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A Commitment to Service

Excelsior's record of service to those who serve — in uniform or out — was marked by the creation of its fifth school, the School of Public Service, in September. Initially the school will be home to the criminal justice and military studies programs, relocated from the School of Liberal Arts. Efforts are already underway to add a Master of Public Administration in fall 2014 and, hopefully, a degree in public policy a year later.

These and other offerings will focus on the unique and challenging aspects of government and not-for-profit work in response to the need for sophisticated skills in an increasingly complex society, and to meet ever higher standards of performance and accountability in those segments.

Those working in the public sector today are dedicated, skilled individuals overseeing tasks vital to the functioning of our economy and our nation, as well as to our personal safety and well being. They are our police, fire, and emergency service providers. At the local level they are our building inspectors, public health, welfare, and probation officials. Nationally, we see public service employees supporting our military, inspecting our food and water supplies, and overseeing drug safety. They control aircraft, guard our borders, and help start new businesses.

Excelsior will be a resource to this sector, helping to increase its efficiency and its reputation for professionalism. Toward this end, the School of Public Service will call on the rich pool of seasoned public administrators, career law enforcement, and political science scholars who are found in our nation's capital (where the College has a growing presence). The School of Public Service will build a reputation for combining relevant theory with proven practices in its instruction.

A goal of the School of Public Service will be to help prepare the next generation of public sector employees at the local, state, and federal levels.

At Excelsior, we recognize that there is honor in all forms of professional endeavor. As a comprehensive institution of higher education, Excelsior seeks to provide relevant, affordable education that makes a difference — both in the lives of our graduates, and in the lives of those they serve.

A New School for Excelsior

Students pursuing degrees in criminal justice and military studies have a new home at Excelsior: the School of Public Service.

The new school represents a significant investment in a growing arena, says Scott Dalrymple, who serves as its dean in addition to the School of Liberal Arts. “We chose the name Public Service deliberately,” he adds. “We wanted a name that could encompass various related fields in government, the military, not-for-profit management, public administration, and criminal justice.”

The School of Public Service houses three programs transferred from the School of Liberal Arts: the undergraduate and master’s programs in criminal justice, and the undergraduate program in military studies. The College plans to seek regulatory approval to offer graduate degrees in public administration and public policy, with possible emphases on health care and not-for-profit management.

“Some of us will not be digital natives … but we can be tourists,” said panelist Toby Saulnier, CEO of First Playable Productions. She was referring to people born in 1975 or earlier who might not be as comfortable in the gaming world as those in the following generations but who can benefit from the experience. The panel members indicated that, done well, educational games are playful, motivating, challenging, and participatory.

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The College’s second symposium on the use of educational games to facilitate learning, held on May 17, featured a panel discussion among leaders in the educational simulation field and experts in developing educational games. Panelists of the Games and the Curriculum: Toward a New Education Model event discussed what they’re doing and what can be done with educational games as well as the challenges of creating games that are effective learning tools for students of all ages. “Some of us will not be digital natives … but we can be tourists,” said panelist Toby Saulnier, CEO of First Playable Productions. She was referring to people born in 1975 or earlier who might not be as comfortable in the gaming world as those in the following generations but who can benefit from the experience. The panel members indicated that, done well, educational games are playful, motivating, challenging, and participatory.

The panelists included Joey Lee, assistant professor of technology and education at Teachers College, Columbia University; moderator Clark Adrich, founder and managing partner of Clark Adrich Designs LLC, a company that creates custom simulations and serious games; Lee Sheldon, associate professor and co-director of the Games and Simulation Arts program at Rensselaer Polytechnic Institute; Toby Saulnier; Jon Aleksic, CEO of Web Courseware Ltd.; and Ben Delkane, assistant professor of digital arts and sciences at the University of Florida. More than 250 people from the United States and beyond attended the workshop in person or remotely. The workshop can be viewed at www.excelsior.edu/games-curriculum.

Excelsior College will debut its first learning game, Paper Capers, this fall as part of the Online Writing Lab.
Many Milestones Reached
AT ANNUAL COMMENCEMENT

Acknowledging the class of 2013 for its “unflagging pursuit of knowledge and understanding,” was Commencement speaker Adm. Mike Mullen, former chairman of the Joint Chiefs of Staff (2007–2011). He was the principal military advisor to both President George W. Bush and President Barack Obama, as well as to two secretaries of defense and told graduates, “Go use that knowledge—that desire for continuous learning—to serve a greater good, to enhance access to higher education among America’s working adults.

Honorary degrees were presented to two individuals whose work reflects the mission of the College: Roderick L. Ireland, chief justice of the Massachusetts Supreme Judicial Court, received a Doctor of Laws (Honoris Causa) in recognition of his distinguished career as a jurist and educator, and his encouragement of learning as a lifelong endeavor. Ireland (pictured below) told the assembly, “Attitude makes a difference in how you approach life and how life responds to you,” and he outlined his five Rs: respect, risk, resilience, responsibility, reach back (help those who follow you). A. Frank Mayadas, founding president of the Sloan Consortium (Sloan-C), was presented with a Doctor of Science (Honoris Causa) in recognition of his career as a leader and educator, and his encouragement of learning. Mayadas (shown below) said, “Online learning today is the fastest growing parameter of any of the measurements you can make in higher ed. It grows faster, and it is starting to penetrate education in a way we never thought possible.”

Excelsior President John F. Ebersole awarded the President’s Medal to Pamela J. Tate at the Awards Convocation on July 11. President of the Council for Adult and Experiential Learning (CAEL), Tate also serves on Excelsior’s board of trustees. Tate was recognized for her dedication to the educational needs of America’s workforce, her belief in lifelong learning, and her steadfast support of Excelsior College’s mission to enhance access to higher education among America’s working adults.

Graduate and alumni awards were presented at the Awards Convocation on July 11. Nine grads were on hand to receive their awards, and many shared comments. Three alumni were also honored for their achievements (see article, page 6). “It’s an awesome feeling to complete a degree while you have a day job,” said Richard Lee James of Saratoga Springs, N.Y. (shown), who was the recipient of the Catherine Craig-Erhardt Memorial Award. He earned a Bachelor of Science in nuclear engineering technology, cum laude. “Without Excelsior College, I never would have been able to finish my degree,” said Heather Leigh Sanford of Johnson City, N.Y., who received the Robert E. Kinsinger Award for her work to earn a Bachelor of Science in business. She noted that when asked by friends and family how she could go to school with all her other responsibilities, she would reply, “I have the ability to go to school at 3 a.m. in my pajamas.”

