

LIVE & LEARN

EXCELSIOR COLLEGE MAGAZINE

Sharp Edges, Clear Focus

Athletics helps
a three-time
Olympian meet life's
challenges

p. 12



EXCELSIOR COLLEGE

150,000

While many individual milestones were celebrated at Commencement on July 12, chief among them was an Excelsior achievement: the College's 150,000th graduate crossed the stage! Eugene Cuthbert of Killeen, Texas, earned a bachelor's degree in liberal arts in May 2013. Similar to many of the 149,999 graduates who came before him, Cuthbert is a U.S. Army veteran, who combined military service and college credits with Excelsior College courses to earn his degree. Now retired from the service, Cuthbert is a police officer who plans to continue his studies at Excelsior to earn a master's degree in criminal justice with a concentration in homeland security. He's representative of the 34 percent of this year's class who are members of the U.S. military.

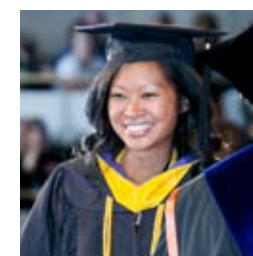
PHOTO: MIKE HEMBERGER



12



15



4



10



9



FEATURES

- 12 **Adjusting for the Wind**
 Curt Schreiner '93, a three-time Olympian, is a straight-shooter who combines mind and body not only in competitions but also as he faces real life challenges.
- 15 **Beyond the Battles**
 As the United States marks the sesquicentennial of the Civil War, faculty members Robert Arnold and Jennifer Lemak offer tangible and insightful aspects to the study of this period, making it real and relevant 150 years later.

DEPARTMENTS

- 2 **President's Perspective**
- 3 **Virtually Everywhere:**
 News from Excelsior College
- 10 **Career Corner**
 Knowing your workplace values provides a framework for career planning and decision making.
- 19 **Alumni Connection**
 News about webinars, events, and strengthening the ties that bind.
- 22 **Hats Off**
 News from and about alumni.
- 24 **By the Numbers**



ON THE COVER: Three-time Olympian Curt Schreiner '93 achieved his best international biathlon finish in 2000 at the Military World Championships (CISM) in Hochfilitzen, Austria, placing sixth out of a field of 120. His wife, fellow biathlete Deborah Nordyke, also achieved her best international finish at the event. Both Schreiner and Nordyke were the only competitors from a field of more than 200 to shoot 20 out of 20 that day. These noteworthy achievements were accomplished on just three hours of sleep after the two were up during the night with their son, Jon, who was ill. PHOTO COURTESY OF THE NATIONAL GUARD SPORTS OFFICE.



Dr. John F. Ebersole

A Commitment to Service

Excel'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.

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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.

"We wanted a name that could encompass various related fields in government, the military, not-for-profit management, public administration, and criminal justice."



Educational Games for All

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, successful 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 Aldrich, founder and managing partner of Clark Aldrich 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; Tobi Saulnier; Jon Aleckson, CEO of Web Courseworks Ltd.; and Ben DeVane, 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.



Assistant professors Ben DeVane from the University of Florida and Joey Lee from Teachers College, Columbia University, described the impact and potential of using games in education.

MIKE HEMBERGER

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 advance the cause of your fellow man, to achieve not for yourself but for others.”



Excelstior 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.



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,

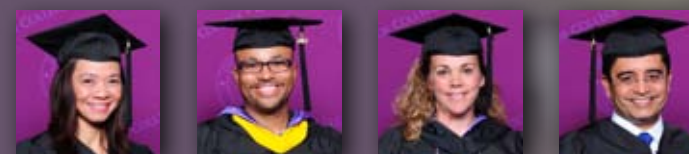
Risk, Resilience, Responsibility, Reach Back (help those who follow you). A. Frank Mayadas, founding president of The Sloan Consortium (Sloan-C), was presented with a Doctor of Science (Honoris Causa) in recognition of his career as a leader and educator, and his encouragement of learning. Mayadas (shown 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.”



Two new chapters of international honor societies inducted their first students on July 11. Upsilon Pi Epsilon (UPE), the International Honor Society for the Computing and Information Disciplines, and Sigma Beta Delta, the International Honor Society for Business, Management and Administration join the College’s other honor societies in nuclear technology, nursing, and liberal arts. More than 130 students were recognized for their academic achievements and welcomed into the College’s five honor society chapters.



