

LIVE & LEARN

EXCELSIOR COLLEGE MAGAZINE

VOL. 14, No. 2 | SPRING 2012





WE WANT TO SEE **YOU** AT **COMMENCEMENT!**

You've earned the degree, now it's time to get the recognition you deserve. Leading economic analyst and former U.S. Secretary of Labor Robert B. Reich will address the graduates (see p. 4), and the ceremony will be broadcast live at www.excelsior.edu/webcast.

JULY 13, 2012 · ALBANY, NY
WWW.EXCELSIOR.EDU/COMMENCEMENT

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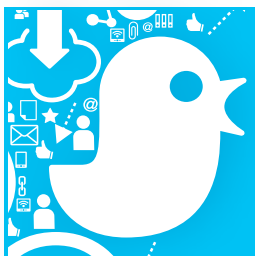
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Dr. John F. Ebersole

Anniversaries provide us with reasons for looking back—where we've been—as well as occasions to look forward—where are we going. Forty years ago the founders of our College recognized that college-level learning was occurring beyond the traditional classroom. They were determined to establish a means by which this could be acknowledged. This, of course, was the genesis of the Regents External Degree Program that later became Regents College, now Excelsior College.

Visionaries that they were, our founders could not have envisioned the role technology would come to play in the dissemination and accessibility of knowledge. Nonetheless, they clearly understood that a change in how higher education met society's needs had to happen, and they intended that Regents/Excelsior lead the way.

Predicting the future is always a risky business, and our crystal ball is no more accurate than that of our predecessors. However, I can say with certainty that ever more rapid change will take place, and we must embrace it and prepare as best we can for an uncertain future. Past leaders have laid a firm foundation upon which Excelsior stands and looks forward. Following their example, we recognize that change is inevitable, but we want to help shape it.

For example, the open courseware movement has put world-class instruction via the Internet into the hands of millions of learners around the world. Accessing the knowledge that it offers is one thing. Documenting that learning actually took place is another. Our faculty and the Center for Educational Measurement have vetted some of these online education resources and matched them up to Excelsior College Examinations. As a result, students can now demonstrate they have achieved an acceptable level of learning when using these free resources.

In doing this, we have broken the so-called "Iron Triangle": the belief that quality, cost and access cannot coexist in higher education; that only two out of the three can be achieved simultaneously. This is the concept behind our \$10K Degree bachelor's degree (BLS now, with business and electrical engineering to follow) that can be earned almost entirely by examination, using free courses from renowned institutions as a means to prepare. A March 8, 2012, article from *U.S. News and World Report* confirmed Excelsior as the first college in the nation to have offered "... this affordable course of study ideal for working adults."

As we draw our 40th anniversary year to a close, we look forward to the coming decades with anticipation, an open mind and a renewed sense of responsibility toward meeting the growing and complex educational needs of the future—wherever it may take us.

Ever Upward,

A large, stylized handwritten signature in black ink, likely belonging to Dr. John F. Ebersole.

LIVE&LEARN

EXCELSIOR COLLEGE MAGAZINE

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College Honors 20 for Their Support of Lifelong Learning

Excel­sior College recognized 20 individuals and organizations with the Partners in Lifelong Learning Award on April 19, the culmination of a two-year 40th anniversary salute to 40 honorees who have made a difference to the College and the adult learners it serves.

This year's recipients represent a broad range of community members and organizations that were honored for their advocacy and leadership in supporting lifelong learning.

They range from those who worked with Excelsior to improve its programs and services, such as Trustee Emeritus Arthur Gregg, Trustee Emerita Jean Smith, and former Vice President for Enrollment Management Chari Leader Kelley, to individuals and organizations making a difference for learners around New York's Capital Region—the College's home region—and beyond.

Vice President for Institutional Advancement Cathy Kushner notes that the 40th anniversary has provided an exceptional platform to recognize the role that lifelong learning plays in society. "If we stopped learning and growing when we finished high school or college, we would be stifled and society would not be as rich as it is today," says Kushner.

The College has awarded the Partners in Lifelong Learning Award annually since 2007. The event calls attention to the importance of lifelong learning while funding scholarships for students residing near the College's home in New York state who are in need of financial support to complete their degrees. The program has supported more than 200 students since its inception. ■

Recipients of the Partners in Lifelong Learning Award

Laura Anglin,¹ President, Commission on Independent Colleges and Universities; formerly New York State Budget Director

James Baldwin,² Superintendent, Questar III BOCES, the Board of Cooperative Educational Services for Rensselaer, Columbia and parts of Greene Counties

Charles Dedrick,³ Superintendent, Capital Region BOCES, the Board of Cooperative Educational Services for Albany, Schenectady, Schoharie and Southern Saratoga Counties; Excelsior College Alumnus

Johanna Duncan-Poitier,⁴ Senior Vice Chancellor, SUNY Central; Former Deputy Commissioner of Education at the New York State Education Department

Arthur Gregg, Lt. General, U.S. Army (Ret.); Founding Trustee and Chair of Excelsior College; Trustee Emeritus

The Hearst Foundations, with priorities in education, health, culture and social service, the Hearst Foundations address societal need such as the nursing shortage through its program initiatives

The Honorable Helena Heath-Roland, Albany City Court Judge; Member, Excelsior College President's Advisory Council

Mary Jo Laposta, Vice President, Chief of Nursing, Saratoga Springs Hospital; Member of the Excelsior College Nursing Faculty Committee; Former Consultant to the Excelsior College School of Nursing

Chari Leader Kelley, Vice President, Higher Education Services, Council for Adult and Experiential Learning; Former Vice President for Enrollment Management, Excelsior College

Mary Maida, CEO of the Medingen Group, LLC; Member, Excelsior College President's Advisory Council; Excelsior College Alumna

Christine Miles,⁵ Former Executive Director, Albany Institute of History and Art

MVP Health Care, a family of companies offering a range of health benefit plans and options combined with leading-edge wellness programs that help reduce health risks and control health care costs

Bridget Nettleton, Dean, Nursing Program, Empire State College; Former Dean, Excelsior College School of Nursing

Nixon Peabody, a global 100 law firm that bases its work and practice on relationships both within its offices and with its clients

Naren Patel,⁶ Vice President of Sales, North America Public Sector, Unisys; Member, New York Public Welfare Association; Member, Excelsior College President's Advisory Council

Raizel Reit, Founder, Testing and Training International (TTI), which is committed to educating orthodox Jewish women; Excelsior partner company

Jean Smith, Vice President of Chase Community Development Corporation, New York, NY (Ret.); Founding Trustee of Excelsior College; Trustee Emerita

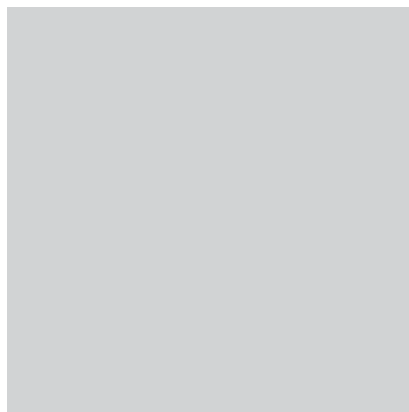
Joseph Taluto, Former Adjutant General of New York State; Executive in Residence, Excelsior College; Excelsior College Alumnus

USS Slater, a monument, memorial and museum dedicated to all destroyer escorts and the men who served aboard them, the USS Slater shares Excelsior's commitment to the military

John Zogby, Founder, Zogby International; Author, *The Way We'll Be: The Zogby Report on the Transformation of the American Dream*



Commencement Speaker Article



SCHOOL OF LIBERAL ARTS

New Degree Option: Master of Science in Criminal Justice

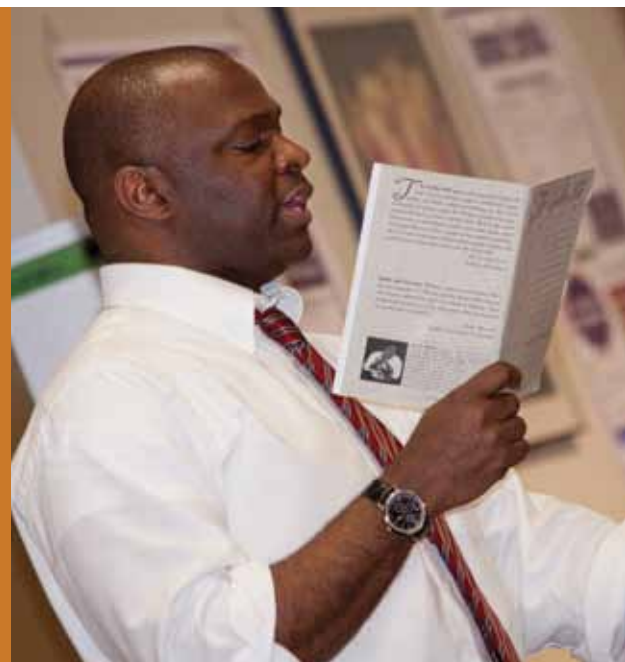
In January, students began taking classes in a new online program focusing on developing the analytical and leadership skills needed for success in the growing criminal justice field. Students pursuing the new Master of Science in Criminal Justice can select a concentration in either Informatics or Homeland Security and Emergency Management.

“While a graduate degree can certainly help those in law enforcement advance, an education in criminal justice is not just a path to a uniform and a badge,” said Dr. Scott Dalrymple, dean of the School

TWO POETRY EVENTS

The award-winning poet James Whitley gave a reading on March 9. Whitley (at right) read from his most recent works, *This Is the Red Door* and *The Goddess of Goodbye*. The event was part of an open house dedicated to the launch of the new online writing lab, the Excelsior College OWL.

Inspired by former U.S. Poet Laureate Robert Pinsky's poetry reading, held in December as part of the 40th Anniversary Celebration, **the College hosted a poetry reading** on March 20. Modeled after Pinsky's Favorite Poem Project, members of the Excelsior community shared their favorite poems during the March event.



of Liberal Arts. “Graduates have the knowledge and skill sets to pursue a variety of career paths, from the lab to law.”

The Master of Science in Criminal Justice program requires 30 credits of study, including 18 core credits, 9 elective credits in the chosen concentration and a 3-credit capstone course at the end of the program.

“Graduates have the knowledge and skill sets to pursue a variety of career paths, from the lab to law.”

The Informatics concentration provides students with an understanding of the role of data, databases and information in criminal justice. The program emphasizes how information is incorporated into decision-making and how to effectively manage information in today’s technological environment. The Homeland Security and Emergency Management concentration examines domestic and international security issues and their impact on criminal justice organizations and policies. This concentration emphasizes how criminal justice leaders can make effective policies and decisions in today’s security environment.

“The Master of Science in Criminal Justice offers students an opportunity to deepen their understanding of criminal behavior and the criminal justice system, and to develop the skills required for leadership and policy-making in a variety of career pathways,” said Dr. Piyusha Singh, Excelsior College program director. ■

SCHOOL OF BUSINESS & TECHNOLOGY

BS to MBA: Aspiring Business Students Can Take the Dual Route

Through a new dual track business program, students working toward their Bachelor of Science can get a head start on their MBA. The program is expected to lower costs and decrease the time it would normally take to separately complete both programs.

“There is mounting pressure on higher education institutions to lessen the financial burden while continuing to deliver a top-notch academic experience,” said Dr. Jane LeClair, dean of the School of Business & Technology. “Excelsior made it a high priority to develop an innovative program that can accommodate both needs. The BS to MBA program streamlines the process for earning an advanced business degree and provides students with the same team of academic advisors through the entire track, to ensure all needs are addressed.”

Under the combined program, students can earn a Bachelor of Science in Business and an MBA with 147 credits—up to 21 credits fewer than would be required for two separate degrees, depending on the concentration. As part of the bachelor’s portion of the program, students will take courses totaling 15 credits in certain foundation subjects essential to graduate study in business. They will also take two 3-credit bridge courses, Business Communications

and Global Business Environment. Combined, these credits make up the 21 credit “savings” toward the MBA portion of the dual-degree program.

“Excelsior made it a high priority to develop an innovative program that can accommodate both needs.”

To complete the MBA, students must fulfill 27 graduate-level credits, including all core requirements, as well as 9 credits in approved MBA electives or 9 credits in one of the available concentrations. ■

ANS Student Section Receives Honor

Excel’s virtual student section of the American Nuclear Society (ANS) was awarded a Certificate of Distinction for the academic year 2010–2011 from ANS.