The ceremony was webcast live and also recorded for repeat viewing. To watch Commencement 2013, go to www.excelsior.edu/webcast.
Alumni Recognized for Achievements

Three alumni were honored for their outstanding achievements at the College’s annual Awards Convocation on July 11. Awards were presented by Sara Waldorf ’03, Alumni Advisory Board president, with the help of Shannon McMillan ’07, ’09, Awards Committee chair. The three award winners offered some observations about their degree paths and explained how their Excelsior education impacted their lives and others. Alumni Achievement Award recipient Francis Desler said, “The degree from this College actually did turn my life around. Higher education was my future.” Noting that she has applied competency-based education she learned at Excelsior to teach patients and mentor nursing students, Carrie E. Lenburg Award recipient Alyson Breisch said, “Many have benefited from my education at Excelsior.” And Michael Gonzales, the recipient of the C. Wayne Williams Award, said, “Taking the time to get your degree from Excelsior College, whether it’s an associate, bachelor’s, or master’s degree, means that you have made a commitment to make yourself even better than you were before. You are determined to excel in life, sometimes facing enormous challenges that would make others give up, but not you as an Excelsior graduate.”

Read more about the recipients:

**Alyson J. Breisch**
2013 Carrie E. Lenburg Award Recipient
Alyson J. Breisch, MSN, FEN, RN, of Durham, N.C., graduated from Excelsior (then Regents) College in 1984 with a Bachelor of Science in nursing. Since then, she has used the competency-based education models initially learned at Excelsior to teach patients and students. Breisch is president/owner of Breisch Health Education PLLC, which provides consultation and education in faith community nursing, health ministries, clinical leadership, and nursing leadership. She also advances nursing excellence through mentoring and active participation in local, regional, and national organizations.

**Michael E. Gonzales**
2013 C. Wayne Williams Award Recipient
After a 25-year military career, Michael E. Gonzales ’04 retired from the U.S. Air Force as a master sergeant and became a high school aerospace science instructor, instilling Air Force core values of Integrity First, Service Before Self, and Excellence in All We Do to his Air Force Junior Reserve Officer Training Corps unit. He left his educational career to return to his hometown of Parker, Ariz., where he now gives back to his community as a medical case worker for the Colorado River Indian Tribes.

**Francis J. Desler**
2013 Alumni Achievement Award Recipient
Francis Desler, PhD, by his own admission, was a juvenile drug abuser who was frequently in trouble with the law. “What turned my life around,” he explains, “was the opportunity to learn and get an education.” He credits the Bachelor of Science he earned from Excelsior (then Regents) College in 1980 as the turning point in his life. Now a licensed clinical psychologist and licensed clinical social worker who lives in Fort Wayne, Ind., he has dedicated his career to treating clients with backgrounds similar to his.

New Programs of Study

The School of Health Sciences added its first graduate-level program in May. The Master of Science in Health Sciences requires 18 credits in core subjects and offers two options for the remaining 15 credits. Practicing care professionals may choose courses centered on health professions education to prepare for faculty roles within their field. Students with previous graduate-level credits, or those who would like to fulfill requirements by choosing from among the many Excelsior graduate-level courses, may choose a flexible “no specialization” option.

In May, the School of Business & Technology added two dual degree programs: the Bachelor of Science in Information Technology to Master of Business Administration and the Bachelor of Science in Information Technology to Master of Science in Cybersecurity. Both fast-track options prepare students for leadership and managerial positions by building upon the technical knowledge they gain at the undergraduate level. As of September, the school also offers a Bachelor of Science in Cyber Operations and a Master of Science in Management.

Event Celebrates Excelsior’s Partners

The annual Partners in Lifelong Learning event raised $90,000 to fund scholarships for New York State students in need of financial support. The event was one of the ways in fiscal year 2013 that nearly 2,000 people made a difference in the lives of students by contributing to the annual campaign or endowed funds. Overall gifts totaled $477,781, enabling the College to provide more than 600 students with scholarships and to support faculty and programs.

The College began the Partners in Lifelong Learning event in 2008 to raise awareness of the importance of lifelong learning while at the same time funding scholarships for students working toward completing their degrees. In its history, the event has recognized the achievements of 45 individuals and organizations and raised more than $400,000, benefiting approximately 300 students.

This year, the College presented the two Partners in Lifelong Learning Awards in recognition of the importance of continued learning and achievement. It honored KeyBank for its 185-year commitment to New York’s Capital Region, where Excelsior is located. KeyBank is one of the largest bank-based financial services companies in the United States. A significant supporter of the nonprofit sector through charitable giving, Key has been a generous sponsor of Excelsior’s scholarships benefiting students in the Albany, N.Y., area.

The College also recognized Karen R. Hitchcock, special advisor, Park Strategies LLC, who has had a distinguished career as an educator, research scientist, and university administrator. From 1996 to 2004, she served as the president of the University at Albany, State University of New York.
**VIRTUALLY EVERYWHERE**

**NEWS FROM EXCELSIOR COLLEGE**

**Kudos for ESL-WOW**

Excellor College received the national distance education innovation award from the National University Technology Network for its ESL-WOW (English as a Second Language Writing Online Workshop). Describing ESL-WOW as an innovative solution to a critical need, the panel of reviewers also recognized the project as providing comprehensive and thorough resources, specifically citing the Avoiding Plagiarism Tutorial.

**College Recognizes 2013 Distinguished Faculty**

**D**istinguished Faculty Member of the Year awards were presented by Mary Beth Hanner, provost and chief academic officer, at the All Faculty Luncheon on July 11. The recipients, nominated by students, staff, and faculty, exemplify the finest qualities of the Excelsior College faculty and are representative of the extraordinary and vital contributions they provide to students and the College. This year’s distinguished faculty are Patricia Case, Ph.D, School of Liberal Arts; Gary R. McClain, Ph.D, School of Health Sciences; Tracy J. Sipma, MBA, School of Business & Technology; and Judith V. Treschuk, PhD, CN, CNE, RN, School of Nursing.