THE CLASS OF 2013 includes more than 4,600 students—34 percent were members of the U.S. military—and all 50 states, the District of Columbia, U.S. territories and 15 other nations were represented. The graduates’ average age was 37; the oldest grad was a 70-year-old woman from Florida who earned an associate degree and the youngest was a 17-year-old man, who earned a bachelor’s degree.



Student speaker Donald Gregoire told his classmates of his 30-year journey to earn his degree. Now manager of regulatory affairs for Columbia Generating Station in Washington, he earned a Bachelor of Science in technology. A Navy veteran, Gregoire acknowledged Excelsior, saying “Thank you for helping each one of us here to obtain our degrees amidst the challenges we had to face in this life.”

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.” To watch a recording of the awards event, go to www.excelsior.edu/commencement.

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 Deisler 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 to mentor nursing students, Carrie B. 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 B. Lenburg Award Recipient

Alyson J. Breisch, MSN, FCN, 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 Heath Education PLLC, which provides consultation and education in faith community nursing, health ministries, clinical advancement, and nursing leadership. She also advances nursing excellence through mentoring and active participation in local, regional, and national organizations.

FRANCIS J. DEISLER 2013 Alumni Achievement Award Recipient

Francis Deisler, 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.

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 the 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 caseworker for the Colorado River Indian Tribes. ■

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

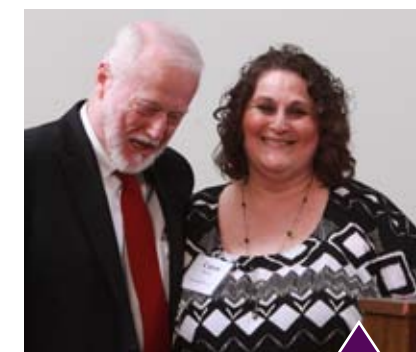
The annual Partners in Lifelong Learning event raised \$90,000 to fund scholarships for New York State students in need of financial support. The event was one of the ways in fiscal year 2013 that nearly 2,000 people made a difference in the lives of students by contributing to the annual campaign or 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 \$430,000, benefiting approximately 300 students.

This year, the College presented 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. ■



Caren Kaziyeve, an RN, spent 16 years as the stay-at-home "CEO of an organization comprised of my husband and six children" before returning to nursing in 2011. At about the same time, she enrolled at Excelsior to earn a master's in nursing with a specialization in nursing education. "There had been so many changes in the field that I felt as though I could hardly keep up," said Kaziyeve at the Partners in Lifelong Learning event. "I needed an advanced degree not only to advance in nursing but to be better equipped to help my patients in the way that I wanted to. ... What's great about Excelsior is that there are so many other students who are lifelong learners." PHOTO: KRIS QUA

New Trustees Join Excelsior Board

Helping to guide the future direction of Excelsior are three new members of the College's board of trustees. Lyvier Conss brings to the board more than 27 years of experience in administration, grants development and management, and public and private fundraising with an emphasis in higher education. She is the founding executive director of the Community College National Center for Community Engagement. As firm director of the Security & Privacy Services Group at Deloitte & Touche's Enterprise Risk Services, KH Maman brings more than 25 years of experience in the field of information systems security, telecommunications, systems design and integration, network consulting, business continuity planning, and disaster recovery. Louis Soares is vice president for policy research and strategy at the American Council on Education. He has more than 20 years of experience in post-secondary education and economic development policy. ■



Alumni Award recipients Michael Gonzales '04, Alyson Breisch '84, and Francis Deisler '80 were recognized for their achievements at the Awards Convocation in July. PHOTO: MIKE HEMBERGER



Trustee emeritus Robert E. Kinsinger was honored on July 11 for his longtime dedication and support of Excelsior College. In appreciation for his many contributions to improving nursing education, College officials announced the creation of the Robert E. Kinsinger Institute for Nursing Excellence. The institute will include resources to support students as they pursue their nursing degrees.