The Excelsior student section was among only 14 student sections in the United States to receive the honor for having completed activities required to demonstrate the section remained active and engaged during the review period. Among the activities that contributed to qualifying for the award was a presentation at the section’s June meeting by Dan Allen of Dominion Power. Allen, a graduate of Excelsior’s Bachelor of Science in Nuclear Engineering Technology program, brought the section up to date on the recent events in Japan with his presentation entitled, “Fukushima Daiichi: What We Know Now.” ■

SCHOOL OF BUSINESS & TECHNOLOGY CONT.

Two Concentrations Added to MBA Program

As effective communication with customers, employees and clients becomes increasingly critical for business leadership, Excelsior has added concentrations in social media management and human resource management to the MBA program.

The social media management concentration will teach students the skills they need to build Web communities, create and market online brands, provide customer service and craft engaging Web content. In addition, students will learn to apply various best practices to develop online campaigns and monitor and measure social media engagement.

The human resource management concentration is intended to equip human resource managers with the knowledge and ability to administer staffing, employee development, labor relations, conflict resolution, compensation and benefits. The concentration blends contemporary theories with the successful application of key functions expected of leaders in the human resource field. ■

“Business leaders today who avoid social networks [and] stick their heads in the sand do so at their own risk. Individual conversations are happening on social media about individual companies, products, and services regardless of whether or not the company enters the space.”

—Dr. Jane LeClair, Dean of the School of Business & Technology, quoted in *U.S. News & World Report*

CENTER FOR MILITARY EDUCATION

Associate Degree Programs for Combat Soldiers

Junior enlisted soldiers who specialize in the combat arms will have streamlined access to five Excelsior College associate degree programs in liberal arts and business under a new education initiative developed by the U.S. Army's College of the American Soldier.

By partnering with colleges and universities, the College of the American Soldier provides education pathways for Army personnel.

The Enlisted Education Program encourages junior enlisted personnel to access higher education programs that are tailored closely to their early Army training. By expanding on their training and tapping into Excelsior's associate degree programs early on, enlisted personnel will gain academic assets that can advance a military career and establish a bridge to civilian degree programs at the bachelor's level and higher.

Excelsior offers five degree options within the School of Liberal Arts and School of Business & Technology that align with specific Army training programs. Students considered ideal for the program are privates and specialists in the infantry, armor, field artillery and air defense career management fields — more than 120,000 soldiers.

“Excelsior College's customized courses build on soldiers' initial military training programs so that they can take learning to the next level more quickly,” says Susan Dewan, executive director of the Center for Military Education at Excelsior College. “We have created a number of courses that recognize the Army's Structured Self-Development 1 (SSDI) course, enabling the student to gain broader knowledge and earn college credit in military history, politics, leadership and other core subject areas.”

Degree programs selected for the College of the American Soldier's program are Associate of Science in Liberal Studies and Associate of Arts in Liberal Studies, Associate of Arts or Associate of Science in Liberal Studies with a focus in psychology, and Associate of Applied Science in Administrative Management Studies. ■

“Best for Vets” and a Top Military-Friendly School

For the second year in a row, Excelsior College has been named a “Best for Vets” college by *Military Times Edge* magazine. The magazine surveyed 500 veteran students, and Excelsior's centralized services for veterans, transfer credit policies and staff knowledge of veterans' issues emerged as the institution's top qualities.

The recognition follows *G.I. Jobs'* designation of Excelsior as a top military-friendly college. The *G.I. Jobs* ranking honors colleges, universities and trade schools that are doing the most to support veterans as students. ■

New Partnerships Reach Out to Veterans

Continuing its support for the nation's veterans, Excelsior College has partnered with a number of veteran and related organizations to provide educational benefits to their members.

Veterans of Foreign Wars departments in three states—Vermont, California and Nevada—have joined the VFW in New York in partnering with Excelsior. The partnerships reflect the VFW's national goal of boosting membership among younger veterans of the operations in Iraq and Afghanistan who are returning home and considering their higher education options.

In addition to the VFW, the College has education partnerships with the National Association of Uniformed Services, the Non Commissioned Officers Association, the Association of the United States Army's Capital District Chapter, and Patriot Hills of New York. Under these agreements, members and their spouses or domestic partners are eligible for reduced tuition and fees for undergraduate degree programs at Excelsior College.

The New York VFW's education partnership with College, forged in early 2011, has begun to show results. More than two dozen New York VFW members have applied, enrolled or expressed an interest in attending Excelsior. One is Douglas Hauser, 48, of Oswego, N.Y. A U.S. Navy veteran who separated from the service in 1992, he was already a VFW member when he enrolled with Excelsior College in 2008 to complete an undergraduate degree. His prior Navy experience and training in the Navy Nuclear Power program

made a technology degree a likely option for him.

He was at work with his online courses in early 2011 when the New York VFW signed an education partnership agreement with Excelsior. For Hauser, it was good news: he would qualify for lower partnership tuition rates as he wrapped up his coursework for his Associate in Science. He completed his technology program in January 2012 and doesn't plan to stop there. He intends to enroll in the College's Bachelor of Science in Nuclear Engineering Technology. He now works as a power plant supervisor at Oswego Harbor Power, and the bachelor's degree will help him to move up the ladder in the power industry.

Like many adult students, Hauser's higher education path includes some early starts and stops. He began college at SUNY-Brockport, left for a Navy career and six years later left the Navy to earn more money in the power industry.

"At the time, I didn't really think I needed a degree," he said. But in 2008, the plant where he worked shut down. To his surprise he discovered he needed a degree to find new work and maintain his standard of living. That's when he found Excelsior,



A veteran and member of the New York VFW, Douglas Hauser, AS '12, took advantage of educational benefits and completed his degree.

which accepted many of his prior education and military training credits and offered the flexibility of online coursework. It was an ideal solution to his education needs.

"I like the Excelsior program," he said. "I work a rotating, 12-hour shift, so I can jump on a computer much easier than I can go to a traditional classroom. I do a lot of coursework in the middle of the night. My son is a little surprised that I am still going to school, but I tell my kids that if you don't have a college degree, you can miss out on some important things in life." ■

Among Excelsior's many military-related partnerships is one designed to attract younger veterans seeking to complete college degrees. National Commander in Chief Richard Eubank and College President John Ebersole are joined by New York State VFW Commander Jack Veazy at the partnership signing in 2011.



SCHOOL OF
HEALTH SCIENCES

Bachelor's-Level Programs Expand, Reflecting Growth in Health Care Career Options

Mesick Selected as Outstanding Advisor

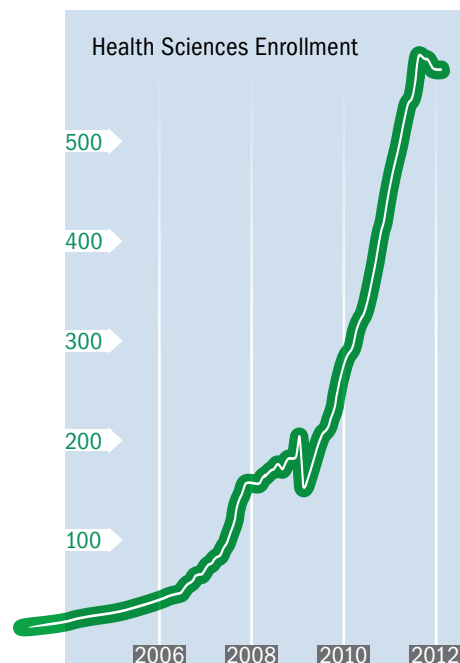
The Excelsior College Student Affairs Council named Sarah Mesick, an academic advisor in the School of Health Sciences, as the 2012 Excelsior College Outstanding Advisor. In addition, she has been selected as the College's 2012 nominee for the Outstanding New Academic Advisor award presented by the National Academic Advising Association (NACADA). Mesick, previously an admissions counselor with Excelsior College, was hired two years ago as the first academic advisor for the School of Health Sciences. In that time, she has contributed to the design of an "onboarding initiative" for newly enrolled students to encourage them to take important steps toward successful degree completion. Preliminary data on the new program suggest these efforts are increasing student satisfaction. ■

Sarah Mesick,
2012 Excelsior College
Outstanding Advisor

With job growth in the health care sector one of the few bright spots in the U.S. employment landscape, the School of Health Sciences has expanded its bachelor's-level program to include two new emphases: one in public health and another in health and wellness.

Excelsior's Bachelor of Science in Health Science—among the fastest-growing programs at Excelsior College—already includes emphasis options in health care management, gerontology, health education and end-of-life care. The new areas further expand students' choices as they explore the array of career paths available in hospitals, medical offices, laboratories, community clinics and other settings. In addition, the public health emphasis will help to prepare students who are interested in pursuing graduate-level studies in public health.

"Excelsior is constantly adapting its degree programs to workforce trends, and we see growing job opportunities in health care that require a bachelor's degree," said Dr. Deborah Sopczyk, dean of the School. "In addition to their growing interest in our existing programs, we find more students expressing interest in public health issues and in the field of health and wellness."



During the 2010–2011 academic year the number of students in School of Health Sciences programs rose by 50 percent.

The School has seen steady enrollment growth. For instance, during the 2010–2011 academic year the number of students in School of Health Sciences programs rose by 50 percent.

According to the Bureau of Labor Statistics, health care is projected to generate 3.2 million new wage and salary jobs between 2008 and 2018. Although a range of educational

... Many [health care] industry jobs require a four-year college degree or master's degree. These jobs are found in hospitals, pharmacies, laboratories, nutrition centers, medical and outpatient offices, surgical centers, nursing homes, rehabilitation programs ...

backgrounds is evident across the health care professions, many industry jobs require a bachelor's or master's degree. These jobs are found in hospitals, pharmacies, laboratories, nutrition centers, medical and outpatient offices, surgical centers, nursing homes, rehabilitation programs and a range of other settings where health care is delivered and administered.

Students pursuing the BS in Health Science with an emphasis in health and wellness must complete the Health and Wellness course, plus 6 additional elective credits in the focus area.

For those interested in the BS in Health Science with a public health emphasis, Introduction to Epidemiology and Principles of Public Health are required courses, and an additional 3 credits in the focus area are required. ■

Excelsior's students represent a diverse group of adult learners, prompting College advisors to examine what diversity looks like in a nontraditional setting. Advisors (left to right) Peter Barnett, Brandi Poczik, Matthew Flowers, Tammy Parsons and Elizabeth Ireland role-played scenarios and led discussions at a recent conference for academic advisors.

SCHOOL OF NURSING

Advisors Rethink Perception of Diversity

What does diversity look like when we cannot see it? That's the question five advisors from Excelsior College are exploring. The advisors—Elizabeth Ireland, Tammy Parsons and Brandi Poczik from the **School of Nursing**, Matthew Flowers from the **School of Liberal Arts** and Peter Barnett from the **Center for Military Education**—presented interactive scenarios and facilitated discussions on “How does diversity play a role in advising students at a distance” at the National Academic Advising Association (NACADA) Region 1 Conference in March.

Speaking to an audience of advisors primarily from traditional colleges and universities, the Excelsior College advisors cautioned that online and phone communication does not erase, or minimize, issues of diversity. To show possible ways diversity translates in phone conversations between advisors and students, the advisors prepared five scenarios. The scenarios addressed

such variables as age, religion, gender, disability, and English as an additional language. After presenting a scenario, the Excelsior advisors asked the group how they would handle the situation in person and online. The discussions yielded strategies for effectively communicating with a large and diverse student population, whether face-to-face, over the phone or through email.

According to the team of advisors, the discussions brought to the forefront the importance of discussing diversity and how recognizing diversity can help advisors provide students with the best possible service. They will continue the conversation by presenting the scenarios to their peers at Excelsior College in June.

Best College for Men in Nursing

The American Assembly for Men in Nursing, a national organization that encourages, advocates and supports men in nursing careers, named Excelsior College the recipient of its 2011 award for the best school or college of nursing for men. Excelsior was the only recipient selected for the award. The College has received the award a total of four times, beginning with its selection along with the University of Pennsylvania in 2006. ■



The Fabric of Her Life

Founding president of homeless shelter brings real life experience to classroom

BY DANA YANULAVICH

Sharon De Martini, Excelsior faculty, has been a guiding force in helping homeless women and children as a member of the board of directors at St. Paul's Center, a shelter for homeless women and their children. The shelter gives each woman and child a handmade quilt that they can take with them as they transition into permanent housing, affording continuity along with comfort. De Martini also developed and teaches the College's course on homelessness.

For one Excelsior College faculty member, a passion for volunteer service has combined with her educational career to the benefit of many. Sharon De Martini, faculty program director for special projects, is also the founding president of St. Paul's Center, a shelter for homeless women and their children in Rensselaer, N.Y. Drawing on her grassroots experience in helping the homeless, De Martini designed, developed and now teaches a course, PBH 342 Homelessness: Social and Health Perspectives in the College's School of Health Sciences.

