

Advice from the University of Rochester Community





“Work hard and take every opportunity to continue your education.”

~Kathy Millington
PSS - Nursing, RN Leader

“You are a beacon of hope for your family. Don't give up if you are feeling overwhelmed, depressed or confused about college. Go to your advisor or a teacher you *connect* with for help. It will be worth it in the end.”

~Ann Lenane
Associate Professor of Pediatrics

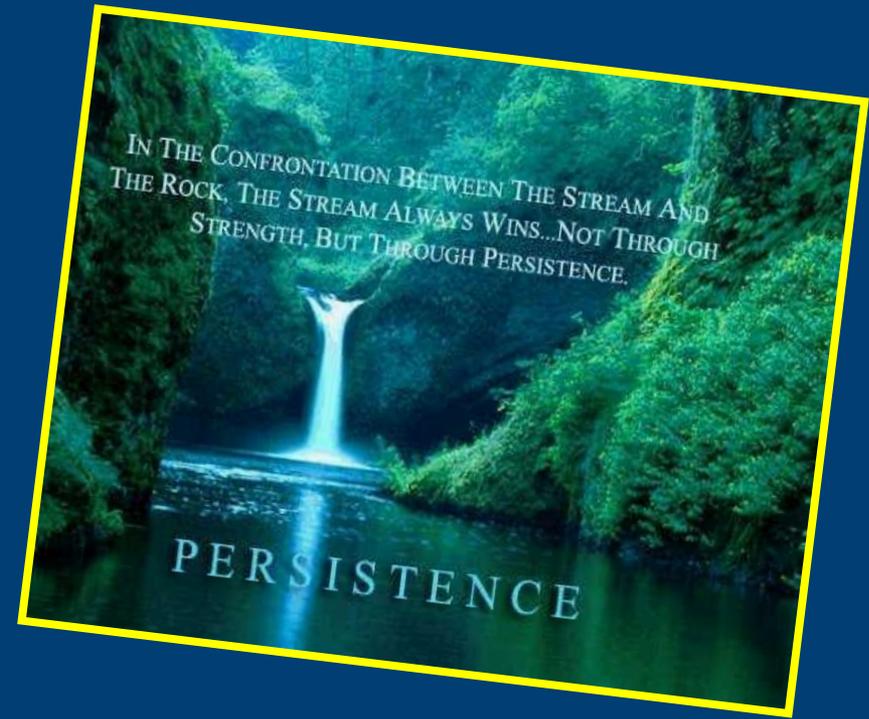


“Be persistent!”

~David Hester
Sr. VP of Administration and
Finance , CFO

“Work Hard!”

~Steve Goldman
Neurology
Professor, Center Director,
Chair Emeritus



“You can do it!!”

~Susan Ladwig
Dept of Medicine
Sr. Health Project Coordinator



UNIVERSITY of ROCHESTER



“...There is so much to learn from the diversity that exists on UR's campus - diversity in every sense of the definition - and it's great to ask questions, be open minded and tolerant of others, to express yourself, and to seek support when needed. You'll be a much better, and more *worldly* person for it when you come out on the other side of your 4 years.”

~Lindsay Dussing

Assistant Director, Alumni Relations



PARENTS & FAMILIES:

Learn about the college process and what to expect—this will help you become more familiar with what your student is experiencing.



“Stay focused and you
can do it!!!”

~Kari Alicea-Santiago
RN, SSC

“...attend class, follow instructions,
do the required work as well as
you can: 80% of success is just
showing up...”

~George Grella
English
Associate Professor of English & Film Studies





“No matter how hard school may seem...Just always keep your focus on the light at the end of the tunnel.”