College Recognizes 2013 Distinguished Faculty

Distinguished 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 truly distinguished service they provide to students and the College. This year's distinguished faculty are Patricia Case, PhD, School of Liberal Arts; Gary R. McClain, PhD, School of Health Sciences;

Tracy J. Sipma, MBA, School of Business & Technology; and Judith V. Treschuk, PhD, CNS, 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. MCCLAIN has served on Excelsior's faculty since 2010 and has developed and taught the College's Health and Wellness course. He has also been the instructor of Sociology of 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 Diagnosis: How Patients React and How to Help Them Cope*, a supplemental textbook for nursing and the allied health professions. In addition to his coursework, he has also contributed an online article, *Dealing with Loss, Depression or Grief During the Holidays*, to the College's online newsroom, 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 management professional with 20 years of quality 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 manufacturing center in the United States. Sipma has been on the College's faculty since 2012 and developed Technical Writing and Human Performance Technology I: 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, informatics, 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 Voki 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. ■



Provost and Chief Academic Officer Mary Beth Hanner (left) presented Distinguished Faculty Member of the Year awards to Gary R. McClain, School of Health Sciences, and Judith Treschuk, School of Nursing. Not in attendance but also receiving awards were faculty from the School of Liberal Arts and the School of Business & Technology.

PHOTO: MIKE HEMBERGER

Kudos for ESL-WOW

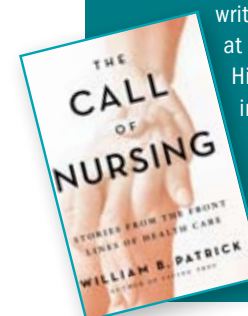
Excelisior College received the national distance education innovation award from the National University Technology Network for its ESL-WOW (English as a Second Language-Writing Online Workshop). Describing ESL-WOW as an "innovative solution to a critical need," the panel of reviewers also recognized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

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 are 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 illuminate the broad range of career options for nurses but also form a valuable body of health care knowledge," writes Gertrude B. Hutchinson, archivist at Bellevue Alumnae Center 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 Whitman/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 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 servicemembers make protecting 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 the 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 Brig. Gen. Jerry L. Neff, Army National Guard; retired Cmdr. John F. Ebersole, U.S. Coast Guard; and retired Adm. Mike Mullen, U.S. Navy; look on.



MIKE HEMBERGER

Follow Your Inner Compass

Use your values to set a course for a successful career

BY MARIBETH GUNNER PULLIAM

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.

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

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 independence they have in their job. There are also online resources that can assist with your research; Vault.com and Wetfeet.com offer company profiles and reviews, some of which are relayed by previous employees.

A good understanding of your values makes you well equipped to articulate them in a resume, cover letter, or job interview. Employers also seek certain values in their future hires. By conveying your workplace values through your written correspondence, you have a better chance of engaging an employer that holds similar ideals and beliefs. If you land an interview, continue vetting your workplace values. When you arrive for the interview, pay close attention to the surroundings.

Awareness of your workplace values provides tremendous insight and a strong framework for career planning and decision making.

Do staff members seem engaged in their work? Is the atmosphere tense or relaxed?

In the interview, ask questions that will yield information about the work environment. Does the company provide professional development opportunities? Is there room for innovation and creativity? Also note the type of questions you are asked by the interviewer. Are they insightful questions that show interest in who you are and what you have to offer? Employing each of these tactics will help you decide whether your values correlate with the job and employer. Of course, realistically, not every value can be met at all times in your job or career. However, you can strive to achieve the majority of what you deem most important.

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

Access this article, and many additional career-related links at the Excelsior College Career Center @ www.excelsior.edu/career. All workplace values inventories noted in the article are located under the self-assessment section of the Career Center. Questions or comments about this article? Contact Maribeth Gunner Pulliam at careerinfo@excelsior.edu.

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

 [Facebook.com/ECCareerCenter](https://www.facebook.com/ECCareerCenter)

Adjusting for the Wind

EXCELSIOR ALUMNUS, THREE-TIME OLYMPIAN, MEETS CHALLENGES HEAD ON

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



PHOTO: MIKE HEMBERGER. INSET PHOTOS COURTESY OF THE NATIONAL GUARD SPORTS OFFICE.

“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.”

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



Olympic athlete Curt Schreiner '93 has targeted his efforts on building a biathlon course on his upstate New York property. See a video of Schreiner demonstrating proper shooting technique at www.excelsior.edu/liveandlearn.