De Martini became involved in the creation of the homeless shelter eight years ago when her church initiated a detailed community needs assessment to consider options for a newly vacated church after its parish merged with hers. "I decided that it was time to start giving back a little bit and this seemed like a perfect opportunity," she explains. A Rensselaer native, she appreciated how the St. Paul's building had served the community for 100 years, not only as a house of worship but also as a school, a polling place and site of other civic activities.

Since its founding as a non-denominational, not-for-profit entity, the shelter has provided services for more than 320 families. Most of the women who are assisted at St. Paul's are single, with no income and limited education. It took \$1.3 million to renovate the church to create the homey 19-bed shelter. While one month is the typical length of stay, the Center continues to support the families for up to a year through its Bridges Program that assists families as they transition to independent living arrangements.

"The Bridges Program is a really big part of the whole homelessness picture," De Martini explains. "To just provide a roof over one's head is not enough—you need to supply support services for at least a year in order to help people make the transition successfully."

Soon, De Martini will be undergoing a transition of her own. Due to term limits, she'll be stepping down from the Center's Board of Directors, after serving as a guiding force in not only the creation of the shelter but also in steering its development and current day-to-day operation. David Rossetti, executive director of St. Paul's, reflects, "Sharon's greatest contributions have been her dedication to the mission and the vision of the organization, her ability to communicate articulately and her genuineness. [She also] has been able to manage some very difficult situations while on the board, ensuring the focus remains on the shelter."

But now, as she leaves the board, De Martini can continue to apply lessons learned from eight years of navigating homelessness issues to her Excelsior College course on the subject. Developed through the encouragement



Sharon De Martini meets with St. Paul's Center Executive Director David Rossetti. "Sharon has been helpful with brainstorming, being one of our regular donors, and nurturing me as the Center's executive director," Rossetti explains.

of School of Health Sciences Dean Deborah Sopczyk, the course has been well-received by students and is so popular that it is offered every eight weeks. Students learn about the many faces of homelessness and are surprised at the complexity of the issues involved. De Martini notes, "I love teaching it [the course] and the discussions we have. I love it when students say, 'Wow, I had no idea how many people are homeless in my community. I never thought about the huge impact homelessness has on public health,' or the best one—I want to do something to help.'"

Exemplifying the many Excelsior employees who are committed to the College and their communities, De Martini has worked at Excelsior for nearly 25 years. Her experience is complemented by a Bachelor of Science in Business Administration and a Master of Science in Educational Psychology.

While the intersection of learning and homelessness may not seem readily apparent, De Martini observes, "The shelter and Excelsior are both places where people really strive to provide and equip others to improve their lives and become what they want to become." ■

FOR MORE INFO

St. Paul's Center, www.stpaulscenter.com

PBH 342 Homelessness: Social and Health Perspectives

This course provides a comprehensive view of homelessness within the U.S. from both social and public health perspectives. Students explore the various causes of homelessness, examine the different homeless populations, and investigate interventions aimed at addressing relevant issues. The course puts a face to the thousands of men, women and children who are without the shelter, safety and comfort of a home.

Managing Your Stress



The road
to wellness
begins with
mitigating the
stress that
complicates
daily life

BY GARY MCCLAIN

Stress management is a great idea on paper. But then real life gets in the way: job, family responsibilities, community activities, school.... Trying to balance all of the competing demands of life can leave you not only stressed, but also stressed about your stress. But, stress management doesn't have to be complicated.

HERE'S HOW TO GET STARTED

- **Manage your time.** Being over-committed leads to stress and so does procrastination. Decide what you need to get done first, second, third. Break big jobs into little tasks. Schedule yourself (reasonably), and stick to your schedule. Maintain a to-do list so that you don't have to rely on your memory.
- **Don't be a hero.** "Give 'til it hurts" only works for millionaires. Decide where you can relax your standards. The world won't fall apart if your house isn't the cleanest or if you do some delegating, at home and at your job. Ask yourself: Do I need to jump in and take charge or can I share the burden (and the glory)? What about all those weekend commitments? Okay, here's another idea: just say no.
- **Watch your self-talk.** Talking to yourself again? I hope so. After all, that's what humans do. But consider this: your self-talk has a direct impact on how you feel. If your self-talk always leans toward the dark side—beating up on yourself, expecting the worse or waiting for the next catastrophe—you are setting yourself up for lots of stress. Unlearn the negativity by replacing your self-talk with positive messages. Tell yourself that you don't have to be perfect. Remind yourself of past successes. Look forward to a better day.

- **Get down to business.** Got a nagging feeling in the back—or the front—of your mind that you aren't managing your money very well? Anticipate having to cut back on your workload to protect your health? Worried about what your finances might be like in the future? Without real information, the mind fills in the gaps, often with fear, uncertainty and doubt. Yep, that means more stress on the way. Sit down with experts who can help you look at where you are financially and help you to develop a strategy for the future. Counter the uncertainty with hard facts ... and a plan.

- **Eat, sleep, breathe.** Ever find yourself flying off the handle simply because you don't have any energy or are fogged over from lack of sleep? A healthy diet, and adequate rest, can go a long way toward helping you to cope with the stresses of daily life. When you feel the stress coming on, pull yourself out of the line of fire, even for few minutes, to take some deep breaths and to quiet your racing mind.

- **Stay active.** Physical activity is a great way to release pent-up tension and replace it with a sense of calm and well-being. That doesn't mean you need to run a marathon. Take a walk, take the stairs, take a trip to the local gym. It's a good idea to talk with your health care provider about what you can do to stay active without overdoing it.

- **Have a safe place to talk.** The joys and the challenges of daily life bring up all kinds of emotions, and holding them inside can lead to stress. When the feelings build up, sit down and talk things over with someone who can listen without judging you or telling you what to do. (Yes, that means vent when you need to.) Talk to a friend or family member, a clergy person or a trained mental health professional.

- **Accept that you aren't always in control.** When your mind tells your body to take action, your body mobilizes for your next move. If you are preparing for an important meeting, or standing in the middle of the street with a car coming at you, the rush of adrenaline can save your job or your life. But if you are stuck in a traffic jam, and your mind tells your body to do something already, chances are that, just like you, all that adrenaline has nowhere to go—other than leaving you sitting with a lot of stress. So repeat after me: "I don't always have to be in control." Take a deep breath and sigh in relief. Enjoy the break. Imagine you are in Honolulu.

- **Practice compassion.** Go easy on yourself. Forgive yourself when you make mistakes. Do things for yourself that enhance your well-being. This is

"But if you are stuck in a traffic jam, and your mind tells your body to do something already, chances are that, just like you, all that adrenaline has nowhere to go—other than leaving you sitting with a lot of stress. So repeat after me: "I don't always have to be in control." Take a deep breath and sigh in relief. Enjoy the break.

*IMAGINE YOU ARE
IN HONOLULU."*

where compassion begins. Shine the light outward toward the other people in your life, your friends, family, even that annoying person at work. Let the people in your life be who they are rather than whom you wish they would be. Have a heart!

- **Don't neglect your spirit.** The three pillars of wellness are mind, body and spirit. Meditate, practice yoga, take a quiet walk, listen to some calming music, attend religious services.... Get connected to your spiritual self and a sense of meaning that is greater than the day-to-day stresses of your life.

Relax! Stress management is an important factor in maintaining wellness. And the better you manage your stress, the more you can accomplish. How's that for an incentive? Take a look at what you can do to manage the stress in your life. ■

Gary McClain, PhD, a faculty member at Excelsior College, is a licensed counselor, research consultant, speaker and author who specializes in the emotional impact of chronic and catastrophic illness. In the School of Health Sciences, he teaches HSC 407 Health and Wellness, HSC331 Impact of Chronic Illness on Person and Environment, and NUC 431 Introduction to Health Care Delivery Systems.



Research has shown that early intervention increases student performance and enhances faculty-student engagement.

From the faculty perspective, Starfish Early Alert supports instructors in overseeing student performance and being aware if a student is showing signs of difficulty. From the student perspective, the alert system provides support by triggering faculty outreach and engagement. The new system also allows opportunities for kudos and positive reinforcement from faculty.

“As an associate dean who works closely with faculty, I regularly interact with instructors who want the best possible outcomes for their students,” said Dr. Richard Wu, of the School of Liberal Arts. The new system will support instructors in encouraging their students’ success, according to Wu. ■

— Ellen G. Lahr, Communications Director

Alert System Aims to Promote Student Success

In May 2012 the College will begin piloting a new alert system that will support instructors as they seek to identify and assist struggling students before they find themselves at risk of not achieving a successful outcome in a course.

The new system, Starfish Early Alert, integrates with the College’s learning management system to generate automated alerts for instructors if a student falls behind on class participation, misses a deadline or performs poorly on a paper or test. The system will be used in selected undergraduate courses offered by the School of Liberal Arts.

“The sooner we intervene to assist students, the more likely faculty and staff can provide the resources and positive reinforcement needed to promote success,” said Dr. Patrick Jones, vice provost. “The new alert system gives us a means to know early in a course if a student needs additional support and assistance.”

“The sooner we intervene to assist students, the more likely faculty and staff can provide the resources and positive reinforcement needed to promote success.”

Research has shown that early intervention increases student performance and enhances faculty-student engagement, and automated systems are increasingly supporting college and university efforts to address student success and retention.

Job Search Support from Career Center 24/7/365

To support career advancement and increase the potential for future employment options, the Excelsior Career Center will offer enrolled students a new, free job search database. Available this spring, EC JobLinks will complement the existing resources and services available through the Career Center.

EC JobLinks is a dynamic national Web-based software program and job search database for all majors and types of employment, and it also serves as a recruiting and communication system between job seekers and employers. Through the service, Excelsior College students can access thousands of job postings from within the United States and internationally as well as a free resume development and database system. ■

Research Guides for Each Subject

The Excelsior College Library has revised and enhanced the subject-specific research guides, and there are now more than 30 guides available to enrolled students, faculty and staff. Formerly known as the Research by Subject pages, the research guides cover every subject offered at the College. The guides provide links to recommended subject-specific research databases and Web resources (such as podcasts, RSS feeds and professional association Web sites). They also highlight featured ebooks, journals, topic pages and videos from the Library’s collection. Links to specific guides can be placed within online courses, providing students with quick links to the resources they need. ■

BY MARIBETH GUNNER PULLIAM

The Big Three

By far, the most well-known and well-used social network is Facebook, which currently has 800 million users and is estimated to reach 1 billion in the near future. Although primarily geared for personal use, Facebook has features that can benefit your career. LinkedIn is presently the number one

If you are just getting acquainted with social media, your best bet is to first choose one social network and master that before expanding to other platforms. If you are already using a network, you'll want to be sure you are maximizing your social media experience to pump up your professional network and enhance your employability. ►

How Can Social Networks Catalyze Your Career?

Networking opportunities: It is no secret that networking is still the most effective way to find a job. Sites like LinkedIn, Twitter and Facebook are the conduit for expanding and enhancing your network. By tapping your connections, you can maximize your efforts and minimize time spent on securing job leads. Even if you are not presently seeking employment, building your network is essential. Similar to insurance, it is best to have it in place before you need it in the event you unexpectedly lose your job, your company downsizes, or you just decide it's time for a career change. Reach out and invite your contacts to be your advocates! Remember, too, that you also need to share information and resources. Networking is a reciprocal process. Be willing to take the time to assist your connections when they are in need, and the favor will likely be returned.

Practical and plentiful job search resources: LinkedIn, Twitter and Facebook all offer advantageous job-related resources. For example, LinkedIn provides a job search engine that allows you to search by title, keyword or company name, and provides an advanced search function that will create job search agents to continuously inform you of current openings in your field. The LinkedIn Group directory is another beneficial feature that helps identify niche professional groups in your industry that you can join and use to network. Or, you can also create a group of your own and invite others to join. Twitter, too, has several job hunting and networking resources. TwitJobsearch.com is a job search engine that scours Twitter for any new job opportunities that are tweeted and posts them to your account.

TweetMyJobs is another Web site that conducts job searches based upon the parameters you input, and then sends notifications of suitable matches to your email, mobile phone or Twitter account. A basic Twitter account allows you to search by key word for job-related tweets and career information. You can also choose to follow an organization's news and events to stay in touch with current trends in the field.

Facebook's professional network, known as Branchout, offers job search capabilities that not only search by keyword and location, but also immediately reveal any Facebook

contacts you may already have at the organizations you are targeting, so you can immediately leverage your network. Users can also view company Facebook pages to research organizations and glean pertinent intel prior to an interview. Many of the big job search boards, such as CareerBuilder and Indeed, also have Facebook pages where current resources and leads for job hunters are posted.