**PATRICIA CASE** has been a professor of sociology for approximately 20 years. At Excelsior since 2009, Case has developed and taught challenging and key courses in the School of Liberal Arts, including the Social Science Capstone; Social Science Research; Families, Delinquency and Crime; Religion and Society; and Contemporary Social Problems. She has several publications and research grants to her name and is an accomplished professor and scholar in her field. At Wayne State University, she earned a bachelor’s, master’s and PhD, all in sociology.

**GARY R. MCCAIN** has served on the Excelsior faculty since 2010 and has developed and taught the College’s Health and Wellness course. He has also been the instructor of Sociology and Health and Wellness; Health Care Issues in Culturally Diverse Populations; Psychosocial Impacts of Chronic Illness on Person and Environment; and Introduction to Health Care Delivery Systems. McClain has written After the Diagnostic: How Patients React and How to Help Them Cope, a supplemental textbook for nursing and the allied health professions. In addition to his course work, he has also contributed an online article, Dealing with Loss, Depression or Grief During the Holidays, to the College’s online newspaper, Excelsior Life: facilitated a webinar in 2011 for the School of Health Sciences; and wrote an article for Live & Learn on managing stress.

**TRACY J. SIPMA** is a quality manager and professional with 30 years of experience and technical experience in health care and environmental industries. She serves students and communities as an online instructor for Excelsior College and as vice president of quality for LifeServe Blood Center, the 15th largest blood collection and transfusion center in the United States. Sipma has been on the College’s faculty since 2012 and developed Technical Writing and Human Performance Technology: Performance Improvement and has served as instructor for Quality and Productivity Methods; Organization and Behavior; and Economic Analysis for Engineers.

On the Excelsior College faculty since 2006, **JUDITH V. TRESCHUK** has been an instructor of both undergraduate and graduate-level nursing courses. With more than 20 years of experience, Treschuk brings expertise in community health nursing, gerontological nursing, and nursing education. She teaches Technology in Nursing Education, a course that requires extensive interaction with students who are learning to apply new technologies in teaching-learning environments. Skype, audio feedback, Jing, screen cast tutorials, and Ivi are some of the technologies she uses to enhance the learning experience for students in her course. She also teaches Community Health Nursing in which she combines her experience with an innate ability to motivate students while demonstrating immense caring about their learning.

**CPD Short Courses Long on Learning**

The Center for Professional Development continues to respond to user demand with the development of new programs to help people supplement existing skills or learn new ones. Recently added were short courses: six-week, instructor-led specialized training in areas such as Effective Business Writing, Introduction to Microsoft Excel 2010, HIPAA Compliance, and Wireless Networking, to name a few. Most are priced at $95 each, making them an affordable way to polish skills or enjoy personal enrichment. These courses are a way to gain knowledge in a variety of areas for those not necessarily interested in earning a degree. A list of courses is available on CPD’s website. In addition, more than 4,500 self-paced tutorials are available in the CPD’s EC for Business section. A wide range of topics is offered, including accounting, computing, cosmetology, engineering, health care, and more.

In The Call of Nursing: Voices from the Front Lines of Health Care, 23 alumni share their experiences as nurses. They bring the reader along on the job to workplaces ranging from military hospitals and trauma centers to universities and med-flight helicopters. Their first-person stories provide insight into the challenges and rewards of the profession, and highlight the non-traditional routes some took to that career. “But, taken together, their stories chronicle work experiences and environments that not only illustrate the unique nature of career options for nurses but also form a valuable body of health care knowledge,” writes Gertrude B. Hutchinson, archivist at the Army, Navy and Marine Centers for Nursing History, in the book’s foreword. “All in all, this book communicates the essence of nursing.” To read an excerpt from the book, the latest published by Hudson Whitney, Excelsior College Press, go to hudsonwhitman.com.

**College Holds Dedication of Web-based Veterans Center**

The Lt. Col. Bryant A. Murray Veterans Center was officially dedicated prior to Commencement on July 12. Distinguished guests, including Adm. Mike Mullen, members of the board of trustees, and College staff received a virtual tour of the Murray Veterans Center and learned about all of the many resources it offers. Adm. Mullen, former chairman of the Joint Chief of Staffs, expressed his gratitude for Excelsior’s efforts, characterizing the College as “an extraordinary institution of higher education that has made such a big difference.” The veterans center was named in honor of the father of Excelsior Trustee Bryanne Hamill ’86. The Hamills’ gift to initiate the Excelsior College Veterans Endowment Fund provided the naming gift for the veterans center, and Hamill said, “Knowing firsthand the sacrifices active-duty service members make in defending our freedoms, our liberties, and our way of life, my family finds that veterans are most deserving of our assistance. As a graduate and as a current trustee of the board, our family feels we have found the perfect venue for such a memorial on the 25th anniversary of my father’s passing.” Hamill went on to pledge that her family would match their original gift in order to help further support that center. Above: Trustee Bryanne Hamill ‘86 (center) makes the opening of the Lt. Col. Bryant A. Murray Veterans Center official, as (clockwise from left) her son, Justin Hamill; retired Lt. Col. S. Tony L. Hamill, Army National Guard; retired COL John T. Boxall, U.S. Coast Guard; and retired Adm. Mike Mullen, U.S. Navy; look on.
Our values are one of the most empowering personal and professional navigation tools we possess. They guide our actions, shape our lifestyles, steer our careers, and ultimately define our character. Traits such as honesty, discipline, dependability, justice, and compassion are just a few examples of values that influence our actions and goals. Each of us has our own unique set of values that reflect the beliefs, attitudes, and principles we deem highly important in our lives. They are the qualities we cherish the most in ourselves, and those we revere in others.

Values develop over time—some were likely instilled by parents, relatives, friends, mentors, or religious leaders. Others may have evolved from educational, cultural, work, military, or other life experiences. Regardless of how or where they developed, our values are a central part of who we are and who we want to become. As adults, we rely on our values to help direct our actions.

Values and Work
As adults, we rely on our values to help direct our actions and decisions, especially when encountering future career choices. In fact, our overall personal convictions contain a vital subset known as workplace values. These include a combination of personal and professional core beliefs that serve as roadposts when seeking meaningful work, establishing career paths, and securing suitable work environments. Job seekers often overlook the important role these values serve in the job search, and instead solely focus on aligning their interests and abilities with potential employment opportunities.

