the Internet, we know from history that no matter how well we understand ourselves and the communities we belong to—local, national, global—the complex world remains a challenge for every generation." Robust and illuminated minds are needed to address such timeless questions about what makes us human. Jean Cramer has such a mind.

*continued on next page*



Born in Kansas in the early 1920s, Betty Jean Bovard Cramer grew up in Montana and Wyoming. After completing high school in Cheyenne, Wyoming, in 1939, she attended the Colorado Women's College in Denver, where she wrote and produced musicals and was a columnist for the college newspaper. She went on to the University of Nebraska, where she graduated in 1943 with a degree in journalism.

In her year as a Wyoming high school teacher, Jean learned that there was no school song—and so she wrote one! They still use it today.

In 1944 she worked briefly for a newspaper in Cheyenne, Wyoming. When she went to the Cheyenne Airport to sell advertising she was spotted by a recruiter for Inland Airlines, who asked if she wanted to be a stewardess. Appealing to her sense of curiosity, freedom, and love of people, she said, “Yes!”

From 1944–46 she flew for Inland Airlines, which was acquired by Western Airlines, serving as Western's “Chief Stewardess” for the Inland Division based in Denver. She was a stewardess on the first commercial flight carrying passengers over the Rocky Mountains, from Denver to Salt Lake City. Up until that time, aircraft had only taken cargo and mail over the Rockies.

Jean married Robert Cramer in 1946 in Denver, Colorado. It was only after she was married that she first saw the Pacific Ocean! While she and the family traveled extensively, she would spend the rest of her life in California, which is where Connie and her siblings were born and raised. In many ways, however, Jean's heart and soul belonged to the Midwest, especially the Rocky Mountains. Jean is now 89 years old and lives in Walnut Creek, California.

John Ebersole added that his own life view is similar to Jean's, and believes that education is essential to meeting the multiple challenges individuals and societies are facing in the 21st century. It underscores the role of Excelsior's general education requirements, which according to John, “broaden and deepen the whole person toward becoming a thoughtful, active citizen.” One of the keys to global citizenship is to develop frameworks for sorting out what's happening around us—to reflect on what makes us human. It is these very values that underlie the decision for John and Connie to create the scholarship.

“Giving is tough when  
the economy is tough,  
but that's when it's most  
important.”

—Connie Cramer

The Jean Bovard Cramer Scholarship supports the notion that you can add to your education at any age and that the pursuit of a liberal arts degree will enhance many aspects of your life.

Both John and Connie received degrees as adult learners. Connie notes, “My own master's degree in liberal arts gave me the skills and insights that translate across every area of my life. To learn to think critically and write clearly, to remain open and understand your ideas within the context of multiple points of view, to reflect on timeless questions found in literature from every culture and continent, are all fruits of a liberal arts education.”

Just as Jean Cramer's life fosters a love of learning and an appreciation for its transformative possibilities, John and Connie hope this fund will encourage women who have the same sparkle as Connie's mother to enhance their lives and the lives of others.

By choosing to use a philanthropic vehicle to honor Jean Cramer, John and Connie also chose a model so appropriate to recognizing Jean. “To paraphrase Claire Guadiani, an expert in the history and economics of philanthropy, ‘we are not philanthropic because we are rich. We are rich because we are philanthropic.’ Philanthropy translates hope and ideas into real innovation and change—change that impacts society over the long term,” says Connie. “Giving is tough when the economy is tough, but that's when it's most important. John and I hope this gift will allow another woman's future to be furthered and her dreams to be achieved.” ■



# Endowment Funds: A Permanent Partnership

**E**ndowment funds provide a stable funding stream that helps ensure Excelsior's ability to fulfill its mission of access to higher education—into the future. The creation of permanently restricted endowment funds builds a strong foundation for the College by providing a reliable source of support for current and future use.

Endowments represent a permanent partnership between Excelsior College and the donors who contribute to them. The legacy of thoughtful donors plays a great role in the life of the College into perpetuity and grows into the basis upon which Excelsior can build its achievements.

A strong endowment is also a key indicator of the quality and financial strength of a college. It is often the gauge by which institutional stability is measured. Excelsior College looks to the private sector for major gifts and grants to support its mission and plans. A growing endowment demonstrates that the College enjoys strong constituent support and is committed to maintaining stability for future generations of students. With a stable platform, Excelsior is able to continue to create innovative programs, attract the highest caliber faculty and staff, and offer financial aid that will enable students to attend Excelsior regardless of financial need.

**To learn more about Excelsior's endowment funds and the Legacy Society,** or if you would like to request a personal gift illustration from the gift planning staff, please contact Director of Development Marcy Stryker at 518-608-8287; or email [mstryker@excelsior.edu](mailto:mstryker@excelsior.edu). To learn about all the ways you can help support the College, go to [www.excelsior.edu/giving](http://www.excelsior.edu/giving).