Engaged employers: Employers have become savvy connoisseurs of social media. Most companies and organizations have established Twitter accounts and Facebook pages as a marketing and communication tool. Moreover, according to Cachinko.com, more than 80 percent of employers are currently using social networks, especially LinkedIn, as a popular resource for investigating and identifying potential candidates. Many employers like the idea of recruiting new hires from a trusted source. Using social networks to locate candidates with the right fit can also eliminate potential turnovers, saving the company money and time. Without a vibrant online presence, you may be missing many viable opportunities to showcase your talents and convey your experience to employers who are trolling the networks for talent. Position yourself accordingly and reap the benefits.

Use Social Media Wisely; Adopt Best Practices

USE TUTORIALS

Each network provides some form of text-based or video tutorials, FAQ and/or help sections that can instruct you on available features. Once you set up an account, take the time to explore the services offered and become acclimated to all the functions in order to optimize your social networking experience.

MANAGE AND MONITOR YOUR ONLINE PRESENCE

Be careful what you post on any social network. Employers are not only using social networks to search for top talent, but also to conduct background checks and screen potential candidates. The content and photos you post on social networking sites can tell employers a lot about you. A negative

profile picture on Facebook could be your demise. Take control of your online profile. Use the privacy settings on your Facebook account. Also, be aware of what you tweet as these will show up in a Google search for anyone to view. Is your digital reputation distinct or disappointing? Google your name to view your online presence. If damage control is needed, it's better you find this information before employers do. Always maintain a professional online presence.

QUALITY OVER QUANTITY

Although it is important to grow your professional network, choose contacts thoughtfully. Make sure they are mutually meaningful and supportive. Before you connect with someone, consider how that person can help you and vice versa.

BE ACTIVE

It is not enough to create a network account and walk away. You need to actively participate to make it useful. Share helpful information on your Facebook wall. Tweet about current events in your field. Demonstrate your skills and promote others on LinkedIn.

Jump In!

Social networks can prove to be a great addition to your career toolbox. As a job hunter, be sure to remember to use them in conjunction with other traditional job search tools to create a well-rounded approach. Wherever you are on your career path, adding a social networking strategy will ensure that you are well equipped for continued success in your career. ■

Access related resources and additional career-related links at www.excelsior.edu/career, and go to the job search page to learn more about how LinkedIn, Twitter and Facebook can elevate your career. The Career Center is also on Facebook at [Facebook.com/ECCareerCenter](https://www.facebook.com/ECCareerCenter).

Maribeth Gunner Pulliam, MS Ed, is the career services coordinator at Excelsior College.



BACK^{TO} SCHOOL

For adult students, the pursuit of learning requires persistence, dedication and no small amount of courage

EXCERPTS FROM *COURAGEOUS LEARNING:*
FINDING A NEW PATH THROUGH HIGHER EDUCATION
BY JOHN EBERSOLE AND WILLIAM PATRICK



ourageous Learning: Finding a New Path through Higher Education by Excelsior College President John Ebersole and writer William Patrick assesses the current state of adult education in America, profiles a variety of adult-serving institutions, and offers practical information for adults who want to earn higher education degrees. It includes autobiographical self-portraits of adult learners who have not only shown uncommon persistence in attaining their degrees, but who have also overcome considerable challenges on the road to personal and professional success.

Also included are interviews with a number of the nation's most outspoken proponents for education reform, including Martha Kanter, current U.S. under secretary of education; Margaret Spellings, former secretary of education under George W. Bush; Arthur Levine, president of the Woodrow Wilson National Fellowship Foundation; and Mark Milliron, former deputy director for post-secondary improvement at the Bill & Melinda Gates Foundation.

The book underscores the urgent need for American adults to embrace a culture of lifelong learning to help solve America's education and employment crises. The following excerpts point to the need for new and innovative ways for adult learners to thrive in a post-traditional world.

CHAPTER 2: EDUCATION IN AMERICA: PATHWAYS TO POSSIBILITY

The vast majority of our colleges and universities are committed to educating a diverse cross section of students to improve the quality of their lives. These schools provide students with tools that can broaden their intellectual abilities, strengthen their participation as conscientious citizens, and help them prepare for their careers. Whether conveying essential information at a picturesque campus or through distance learning, most of the people who work in public and private American schools of higher education are dedicated to achieving excellence for themselves and others.

However, most traditional schools, hampered by the necessity to schedule class times and to maintain expensive physical campuses, have their hands full taking care of their normal populations of 18- to 22-year olds. They have not been

structured or oriented to serve the needs of working-age adults. Yes, many have evening degree programs, but those programs remain time-and-place specific. Some offer online courses, and that certainly helps. But these schools are often reluctant to assess prior learning or accept significant credit in transfer. Many adult learners do not have the physical proximity or flexible schedules to attend these traditional programs, nor the ability to afford the costs of a degree at some of these schools. Also, most institutions of higher education also have sound economic reasons, as well as academic quality issues, for not wanting too much work to be done somewhere else.

Excelsior, a post-traditional educational institution, is one example of a college that transcends the typical model by assessing knowledge from prior learning and offering online courses in a cost-effective way. The experience of graduate Daniel Tulip, BS '10, shared below, highlights how many adult learners overcome obstacles in pursuing their degrees, and shows how they can succeed in a more flexible environment.

CHAPTER 3: DANIEL TULIP: A TOUCH OF GRACE

Daniel Tulip's story demonstrates how important encouragement can be for adult learners. In 2010, he won Excelsior's Robert P. Mahoney Award, given to a student who completes a degree in the face of significant challenges, while demonstrating a dedication to community and volunteer service. Through three deployments to Iraq and despite a serious illness, Dan persevered to earn his degree. The understanding of his advisors and consistent support of his wife, Marcie, were key elements in his success.



I started taking classes when I first went into the military, back in October 1988. That was before distance education had become popular. I took classes wherever I was stationed, and it was hard because I was full-time, and active duty the whole time. ...

I went to Fort Drum, New York, in October 2002, and within a few months of arriving there, the Iraq buildup started. I was deployed there in March 2003 for the first rotation. After I came back from that first deployment, I knew I was getting to the point where I was going to retire in a few years, and I realized I needed to do something to get my bachelor's degree. At that time, I had over 100 credit hours, but they were from a college here, there, and everywhere

“When I was introduced to Excelsior College at Fort Drum, I knew that I wanted to retire from the military. I wanted to be as successful in the civilian world as I had been in the military, but I had to acquire the education credentials to back that up.”

[An education service officer at Fort Drum suggested he check out Excelsior College.] I did that and, sure enough, I was within about 24 credits of getting a bachelor's degree. They told me they'd accept all the classes I had taken and all of my military training. So I started with them, but then I went back to Iraq two more times. It was hard, because I was often in some remote locations where we lived in close quarters. I didn't really have any privacy. I literally had to stay up late at night, when everyone else was asleep, so I could study. ...

Growing up, I was never held accountable for anything I did. No supervision. ...

My high school GPA was 1-point-something. I can remember being halfway through my senior year, and I had to go to the office more than once. I had skipped so much school to go to work, or I'd just go and do whatever I wanted to do, and no one ever questioned me. ...

But finally I got a job working on a farm, and the guy who ran the farm—James Wood—he became a big inspiration for me. He changed everything for me. I mean, he



Dan Tulip, BS '10, exemplifies lifelong learners—those who overcome significant challenges in order to earn their degrees. Supported by his wife, Marcie, Tulip earned a criminal justice degree while serving in the military and struggling with cancer. He said, “Marcie was so proud. She kept pushing and encouraging me the whole time, because of everything I had gone through” Tulip is among the adult students profiled in *Courageous Learning*.

was my role model ... He taught me that when you do something, you do it right the first time and you put 110 percent into it. ... When I went into the Army, I went from working on a farm ... straight into military life, where I applied that same work ethic. I got rewards, and I got promotions, and I just took off. I went from a private E1 to a senior noncommissioned officer in nine years. I thrived in the Army ...

[Tulip met his future wife, Marcie, after going out on the night of his birthday at the insistence of his sister.]

A little over a month into our relationship, right before Thanksgiving, I called Marcie on the phone and told her I was peeing blood—fire-engine-red blood. I had gone to an urgent care clinic, and they detected a shadow on the ultrasound. Marcie was a nurse, so she knew all the ways that could mean trouble. She told me to go see a civilian urologist. ...

Turned out there was a malignant tumor in my bladder, but it was “low-grade, non-invasive.”...

I had the surgery in December, and then I went back to Iraq the next October. Our unit received a deployment notice and, as far as the military was concerned, I was not being treated for anything. ...

It was really hard on Marcie. We emailed every day. I would call her every night, faithfully, unless I was out on a special mission or something.

Then she got sick. She had fibrocystic breast disease, and it progressed really fast. [Marcie had surgery but insisted that Dan save his scant leave to spend time with his kids.]

That's why I put Marcie in for the "student support award" from Excelsior in 2010. She didn't know I had nominated her until she got the notice she had won. There I was in Iraq three times, and she helped me get through two of those, and through the bladder cancer, and then she went through a major surgery on her own. She chose to put her own needs aside to help me.

I was an operations sergeant pretty much the whole time I was in Iraq, and that was definitely stressful. Over the three and a half years I was there, I went on somewhere between 750 and 800 patrols into various cities. It took a toll on me ... I knew I had to go back to school and get trained to do something else.

When I was introduced to Excelsior College at Fort Drum, I knew that I wanted to retire from the military. I wanted to be as successful in the civilian world as I had been in the military, but I had to acquire the education credentials to back that up. ...

I had been taking college classes all along, so I had a lot of credits. I started in 1990 in Germany, with the University of Maryland. However, the military didn't want to keep me anywhere longer than 24 months. My first duty assignment was Illinois, then I went to Germany, then to Fort Campbell, Kentucky, and then to Honduras, back to Fort Dix, on to Korea, then to Alabama, and Fort Hood, Texas, and back to Korea, and finally I got sent to Fort Drum. I stayed at Fort Drum the longest, because of the deployments to Iraq.

I kept taking college classes wherever I could—in between deployments, in between training exercises. I went to a community college in New Jersey; I went to a community college in Alabama. I got my associate degree from Central Texas College, going to night school when I was at Fort Hood.

When I was in Iraq, going out on missions, coming back and studying was one of the things that helped me keep my sanity. Just being able to have that focus and knowing I was heading toward something positive was very important for me. And the professors were so encouraging. There were a couple of classes I had to take over again,

"When I was in Iraq, going out on missions, coming back and studying was one of the things that helped me keep my sanity. Just being able to have that focus and knowing I was heading toward something positive was very important for me."

not because I failed or anything, but because I literally didn't have time to do the assignments. I would have to ask for an extension, and they would say, "Hey, we get it. We know you're in Iraq. Stay safe." And they would give me an extension and I would get the course done. They worked with me really well throughout the whole program.