Knowing what intrigues you about a job and how your strengths correlate are essential factors that require attention. Yet, equally as critical is identifying what is truly important to you—what you value in the workplace. All the interests and skills in the world will not guarantee success and satisfaction if you are in a job that is not congruent with your core beliefs.

For example, if you value time at home with family during leisure hours, will you be satisfied or fulfilled if you accept a job that matches your credentials but requires 80 percent travel? Or, if you highly value and pride yourself on providing excellent customer service, would you enjoy working for an organization where the only priority was profit, not people? Sure, you could most likely sustain these situations for awhile. However, over time, working in a position that is personally disagreeable can lead to dissatisfaction, lack of motivation, denigration of your self-image, loss of integrity, and in short, unhappiness. The nature of your work should never make you feel like you are compromising who you are or what you value.

Know Your Workplace Values
Awareness of your workplace values provides tremendous insight and a strong framework for career planning and decision making. To gain more clarity of your workplace values, the first step is to identify them. Start by creating a personal list of the qualities and characteristics you seek in a work environment. Think about past experiences when you were confident, satisfied, and felt pride in your work. What factors contributed to those feelings of fulfillment? If you get stuck, try the contrast approach: think about what you would not want to encounter in a job setting. This will likely lead you to more positive preferences you would embrace, and the corresponding convictions you stand for.

In addition to creating your own personal list, there are also several online workplace values inventories that can assist (see Related Resources). These brief, targeted inventories not only increase awareness of your values but also help prioritize them. Ranking them can help tremendously when faced with career conundrums such as an unexpected transfer, revised responsibilities, or job loss. A well-defined hierarchy of your workplace values will help to assess the elements of a job you can be flexible about, and those you are not willing to compromise.

Honor Your Values
Once you clarify and validate your workplace values, how can you determine that they are commensurate with a potential employment opportunity?

Begin by researching the job and employer. Review the organization’s website. If you value access and communication in a work environment, look to see if its mission and history are clearly stated. Is the employer forthcoming with information about the institution? Is contact information easily accessible? Also be sure to examine the job description. What qualifications are required? Does it specify a need for a candidate who is a team player, an independent thinker, ambitious, or dedicated? Does the job description highlight the same qualities you aspire to achieve? If you know someone who is presently employed at the organization, ask them pertinent questions that target your core values. If you value security, inquire about the turnover rates. If you value self-direction in your work, ask how much inde-

limitation can you live with? For example, at the onset of your career, financial gain and status may be a top priority. However, later in your career, family and work life balance may become of higher value. Maintaining the pulse of your current workplace values throughout your career trajectory will help you to evaluate which jobs and work environments are most advantageous. Grounding career decisions in well-defined values also ensures any future plans align with your personal and professional priorities.

Schedule Regular Values Checkups
Awareness of your workplace values is a continuous process. Although these values are generally stable, it is important to recognize that some may change over time. For example, at the onset of your career, financial gain and status may be a top priority. However, later in your career, family and work life balance may become of higher value. Maintaining the pulse of your current workplace values throughout your career trajectory will help you to evaluate which jobs and work environments are most advantageous. Grounding career decisions in well-defined values also ensures any future plans align with your personal and professional priorities.

Related Resources
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Maribeth Gunner Pulliam, M.S.Ed., is the director of career services, Center for Online Education, Learning, and Academic Services at Excelsior College.

Follow Your Inner Compass
Use your values to set a course for a successful career

By Maribeth Gunner Pulliam

Values and work
As adults, we rely on our values to help direct our actions and decisions, especially when encountering future career choices. In fact, our overall personal convictions contain a vital subset known as workplace values. These include a combination of personal and professional core beliefs that serve as guideposts when seeking meaningful work, establishing career paths, and securing suitable work environments. Job seekers often overlook the important role these values serve in the job search, and instead seek in a work environment. Think about past experiences when you were confident, satisfied, and felt pride in your work. What factors contributed to those feelings of fulfillment? If you get stuck, try the contrast approach: think about what you would not want to encounter in a job setting. This will likely lead you to more positive preferences you would embrace, and the corresponding convictions you stand for.

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Maribeth Gunner Pulliam, M.S.Ed., is the director of career services, Center for Online Education, Learning, and Academic Services at Excelsior College.
Excelsior fields no sports teams; it has neither athletic fields nor gymnasiums; it lacks a stadium of cheering fans; its fight song has yet to be written. Yet the College counts a three-time Olympian among its graduates.

Curt Schreiner ’93 is a world-class biathlete who competed in the 1988, 1992, and 1994 Olympic Games. With the 2014 Winter Olympics in Sochi, Russia, beginning in February, you can be sure Schreiner will have a front-row seat. He’ll be watching the events on his computer from the comfort of his home in upstate New York.

Biathlon can easily be a contender for one of the most demanding sports: It combines the rigors of cross-country skiing with the precision of target shooting. Competitors race around a cross-country ski course with a rifle strapped to their backs, pausing to shoot at targets 50 meters in the distance from a standing or prone position. The race is scored not only by time, but also by accuracy. In each shooting round, all five targets must be hit; otherwise, the biathlete must ski a penalty loop for each miss. And if the physical demands aren’t enough, biathletes must still their pounding hearts and rapid breathing in order to take a steady shot, and of course, adjust their aim for the wind.

Schreiner compares biathlon to Cirque du Soleil, the Canadian troupe of performers that combines circus arts with aspects of street entertainment. Not because the sport is full of acrobatics and sleights of hand, but rather because it takes a great deal of practice to accomplish astounding feats. It’s really a cognitive sport, he attests. “You really have to be thinking about what you’re doing in such a way that eventually your body knows exactly what to do. And you do it right every time. It’s a kinesthetic sense that eventually you’re coming to the range and your body just knows what to do.” The quality of your training matters, too, he says. “Perfect practice makes perfect.”