# What's Your Legacy?

**The Legacy Society is a group of forward-thinking individuals who, like Bob Williams, have included the College in their future plans with a planned gift or bequest intention.**

Plan your gift. Bob did.

## Bob Williams, BS '95

OWEGO, NY

**CAREER:** Retired Chief of Police, Owego, NY. Manager of Signal Security, Time Warner Cable. Senior Organizational Development Analyst, Lockheed Martin Systems Integration, Owego, NY. He is director of Student Services for Elmira Business Institute—Vestal Campus.

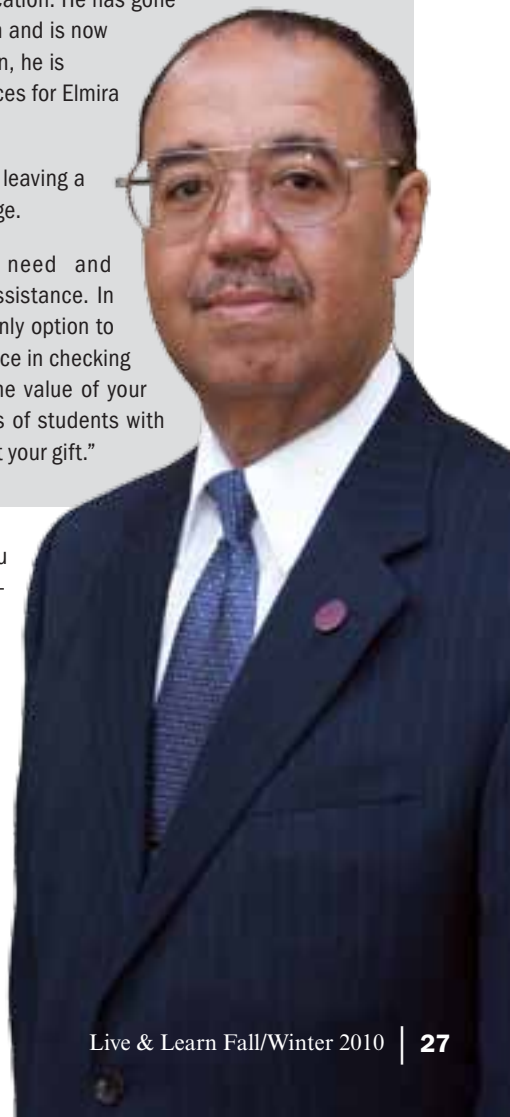
**QUOTE:** "Excelsior bridges the gap for many adult learners to make education a reality. I feel good that my legacy will be assisting others to obtain their education. I am very proud to be a part of the Excelsior organization and to participate through legacy planning."

**PASSION:** Excelsior's core concepts parallel Bob's thoughts on nontraditional adult education. Bob's bachelor's degree from Excelsior was the launching pad for further education. He has gone on to earn an MEd in adult education and is now working on an MBA. True to his passion, he is currently the director of Student Services for Elmira Business Institute—Vestal Campus.

**GIFT:** Completed a bequest intention leaving a life insurance policy to Excelsior College.

**REASON:** "Excelsior's students need and deserve the opportunity to receive assistance. In many cases this is their best and/or only option to obtain an education... Your due diligence in checking out Excelsior will prove to you that the value of your gift will make a difference in the lives of students with real needs, which won't be met without your gift."

With careful planning, there are many ways you can support the College's future while simultaneously meeting some of your own personal financial goals and objectives. Planned gifts, either standing alone or as part of your overall giving, can help you make that special gift that seemed otherwise impossible.



## In Memory of Toby

**A** dear colleague, Admissions Counselor Toby Friedland, died on Aug. 11 of cancer. Her friends in the Admissions Office wrote, "She was loved by many and will be remembered for her spirit, good nature, vast knowledge, and of course her love of animals, especially dogs. She will be missed."



Toby joined the Excelsior staff in March 1998, and for many years, she worked with the College's students from Testing and Training International (TTI), an organization that offers students the opportunity to obtain an education in an environment that does not compromise their religious sensitivities.

**"She was an upbeat person who brightened a room when she walked in."**

She was known for her enthusiasm for the College and its students. "I met Toby Friedland in 1999, when I attended my Commencement in Albany," remembers Alumni Advisory Board President John Amidon. "She was my tour guide around Excelsior that year, and we stayed in touch each time I visited the College. Toby always greeted me with a smile. She was an upbeat person who brightened a room when she walked in."

Says colleague Betsy Sickles, "Toby would not want you to dwell in her passing but celebrate her life." Her legacy will live on through the Toby Friedland Scholarship Fund, which has been established by her friends at the College to be awarded to a TTI student. Those interested may send contributions to Excelsior College, The Toby Friedland Scholarship Fund, 7 Columbia Circle, Albany, NY 12203.



The College's first Admissions Office was established in 1998. Toby is pictured here second from right in the first row.