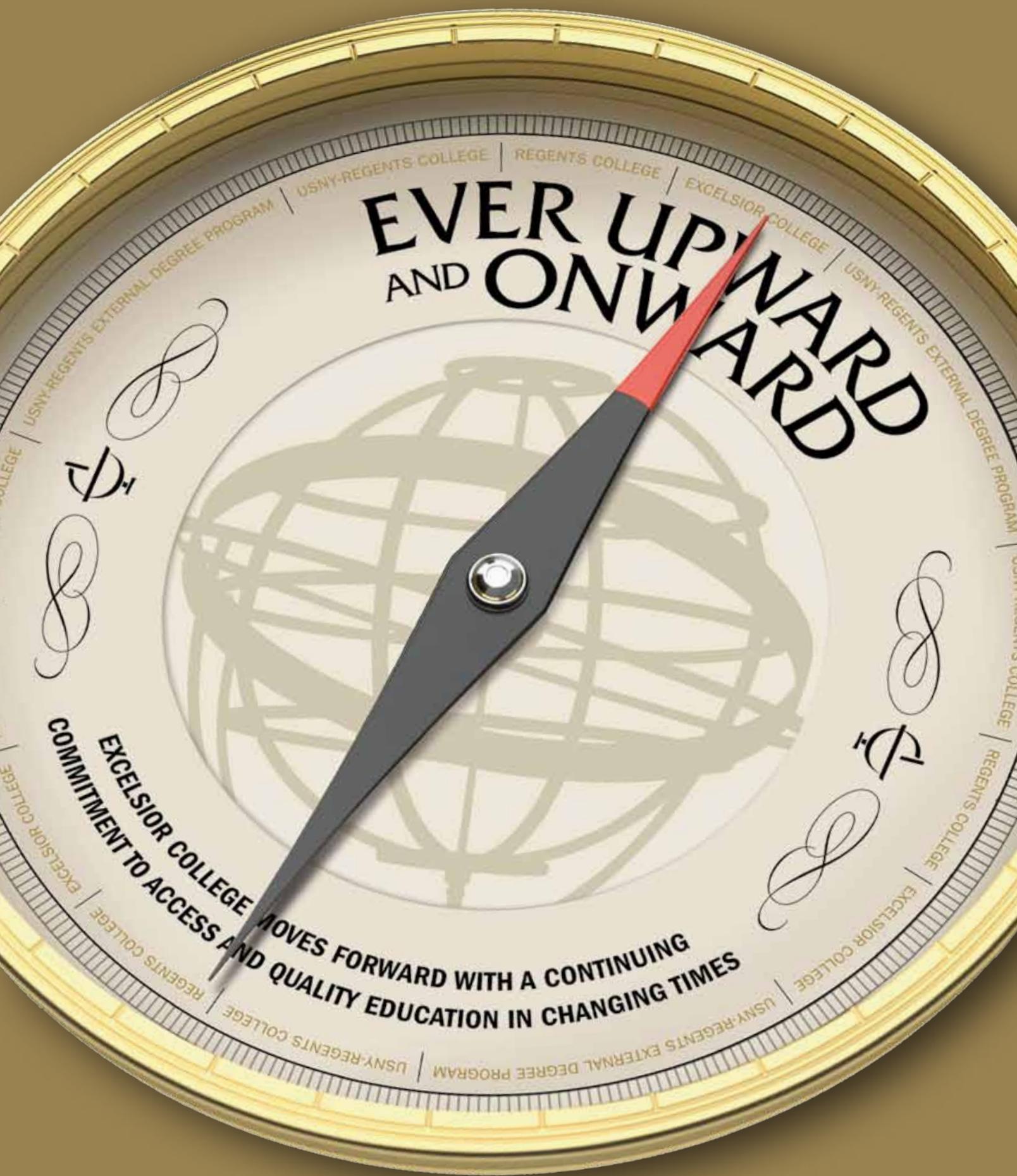
It was a challenge the whole way, but the professors gave me the drive to keep going. The years I was deployed, they knew how hard it was, and no one ever said to me, "You don't have your assignment completed. Forget it; you're done. You get zero." I was really impressed with their flexibility and their understanding of the uniqueness involved in trying to get an education while you're in the Army. To top it off, I earned a 3.45 GPA.

Now I'm working for the federal government. I work at an appeals court for Social Security disability. It worked out perfectly with my degree in law and society. I know I wouldn't have gotten this job without my degree. Now I'm also working on a master's degree in organizational management.

Marcie was so proud. She kept pushing and encouraging me the whole time because of everything I had gone through—working hard, never having anything, and trying to better myself by joining the Army. "You can do it," she'd tell me. "You'll be the first person in your family to achieve a college education." And she was right. ■



Editor's note: *Courageous Learning* (2011) is available from Hudson Whitman/Excelsior College Press at www.excelsior.edu/collegepress and other booksellers. The print edition features a companion CD-ROM that provides more in-depth information and interviews on the subject of online education. It is also available as an ebook.



BY MARIA C. SPARKS

In 1971, Arthur C. Clarke, author of *2001: A Space Odyssey*, envisioned the future and predicted the first Mars landing would take place in 1994. The year before, *Life* magazine published an article that projected that by 1985, air pollution would have reduced the amount of sunlight reaching Earth by one half. At the same time ecologists were predicting the depleting of crude oil and temperatures cold enough for an ice age by the year 2000.

Meanwhile, New York State Education Commissioner Ewald B. Nyquist was advocating a bold vision of the future—a future where people could demonstrate their college-level knowledge and receive credit for what they knew, regardless of where or how they learned it.

And this vision the New York State Board of Regents so presciently approved remains relevant today even as the College changed with the times, adopted available technology and responded to the evolving ways people learn.

Forty years ago, 77 graduates of the Regents External Degree Program—the forerunner of Excelsior College—achieved degrees through completion of examinations and the use of previously earned credit. After four decades of subscribing to the philosophy “What you know is more important than where or how you learned it®”—and supporting more than 145,000 graduates—Excelsior College sets its course toward providing more working adults with access to achieving the degree or certification they seek. The profile of these first graduates is strikingly similar to those who today are earning their degrees at the College. The average age of the first graduates was 34, as compared with 39 today, 22 percent were active-duty military, 29 percent are today. The majority of the graduates had accumulated college credit elsewhere, while others earned some credit by examination and a smaller number earned their degrees entirely by examination.

Excelsior’s view of the importance of prior learning, and its commitment to assessing that learning through credible means, positioned the College as a leader in 1972 and it remains so. In today’s post-traditional era for higher

education, in which adults are enrolling in college at a greater rate than 18–22 year-olds, access to affordable, quality education defines the work of Excelsior. Reaching thousands of the 37 million working adults who have some college credits but no degree represents Excelsior’s goal.

“America’s economy and standard of living will continue to erode if we do not, as a society, place greater importance on education, degree attainment and the re-skilling of our workforce—current and future,” says Dr. John F. Ebersole, the president of Excelsior College. “Excelsior provides an opportunity for thousands of adult workers to validate their knowledge, often gained outside of a classroom, and earn a credential.”

The College seeks innovative ways to meet the needs of adult learners who do not fit the profile of the traditional college student. Most recently, the College opened a path to an undergraduate degree that would cost no more than \$10,000 if students follow the prescribed plan. This and other cutting-edge options will make Excelsior the institution of choice for 21st-century learners, according to Excelsior leaders. “That being the case, we must provide the resources that will resonate with these individuals so that they pursue their education at our institution,” comments Richard Yep, chair of the Excelsior College Board of Trustees.

“We meet students where they are—geographically and academically. We don’t make students go back to square one if they have earned credits from other academic institutions.”


Flexibility as a Key Value

Since its origin, Excelsior College has emphasized flexibility—flexibility with the ways students can earn credit and flexibility within the student experience. Students who are strong independent learners can study anywhere, at any time, and progress at a pace that fits with their responsibilities and commitments within the parameters of Excelsior’s high academic standards.

“A phrase from our mission resonates with me,” says Dr. Mary Beth Hanner, provost of Excelsior College. “We meet students where they are—geographically and academically. We don’t make students go back to square one if they have earned

credits from other academic institutions.” Rather, if the credits can be applied toward specific degree requirements, Excelsior accepts the credits and enables the student to move forward toward degree completion. In the 2010–2011 academic year, Excelsior accepted more than 618,000 hours of undergraduate credit from sources approved by its faculty. Put in economic terms, based on the then-credit hour cost of \$335, the value of transfer credit amounted to approximately \$207 million! That’s money that students, families, and sources of state and federal financial aid did not have to pay a second time, so that students could meet degree requirements. For individual students, the acceptance of previously earned credit can make the achievement of a degree possible at a good value and in an efficient, time-saving manner.

Innovation as a Source of Improvement



In addition to assessing what students already know and valuing their learning experiences, Excelsior has been expanding how it serves adult learners using advances in technology. One of the latest initiatives harkens back to the exams offered by the Regents External Degree Program but adds a 21st-century twist. Excelsior has matched free, online courses offered by some of the world’s leading universities, part of the “open courseware” movement, to the study resources students can use to prepare for an Excelsior College Examination. This open courseware is one way that Excelsior provides students with the desired trio of quality, cost-effectiveness and access.

“As higher education has attempted to serve nontraditional students with traditional methods, Excelsior has been at work serving new populations in new ways—post-traditionally,” says Ebersole.

With new degree programs and concentrations in the Schools of Liberal Arts, Health Sciences, and Business & Technology, Excelsior aims to prepare students for jobs in areas with projected growth. The program requirements focus on general education knowledge and skills needed for success in the 21st-century workplace. Online courses foster collaboration with students and faculty, group problem solving, and information and communication literacy. “This helps our students to think critically and gain new perspectives,” says Hanner. “One of my favorite quotes is: ‘The real voyage of discovery consists not in seeing new landscapes but in having new eyes.’ I think that

STEPS TOWARD THE FUTURE

Using its mission—to provide educational opportunity to adult learners with an emphasis on those historically underrepresented in higher education—as a guide, Excelsior adapts to the changing needs of adult learners. Some current initiatives focus on supporting military servicemembers returning to civilian life, partnering with community colleges to help graduates build on their associate degree, and collaborating with other educational institutions to develop programs for underserved students.

- Since its early days, the College has been well known to members of the active-duty military. Nearly 25 percent of the first graduating class was affiliated with the armed services, and about one-third of current students are in the military. With the military drawdown in place and the number of veterans entitled to GI Bill benefits increasing, there’s an opportunity to reach out to veterans seeking education to further their civilian careers. Last year the College introduced five cybersecurity programs geared toward preparing servicemembers for post-military jobs.
- As community colleges respond to President Obama’s challenge of increasing the number of graduates and equipping them with the skills and education needed for emerging industries, Excelsior sees opportunities to help community college graduates build on their associate degrees to earn baccalaureate degrees. The 3+1 program, which calls for 90 credits or three years work at a community college and the final 30 credits at Excelsior, is one way the College complements the work of community colleges.
- Through Educators Serving Educators, Excelsior partners with colleges and universities to help them develop and deliver online programs and courses. The College has collaborations with five institutions, including a joint effort with Sage Colleges, Troy and Albany, N.Y., on a bachelor’s degree program designed for people diagnosed with autism spectrum disorders or other learning disabilities. Other partnerships have been formed with the University of Pennsylvania, University of New England, University of New Haven and Wheelock College.

“Our mission is to serve individuals who have not historically been well served by traditional higher education,” says President John Ebersole. “We’re about access. We’re about opportunity. This extends to our helping other institutions better serve their many constituents online.”

**“We’re about access.
We’re about opportunity.”**

is exactly what a good education provides, and I believe Excelsior does this very well.”

And a good education is not limited to achieving an academic degree. In support of lifelong learning, Excelsior’s Center for Professional Development offers opportunities to earn post-secondary credentials that may be needed for upward mobility and economic success. The most popular certificate programs support careers in the following fields: pharmacy technician, medical coding and billing, freight broker/agent, payroll and project management.

A Vision for the Past, Present and Future

Certainly, the Regents who recognized that learning is not exclusively a classroom activity could not anticipate how the future would shape their vision. They provided students with access to education, accepting credit from other higher education institutions and awarding credit for passing exams. Now the Internet provides the access to information, and Excelsior provides multiple paths for students to achieve their academic goals. As a result, the College has extended its guiding philosophy over time to encompass the assessment of prior learning, whether it is from other colleges or industry or military training, in addition to offering exams and courses.

The philosophy remains as relevant today as it was 40 years ago, and perhaps even more so, because of the additional ways in which people gain knowledge. Excelsior continues to provide the means by which people can demonstrate their knowledge and earn the credential they seek—by meeting them where they are, academically and geographically, with options that complement their life experiences.

“As higher education has attempted to serve nontraditional students with traditional methods, Excelsior has been at work serving new populations in new ways—post-traditionally.”

“You don’t often realize how much you know, and how much you absorb through reading and working,” says Katherine Von Dohlen, a 2011 graduate who took an exam-based route to earning a Bachelor of Science in Liberal Studies while looking to transition to a new career. “Earning my college degree was a huge milestone, and it has opened so many doors for me.”

Excelsior is poised to continue opening doors for adult learners. Between 2000 and 2009, the number of students age 25 and over who enrolled in college increased by 43 percent as compared with an increase of 27 percent for students under age 25, according to the National Center for Education Statistics (NCES). NCES expects the pattern to continue, projecting a 23-percent jump in enrollments of students age 25 and over while enrollments of students under age 25 increase by 9 percent from 2010 to 2019.

Regardless of what the future brings, Excelsior leaders say the underlying philosophy of the College will remain unchanged. What a person knows is more important than where or how he or she learned it remains as true today as it was 40 years ago. “There is much promise for our future if we remain true to our core mission and values,” says Chair Yep. “We have an interesting and compelling past in terms of how our institution was created, how it has evolved and how it really is positioned for even greater growth moving forward.” ■

Spanning the decades: Changing times haven’t diminished the College’s mission. Adult learners at the first Commencement in 1972 and at the 40th in 2011.



VISUALIZING THE EXCELSIOR COLLEGE OF 2032

While no one can predict the future with certainty, based on its past and current trajectory, Excelsior's future will call upon its experience with flexibility and adaptability to changing times. Here's how some members of our community describe the Excelsior College of 20 years from now.

Great school on the cutting edge that offers opportunities to people who want to get ahead.

– MICHELLE VEGA, BSL '11 and enrolled in the MBA program

Excelsior will continue to be the pioneer in expanding ways that individuals can be recognized for the college-level knowledge they have mastered.