This unique and challenging sport has its roots in the military, beginning in Scandinavia and Finland in the 1700s, and officially debuting as an Olympic sport in 1960. Schreiner’s own interest was piqued when he saw the sport at the 1980 Lake Placid Winter Olympics at the young age of 12. Later, when Schreiner began to pursue biathlon in earnest, he was encouraged by other competitors to look into military service. Eventually, he joined the New York Army National Guard and participated in its biathlon program. Over the course of his military career, Schreiner visited 28 countries on the World Cup biathlon tour, commanded a unit for a year in Iraq in 2005, and retired as a major in 2010. His top biathlon finish was in the military as well—placing sixth in the 2000 World Military championships.

Like the sport that defined much of his life, Schreiner’s home is also a major accomplishment. As a teenager...
newly fascinated with the sport, he along with his father and brother began to build their own biathlon course on the family’s 175 acres in Day, N.Y., overlooking the Great Sacandaga Lake. Not only did the course serve the young Schreiner’s Olympic aspirations well, but today it’s home to the Saratoga Biathlon Club that hosts more than 10 events each year. It’s Schreiner’s way of sharing his love of the sport. “I try to help people out through my enjoyment of the sport, I try to provide other people with that enjoyment by holding the races here and maintaining the trail system,” he says.

Also on the family’s Adirondack property are homes built by and for Schreiner, his brother Jim, and his parents. Schreiner continues to put the finishing touches on the house he shares with his wife, fellow Olympic biathlete Deborah Nordyke, and children Jon, 14; Erik, 12; and Katrin, 9, and Buddy the dog. Always ready to meet challenges head on, Schreiner, at the suggestion of his wife, even built a rock-climbing wall into the side of the house.

Schreiner, the valedictorian of his Hadley-Luzerne High School class, first began his college studies at Skidmore College in nearby Saratoga Springs, N.Y. Commuting from home to school allowed him to continue his biathlon training on his home course as he worked on his Olympic dream. However, once he made the Junior World Team, the demanding competition and training schedules made it nearly impossible for him to complete classroom studies. With physical training consuming 10 to 20 hours a week with up to an additional 10 hours of shooting practice, there wasn’t time for full-time study. When he entered the military and trained in different states, he acquired more college credits at Northern Michigan University. But making the Olympic team wasn’t Schreiner’s only goal: earning a degree was on his list as well. “I recognized the way to go for me eventually would be to become an officer and you need to have a bachelor’s degree to become an officer,” he says.

It was through the National Guard’s education office that he learned about Excelsior (then Regents) College and completed his degree with CLEP, DANTES, and GRE exams. Excelsior’s independent study model was right on target for Schreiner’s aggressive travel schedule that saw him away from home six to eight months a year. Later, after his stint in Iraq, Schreiner completed a master’s degree at State University of New York at Plattsburgh’s Branch Campus at Queensbury with the intention of pursuing a teaching career.

But life threw Schreiner a penalty loop. In 2007, he was diagnosed with multiple sclerosis, which led to his retirement from the Guard. “MS, what it really did, was it took away all my super powers,” he said. “I used to be able to run like the wind—I could do five-minute miles and come in and shoot, accurately, five shots. But now, I can barely work out—as soon as I get warmed up, I have to stop.”

But the disease has not stilled this athlete’s drive and ambition. In addition to maintaining the family biathlon course and organizing the Saratoga Biathlon Club, Schreiner is completing work on his home, volunteering with the Luzerne-Hadley Fire Department, and serving as a board member of Orion Bionetworks, a group that uses computer modeling to study brain disorders.

Schreiner’s years of training and dedication have paid off not only with his Olympic bids and pursuit of an education while working full-time, but also now as he faces a serious illness. Just like the biathlete needs to perfect their mind and body in order to shoot accurately, Schreiner is adjusting for the wind in his life, learning to pace himself in the shadow of his illness. “What this sport taught me the most is perseverance and how to focus on something and do the best you can possibly do at it,” says Schreiner. “I did this sport for over 20 years and it was kind of like my life for the most part. It helped me out pretty much in everything else I did, because during and after the sport years, I was always striving to be better.”
Faculty member Robert Arnold’s interest in the Civil War began early. When he was 7 years old, he says, his great-grandmother told him about how she watched President Abraham Lincoln’s funeral train pass by the family farm in central New York in April 1865. Then 7 years old herself, she and her family witnessed the procession from a fence on the edge of their farm, an experience that became part of the family’s history.

For Arnold, this first-person story at once connects him to a long ago event and makes it real in a personal sense. As the United States marks the sesquicentennial of the Civil War, public historians such as Arnold and Jennifer Lemak, also an adjunct faculty member, are examining the war with the purpose of connecting us to the people who lived it. They go beyond the battles to present the war—and the time periods before and after—through personal experiences that make the events of 150 years ago relevant to our own time.

We can relate to those who experienced the war even though a century and a half has passed and it was (largely) a different culture than now, says Arnold, also a military historian by avocation who teaches history courses at Excelsior College and at The College of Saint Rose. “It’s our history, North and South—it [the geographic distinction] doesn’t matter, not in the fullness of time. All the veterans have gone, all the widows have gone. [But] it’s our experience and it’s an important part of our nation’s myth . . .,” he says, referencing the sometimes romanticized views of the war. “But it belongs to us all. It touches us all.”

To help us understand what the Civil War means now, Lemak and other historians link the Civil War to the ante-bellum period before and Reconstruction that followed to view historical events along a continuum. Lemak, a senior historian at the New York State Museum who teaches history courses at Excelsior College, curated an exhibition that explores how these periods connect periods before and after.

“After slavery was abolished and the Civil War ended, Reconstruction tried to reincorporate the former Confederate states back into the Union and transition the entire Southern population from slavery to freedom,” says Lemak. “During this time the South was under military rule and African Americans were allowed to exercise their newly won freedoms. When Reconstruction ended and the federal troops left, the South reverted back to its pre-war ways and instituted Jim Crow laws. This anti-black climate in the South was the biggest reason for African Americans to move north in the 20th century, creating the Great Migration.”