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.” ■

BEYOND THE BATTLES

Historians bring Civil War-era history alive

More than 150 years have passed since a three-day battle in Gettysburg, Pa., became the turning point in the Civil War. Yet despite the march of time, interest in the Civil War remains constant and open to continued study and interpretation by amateurs and academic historians alike. What is it about this conflict, one that saw more Americans killed than World War I and II and Korea combined, that makes it so personal, real, and relevant a century and a half later? Two Excelsior faculty members offer tangible and insightful aspects to the study of this turbulent and pivotal time in U.S. history.

BY MARIA C. SPARKS



Robert Arnold, adjunct faculty member, draws from personal stories, official records, and his own research to help students develop an idea of what life was like during the Civil War, especially for those on the home front.



Jennifer Lemak, an adjunct faculty member, curated “An Irrepressible Conflict,” an award-winning exhibition at the New York State Museum that explores the complexities of the Civil War and the periods before and after.

“BUT IT BELONGS TO US ALL.”

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



Abraham Lincoln’s funeral train car, photographed in Chicago by John Carbutt, 1865. LINCOLN FINANCIAL FOUNDATION COLLECTION, ALLEN COUNTY PUBLIC LIBRARY.

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 then, 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 antebellum 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 and their lasting impact. One example of this is the Great Migration of African Americans from the south to New York state between 1910 and 1970, Lemak’s area of longtime research. Slavery, the Civil War, and Reconstruction were the catalysts for the move north.

“THE ARTIFACTS HAVE POWER.”

“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.



This slave collar, c. 1806, also pictured on page 15, is tangible evidence of New York’s past as a slave-holding state. COLLECTIONS OF THE NEW YORK STATE MUSEUM. The pot holders are rare mementos commemorating the Emancipation Proclamation. COLLECTIONS OF THE CHEMUNG COUNTY HISTORICAL SOCIETY.

PHOTOS: MIKE HEMBERGER. ARTIFACT PHOTOS: COURTESY OF NEW YORK STATE MUSEUM.

LOCAL CONNECTION, UNIVERSAL IMPACT

The handmade 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 to bring the past alive, to help his students or audience members relate to the people and circumstances of the Civil War. In these venues, Arnold begins with the broad view and moves to the specific. “The details are what make it local and convincing,” says the career public historian.

Arnold cites a letter, which is likely about the battle at Gettysburg:

July 5, 1863

Dear Mother

I have been through one more terrible battle and thank God I am still safe and sound. But not so with the rest of my companions. Smith Haight is dead and Edwin Nelsen is I am afraid mortally wounded. Also our captain is dead. I hope that I shall never be obliged to lay on another battle field as long as we have lain here.

Your affectionate Son
CJ Hardaway

Written from the perspective of a young farmer, the letter represents how the war affected the home front. It was common for men from a particular community to serve together, says Arnold. That also meant, he adds, that a single burst of grapeshot could—and did—result in loss of life that would have catastrophic impact on a village or neighborhood. The local impact of the Civil War is undeniable, as more than 3 million men were drawn into the war and 382 battles were waged across 22 states. Arnold has given talks on the Civil War and other topics for the past 30 years, but there has been more demand for Civil War talks because, he says, people can relate to it. “The home front is understandable to us,” says Arnold. “Those people 150 years ago are us.”

And because the war took place in and affected many of our communities, this local aspect informs the class discussion in courses such HIS 335 United States Civil War and introductory U.S. history courses. When students from different places in the United States are enrolled in the course, they bring their personal perspectives, says Lemak. To add to the “all history is local” idea, she looks up historical sites in students’ hometowns that

relate to the course to make the material more relevant on a personal level. Lemak has taught at Excelsior for more than two years and has also taught at the University at Albany in a traditional classroom environment. “Initially, 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, fighting, 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. ■



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 **57,000** graduates of Excelsior College
Read on for news of your alumni community

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 Doumbia, 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 Coberly, AS '77, BS '84

RALEIGH, NC | Dan was elected to his first term on the board. As a young soldier, 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 Ivers, 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.

LCDR 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, as he is active-duty U.S. Navy. This year, Shannon was elected vice-president by his fellow board members.



Alumni Advisory Board members at Commencement include (front row, left to right) Kadidia Doumbia, Adrienne Mason, Sara Waldorf (outgoing), Dwayne Hanford, Wayne Oppel, Shannon McMillan; (back row, left to right) Ronald Tosto, William Senn, Janet Ivers, Daniel Coberly, and Danny Scott (outgoing).