## One Alum Commemorates the College's 40 Years with a Scholarship Fund

**J**erry Neff, BSL '87, taught himself to play the saxophone and was a performing rock musician in the days when Neil Sedaka was big. These days, Jerry is at work on the life history of his WWII veteran cousin who kept a complete diary of his experiences from the time he was drafted until the day he was liberated from a German POW camp. Jerry's passion is education for members of the military. That's why he and his wife Judy have established the *Brigadier General Jerry L. and Judy A. Neff Scholarship Fund* at Excelsior College. The fund will provide scholarships to students who are members of the U.S. Army National Guard or the U.S. Air National Guard and who demonstrate financial need.

"Creating this endowment at Excelsior has satisfied our desire to create a legacy that we believe in," says Jerry. "And like the opportunity of a legacy you leave to children and grandchildren, it must come from the heart. Excelsior College is very dear to our hearts, and it was a happy occasion to write that check and put it in the mail," added Judy.

Jerry, who is chairing Excelsior College's 40th anniversary celebration, made this generous gift to commemorate the College's milestone. "Judy and I hope that our gift might encourage other alumni to also make a gift in celebration of the College's longevity and continued efforts to provide a quality education and ways for people to finish their degrees."

Like many working adults, Jerry believes that Excelsior provided him with the opportunity to achieve a college degree in an alternative, student-friendly manner. "Degree completion sets the stage for future opportunities and successes that otherwise wouldn't present themselves. In many instances, a degree is necessary to advance in a career or to meet requirements for further schooling. Excelsior presents a wonderful way for the 54 million Americans with some college credit to complete their degree."

"Education in the national guard and reserve is essential to success. This includes both military and civilian education," says Jerry. "Excelsior gives credit for many military training experiences as it provides a path to a degree without duplicating work. We hope this scholarship will provide needed assistance to worthy recipients to fulfill their desire and dream of a college degree."

"What I want others to know about Excelsior is the focus on the success of students. The faculty and staff have their priorities correct and the top one is the students. Even more, Excelsior is one of the best alternatives for the education of adults in America; it is also one of the country's best kept secrets. I'm hopeful that the 40th anniversary celebration will be an opportunity for all graduates of the College to feel a sense of pride." ■



Jerry Neff and his wife Judy joined the College in celebrating the opening of Excelsior's Washington Center.



# WEB CHATS

Interact with career professionals and receive valuable information and resources. Ask questions—and get answers. Meet and interact with students and alumni while expanding your personal and professional networks.

## DEALING WITH JOB LOSS:

### A Personal and Professional Survival Guide

NOVEMBER 17, 2010, 8-9 PM ET

Over the past several years, we have experienced some of the highest rates of unemployment in recent times. More and more people have lost their jobs and found themselves in a painful and stressful transition period. Among a number of life-altering events such as death, serious illness, and divorce, losing a job ranks high among the most stressful.

This career Web chat will explore the personal and professional impact of losing a job and present and discuss a number of strategies for surviving. You will learn ways of dealing with emotional, financial, and career implications of job loss that will help lead you to your next steps.

## LEARN MORE ABOUT THE AAB:

### Becoming a Member of the Alumni Advisory Board and Self-Nominating for an Alumni Award

DECEMBER 2, 2010, 8-9 PM ET

Have you ever thought about joining the Alumni Advisory Board or self-nominating for an alumni award? If so, don't miss this opportunity to join two current members of the Alumni Advisory Board in an open discussion about the overall process and their experiences serving on the Board. Also, join this Web chat to learn about the three alumni awards, which recognize the outstanding achievements of our graduates.

Registering for these Web chats is simple. Send an email with your name, mailing address, the name(s) of the chat(s) you wish to attend, and a contact phone number to [alumni@excelsior.edu](mailto:alumni@excelsior.edu). Registration is limited and available on a first-come, first-served basis.



## Excelsior College Alumni Library

**A**ll alumni are invited to sign up for free, 24-hour access to the Excelsior College Alumni Library. More than 1,050 have already registered. It's not too late to sign up!

Registration is necessary to access the library and is open on a first-come, first-served basis. All interested alumni can sign up for the Alumni Library by doing the following:

- Go to your My Profile page at [www.excelsior.edu/myprofile](http://www.excelsior.edu/myprofile) (requires login with your MyExcelsior username and password) and click "yes" to the library option to add library access.
- Then go directly to the Alumni Library at [www.excelsior.edu/alumnilibrary](http://www.excelsior.edu/alumnilibrary) and start exploring!

The library was created to support the lifelong learning and community needs of Excelsior College alumni and offers a wide range of resources.

## What's Next?

We are on our way to **Washington, DC**. Then it's on to **San Diego, CA** (the kick-off event for our 40th anniversary) and **Tampa, FL**. We look forward to meeting you soon!

November 18

**Washington, DC**

January 30

**San Diego**

February 27

**Tampa**

Check  
[www.excelsior.edu/  
alumnierevents](http://www.excelsior.edu/alumnierevents)  
for updates!