While planning the exhibition and gathering artifacts for it, Lemak found many items that demonstrate the complexity of the issue of slavery and its legacy. Not everyone in the North supported the abolition of slavery, as they feared competition for jobs and the loss of profitable manufacturing business, among other concerns. Included in the exhibition are artifacts such as a slave collar owned by an upstate New York slaveholder; both abolition and pro-slavery materials; and a restraining chain from the Union prison camp in Elmira, N.Y., one of the most notorious of the war. Her search also brought her into contact with two artifacts that, in their rarity and simplicity, speak for a time long past. The two pot holders cross-stitched with jubilant dancers and the powerful words “Any Holder but a Slave Holder” and “We’s Free” celebrate Lincoln’s Emancipation Proclamation, delivered on January 1, 1863. The pot holders emerge as a first-person source of information, expressing the feeling of the maker.
The hand-made pot holders add irrefutable evidence to historical facts. It is details such as this that Lemak and Arnold bring to their class instruction. When Arnold teaches, as well as when he makes presentations about the war, he enlivens facts with quotes from personal letters he teaches, as well as when he makes presentations about the historical facts. It is details such as this that Lemak and Arnold bring to their class instruction. When Arnold

"Those people 150 years ago are us."

I thought there was no way to teach history online, but digital resources make it easy," she says. "History is tangible." Lemak shares information and artifacts she comes across in her work as a historian, and she will often think of something to use in a course based on the direction of the class discussion or a question that a student poses. The sharing of artifacts as digital visuals translates well to the online environment, Lemak says. "The artifacts have power."

WHAT IT ALL MEANS
150 YEARS LATER

Combining artifacts and anecdotes with current research on the Civil War adds personal perspective to history, adding new insight to the general understanding of events and, ultimately, how the war is interpreted. As time passes, historians consider how the meaning of the war has changed.

Gettysburg, the momentous battle that left 51,000 wounded or dead, is a good example. Fifty years after the battle, more than 53,000 Union and Confederate veterans gathered at the site for a peaceful reunion with remarks by President Wilson. "It was more a celebration of war, lighting, and the camaraderie of a shared experience than about the ideas that caused the war in the first place," says Lemak. "At the Centennial, in the midst of the [1960s] Civil Rights Movement, you get the people who still want to glorify the war and another whole group that says, ‘We have been free for 100 years, but we still don’t enjoy equality.’ Now at the sesquicentennial, I think because we are that much farther from the war and the reasons we went to war, we can incorporate all of that into a history that is relevant to people today... One hundred and fifty years ago, even Abraham Lincoln could have never envisioned an African American president. What would he think of the presidency of Barack Obama?"

Likewise, there was a time many could not envision Lincoln as president. In the 1860 election, he received less than 40 percent of the popular vote. Yet, when his funeral train processed from Washington, D.C. to Springfield, Ill., over two weeks in 1865, millions turned out to pay their respects. In 2015, a replica of the train will travel through the cities of the original route to recreate the journey. As this commemoration takes us back in history, Arnold plans to be there, perhaps at the family farm, connecting the present to the past. ■

New Members of the Alumni Advisory Board

New board members were elected by you, the alumni-at-large, for three-year terms, serving 2013 - 2016. For full biographies, visit www.excelsior.edu/web/alumni/advisory-board-and-staff.

Kadidia Doubria, BS ’85
WASHINGTON, DC | Kadidia was re-elected to her second term on the board. During her first term, she served as chair of the nominating committee and also served on the awards committee. An educator and native of the Ivory Coast, she is especially interested in online education opportunities for third world countries.

Daniel Coberry, AS ’77, BS ’84
RALEIGH, NC | Dan was elected to his first term as a board member. Dan found Excelsior to be a cost-effective way to earn an accredited four-year degree. He retired from active military service as senior Army public affairs sergeant major with a rare concurrent commissioned rank of Army captain. He is a senior government civilian.

Janet hens, AS in nursing ’05, MS in Nursing ’11
LIBBY, MT | Jan was elected to her first term on the board. She is currently employed as a registered nurse at a 25-bed frontier hospital. A lifelong resident of Montana, she has a particular interest in the unique challenges faced by non-traditional learners in rural areas.

Adrienne S. Mason, BS ’11
ENDWELL, NY | Adrienne was re-elected to her first full-term on the board, after filling a one-year term. Prior to joining the board in 2012, she served as one of the Alumni Association’s first Alumni Ambassadors. As a student, she transferred to the College through one of Excelsior’s many community college partnerships.

LCOR Shannon McMillan, AS ’07, BA ’09
VIRGINIA BEACH, VA | Shannon was re-elected to his second term on the board. During his first term, he served as chair of the awards committee and often participated in board teleconferences from sea to sea, as he is active-duty U.S. Navy. This year, Shannon was elected vice-president by his fellow board members.

Lew Smcmillan, AS ’07, BA ’09
Advocacy
Kadidia Doubria, BS ’85
Washington, DC
Serving 2013–2016
Kdoumbia@excelsior.edu

Wayne A. Oppel, BS ’91
Winter-Salem, NC
Serving 2009–2015
WayneOppel@Excelsior.edu

Marie Winton, BS in nursing ’10
Tucson, AZ
Serving 2011–2014
Mwinton@Excelsior.edu

OFFICERS

PRESIDENT
William Senn, BCE ’07
Franklin, TN
Serving 2011–2014
wsenn@excelsior.edu

VICE PRESIDENT
LCOR Shannon McMillan, AS ’07, BA ’09
Virginia Beach, VA
Serving 2010–2016
oncall@excelsior.edu

SECRETARY
Ronald Tests, BPT ’12
Wausau, CA
Serving 2012–2015
rinsto@excelsior.edu

ADVISORY BOARD MEMBERS

Daniel L. Cuker, BS ’77, MS ’84
Raleigh, NC
Serving 2013–2016
Cuker@Excelsior.edu

Wayne A. Oppel, BS ’91
Winter-Salem, NC
Serving 2009–2015
WayneOppel@Excelsior.edu

Marie Winton, BS in nursing ’10
Tucson, AZ
Serving 2011–2014
Mwinton@Excelsior.edu

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A Chance to Inspire Others

SELF-NOMINATE FOR AN ALUMNI AWARD

As an Excelsior graduate, we know you’re doing great things. Many of you overcome serious obstacles to achieve a degree and pursue a career, which makes you a role model to other alumni. An overwhelming number are serving your communities—and the United States—in ways that make a difference. And with more than 46,000 nursing graduates out there, there’s a strong commitment to nursing education worldwide.