2013-2014 ALUMNI ADVISORY BOARD

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WEB CHATS

Web chats are presented by Ed Hallenbeck, career consultant for Excelsior College. Registration is required at www.excelsior.edu/AlumniChatReg

**Writing LinkedIn Profiles:
Strengthening Your Online
Professional Presence**

MONDAY
OCTOBER
21

8–9 pm ET

LinkedIn is the largest professional network on the Internet and employers are using it more and more to find new talent for their companies. Learn how to improve your presence and increase your chances of being noticed by recruiters.

**Answers on the Spot!
Responding to Common and
Difficult Interview Questions**

MONDAY
NOVEMBER
18

8–9 pm ET

You received a call for an interview. There's an initial sense of excitement, but now what? Learn how to answer common and difficult interview questions with poise and confidence.

**Filling Your Job
Search Tool Box**

MONDAY
FEBRUARY
26

8–9 pm ET

In a competitive job market it's important to develop and implement a comprehensive job search plan that employs a multifaceted approach, using a variety of job search tools. Join us to discuss and learn about the top tools to use in finding a job.

REGIONAL EVENTS

**Central Texas Alumni Event
Killeen, TX**

WEDNESDAY
NOVEMBER
13

Look for us this winter and spring in Washington, DC, and San Diego!

Visit www.excelsior.edu/alumnievents for information and registration instructions.

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 overcame 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



Capital Region Alumni Event

On Tuesday, August 6, alumni and students gathered at Bailey's Café in Saratoga Springs, N.Y., for a casual gathering with food and drinks to share Excelsior stories.

WHERE ARE YOU @?

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 services announcements, as well as news about regional happenings. You will also receive invitations to events and career and professional development Web chats. Visit www.excelsior.edu/myprofile.

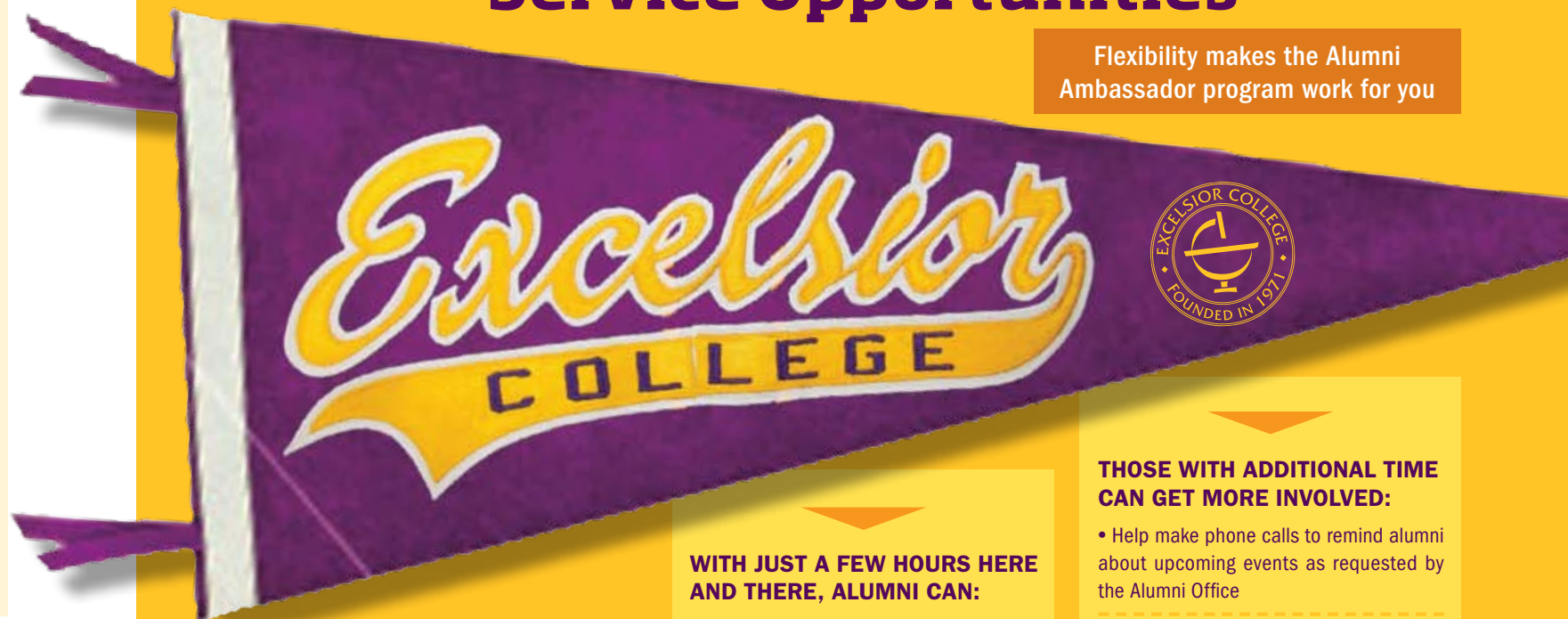


LIKE US? JOIN US!