~LaQuilla White

Social Work

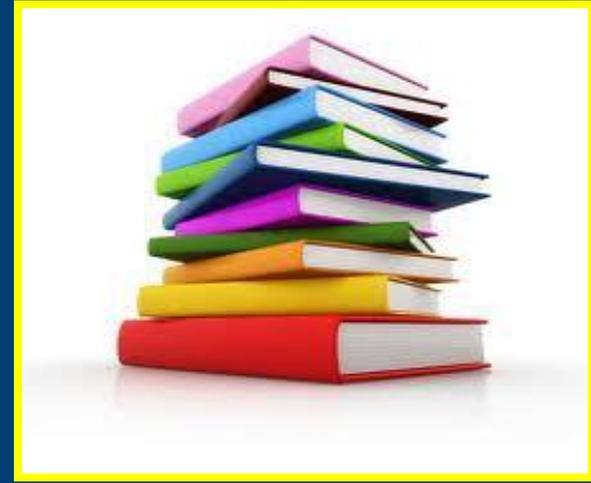
Health Project Coordinator

“Don't give up!”

~Sylvie Beaudette
Eastman School of Music
Assistant Professor



“...Learning is one of the most important things you can do for your future and to have a decent life. College is hard and sometimes overwhelming but keep plugging away and give education the attention it deserves in your life...”



~Donna Howland
Hospital of Behavioral Health

“Be a life-long learner and be creative in finding ways to incorporate learning into your life style.”

~Brenda Carlson
Office of Clinical Practice
Evaluation
Assistant Quality Officer



“My advice would be to just do your best and have fun while you can. College goes by very quickly and you'll never have another experience like this! I used to go to the library in between all of my classes to get my homework and studying done early. That way, I had plenty of time to do the fun things that I wanted to do and I wasn't compromising my grades doing them.”

~Jamie Bear
U of R Medical Center,
Health Project Coordinator



“Stay on point, do your school work first, then have fun, in that order.”

~John Aceto
Psychiatry
Crisis Therapy



“Surround yourself with other students who also want to achieve good grades and work toward their goals.”

~Tracy Fontaine-Matteson

Clinical Labs

Med Tech II



“Find a support group that is focused on academic success. In order to do that, YOU may need to create and be that support for others.”

~David R. Donnelly

Warner School of Education,
Counseling & Human Development.



“...connect with the proper network of fellow students that share your goals and work ethic.”

~Tim Heffer
Department of Medicine
Administrator III



PARENTS & FAMILIES:

Believe in your student's...

Intelligence

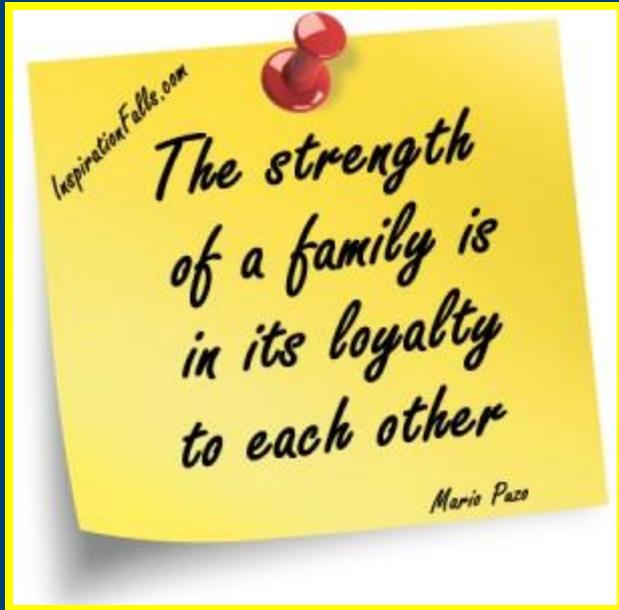
Initiative

Ability to make good decisions

Judgment

Insight





“... Parents can sense when something is bothering you. Not knowing what it is will make them more anxious than if you just take an opportunity to let them *in*. Pick one night a week when you will call (or Skype) and check in. Even if it's just a short call. Emails and texts are great but hearing your voice makes all the difference.”