So why not give yourself a well-deserved pat on the back by nominating yourself for an alumni award? Each year, at Excelsior’s Awards Convocation, part of the College’s annual Commencement celebration, recognition is given to outstanding graduates whose achievements are considered by the Alumni Advisory Board to be inspiring to other alumni and students.

Self-nominations for awards are accepted on a rolling basis and must be received by January 15 of the award year. Award criteria, nomination instructions, and the self-nomination form are available online. This year, the Alumni Advisory Board received 23 nominations from deserving alumni, and the 2013 alumni award recipients are shown on page 6. Read more about them on the Alumni Awards Web page.

WWW.EXCELSIOR.EDU/ALUMNIAWARDS

Trending Now: Volunteer-focused Service Opportunities

With Just a Few Hours Here and There, Alumni Can:

• Submit news or developments about alumni from their area to the Alumni Office
• Promote the College to others by talking about its goals, mission, and programs
• Allow the College to share their name and contact information with alumni and students, if requested, in their geographically
• Support marketing and promotional initiatives of the alumni and admissions offices
• Offer advice on venues and suppliers for potential alumni events as needed
• Refer friends and acquaintances to Excelsior to complete their degrees
• Share their Excelsior College experience with others both informally and formally by providing a testimonial the College can use in its marketing materials
• Stay active in social media and advocate on behalf of the College on their own networks

When you hear the word “volunteer” does it conjure images of a frenzied, stretched-too-thin type who just doesn’t know how to say no? Or worse, that of a benevolent do-gooder, with energy to devote to every worthy cause, and time left over to polish her halo? Relax. It doesn’t have to be that way.

Many organizations are tuning-in to the types of experiences that contemporary volunteers are seeking—shorter time commitments and projects with specific start and end dates. The Excelsior College Alumni Association is no exception.

“This year, the Alumni Advisory Board revised the Ambassador Program to create more flexible options that fit into graduates’ schedules, no matter where they are in their lives,” says Adrienne Mason, BS ‘11, chair of the board’s Ambassador Committee. “These opportunities really cater to alumni who have short periods of time to invest—say one hour a month—or those who can volunteer for only specific time periods, such as between deployments,” she adds.

A quarterly e-newsletter with information, and advice on career fields

Those with additional time can get more involved:

• Help make phone calls to remind alumni about upcoming events as requested by the Alumni Office
• Act as a point of contact for information and advice on career fields
• Coordinate or host activities and events for alumni and students around the United States

“Most are the days of categorizing volunteers as active or inactive; now, it’s a do-what-you-can-when-you-can world,” says Renee Kelly, alumni affairs and annual campaign manager. “We have a small staff, so we rely on our alumni volunteers to be our ‘boots on the ground’ ambassadors for alumni engagement. If they are willing to give what little time they have, we’re more than willing to work within their schedules.”

Even the process for becoming an Ambassador has been streamlined to make it easier to sign-up. Interested alumni should complete the online form at www.excelsior.edu/web/alumni/alumni-ambassadors, after which they will be contacted by an Alumni Advisory Board member who will act as their point-of-contact in their region. Although the program is flexible in theory, it still provides the practical volunteer support that traditional programs offer. Ambassadors receive a quarterly e-newsletter with information, opportunities, and tips for getting the most out of the Ambassador experience.
What have you, our graduates, been doing? Read on to find out.

Daniel L. Holcombe, BA '72, Amarillo, Texas— was honored with the Commendation Medal, among others. Awards, including the Defense Superior Service Medal, the Legion of Merit, the Bronze Star Medal, and Recognition for Exceptional Work, were previously an administrative law judge with the State of Iowa Department of Inspection and Appeals. He also earned a bachelor's degree from Parsons College in 1973 and a master's degree from the University of Portland in 1980.

Howard A. Daniel III, BA '75, Dunn Loring, VA—retired from the U.S. Army in 2011 after 22 years of service. His eighth book, Cambodia Ciao & Currency, was published in December 2012. The first detailed numismatic catalog for Cambodia, the book describes the financial instruments of the country from its first issues in the 16th century to date. Daniel wrote that he is currently working on a Laos numismatic catalog.

Joseph J. Maloney, AS in business '91 and BS in business '96, Patterson, N.Y.—a associate director of CRM data management at the March of Dimes Foundation. Celebrating its 75th anniversary, the March of Dimes help moms have full-term pregnancies and raises awareness of the problems that threaten the health of babies. He writes, “I couldn't be more excited to be working for an organization that provides such valuable resources for such a worthwhile cause.”

Leo E. Markoff, AAB '08, Ashburn Hills, MD—graduated in April 2013 with a Bachelor of Science in Finance with a minor in international management from Oakland University, where he was a member of the Mu Alpha Chapter of Alpha Kappa Psi and served as its vice president of membership.

Mark O. Lumbert, BA '89, Amos, Iowa— is assistant city attorney for the City of Ames Legal Department. Lumbert was previously an administrative law judge with the State of Iowa Department of Inspection and Appeals. Elijah King Jr., BS '93, Killeen, TX—retired from the U.S. Army in 2007 as a convened snag warrant major after 30 years of active duty, including two tours of support in Operation Iraqi Freedom and Operation Desert Storm/Shock. The recipient of three Bronze Star medals, King is a member of many veterans organizations, including the Army Chief of Staff Retired Council, the Fort Hood Retiree Council, and the veterans Advisory Council for Texas Congressman Joes Garcia. King continues his involvement in community and veterans activities, including helping with the Austin VA clinic and the Texas State Veterans Home.

Troy L. Eden, BSL '02, Hampton, VA—was recently selected to serve as the Defense Information Systems Agency senior enlisted advisor for over 16,500 personnel. Eden joined the U.S. Air Force in 1991 and has served in several prestigious command chief positions and many awards, including the Defense Meritorious Service Medal with two bronze oak leaf clusters, the Meritorious Service Medal with two bronze oak leaf clusters, and the Air Force Commendation Medal, among others.

He earned a Master of Public Administration from the University of Oklahoma in 2010. Edison writes that earning his Executive degree was one of his proudest moments. “The feeling of empowerment of starting and competing a difficult task, like getting a degree, showed me that I was capable of far more than I imagined, both academically and professionally.”