Check out the Excelsior College Alumni Association Facebook page for current information about alumni happenings. If you're on LinkedIn, join the Excelsior College Alumni Group.

Trending Now: Volunteer-focused Service Opportunities

Flexibility makes the Alumni
Ambassador program work for you



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

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 geographical area
- 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.

For more information on becoming an Excelsior College Alumni Ambassador, email an Alumni Advisory Board member listed on page 19 or contact the Alumni Office at alumni@excelsior.edu or (888) 647-2388, ext. 145.

"Gone 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.

HATS OFF!

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

SCHOOL OF BUSINESS & TECHNOLOGY



Alan Bell, BSB '85, Los Angeles, CA—was elected into the NAESM Black Gay Men Hall of Fame in January 2013 at the National

African American MSM Leadership Conference on HIV/AIDS and Other Health Disparities. Bell is president of BLK Publishing Company Inc.



Elizabeth L. Bewley, BS in accounting '85, Prescott, AZ—published her second book, *Not Your Grandmother's*

Nursing Home: Demystifying Today's Retirement Living Options. The book is a compilation of 40 of her recent "The Good Patient" columns that appear weekly in the *Daily Courier*, the newspaper of Prescott, one of America's highest-rated retirement cities.

Christopher K. Chu, BS in accounting '98, Hong Kong, China—earned an MBA at the University of Chicago in 2003.



Joseph J. Matera, AS in business '01 and BS in business '06, Patterson, NY—is 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 researches 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 F. Markfort, AAT '08, Auburn Hills, MI—graduated in April 2013 with a Bachelor of Science in finance with a minor in international management from Oakland University, where he was a brother of the Mu Nu Chapter of Alpha Kappa Psi and served as its vice president of membership.

SCHOOL OF LIBERAL ARTS

Daniel L. Holcombe, AA '72, Gresham, OR—was honored with a 2013 Silver Beaver Award from the Cascade Pacific Council of the Boy Scouts of America. The award is given in honor of noteworthy service of exceptional character to youth. Holcombe is retired from the U.S. Postal Service and enjoys traveling extensively with his wife to such locations as Mexico, Central and South America, the Mediterranean, and Norway. He also earned a bachelor's degree from Parsons College in 1973 and an MBA from the University of Portland in 1980.

Howard A. Daniel III, AA '75, Dunn Loring, VA—retired from the U.S. Army in 1981 after 22 years of service. His eighth book, *Cambodia Coins & 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 writes that he is currently working on a Lao numismatic catalog.

Harold A. Geller, BSL '83, Burke, VA—edited a book about his brother's battle with cancer. *A Cancer Story: Along the Road to Death by Metastized Malignant Melanoma* was published in January 2013 and is available on Amazon.com.



Mark O. Lambert, BA '89, Ames, Iowa—is assistant city attorney for the City of Ames Legal Department. Lambert was previously an administrative law judge with the State of Iowa Department of Inspections and Appeals.

Elijah King Jr., BSL '99, Killeen, TX—retired from the U.S. Army in 2007 as a command sergeant major after 30 years on active duty, including two tours in support of Operation Iraqi Freedom and Operation Desert Shield/Storm. The recipient of three Bronze Star medals, King is a member of many veterans organizations, including the Army Chief of Staff Retiree Council, the Fort Hood Retiree Council, and

the Veterans Advisory Council for Texas Congressman John Carter. King credits his Excelsior (then Regents) College experience with helping him to make the decision to continue his education after retirement. He earned a Master of Arts in Christian studies in 2012 and anticipates achieving a DEd in organizational leadership, both from Grand Canyon University. He writes, "The advisors at Regents made it easy for me to achieve a goal that I thought I would never achieve."