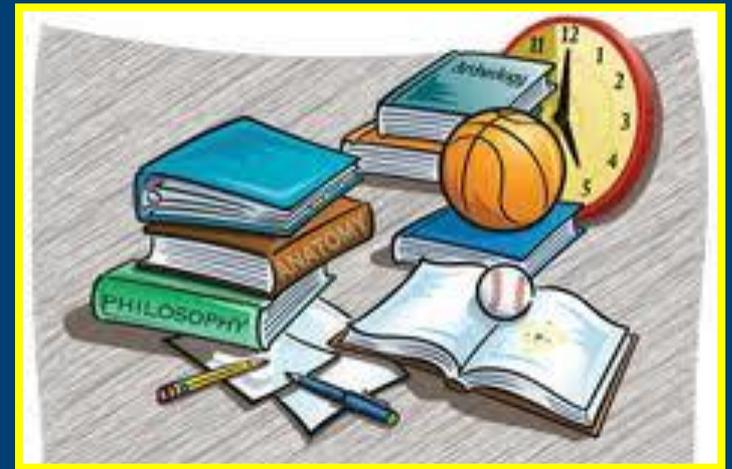
~Vicki L. Roberts

Education Coordinator

Pathology & Laboratory Medicine



“...Your college years are a chance to expose yourself to a wide variety of subjects and experiences that may have little to do with your ultimate career goal, but that will form the basis of your understanding of the world, how you think, how you solve problems, and how you relate to others. It will make you a more complete and fulfilled individual and better at whatever career you end up pursuing.”



~William Varade, MD
Associate Professor of Pediatrics
Director Pediatric Residency Program



“Do not look at your classes (even electives) as something to just get through but take the time to really learn the material. All information, knowledge and experiences will help you negotiate the opportunities you will encounter throughout your life.”

~Ann Peterson

Quality Improvement

Assistant Quality Officer



“Your life experiences are valuable and even if you don't feel like you always fit in - you do! Keep your goals of the future in focus, and dismiss anyone who discourages or does not support your academic efforts.”

~Janice Van Opdorp
Director of Graduate Studies
Arts, Sciences and Engineering



“The experience need not disconnect you from your family.”

~Robert Foster
Anthropology Professor

“No matter your age or family/economical dynamics...pursue your dreams.”

~Christine Peters
Perioperative Services
RN





“You are NOT expected to suck it up and figure out everything for yourself. *Everyone else* has tons of help and support. There is always recourse. Ask questions. Ask why. TALK TO THE LIBRARIANS! Meet your subject librarian. They are awesome and it is their job to help you.”

~Lori Packer
Communications
Web Editor



PARENTS & FAMILIES:

Encourage your student to utilize campus resources when experiencing academic, social or emotional difficulties.



“Remember that there are many resources, people, and a community to help with anything and everything.”

~Ina Woods
UR Student



“Seek the resources of the University. Many are available. Also, find at least one Faculty/Staff person to connect with and help you through your time.”

~Elizabeth Ballard
URMC
Interpreter Services



“Opportunity + motivation = the next step. Ultimately, it's a career.”

~Wendi Cross
Psychiatry
Associate Professor



“Follow your interests, not your career plans.”

~Harry Reis
Psychology Professor



“Take a speed reading course.
ASK QUESTIONS, even if you
think they are stupid, someone
else is probably wondering
about the same thing.”

~Cathy Smith
Sawgrass Ambulatory Surgery
Center



“Don't burden yourself with feeling that
you must succeed or you will let your
family down. Ask for help when you feel
stressed, behind or overburdened.”

~Gary Scialdone
ISD Project Director



“You can do it. Don't worry if there are classmates who seem, and sometimes are, smarter than you. Don't be daunted by coursework that seems above you. You will *get it*, or enough of it to advance.”

~Peter Standish
Student





“Don't get stuck in your plan. Your first two years are meant for you to experiment, try out various fields. So do it! Enjoy the variety of experiences you have the opportunity for.”

~Patricia Clark
American Sign Language
Tech Associate

“You have a chance to live a life of choice that your parents may not have had, appreciate it and grow into your potential. It is OK to experiment, it is OK to fail, and it is OK to succeed, as long as you are moving forward on the path to becoming you.”

~Mark Pierce
University IT
Systems Communications
Analyst



PARENTS & FAMILIES:

Expect change, as college is a time of growth and discovery; show interest in your student's new experiences, activities and pursuits. Keep the lines of communication open.