# Alumni Advisory Board

## Welcome Back to:

**Danny Scott, AS '01, BS '02**, was re-elected to the board and will serve as secretary through 2013. A two-time graduate of Excelsior College, Mr. Scott earned his AS degree from Excelsior with honors in 2001 and his BS degree in 2002, cum laude. Continuing his education at Troy State University, he completed his MS in human resources management in 2004. He is PHR (Professional in Human Resources) certified and a federally certified EEO (Equal Employment Opportunity) counselor. Currently President of DL0S Inc., Scott retired from the U.S. Navy after 14 years, ending his career as a surface force independent duty corpsman. He has a long history of community service with significant commitments to the Red Cross, Tuscaloosa Veteran Affairs Medical Center, Paralyzed Veterans of America (PVA), Fleet Retired Association (FRA), Disabled American Veterans, the Veterans of Foreign Wars, and the Special Olympics of Florida. He was a contributing author for the book, *Century of War*, based upon personal accounts of twentieth century war experiences from World War II to Desert Storm. In 2006, he was awarded the C. Wayne Williams Alumni Award in recognition of his outstanding public service and community involvement.

## Welcome to:

**Kadidia Doumbia, BS '85**, traveled back to Africa after graduating from Excelsior to attend the School of Business Executives of the Ivory Coast and obtained a graduate degree in business administration. Her experiences include being president of one of the largest women's associations of West Africa, the International Women's Association of the Ivory Coast, whose main goals include education and the health of women and children. She was also appointed head of the Communication Commission for Amnesty International's Women's Network in the Ivory Coast.

**JoAnne Ellsworth, BA '87**, earned an MA from the University of Phoenix. Currently, she is an academic counselor at Cochise College and for the past ten years has been an adjunct faculty member in the General Studies, Education and Counseling Departments at the University of Phoenix, Tucson Campus. Her work experience includes being a middle school teacher and counselor as well as a high school counselor. She has worked directly with military students, an area of special interest for her.



**Shannon McMillan, AS '07, BS '09**, was accepted into the Unrestricted Line Officer designation, allowing him the opportunity to climb to the pinnacle of Navy ranks. He has been the recipient of numerous awards including the Navy Marine Corps Commendation Medal (two), Navy and Marine Corps Achievement Medal (five), the Navy Meritorious Unit Commendation Award, and the Robert P. Mahoney Award from Excelsior College.

## Farewell to:

**Jack Bailey, AS '95**, served on the AAB for four years, including one year as its president.

**Catherine R. Coverston, BS '87**, concluded her second and final term on the AAB. During her tenure, she served on the nominating and by-laws board committees.

**Ana Maria Tapia de Mitchell, BS '06**, served on the AAB for one year.



**EC Alumni Advisory Board** (standing l to r): Kadidia Doumbia, BS '85; Catherine Coverston, BS '87; Ronald Roan, AS '95; Kate Butler, BS '07; John Amidon, BS '99; (sitting l to r): Danny Scott, AS '01, BS '02; JoAnne Ellsworth, BA '87; Wayne Oppel, BS, '91; Sara Waldorf, BA '03; (pictured above, Shannon McMillan, AS '07, BS '09).



# Join the AAB!

**Consider becoming a part of the leadership of your alumni association as it continues to help move Excelsior College "ever upward."**

Members of the Alumni Advisory Board (AAB) serve a three-year term and are expected to attend Commencement and the annual meeting of the Alumni Association held the day after Commencement in July; participate in regular meetings (held by Web chat and telephonically) and during Commencement (expenses covered by the College); serve on board committees that select Alumni Award recipients and board nominees; and support the College with annual financial contributions (the amount is determined by the individual).

If you would like to be considered, you will need to complete and submit an Advisory Board Member Self-Nomination form along with a letter explaining the reasons you would like to participate on the board, and a copy of your updated resume. The deadline for nominations is December 31, 2010. Elected members will begin their terms in July 2011. More information and a link to the nomination form can be found at [www.excelsior.edu/aabnominate](http://www.excelsior.edu/aabnominate).

If you are thinking of self-nominating, do not miss the opportunity to speak with two current members! Hear about their experiences on the AAB and have any questions you may have answered. Join us for this Web chat on Thursday, December 2, 2010, from 8:00 to 9:00 p.m. ET. Email [alumni@excelsior.edu](mailto:alumni@excelsior.edu) to register.

[www.excelsior.edu/aabnominate](http://www.excelsior.edu/aabnominate)



## Excelsior College's 2010 Alumni Book

The new 2010 edition *Excelsior College Alumni Today*, which celebrates both our graduates and our 40th anniversary, has been published. Released in September, this beautiful limited edition volume is the most complete and up-to-date reference for all our alumni residing worldwide.

More than 18,700 alumni responded to this project. Approximately 960 personal essays and 780 photographs were submitted for inclusion. Thank you to all who participated!