– PAUL TROOP, BA '80

A progressive school that reaches out to all adult learners around the world.

– WAYNE A. OPPEL, BS '91

I want to be able to describe Excelsior as one of the institutions that helped to redefine how higher education credentials are earned and awarded. I see Excelsior's leadership in the areas of adult and online education being a major part of how it will be described in the future.

– DR. JOHN EBERSOLE, President of Excelsior College

What I do know is that we will still have the same underlying philosophy that we have had since the College was founded over 40 years ago: "What you know is more important than where or how you learned it." I know that we will continue to be strong advocates for access to higher education, especially for those individuals who are from groups traditionally underrepresented in higher education. The array of educational programs will change and technology will perhaps give us truly virtual classrooms with highly sophisticated simulations and case studies, but I believe we will still have essentially the same mission and values that have guided our work for the past 40 years.

– DR. MARY BETH HANNER, Provost

Excelsior, an educational institution of the past, now a college of the present, will be the educational leader of the future.

– DANNY SCOTT, AS '01, BS '02

The way I do now – It changed my life.

– KATE BUTLER, BS '07

The same way I would now – attainable and enlightening!

– BRAD WOODRUFF, BSL '11

This is the college that had service and educational delivery far ahead of everyone else.

– JOANNE ELLSWORTH, BA '87

In the year 2032, Excelsior College will have a physical presence in areas well beyond Albany, N.Y. [where the College is located] and Washington, DC [where it has a satellite presence]. We will be providing higher education using various forms of technology, and courses will be in languages other than English. Our professional schools will have grown and the College will have taken on university status with the awarding of various doctoral degrees.

– RICHARD YEP, Chairman of the Board of Trustees

... best way to get a degree!

– MARIE WRINN, BS in nursing '10

The premier online educational institution in the nation.

– ROBERT WILLIAMS, BSL '95 and enrolled in the MBA program

The college that worked with me to build a foundation for a successful education.

– WILL SENN, BCI '07

ANNUAL CAMPAIGN

All About the *Impact*

Several years ago, Excelsior responded to its donors' interest in directing their Annual Campaign support to specific areas of need by creating several designations. These designations allow donors to decide how they want their annual campaign contributions to be used. Among the most popular are the Military Spouse Scholarship Fund and the Associate Degree in Nursing Scholarship Fund.

Since the Military Spouse Scholarship Fund was launched four years ago, Excelsior has been able to distribute \$34,000 benefiting 60 students. The impact of the fund has been immediate, bringing students closer to achieving their educational goals.

With \$27,500 raised to date for the Associate Degree in Nursing Scholarship Fund and nearly 60 students receiving scholarships, the program is helping ease the way for dedicated nursing students.

As expressed in the students' own words (see thank-you notes from scholarship recipients at right), the impact of gifts to Excelsior's Annual Campaign is immediate and long lasting. Yet for every student helped, there is another one who would benefit from additional financial support. As the College concludes the celebration of its 40th anniversary, a gift to the 2011–2012 Annual Campaign will help ensure our students' successes for the next 40 years. To make your gift, go to www.excelsior.edu/giving or contact Marcy Stryker at 518-608-8287. ■

"Thank you very much for supporting needy families," says one of the recipients. "[My family and I] really appreciate it from the bottom of our hearts. You have made it possible for me to continue my education and receive my degree. My parents are very proud, [as the fund is] enabling their daughter to go above and beyond to better herself. Most of all, they are grateful to know that there are people like you to help and make it possible for their child to have the opportunity for her degree, when they are not able to support me financially. I am glad to see that people are willing to support their troops and families. My husband and I thank you for choosing me to receive a Military Spouse scholarship."

"I [have a family of six and] work full-time as an LPN at a home health agency. I have always had a dream to advance my career. With help from sponsors like you, I was able to use the money toward my Health Safety Exam which I passed with an A!"

"You could not imagine how excited I am to have the extra assistance with paying for my online classes. I am working on my RN license and have no other options than to pay for my classes with a credit card. It is a struggle to make the payments, but I know it will be worth it in the end. I am so thankful to the sponsors for making this possible."

"I would like to express my heartfelt thanks for your generosity. This scholarship is a gift that I will use to complete my Associate in Science in nursing, and ultimately become a Registered Nurse. For the past five years, I have been pursuing my degree and never got to finish my education. This time, I have the ultimate motivation: my son! I know many doors will open for me once I receive my degree, and I would like to thank you for making a dream closer to reality. Thank you!"

"I would like to express my sincere gratitude for the scholarship that was awarded to me. I have been an Excelsior student for the last three years and this is the first time that I was able to receive financial assistance. I am scheduled for my CPNE® and was stressing because I have two children who are starting college and had financial obligations that I had to meet. I was facing a decision to prolong my completion date so that I could pay for their education."

The Choice Is Yours

*Contributors to the Annual Campaign
may direct their support to
the following funds:*

40TH ANNIVERSARY FUND

As part of the College's milestone anniversary, gifts to this fund provide an extra opportunity to help those students who have few options for financial aid.

SPECIAL 40TH ANNIVERSARY EVER UPWARD SCHOLARSHIP FUND

During this special anniversary year, Annual Campaign donors of \$444 or more may honor a loved one or commemorate an important event through the one-time named award of a scholarship to a student in need.

EXAMINATION SCHOLARSHIP FUND

This fund provides scholarship assistance to students taking Excelsior examinations.

ASSOCIATE DEGREE IN NURSING SCHOLARSHIP FUND

This fund provides invaluable support to break down financial barriers to program completion, encouraging students to continue to reach their goals. These funds are flexible and can be used to pay for examinations and fees—even preparatory expenses for the Clinical Performance in Nursing Exam (CPNE®). Funds raised through this scholarship fund are rapidly distributed to individuals who, by any standard, are in need of support.

THE PRESIDENT'S SCHOLARSHIP FUND

This fund assists students demonstrating academic potential and financial need.

MILITARY SPOUSE SCHOLARSHIP FUND

This fund supports spouses of active-duty military who can receive up to \$1,500 per year from Excelsior, as well as reduced tuition and fees, and assistance in applying for federal financial aid. The fund also extends its scholarship support to the career-related offerings of the Center for Professional Development.

PARTNERS IN LIFELONG LEARNING SCHOLARSHIP FUND

This fund assists students living near the home of Excelsior College who demonstrate financial need.

Thinking About *Your Legacy?*

Excelsior's Legacy Society recognizes those who choose to include Excelsior in their estate planning. To make your planning easier, Excelsior recently added helpful resources to its Web site. Updated monthly with new resources, the site includes valuable downloadable publications that are free to use. You can find all this and more at www.excelsior.edu/giving.

THE NEW RESOURCES INCLUDE:

COMMUNICATING YOUR PLANS WITH LOVED ONES

You may be as hesitant about bringing up your estate plans to your loved ones as they are about asking you to cover this sensitive topic. Do your family—and yourself—a favor by bringing up the subject first. Everyone will be glad you did.

SHOULD ESTATE PLANNING BE CALLED LIFE PLANNING?

Guess what! If you have belongings, you have an estate. And without a plan, your estate could be subject to what the courts decide in case anything happens to you.

YOUR WILL: OVERHAUL VS UPDATE

Use our guide to learn when you simply need to update your will and when you need an entirely new will.

A DONATION OPTION WITH DOUBLE THE TAX BENEFITS

Before you reach for your checkbook, don't overlook the benefits that a donation of stock can present. Even during hard times, you may still have stocks worth more today than when you purchased them, making a gift to our organization a tax-wise choice. ■

Every Scholarship Tells a Story

Angelina Fabello, AD in nursing '76, gives back after a long nursing career

BY MARCY STRYKER

For all the different life experiences that Excelsior's students and graduates have, they are alike in their philosophy: Life can be lived by always seeking betterment — of themselves and of the world around them. And one grad has been living that philosophy, expressed through the creation of two Excelsior Ever Upward Scholarships.

Angelina Fabello graduated with an associate degree in nursing in 1976. She grew up in the Philippines, the eldest of six children. She received a BS in chemical engineering from the University of the Philippines in 1966, and married her husband, Ford, in 1970. They emigrated to the U.S. in 1971, settling in New Jersey where Angelina was looking to “just earn a living.” After learning from some neighbors that she could easily become a nurse's aide, Angelina began work in a hospital. Eventually she decided to pursue her nursing degree, graduated from Excelsior (then Regents) College, and enjoyed a long nursing career. In fact, earlier this year Angelina celebrated her retirement after 36 years in the field. She spent 33 of those years as a patient care coordinator in the Endoscopy Department with Virtua Health in Marlton, N.J., where she was the recipient of three Employee-of-the-Month awards, two Nurse-of-the-Year (Endoscopy) awards and a Star Team Award for outstanding community service. She was also feted at a retirement party attended by more than 50 friends and colleagues.

In addition to her family and work life, Angelina is active within the community. “My husband and I recently made a trip to see relatives in Sydney, Australia, and have traveled to the UK, Greece, China, Italy and Ireland. We volunteered for a medical mission to the Philippines in January 2010, providing medical and surgical assistance to 811 patients. Within our church community, I am an active member of the compassionate outreach committee and the military service outreach [group that] visits veterans at a local VA community. I serve as lector, altar server and a Eucharistic minister, and I recently started as a tutor for the Literacy Volunteers of New Jersey.

“I'm now retired from full-time nursing since January. Visiting our grandchildren in Connecticut and London



Angelina Fabello, AD in nursing '76, with her husband Ford, recently supported scholarships in honor of her mother and the birth of a grandchild.

brings lots of joy to my husband and me,” says the mother of two grown, married children. “We also volunteer at the local nursing homes and assisted-living facilities as singers and Bible readers on a weekly basis. We distribute Communion to the sick and in the nursing home. It's really a joy to give back!”

Angelina's contributions go beyond church and the community. She also has supported two Excelsior annual Ever Upward Scholarships. This program was established as a way for donors to provide a one-time, named scholarship in honor or memory of someone special. For Angelina, this meant recognizing and honoring her mother. Another Ever Upward Scholarship celebrated the birth of a grandchild. She wrote, “May he realize the happiness of gift giving when he matures.” ■

Marcy Stryker is the director of development at Excelsior College.

Be Ever Thoughtful with an Ever Upward Scholarship

Through June 30, 2012, in honor of Excelsior's 40th anniversary, an Ever Upward Scholarship can be created with the donation of \$444 or more to the Annual Campaign. Donors may contribute to the fund to honor a loved one or commemorate an important event through this one-time named award of a scholarship. Gifts are awarded through the Annual Campaign fund to students with financial need, as identified by the Office of Financial Aid. To participate in the Ever Upward Scholarship program, contact Marcy Stryker in the Office of Development at 518-608-8287 or by email at mstryker@excelsior.edu.

ALUMNI CONNECTION



Whether you are

One of the **23,275** graduates of USNY-Regents External Degree Program, or
One of the **55,723** graduates of USNY-Regents College, or
One of the **14,027** graduates of Regents College, or
One of the more than **40,000** graduates of Excelsior College
Read on for news of your alumni community

Greetings, Excelsior Alumni!



If you are a graduate of any Excelsior College program, you are a member of the Alumni Association. There are no forms to fill out, or membership dues to pay—just reap the benefits of being an Excelsior graduate. These benefits include access to the alumni section of the Excelsior Web site with links to career resources and live and archived Web chats on timely topics; an alumni Facebook page to connect with other graduates; and regional alumni events and chapters. Check to see what's going on near you!

Each year, we offer opportunities for involvement. Our annual Alumni Awards recognize outstanding alumni for their achievements and community involvement. Our new Alumni Ambassador program seeks representatives around the world interested in connecting with Excelsior grads near them. And the Alumni Advisory Board also actively recruits new members. Nominees for the advisory board are selected from diverse backgrounds, degree programs and geographic locations to represent our vast alumni population.

I invite each of you to celebrate your achievement at the College's annual Commencement ceremony. It doesn't matter if you earned your degree this year or 20 years ago—nothing sums up your achievement quite like walking across that stage. Excelsior has more than 145,000 alumni. Unlike at traditional institutions, most Excelsior graduates have never been to the College or met an instructor or classmate face to face. Commencement changes all that. This year, Commencement is on July 13, and we hope to see you there. Make sure to plan on attending the Graduate Breakfast as well, on July 14. This free event for all Excelsior grads is hosted by the Alumni Advisory Board.

The Alumni Advisory Board represents the College's alumni. However, we can best represent you if you tell us what is important to you. Let us hear from you! Do you have an idea or concern? Do you want to connect with others living near you or who graduated from the same program? Get in touch with us through the Alumni Web page or Facebook, and tell us how we can support YOU!