“Your college experience will be what you make of it.”

~Marilee Montanaro
Pediatrics, Admin II

“...always believe in yourself, even when you are challenged.”

~Shawn Murphy
OB/GYN Associate Professor

“Who are you?”

~Michael Schell
Radiation Oncology
Professor & Director of Medical Physics





“Meet your advisor before classes start as you prepare your schedule. Meet with them frequently, if you are overwhelmed and unable to handle your credit load, talk with your advisor early.”

~Catherine M. Shea
Nurse Practitioner



“Utilize your professors and advisors as they will provide you the most useful information while guiding you in the right direction.”

~Louwell Daniel

Psych, Intensive Care Manager



“Interact as much as possible. Find support for your academics, be it faculty, mentors, TA’s.”

~Constance Orme

Center for Human Experimental Therapeutics
Senior Information Analyst



“...GET INVOLVED!...MEET YOUR PROFESSORS!...
USE ADVISING SERVICES!...”

~Kelly Barbic
College Center for Advising Services
Assistant Director

“I will say this, please find a mentor.
Someone who will guide you and support
you through the process.”

~Elsa Luna
ID Clinic
Data Control Clerk II



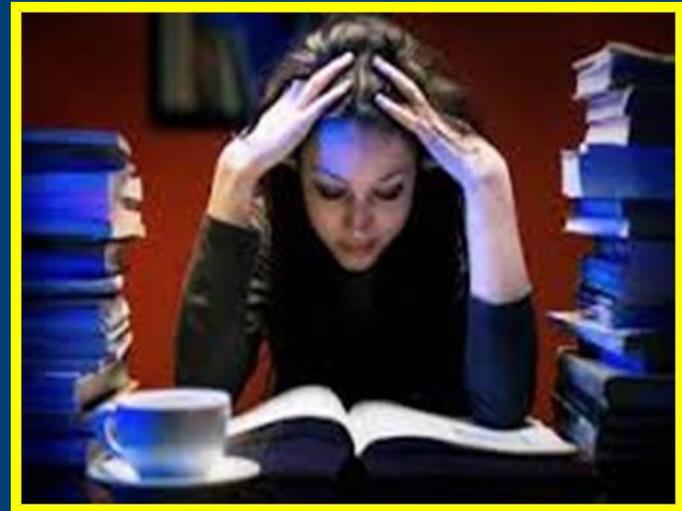
“Seek your advisors early. Learn your
teacher's schedules and visit them often and
early if you are confused about anything.”

~Bernandette Malaret
Geriatric Medicine
Nurse Practitioner



“Always try to do your best—at least as much if not more than the course dictates. Study as much as you need to despite possible comments from family.”

~Diana Herrmann
School of Medicine
Senior Clinical Instructor





“Don't be afraid to try new experiences. College is about relearning the way you learn, so use your resources that surround you and have fun with exploring new possibilities.”

~Jason Buitrago
Simon School of Business – Admissions
Assistant Director of IT & Operations



PARENTS & FAMILIES:

Be patient with yourselves, especially since this is a learning experience for everyone (both you and your student)—you will be learning about this transition together!