Margaret S. Davis, AS '00, Jacksonville Beach, FL—died March 9, 2013. Despite losing her hearing as a child, Davis attended Longwood College and Florida Southern College and earned her Excelsior degree at the age of 83.



Troy L. Eden, BSL '02, Hampton, VA—was recently selected to serve as the Defense Intelligence 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 earned 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 Air Force Commendation Medal, among others.

KING RECEIVES PULITZER PRIZE

Gilbert A. King, BSL '85, New York, NY—was awarded the 2013 Pulitzer Prize in nonfiction for *Devil in the Grove: Thurgood Marshall, the Groveland Boys, and the Dawn of a New America*, a richly detailed chronicle of racial injustice in the Florida town of Groveland in 1949, involving four black men falsely accused of rape and drawing a civil rights crusader, and eventual Supreme Court justice, into the legal battle.



He earned a Master of Public Administration from the University of Oklahoma in 2010. Eden writes that earning his Excelsior degree was one of his proudest moments: "The feeling of empowerment of starting and completing 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 '04, Laughlin, NV—first sergeant for the 152nd Civil Engineering Squadron with the Nevada Air National Guard, graduated in May 2013 from the University of the Incarnate Word with a Master of Arts in administration 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 '04, BSL '06, Lawton, OK—retired from the U.S. Army in 2006 after more than 23 years of service. He credits his Excelsior bachelor's degree with preparing him for civilian life. "I can honestly say without a doubt that Excelsior set me up for success," he writes. Currently employed by CGI Federal, he is enrolled in Excelsior's Master of Science in Cybersecurity program.

Thomas B. Phillips, AAT '05, BSL '07, Wichita Falls, TX—is a social studies teacher in the Wichita Falls Independent School District. He retired from the Navy in 2008 and was able to use his GI Bill benefits to complete his Texas teaching certificate and earn a Master of Arts in history. He hopes to begin work on a PhD next spring.



Jay Norwood, BSL '07, Summerville, SC—a member of the South Carolina Army National Guard, was recognized

with a resolution by the South Carolina House of Representatives on June 26. The resolution honored and congratulated Capt. Norwood on receiving the Bronze Star Medal for his exceptionally meritorious service while on a tour of duty in Afghanistan and to express the state's appreciation for his committed service. Norwood's company also assisted with preparations for the Arizona governor's visit to Afghanistan in December 2012.

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

Kent A. Dorney, BSL '09, Tonawanda, NY—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 ethics and compliance in December 2012.



John A. Mandujano, BSL '10, Largo, FL—is a project manager at Y&L Consulting. In 2011, he earned Project

Management Professional (PMP) certification from the Project Management Institute (PMI). Also in 2011, he became a Certified Professional in Healthcare Information & Management Systems (CPHIMS), recognized by the Healthcare Information and Management Systems Society (HIMSS). In 2012, he was a district-level Florida delegate to the Democratic National Convention in Charlotte, N.C.



John Tedesco, BSL '11, Bellport, NY—is a project engineer at Underwriters Laboratories Inc. He noted that required travel

made it difficult to adhere to a strict class schedule, but that "Excelsior's format gave me the flexibility to complete my college studies."



Tina R. Gray, AAB '12, BSL '13, APO—has been promoted to the rank of sergeant major and will attend the United States Army

Sergeants Major Academy at Ft. Bliss, Texas, in August 2013. Gray has been in the Army for 23 years, and writes, "Continuing my civilian education has

had a significant impact on my military career." Her next goal is to enroll in a master's degree program at Excelsior.

SCHOOL OF NURSING



Carlos G. Beato, BS in nursing '80, Clark, NJ—is chief executive officer for Bon Secours New York Health System (BSNY) in

Riverdale, N.Y. Beato has 25 years of senior-level clinical, management, and business development experience 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 Master of Science in health-care administration from Jersey City State University in 1984.

Marianne K. Sciucco, AAS in nursing '98, Middletown, NY—recently published a novel, *Blue Hydrangeas*, a tender love story about a pair of retired Cape Cod innkeepers struggling with Alzheimer's Disease. Sciucco drew on her experience as a nurse caring for Alzheimer's patients and their families to write the book. She notes, "I am not a nurse who writes, but a writer who happens to be a nurse." Sciucco also has a bachelor's degree in English and previously worked as a newspaper reporter.