Ever Upward,

Sara Waldorf, BA '03
Excelsior College Alumni Association

2011–2012 Alumni Advisory Board

OFFICERS

PRESIDENT

Sara J. Waldorf, BA '03
Warren, MN
Serving 2006–2012
swaldorf@excelsior.edu

VICE PRESIDENT

Danny Scott, AS '01, BS '02
Suffolk, VA
Serving 2007–2013
dscott@excelsior.edu

SECRETARY

JoAnne Ellsworth, BA '87
Benson, AZ
Serving 2010–2013
jellsworth@excelsior.edu

MEMBERS

Kadidia Doumbia, BS '85
Rabun Gap, GA
Serving 2010–2013
kdoumbia@excelsior.edu

**LCDR Shannon McMillan,
AS '07, BA '09**
Virginia Beach, VA
Serving 2010–2013
smcmillan@excelsior.edu

Wayne A. Oppel, BS '91
Winston-Salem, NC
Serving 2009–2012
woppel@excelsior.edu

William Senn, BCI '07
McKinney, TX
Serving 2011–2014
wsenn@excelsior.edu

Megan Wilcox, AS in nursing '11
Nassau, NY
Serving 2011–2014
mwilcox@excelsior.edu

Marie Wrinn, BS in nursing '10
Tucson, AZ
Serving 2011–2014
mwrinn@excelsior.edu

Successful Visit to the Sunshine State

Nearly 50 people attended the Orlando Alumni Event on Sunday, January 29, including 30 alumni and students. Class years ranged from 1979 to 2010, and for many graduates, this was their first-ever Excelsior alumni event. After a brief introduction from Vice President for Institutional Advancement Cathy Kushner, several alumni took turns at the podium speaking about the remarkable impact that Excelsior has had on their lives. Brig. Gen. (Ret.) Jerry Neff, BS '87, Excelsior trustee and chair of the 40th Anniversary Committee, spoke to the attendees

about the importance of giving back to the college that has provided them with the knowledge, skills and credentials necessary to better their lives. Sara Waldorf, BA '03, president of the Alumni Association, encouraged alumni to take advantage of the services available to them and to become involved as Excelsior volunteers in their local communities. The Orlando Alumni Event was held in conjunction with the Alumni Advisory Board's annual winter meeting and the board, composed of nine members from seven states, truly enjoyed meeting some of the Florida alumni and students. ■



Members of the Alumni Advisory Board gathered in Orlando in January for the annual winter meeting and to mingle with alumni. From left to right: Megan Wilcox, AS in nursing '11; Sara Waldorf, BA '03; Will Senn, BCI '07; Marie Wrinn, BS in nursing '10; Wayne Oppel, BS '91; Danny Scott, AS '01, BS '02; Kadidia Doumbia, BS '85; Shannon McMillan, AS '07, BS '09; and JoAnne Ellsworth, BA '87.

VOTE NOW

Visit www.excelsior.edu/alumni to vote on the proposed slate of 2012 nominees for the Alumni Advisory Board.

LIKE US? JOIN US!

Check out the Excelsior College Alumni Association Facebook page for current information about alumni happenings. While you're there, join one of our groups, such as the newly formed Excelsior College Alumni Group of Arizona.

GET ONLINE WITH EXCELSIOR

By sharing your email address with us, you will receive our monthly alumni e-newsletter, which is rich with information about the Alumni Association, benefits for alumni, new degree programs and career announcements, Excelsior in the news, and profiles of your fellow alumni. By providing your email address you will also receive invitations to regional events and career and professional development Web chats, as well as surveys about the alumni services you're interested in. Send your name, address, phone number, email address and unisex t-shirt size to alumni@excelsior.edu and you'll automatically be entered for a chance to win Excelsior gear!

EXCELSIOR ON THE ROAD

PORTLAND, OR

BINGHAMTON, NY

ALBANY, NY

WASHINGTON, DC

FORT HOOD, TX

For information about upcoming alumni events, go to www.excelsior.edu/web/alumni.

Ambassador in Action

SOON-TO-BE GRAD CLOSES THE DEAL ON FLORIDA CHAPTER

Unlike other Alumni Ambassadors, Luis Sterling isn't even an alumnus yet. Just 9 credits shy of earning his bachelor's degree in business marketing, he couldn't wait until graduation to start spreading the word about Excelsior. In fact, after just one phone call with the College's Office of Alumni Affairs, he created a Facebook page called the Excelsior College Alumni & Student Group of Central Florida. Luis's enthusiastic nature is no surprise to his wife, Yolanda. And she has firsthand experience—she and Luis knew each other for only five months between their first date and their wedding day.

"Luis likes to close the deal quickly," Yolanda, a nurse, joked about her husband.

Luis built a successful business as a real estate broker in New York City, which he then relocated to Central Florida where he and Yolanda now live with their four children. Prior to his venture into real estate, Luis

spent more than 10 years working in higher education outreach, which provided him with a deeper understanding of the college experience. A decorated U.S. Navy veteran who served in Operation Desert Storm, Luis recently received an appointment to the Florida Highway Patrol Auxiliary. In addition, he has received an array of awards and accolades from the various community organizations with which he is associated.

"I am dedicated and committed to things I believe in, like Excelsior College," said Luis.

At the Orlando Alumni Reception, he invited alumni to contact him through the Central Florida Facebook group to let him know the kinds of activities they are interested in. ■

"I am dedicated and committed to things I believe in, like Excelsior College."

Florida Ambassador Luis Sterling (right) and his wife, Yolanda, with Alumni Advisory Board Vice President Danny Scott, AS '01, BS '02.



ALUMNI WEB CHATS

When it comes to Alumni Web Chats, you can participate in two ways: Live and On Time ... OR ... Online on Your Time

All Alumni Web Chats are archived the day after the live presentation. Log on to www.excelsior.edu/alumnichat to view the recorded version.

Increase Your Career Satisfaction

Wednesday, May 16 @ 8–9 PM ET

Learn effective ways of identifying your interests, and then discover how those interests connect to careers that match who you are.

Yes You Can ... If You Just Have a Plan: Creating an Individualized Career Development Plan

Wednesday, June 13 @ 8–9 PM ET

Find out how to create a career plan that fits your interests, values, personality and skills, and develop concrete action steps toward realizing your career goals.

How to Get a Job in IT

Thursday, Aug. 16 @ 8–9 PM ET

Learn how to get noticed when you're job hunting in the information technology industry.

Elevating Your Job Search in a Down Market

Thursday, Sept. 27 @ 8–9 PM ET

Receive practical and proven advice, techniques and strategies for staying positive and elevating your chances of success during difficult times.

To register for a Web chat, 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.

HATS OFF!

WHAT HAVE YOU, OUR GRADUATES, BEEN DOING? READ ON TO FIND OUT.

ARMED FORCES

Edgardo "Eddie" Donovan, BSL '04—is cited as one of the world's leading hyperpolyglots in Michael Erard's, *Babel No More: The Search for the World's Most Extraordinary Language Learners*. An officer in the U.S. Air Force, he most recently served as a medical logistics commander and medical chief information officer. Previously, he served as a top secret/SCI-cleared cryptologic linguist on loan to the National Security Agency where he applied in-depth mission, area and language expertise in direct support of operations Iraqi Freedom and Enduring Freedom. Donovan also earned an MBA from Trident University in 2007.



CALIFORNIA

Jim Rickard, AS '89 and BSL '93, Chula Vista—recently returned from Afghanistan after serving as an advisor on the staff of General David Petraeus. He retired from the U.S. Navy as a chief warrant officer after 23 years of service and then worked as a program/project manager with the Space and Naval Warfare Systems Center. He says, "[My] life is good and successful, and I give much of the credit to Excelsior College."

CALIFORNIA

Robert Paoletti, BSL '01, Stockton—was appointed chief of police of Redding, CA. An 18-year veteran of the Stockton Police Department, he also has extensive military experience through the California Army National Guard, having served two tours of duty as part of Operation Iraqi Freedom. He is the recipient of numerous military awards and commendations, including two Bronze Star Medals. Paoletti also earned a master's degree in criminal justice from Boston University.

COLORADO



Shelley G. Moriston, AS in nursing '96, BS in nursing '07 and MS in nursing '10, Longmont—is currently serving as interim dean at

the Denver School of Nursing. He has written a nursing textbook chapter on psychopharmacology for Jones and Bartlett Publishers and is under contract with McGraw-Hill Publishers to write a textbook on psychiatric nursing. A member of the Tau Kappa chapter of the Honor Society of Nursing and the Delta Epsilon Tau National Honor Society, Moriston is currently pursuing a PhD in Nursing Education at Capella University. He also earned master's and doctorate degrees in psychology at California Coast University.

CONNECTICUT

Patricia L. Carroll, RN, BC, CEN, RRT, MS, BS in nursing '99, Meriden—is an adjunct faculty member in Excelsior's School of Health Sciences and a charter member of the College's Tau Kappa chapter of Sigma Theta Tau. She has been appointed to a two-year term on the Benchmarking Committee of the Society of Critical Care Medicine. She was also selected as a judge for the 2012 Will

Solimene Awards for Excellence in Medical Communication for the New England Chapter of the American Medical Writers Association. Carroll was appointed as a member of the New York State Nurses Association Peer Review Team for professional continuing education. She published "Protecting the Patient and the Health Care Provider," a piece on infection control and prevention in Syka, Mathews & Rutkowski's *Foundations of Respiratory Care*.

FLORIDA

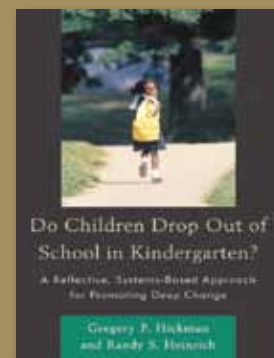


Paul G. Bond, AS in nursing '93, Palm Coast—runs his own personal and professional coaching business, Paul Bond & Associates Consulting,

LLC. He retired after 12 years as the county's emergency medical service training officer, has served as a director of nursing at a long-term care facility, and works in an emergency department. He has written two books, hosted a podcast on emergency nursing and writes a blog.

Richard A. Russell, BSL '02, Green Cove Springs—retired from the U.S. Navy and now works in the aerospace industry. He writes, "My Excelsior degree has proven to be an invaluable tool and game-changer when competing for promotions. In having such degree I have proven to my leadership and company as a whole that I have the tools and abilities to ensure continued success." Russell earned an MBA at Saint Leo University in 2011.

Anthony J. Wyan, AS '80 and BSL '81, Punta Gorda—reports that throughout his career as an executive at Merrill Lynch he helped individuals earn a degree without incurring a huge debt. He continues to explain the Excelsior program and the opportunities it provides.



ARIZONA

Randy Heinrich, BSL '92, Eagar—is coauthor of *Do Children Drop Out of School in Kindergarten? A Reflective, Systems-Based Approach for Promoting Deep Change*. The book shows how high school dropouts in many ways "drop out" of school long before they reach high school. Since earning his Excelsior (then Regents) College degree, Heinrich retired from the U.S. Army and was an educator for more than 10 years in a rural school district in the White Mountains of Arizona. He now serves on the faculty of Argosy University Online. He also earned a master's degree in education from Chapman University and a doctor of management in organizational leadership from the University of Phoenix.

GEORGIA

Westley M. Gillard, BSL '80, Kennesaw—works at the Fulton County Georgia Clubhouse for Youth. He earned a Master of Professional Studies at the New York Institute of Technology in 1995.



MASSACHUSETTS

Michael Schan Weaver (aka Afaa Michael Weaver), BAL '86, Somerville—contributed a poem, “Mo’s Seafood [Eastern near North Point],” to the North Baltimore Patch’s Alvarez Book Page. Weaver, an award-winning poet, is professor of English at Simmons College, where he is also founder and director of The Zora Neale Hurston Literary Center.

ILLINOIS

Pamela M. Duffy, MS in nursing '07, Sycamore—has been appointed chairperson of the Saint Anthony College of Nursing College Board. Vice president, patient care services and chief nursing officer of the Kishwaukee Health System, Duffy has served on the board since 2008. An Illinois registered nurse, Duffy also earned a master’s degree in management and organizational behavior, an MBA and a certificate in case management from Benedictine University.

KENTUCKY

Timmy Denton Pickens, AS in nursing '96, Albany—has been an ICU/ER Nurse for ten years, an advanced cardiac life support (ACLS) and pediatric advanced life support (PALS) nurse instructor and class coordinator for eight years, a rapid response team leader, a post-anesthesia care unit (PACU) nurse and a cardiac rehab nurse. He is also Midwest regional director of the World Stunt Association, a director and producer of independent films and a martial arts stunt choreographer for films. A retired kickboxer, he is ranked sixth by the Professional Karate League of America.