## Stay Connected.

**DON'T BE LEFT IN THE DARK.**

*Excelsior is expanding its alumni Web site and online services.*

Stay informed. Update your contact information online today.

Go to [www.excelsior.edu/myexcelsior](http://www.excelsior.edu/myexcelsior) and create a MyExcelsior user account.

# HATS OFF! *What have **our graduates** been doing? Read on to find out.*

## INTERNATIONAL

### SINGAPORE

**Foo Sang Keng, BSB '86, Singapore**—earned an MBA in 1993 from Brunel University in England. He credits his Excelsior degree as the beginning of a long journey of self-discovery and thanks the College “for that once-in-a-lifetime opportunity!” For 25 years, he traveled around the world working for Singapore Airlines, and now he is “happily retiring to become a homemaker with four interesting school children, and an unlikely author, to boot!” He has written two books; the first, a self-help book titled *So You Want a Better Life*, “for ordinary folks who need a silent helping hand to make the right decisions about life.” His latest book, a novel titled *The Rice Eater*, can be found as an e-book at Lulu.com.



### VIRGIN ISLANDS

**Gail Johnson, AS '05, BS '07, MBA '10, Christiansted**—is now a three-time graduate of Excelsior College with concentrations in the global economy, accounting, and business with an emphasis in forensics. She lives on St. Croix, U.S. Virgin Islands, and is currently employed as a senior revenue agent. Johnson admits, “There was a time I thought I would never complete my associate in business, never mind my master’s in the global economy. But here I am today [February 2010] receiving my third college degree. Excelsior helped make each of my degrees a dream-come-true.” She is now working on her fourth degree—in education. After she retires from the VI Bureau of Internal Revenue, Johnson says she would like to teach math in the VI public schools.

## UNITED STATES

### ALABAMA

**Iluminda S. Chinneth, BS nursing '93, Owens Cross Roads**—was promoted to head nurse shortly after graduating. In 1998, she completed her Family Nurse Practitioner master’s program and immediately joined the Active Duty Army Nurse Corps. Since joining the Army, she has worked in Germany, Japan, Georgia, and Alabama, achieving the rank of lieutenant colonel in 2006. Chinneth feels her BS nursing degree “propelled me to heights I never dreamed of.” Soon she will be leaving her current position as Deputy Commander for Nursing and Patient Care Services to assume a new position as the Commandant of the Graduate School of Nursing at the Uniformed Services University of the Health Sciences in Bethesda, MD. Of her Excelsior experience, she says, “Thank you for making it possible for working men and women to continue their education.”

### ARIZONA

**June Baker, BSL '92, Tucson**—completed her BSL shortly after a six-year tour of duty with U.S. Army Military Intelligence. After her children completed middle school and high school, she entered graduate school (Chapman University) and earned a master’s degree in education and special education. She believes, however, that her “greatest achievement is the success of her daughters.” One daughter works as a program manager for Casa de los Ninos, a child crisis center in Tucson, and the other is an RN who is electing for a career change and will graduate this fall from Excelsior with a BS in Liberal Studies. Baker says, “Quality education and diverse opportunities for individual growth have always been important to my family and myself. My hat is off to Excelsior for providing two generations in my family with both quality and diversity.”

### CALIFORNIA

**Del Erdmann, AS nursing '02, Murrieta**—completed his RN in 2003 and immediately began working in a supervisory position in a long-term care facility. In 2004, working in an acute hospital in a telemetry unit, he became Tele Certified with a Basic Arrhythmia Course and began to float to various units within the hospital ICU, CCU, DOU primarily. Some years later, he accepted a DON position in a 93-bed skilled nursing facility, where he has built a strong nursing staff. Erdmann also works per diem in a level 2 trauma center in Santa Ana, CA. He holds memberships in the Global Wound Academy, AACN, World Federation of International Critical Care Association, and

is the U.S. Representative of the Mexican Association of Emergency Nursing (AMEU). He is also a member of the Leukemia and Lymphoma Society’s Team in Training, where he has raised \$5,000 over the past year and has run two full marathons and six half marathons. He says, “I am Excelsior and proud. There is no limit on what you can do with this training. I am proof!”

### COLORADO

**Alfreda C. Doyle, BSL '96, Denver**—is a storyteller, lyricist, and poet, who focuses on creativity as well as developing formulas and games pertaining to creativity—Create Your Way Out Workshops; Be Somebody Be Yourself; and Kultural Kurrency. She is also founder of Story Time Stories That Rhyme.

**Robert D. Roundtree, AAB '10, Colorado Springs**—is currently on active duty in the U.S. Army and will retire in March 2011 after 27 years of service.



### CALIFORNIA

**Jack P. Macfarlane, BS '96, Lemoore**—was the lead instructor of a small Navy school for the last tour of his 21-year career in the U.S. Navy. During that time, he earned an MS in education from Saint Joseph’s College of Maine and was hired immediately upon retirement. In the span of just three years, the career college that employs Macfarlane has promoted him from curriculum specialist, to academic dean, and finally to campus director. He is now working on a PhD using the Post 9-11 GI Bill and says, “I am very grateful for the opportunities and benefits the Navy and the VA continue to offer me.”