J. Lucy Boyd, BS in nursing '00, Lakesite, TN—has opened a medical writing course for nurses. She says that her Excelsior (then Regents) degree "opened many doors for me."



Adele H. Garcia, BS in nursing '00, San Bruno, CA—wrote her first book, *Nurse Story 1 (the hospital years)*, which she plans

to follow up with *Nurse Story 2 (the clinic years)*. Garcia is a retired nurse.

Share news of your accomplishments and activities:

Go to excelsior.edu/hatsoff, download and fill in the easy-to-use form, and click to send your submission electronically.



Hats Off to the 35 alumni who were published in the first two issues of *Excelsior ReView*, an online publication featuring the artistic and literary 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. The issues, as well as submission guidelines, are available at REVIEW.EXCELSIOR.EDU.



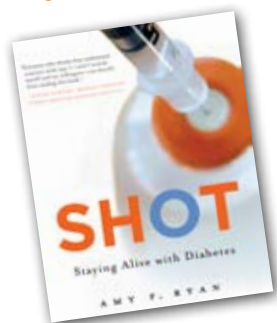
Jon Gonzalez, BS in business '04 and MS in nursing '12, San Diego, CA—teaches in Kaplan College's simulation lab and

received two awards for his work: employee of the fourth quarter of 2012 and the 2012 Mothership Spirit Award for his distinguished contributions. He writes, "I attribute these achievements to my Excelsior College education." He is working on a Doctor of Nursing Practice at Capella University.

BY THE
#s

5%

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 College Press—first-time author Amy Ryan gives a candid, intimate account of her experience living an insulin-dependent life since her diagnosis at age 29.



23

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 *Times Union*, which ranked employers based on surveys of employees at participating companies.



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.

4

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.



52

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.

SNAP
SHOT

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.



**What
happens to a
student when
financing
a college
education
doesn't go
according to
plan?**

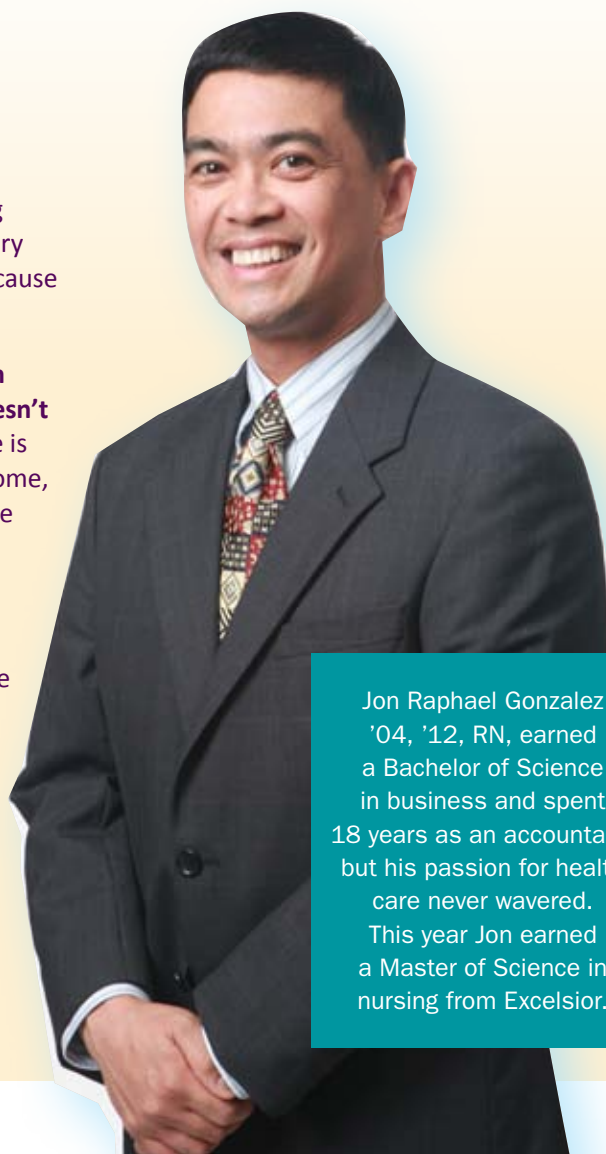
Excelsior's flexible, nontraditional model works for so many. Career changers. Dream chasers. Lifelong learners. Some just end up in a very different place than expected, because sometimes, life is like that.

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](http://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.