MISSISSIPPI

Maggie Thompson Hutchins, AS in nursing '97, Jackson—works on the medical-surgical ward at the VA Medical Center. She writes, “I will never ever forget Regents College,

now known as Excelsior.” She also earned a BSN from the University of Phoenix in 2005. Working in the nursing field for 42 years, she plans to retire in three years at age 70.

NEW JERSEY



Celeste M. Joyce, BS in nursing '94 and MS in nursing '10, Jersey City—had a poster presentation at the annual conference of the National

Association of School Nurses in Washington DC, in July 2011. The poster, titled “Health and School Readiness: Identifying students at risk,” was shared in the research category.

NEW YORK



Nicole M. Alfano, BS in business '11, Endicott—says she’s looking forward to pursuing a graduate degree at Excelsior in the near future. “I would recommend Excelsior to any motivated student [who] is looking for something other than the average college-classroom setting,” she notes. “Thank you again [to] Excelsior College and staff!”



Karen Anthony, MS in nursing '11, Liverpool—is director of clinical projects at Loretto, a large organization that seeks to care and improve

the life of frail elders in the Central New York area. She was recently hired at the college where she completed her Capstone Practicum to implement a duplicate of the project: designing and implementing electronic portfolios for nursing students to evaluate the program’s graduate outcomes.

Jeffrey Baker, AA '73 and BS '75, Fairport—is a member of Excelsior’s online faculty in psychology and recently presented “Quality Control vs Academic Freedom in Online Courses” at the 2011 Annual Conference on the State of Higher Education sponsored by the American Association of University Professors. Elected to the Faculty Council of Monroe Community College, Baker also earned a master’s degree at Syracuse University and a PhD from Capella University.

Kevin M. Bond, AS '08, Chesapeake—is the chief of the boat of the Navy’s newest Virginia-class submarine, *California*, which was commissioned in October 2011. Master Chief Bond has been awarded the Meritorious Service Medal (two awards), the Navy and Marine Corps Commendation Medal (four awards), and the Navy and Marine Corp Achievement Medal (eight awards).



NEW JERSEY

Linda A. Dayer-Berenson, BS in nursing '89, Voorhees—is clinical assistant professor of nursing at Drexel University’s College of Nursing and Health Professions. She successfully defended her dissertation, “The Impact of a Culturally Competent Educational Intervention on African American Chronic Pain Patients,” and will graduate with a PhD in Health Sciences from the University of Medicine and Dentistry of New Jersey in May. Inducted as a Fellow of the American Academy of Nurse Practitioners in 2011, she is also the author of *Cultural Competencies for Nurses: Impact on Health and Illness*.

Susan S. Irvine, MS in nursing '09, Selkirk—joined the faculty of Excelsior’s Associate Degree in Nursing Program in December 2011, fulfilling a personal and professional goal she set while working on her master’s degree at the College. She writes, “I... am glad to say that I am now a part of an institution that I had a great appreciation for as a student and can share my experience with others while guiding them to their dream of becoming a registered nurse.”

NORTH CAROLINA

Ronald E. Deyton, AS '84, Burnsville—retired after a successful banking career during which he was founding president and CEO for First Western Bank (now merged with TD

Bank). He earned additional degrees at Charter Oak State College, Thomas Edison State College and Western Illinois University. Deyton writes, “Excelsior gave me the ‘jump start’ needed to continue on.”

TENNESSEE



Clydie Harold Shumate, BSL '08 and AAS '03, Johnson City—is the senior naval science instructor at Cherokee High School in

Rogersville, TN, where he was honored as “Teacher of the Year” for the 2009–2010 school year. He finished his AAS at Excelsior in 2003, before retiring from the Navy as a chief warrant officer in 2004. He credits his subsequent Excelsior BSL as contributing to his success in his current teaching job. In 2010, he graduated with High Honors in the Master’s of Arts in Education program at Tusculum College, and is now enrolled in the Educational Specialist degree program at Lincoln Memorial University.



TEXAS

Philip Hoy, BS '09, Wylie—marked two milestones in 2009—retirement from the United States Coast Guard and graduation from Excelsior College. After completing his undergraduate degree, he was accepted into the University of Texas as a graduate student, and in August of 2011 completed an MS in Management and Administrative Sciences and anticipates completing an MBA in the spring of 2012. He writes, “I credit Excelsior courses in particular for preparing me to not only succeed but [also] to excel at my graduate studies, having maintained a 4.0 GPA throughout my current course work.”

TEXAS

Michael E. Champion, BSL '83 and AS in nursing '06, San Antonio—has launched a campaign for a U.S. Senate seat representing Texas.

VIRGINIA



Mark N. Strand, BS '90, Woodbridge—is president of the Congressional Institute. Coauthor of *Surviving Inside Congress*, he also

is an adjunct professor of legislative affairs at George Washington University's Graduate School of Political Management where he teaches a master's-level course on legislative politics. Strand spent nearly 24 years as a staffer on Capitol Hill, most recently serving as Missourian

Jim Talent's chief of staff in both the House and Senate. He also earned an MBA in marketing from the University of Phoenix, and a master's in legislative affairs from the Graduate School of Political Management at George Washington University. Strand regularly speaks to organizations about how Congress works and has been a frequent participant in seminars on congressional ethics as well as strategic planning and congressional office management.



Alfred M. Albers, BSL '92, Virginia Beach—just published his third mystery novel, *A Pocket Full of Voices*. Albers retired from the

U.S. Navy in 1995 and initially worked as a substitute teacher and training

manager. Now a technical writer/editor for a defense contractor, he spends his evenings and weekends researching tidbits of information that eventually end up in his mystery novels. His novels are available on his Web site at alfredalbers.com and from other online booksellers such as Amazon.com and Barnes & Noble.

WASHINGTON

Lucinda M. Lasater, AS in nursing '05, Steilacoom—is a nursing professor at South Puget Sound Community College. She recently earned a master of science in nursing leadership from Regis University with a graduate certificate in health care education. She graduated summa cum laude and was unanimously elected by the faculty to provide the honors speech at commencement and was also nominated to Sigma Theta Tau. She also earned a bachelor's degree from Seattle Pacific

University, and notes, "The beginning of my seamlessly endless career has been the result of the success I obtained through Excelsior."

CHINA

Charles W.C. Chan, BS '89 and BSL '91, Tuen Mun, Hong Kong—retired after a 20-year career in international banking. He started his own company in 2000 to offer business and financial consulting services, and also teaches at various colleges in Hong Kong, Taiwan and mainland China as a visiting professor in finance, international business and philosophy. He says that his Excelsior (then Regents) College degree "enabled me to get an accredited U.S. degree without leaving my job and opened to me many opportunities in both social and business career developments which would not be available to me if I did not have a degree."

LET US TAKE OUR HATS OFF TO

You!

Our alumni are the heart and soul of the College, and we'd like to hear from you.

To share news of your accomplishments and activities:

- Go to excelsior.edu/hatsoff
- Download and fill in the easy-to-use form
- Click to send your submission electronically



SNAP SHOT

BUILDING A BETTER FUTURE.

Theresa Sicilia DeAngelis, nursing senior academic advisor, and Linda Kennelly, faculty member in health sciences, were among 25 people who used Excelsior's employee volunteer policy to lend a hand to Habitat for Humanity's Morton's Walk on Alexander project in August 2011. Just as Excelsior helps adults build a better future through meeting educational goals, the employees are contributing to an effort to build 16 houses in Albany, N.Y., to help revitalize a neighborhood and provide families with needed safe, decent and affordable housing. In May, 24 Excelsior staff members will return to the neighborhood to help complete the project.



IN HONOR OF THE COLLEGE'S 40TH ANNIVERSARY, A LOOK

29

The number of students who have earned all three nursing degrees—associate, bachelor's and master's—at Excelsior.

\$100

The price some students in the BS in nursing program paid in long-distance phone charges, per week, to connect to an online bulletin board in the mid-1990s. The students were part of an online study group. The exorbitant phone charges aside, there was tremendous enthusiasm for the new technology and how it supported their learning. "They reported not being able to wait to log on to the course every day to see what others had posted and to add their thoughts to the discussion," recalled Dr. Deborah Sopczyk, dean of the School of Health Sciences.

77

The number of graduates awarded degrees at the first Commencement of the Regents External Degree Program, in 1972. In 2011, more than 300 graduates from the Class of 2011's total of 5,547 participated in the Commencement exercises in Albany N.Y.



2002

Twenty-one years after its inception, the College conferred a degree upon its 100,000th graduate. The number of graduates has since climbed to more than 145,000, and the total grows monthly. Since 2008, the number of students joining the ranks of alumni has totaled more than 5,000 each year.

29.1
PERCENT

29.1 percent of current Excelsior students are active servicemembers of the U.S. military. "Excelsior is a college of excellence for veterans and servicemembers," said Susan Dewan, executive director of Excelsior's Center for Military Education. "We have been serving the military and veterans for four decades with increasing dedication and expertise, and will continue to do so — especially as more military members are transitioning to civilian life in growing numbers."

20
04

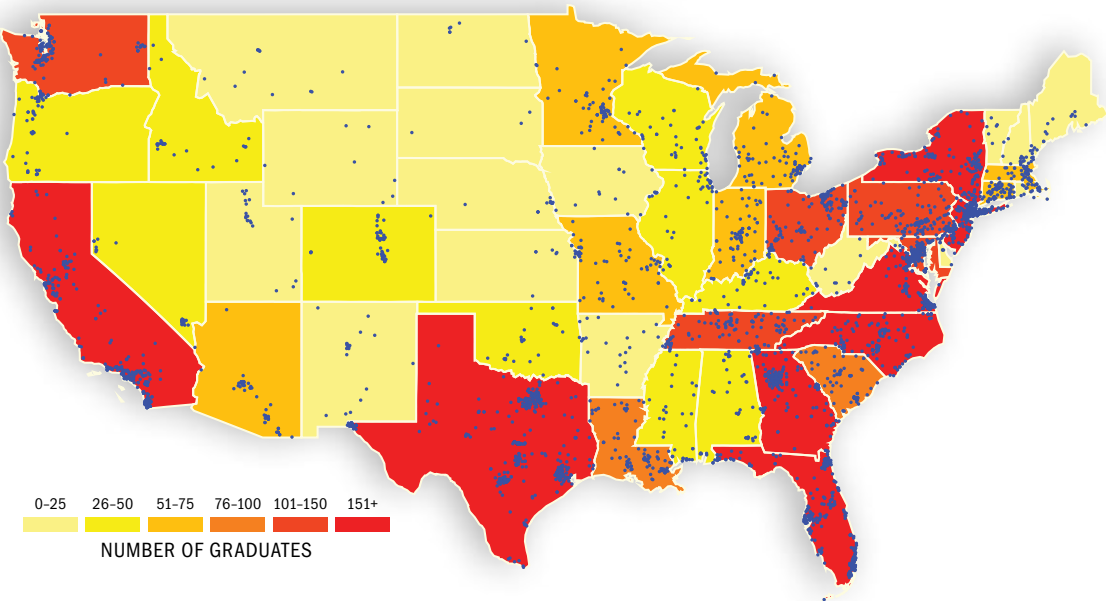
The year the College began offering undergraduate courses. Today there are approximately **400** active course titles and **2,646** individual course sections with enrolled students. One of the new courses in March 2012, Math 215 Statistics for Health Care Professionals, quickly drew enough students for five sections. The College generally opens about four sessions of the most popular courses. Several new courses in 2011, among them Microbiology, Mythology, Physics I Laboratory, Introduction to Psychology, and Lifespan Developmental Psychology, have continued to draw high numbers of students.



AT SOME FACTS AND FIGURES FROM THE PAST AND PRESENT

86%

The percentage of current Excelsior students who live outside of New York, the College's home state. The map shows where students who graduated between July 1, 2010, and June 30, 2011, live in the continental United States. The Class of 2011 included students from more than 20 countries.



\$50

In 1972, the enrollment fee was \$50. For perspective, that year a gallon of milk was \$1.20, a gallon of regular gas, 36 cents, and a first-class stamp, 10 cents. In 2012 the enrollment fee for students taking Excelsior courses is \$395, which covers the official evaluation of transferred credits, academic advisement and academic program planning for the first year.

16 39 73

The average age of graduates in the Class of 2011 was 39. The oldest graduate was 73, the youngest was 16. The first graduates of the Regents External Degree Program, in 1972, ranged in age from 20 to 64.

625

The number of active faculty members employed by Excelsior College as instructors, nursing faculty, course developers, program directors and thesis readers.

The number of years the College has supported lifelong learning.



*Guess
what we're
wishing
for ...*



Forty years later, we
have the same wish:
for all students to
have the tools and
resources they need to
achieve their degrees.

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