## CALIFORNIA

**Laura Johnston Kohl, BAL '94, San Marcos**—was a teen activist, working to integrate public facilities in the Washington, DC, area. She fought throughout the 60s for civil rights and free speech, and against the Vietnam War. In 1970, she joined Peoples Temple, living and working in this religious movement in both California and Guyana. A “flake” saved her from the mass murders and suicides on November 18, 1978, “when 913 of her beloved friends died in Jonestown.”

In 1991, Kohl finished her education and became a public school teacher. On the 20th anniversary of the deaths in Jonestown, she began looking up fellow survivors of the tragedy, and, she says, they have “worked to put the jigsaw puzzle together that was Peoples Temple.”

Kohl has been interviewed on television and radio, for documentaries, and by domestic and foreign press. She wrote the book *Jonestown Survivor: An Insider’s Look* and is a regular contributor to the San Diego State University-sponsored Web site at <http://jonestown.sdsu.edu>. Kohl is also on the Peoples Temple Speakers Bureau for the Jonestown Report.







## CALIFORNIA

**George Barantseff, BS '92, San Francisco**—is currently serving as National Staff Branch Chief—Pacific Area, USCG Auxiliary Interpreter Corps. Diversity Advisor, Division 1-11NR for a second consecutive appointment and Diversity Advisor, Flotilla 12-11NR for the third consecutive term. He is the sole Auxiliariast member serving on the U.S. Coast Guard Reserve Awards Panel at Headquarters for a second consecutive term. Barantseff is frequently called on by various members of the U.S. Coast Guard to translate Russian documents or to provide consultation on sociological or linguistic differences between the U.S. and Russia. Altogether he has volunteered almost 4,000 hours as an Auxiliary Interpreter/Linguist. A retired O-6 reserve colonel, Barantseff is a naturalized U.S. citizen, born in Kobe, Japan, to Russian parents who fled their homeland following the Revolution and Civil War. He is retired from the Federal Civil Service and lives in San Francisco, California.

Barantseff explains that he was excited when he discovered the College but also regretted not finding it sooner. "Had I known in the early 1970s, when it was first established, it would've made my life so different. Earning a college degree is a life-changing experience; it builds up one's self-esteem. It also opens doors in the workplace, which would otherwise be closed. So, I ended my working days on a high note! I will be forever grateful to Excelsior (then Regents) College for helping me eventually access a brighter future and a better life. My class ring is one of my most prized possessions, and I never go out of the house without it."

## LOUISIANA

**Kevin T. Spain Sr., AAB '08, Lafayette**—has been promoted to senior human resource representative. His company, Fugro ([www.fugro.com](http://www.fugro.com)), hired him in 2006 with the plan of improving its presence in the military community by recruiting more transitioning servicemembers. Spain served in the U.S. Navy from 1983 until 2003 as a recruiter and recruiting manager. His title was Navy counselor, which, he explains, "is basically a human resources occupation in



## VIRGINIA

**Samuel T. Watkins Jr., BSL '99, Virginia Beach**—recipient of the 2009 Excelsior's C. Wayne Williams Award, has a new book of poetry and inspirational writings that is now available on all online book resources including amazon.com and Barnes & Noble. Watkins says, "This book has something in it for everyone; it is divided into three sections: Inspirational, Reflections, and Love and Passion."



## OREGON

**Karl Bjorn Erickson, AS '94, Salem**—has written a children's book titled, *Tristan's Travels*, which will be coming out in fall from Rafka Press. His wife Kimberly did the illustrations. Set in Astoria, OR, the tale follows the misadventures of a seagull who is afraid to fly. Currently, Erickson works for the Oregon State Employment Department.



the Navy." This led him to pursue a career in human resources. Currently, Spain recruits for his company across the nation at colleges and military installations, doing presentations at Military TAP classes and campuses about the career opportunities his company offers. Recently, he helped Fugro achieve selection by *G.I. Jobs* magazine as a Top 100 Military Friendly Employer for 2010. He says, "I'm doing what I love to do and would say that I'm blessed for being in an occupation that helps people."

**MSgt Tanya R. Whitney, AA '86, BAL '91, Sorrento**—retired from the U.S. Army in July 2010 after 27 years of service as an aircraft maintenance supervisor. During the last 15 years, she has been assigned to the Army National Guard's Operational Support Airlift Agency at Fort Belvoir, VA, overseeing contract maintenance on all the Guard's fixed wing aircraft. Recently, she was selected to a civil service position with the Army Fixed Wing Product Manager's Office as a logistic management specialist.