Christopher E. Crawford, BSL '94, Laughlin, NV—first sergeant for the 152nd Civil Engineer Squadron with the Nevada Air National Guard, graduated in May 2013 from the University of Nevada at Las Vegas with a Master of Arts in Engineering, with a concentration in applied administration. Crawford was promoted to the rank of senior master sergeant after being selected as the top candidate in the Exceptional Promotion Program.

Ernest D. Swindle, AAB '94, Bolan, TX—retired from the U.S. Army in 2006 after more than 23 years of service. He credits his Executive bachelor’s degree with preparing him for civilian life. “I can honestly say without a doubt that Executive set me up for success,” he writes. Currently employed by CGI Federal, he is enrolled in Executive’s Master of Science in Computer Information Systems program.

Thomas B. Phillips, AAB '95, BSL '07, Wichita Falls, TX—a social studies teacher and principal at the Wichita Independent School District. He retired from the Navy in 2008 and was able to use the had a significant impact on my military career.”

Keith A. Durley, BSL '09, San Antonio, TX—was promoted to assistant vice president with M&T Bank in February 2013. He also graduated from the New England College of Business and Finance with a Master of Science in business administration, among other achievements.

Kent A. Burney, BSL '09, Farmville, VA—has been involved in the Richmond, VA, community for 25 years of senior-level clinical, management, and business development experiences in both-for-profit, not-for-profit, and faith-based organizations, including assisted living, skilled nursing, home care, and post-acute rehab. He also earned a Bachelor of Science in health care administration from the University of Wisconsin at Madison in 1994.

Marcelliner K. Schuss, AAS in nursing ’87, Middlebury, Vermont—published a novel, Bible Hydrogenics, a tender love story about a pair of retired Cape Cod innkeepers struggling with Alzheimer’s Disease. Schuss drew on her experience caring for her Alzheimer’s patients and their families while writing the novel, “I am not a nurse who writes, but a writer who happens to be a nurse.” Schuss also had a research degree in English and previously worked as a nurse practitioner at the University of Vermont in Burlington.

John A. Mandt, BSL '93, Waterloo, IA—a project manager at Y&L Consulting, in 2015, he earned Project Management Professional (PMP) certification from the Project Management Institute (PMI). Also in 2011, he became a Certified Professional in Healthcare Information and Management Systems (CPHIMPS), recognized by the Healthcare Information and Management Systems Society (HIMSS). In 2012, he was named the state-level Florida delegate for the Democratic National Convention in Charlotte, N.C.

Margaret M. Brown, BSL ‘08, MA/LS, 12, Fayetteville, NC—is pursuing an EdD in educational leadership and learning at Auburn University. Active in her community, she serves on the board of directors for the Southeastern North Carolina Reading Radio Reaches, as a certified mediator for the Dispute Resolution Center of Cumberland County, as a teen court assistant, and as a Sunday school teacher.

Joseph E. Maloney, AS in business ’91 and BS in business ’96, Patterson, N.Y.—a associate director of CRM data management at the March of Dimes Foundation. Celebrating its 75th anniversary, the March of Dimes help moms have full-term pregnancies and raises awareness of the problems that threaten the health of babies. He writes, “I couldn’t be more excited to be working for an organization that provides such valuable resources for such a worthwhile cause.”

HATS OFF TO THE 35 ALUMNI who were published in the first two issues of Excelsior Review, an online publication about the creative talents of alumni, plus our ongoing education and professional development work of alumni, students, course and exam takers, faculty, and staff. Excelsior Review is produced twice a year by a group of volunteer staff members to represent the creative talents of the College community. For more information, as well as submission guidelines, are available at REVIEW.EXCELSIOR.EDU.

Are you an Excelsior College student, staff, or faculty member? Do you have a story to tell? Want to share your work or accomplishments with your fellow alumni? Email anymore@excelsior.edu to share your news.

Go to excelsior.edu/hatsoff, download and fill in the easy-to-use form, and click to send your submission electronically.
At Commencement, Cynthia Morren of West Kingston, R.I., celebrates earning an Associate in Science in nursing with her own personal — and proud — cheering section.

Military Times Edge, a publication serving the military community, ranked Excelsior’s School of Business & Technology number 5 on its inaugural Best for Vets: Business Schools list. The same publication has named Excelsior a “Best for Vets” college for the past three years. The other business schools in the top 5 include Park University’s School of Business, D’Youville College’s School of Business, Florida State University College of Business, and Texas A&M University’s Mays Business School.

The number of times since 1999 that an Excelsior College advisor received a top award from the National Academic Advising Association. Anne Connor, a senior advisor in the School of Liberal Arts, was named a recipient of the Outstanding Advising Award in April. She was recognized for her professionalism and student-centered approach to advising. Connor was one of eight advisors nationwide to receive the award.

The number of Excelsior College employees recently honored for 15, 20, 25, and 35 years of service. Of that group, one person was honored for 35 years of service and seven people for 25 years. At that time there were two employees with even longer service, one with 37 years and another who began working at the College on Day 1, 42 years ago. In April, Excelsior College was once again named a Top Workplace in New York’s Capital Region by the Military Times Edge, a publication serving the military community, which ranked employers based on surveys of employees at participating companies.

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Five percent of the 25.8 million people with diabetes have type 1, according to the American Diabetes Association. In Shot: Staying Alive with Diabetes—recently published by Hudson Whitman/Excelsior CollegePress—first-time author Amy Ryan gives a candid, intimate account of her experience living an insulin-dependent life since her diagnosis at age 29.

The total number of exams the College offers for students seeking credit through independent study and exam taking. As of June 2013, all the credit-bearing exams—with the exception of those related to nursing—are known as UExcel® exams. The nursing exams remain under the moniker Excelsior College® Examinations.

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What happens to a student when financing a college education doesn’t go according to plan? The College is able to provide scholarships for some, but the need is far greater than we can handle without your help.

You can help today. Your contribution to Excelsior’s Annual Campaign can make the difference between a student completing a degree or not.

Please consider a gift to help a deserving student achieve an Excelsior degree.

www.excelsior.edu/onlinegiving

Jon Raphael Gonzalez ’04, ’12, RN, earned a Bachelor of Science in business and spent 18 years as an accountant, but his passion for health care never wavered. This year Jon earned a Master of Science in nursing from Excelsior.