## MICHIGAN

**Nancy L. Parker, BSL '08, Dowagiac**—began working on her degree in her twenties and completed it when she was 62. Now she is helping others reach their educational goals as a tutor, working with the Pathfinders Adult Education program.

## NEW MEXICO

**Mark L. Marquez, BSL '89, Farmington**—earned a Master of Religious Education, Landmark Baptist Theological Seminary, Ft. Worth, Texas. His thesis title was "Education Theology and Philosophical of Christian Leadership: A Historical Analysis and Contribution of Western Christianity." Marquez works with American Indians and helps with job and business development in Farmington.

## NEW YORK

**Jeffrey Baker, AA '73, BS '75, Fairport**—joined the Excelsior College online faculty last year as a subject matter expert for redevelopment of both the introductory and educational psychology courses. Last summer, at the American Psychological Association meeting in Toronto, he presented a poster on "Moving Classroom Discussions Online" and a paper on college students with learning disabilities. In spring, he was elected to the position of delegate-at-large (member of the executive committee) of the New York State Conference of the American Association of University Professors. This summer, he presented at the AAUP Annual Conference on the "State of the University: Separating Adjunct Fact from Fiction." In addition to his Excelsior degrees, Dr. Baker holds an MS in counseling from Syracuse University and a PhD in educational psychology from Capella University. He is adjunct assistant professor of psychology at Monroe Community College and also teaches at Rochester Institute of Technology.

**Justin T. Lanci, BSL '09, Brooklyn**—was recently accepted to New York Law School and will begin his studies in fall 2010.

**Nancy Winters, AA nursing '02, Lake Grove**—says that "without Excelsior College,

## IN MEMORIAM



**U.S. Army Col. Kurush Bharucha-Reid** died on May 26, 2010, of cancer. Col. Michael J. Bochna, who then assumed command of the U.S. Army Field Support Center on July 21, said he was "following in the footsteps of a truly great soldier and commander."

**Maj. Gen. Mary A. Legere**, commanding general of the U.S. Army Intelligence and Security Command, said Bharucha-Reid would be remembered for his "extraordinary leadership, his vision, his selflessness, and his unwavering dedication."

*Bharucha-Reid served in the Army for 37 years. He was a two-time graduate of the College, completing an Associate in Science degree in 1982 and a Bachelor of Science in Liberal Studies in 1988.*

I never would have been able to fulfill my dream of being a registered nurse. Now I am a nurse practitioner and will be attending university in the fall to complete my PhD in nursing. Thank you, Excelsior!"

## PENNSYLVANIA

**Fredrick J. Chmiel, BSL '10, Verona**—has joined the staff of the Penn State Lady Lions basketball team as an assistant coach. Chmiel spent the last two seasons at San Diego State, where he worked with the perimeter players, scouted opponents, and served as the academic liaison.

## TENNESSEE

**Cydie H. Shumate, AAT '03, BSL '08, Johnson City**—has been honored by the State of Tennessee as Teacher of the Year at Cherokee High School for exceptional service to the children of Tennessee, professional expertise, and personal excellence.

## TEXAS

**Chris Beebe, BSL '06, Cibolo**—recently joined Shodair Children's Hospital as the director of human resources. Beebe has more than 17 years of experience managing human resource programs. He retired from the U.S. Army after serving for over 20 years on active duty and finished his military career as the human resource manager for part of the U.S. Army Medical Department Center and School at Fort Sam Houston, TX. Beebe earned an MBA in human resource management from TUI University and has also been certified as a Senior Professional in Human Resources (SPHR) through the Human Resource Certification Institute (HRCI).

**Mark Anthony Polimeno, BS '00, Lake Jackson**—teaches piano, sax, clarinet, and flute. He is a member of the Music Teachers National Association and Houston Professional

Musicians Union. Along with his family, he owns and operates Mother Teresa's Fine Foods, an Italian restaurant, caterer, and manufacturer of Italian sauces, dressings, vegetables, olive oils, and balsamic vinegars. Cooking classes and wine tasting classes are also offered. Polimeno is presently pursuing his MBA with Excelsior College. He has been in business since 1986 and has been teaching since 1988.



## MARYLAND

**Susan C. Fritz, BSL '00, LaPlata**—retired from the U.S. Navy in 2004 after 30 years. Since retirement, she completed two master's degrees from University of Maryland University College. In 2006, she was awarded a Master of Science with a concentration in Human Resource Management and, in 2010, a Master of Business Administration. In December 2009, she "married a wonderful man, Michael Fritz," and was also promoted to the position of deputy program manager. Fritz is currently working for the Force Chaplain at Commander Navy Installations Command.

**Franklin Zepp, BSL '05, Kileen**—has been awarded the 2009 National Board for Certified Counselors (NBCC) Foundation Military Scholarship, which is awarded to service-members and veterans enrolled in a CACREP-accredited counseling program, during or after military service, who commit to serving military personnel after graduation. The mission of the NBCC Foundation is to promote mental health through the advancement of professional counseling and credentialing. Zepp received \$3,000 to support his counseling education.

## VIRGINIA

**Nevill M. Jemcott, BSL '10, Quantico**—is looking forward to the beginning of his graduate program and moving on to work for the Department of Homeland Security. He strongly believes that "we should all take part in the security of our nation, more importantly, for our future sons and daughters and their safety."

**Owen E. Powers, BSL '92, Norton**—was the oldest to graduate in his class of chiropractic. "I never graduated from high school," he says. "I took the GED in 1980 and have not stopped

going to school since then." Powers says that his degree from Excelsior has been a stepping-stone to continued learning. He completed a PhD in Clinical Christian Psychology from the Jacksonville Theological Seminary in 1999 and a Doctor of Chiropractic from Sherman College of Chiropractic in 2007.

## WASHINGTON

**Christopher David Nelson, BSL '10, Seattle**—is now in grad school working on a master's degree in leadership and organizational development at UOS Graduate College of Saybrook University. He has just received certification as a Mediator Practitioner and is in the process of applying to the Washington Mediation Association to be certified in Washington State.



## NEW YORK

**Donald A. Carapella Jr., BGB '97, Corning**—recently published a new book, *Corning*, for Arcadia Publishing's postcard history series. The book features numerous unpublished postcards from the author's collection and a few public archives to illustrate the history of that city from the 1890s until the 1960s. An avid postcard collector with a strong interest in local history, Carapella is also a member of the Corning Painted Post Historical Society. He says his experiences with Corning Community College as well as Excelsior College helped prepare him to write this book.



## TEXAS

**James R. Phelps, AS '87, San Angelo**—retired from the U.S. Navy in 1998 and chose to continue his education after working for two years in chemical manufacturing. He completed a BA in history from the University of Southern Colorado-Pueblo and an MA in U.S. history from the Sam Houston State University-Huntsville. Phelps recently published his first book, *What Happened to the Iraqi Police?* published through Carolina Academic Press.



## ARIZONA

**Weston Ochse, BAL '04, Sierra Vista**—says that

since graduating with a Bachelor of Arts in 2004, his writing career has taken off. In 2005, he won the international Bram Stoker Award for Best First Novel, has been nominated for the Pushcart Prize for Fiction, and has been a finalist for two other Bram Stoker Awards (Long Fiction and Short Fiction). His work has also appeared in comic books, anthologies, magazines, and how-to writing guides. He has had five novels published, the last of which is a mass-market paperback released in the United Kingdom and North America titled *Empire of Salt*. Much of his success he believes "is a reward for completing my BA degree. Not only did it give me the confidence and the credentials, but the process of obtaining the degree provided me the well-rounded education that is necessary to become a successful professional author."



## SOUTH CAROLINA

**Denny C. Powers, BSL '87, Elgin**—retired from the Army Criminal Investigation Division in 1994 as a chief warrant officer 4 after serving in the first Gulf War. He has also retired from state law enforcement and the state teacher system in South Carolina as well as from serving as technical college department chair and criminal justice instructor. For the past five years, he worked as the criminal justice program director for the Columbia campus of South University. Currently, he's in the dissertation phase of earning a PhD in criminal justice with Capella University. Powers says he is "loving life" and has no plans to retire again any time soon. He thanks Excelsior College for "kick-starting my educational journey."



## VIRGINIA



**Benjamin Bryant, BSL '06, Alexandria** — joined the Department of Defense's Independent Review Panel in 2009, investigating the November 5 mass shooting at Fort Hood, TX. He served as managing editor of the final report to DoD Secretary Robert M. Gates, Congress, and President Obama, and was the senior/supervising contractor for the panel. He co-founded his own communications strategy and public affairs firm, Bryant Zamberlan Group, LLC, a minority-owned, HUBZone small business (informally known as "BZ") to serve the government, military, and industry.

Bryant is BZ's majority partner and the company's president and CEO. "Founding BZ is a dream come true and something I definitely credit my higher education and Excelsior degree with helping make a reality," said Bryant. "It's also proof that, in the majors that have them, the depth area requirements, while not specified on the degree, do matter." His depth areas were in government and business management, which he says were essential to his current work. He also credits Excelsior's flexibility, "which allowed me to work in this field full-time while finishing my degree."

## TEXAS



**Doretha Meissner, BSL '97, Killeen** — retired from the Army in 2004 and pursued her teacher certification with Tarleton State University. She was a classroom teacher for six years and graduated with a master's in education with principal certification in May 2009. She is currently an assistant principal in the Killeen school district and is "thankful for programs like Excelsior because for military members who are in school at so many different universities it is difficult to gather the necessary degree. The

Excelsior program afforded me an opportunity to continue my education without losing credits gained from other universities."

Excelsior also allowed Meissner to utilize military training towards her degree plan, and she says, "Thank you [Excelsior] for opening up doors for soldiers to further their education while serving their country. We appreciate and thank you for a job well done."



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