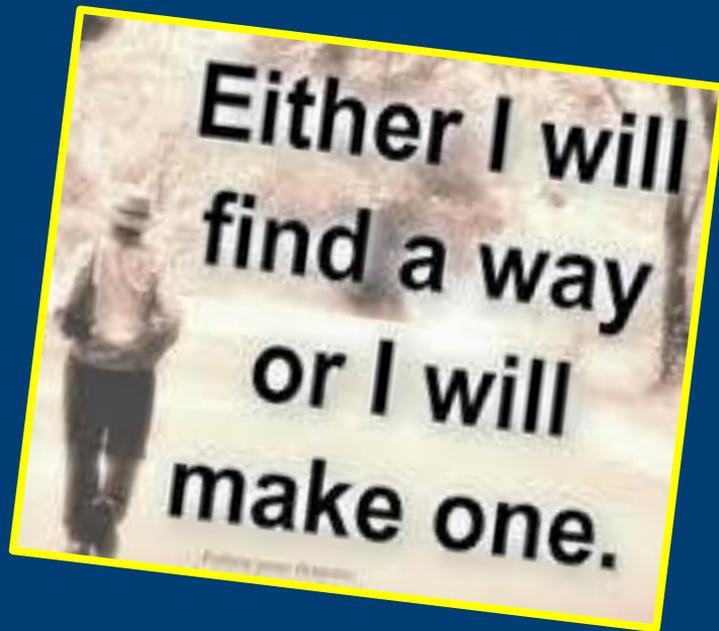


“You can do anything
you put your mind to.
You can learn anything
if you are determined.”

~Holly Andrews
Nursing, RN

“Push through all of the
challenges. You deserve
to be here.”

~Keisha Brookins
Residential Life & Housing
Coordinator



“...Perseverance: Things will not always be easy but with clarity and perseverance, you can overcome many hurdles...”

~Phoebe Reynolds

Student

Pediatrics

Senior Financial Analyst

“Always keep your goal in the forefront.”

~Elizabeth B. Ladd
Cardiology Division
Secretary IV



“Make your professor
earn their money!”

~Cynthia Baylark
Simon School
Secretary IV



“Remember that things do take
time to fully learn and
understand, and if you need
help, go ask someone! Never be
afraid to say you don't
understand the subject matter as
you are a paying customer for
your education.”

~Susan Yackel
Human Resources Benefits Office
HR Assistant



“Get as much done in as short a time as possible. Plan, plan and plan your future...”

~Virginia E. LaFaro
Urology
Nurse Practitioner



“Make plans, but verify, verify, verify!”

~Lisa Norwood
Hajim School
Assistant Dean





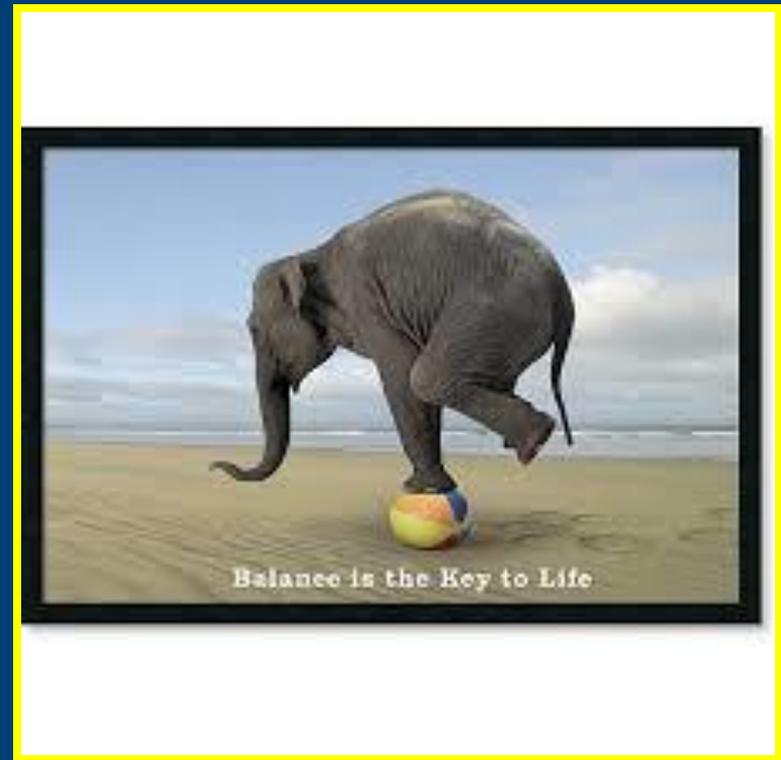
“...Everyone brings a new perspective, culturally, geographically, etc. Every person you meet has a story to tell and every story you listen to expands your understanding of another little piece of the whole story- of us.”

~Ervina Malin
General Pediatrics



“Keep in mind that the reason you choose the U of R is the academic quality of the school. It's up to you to take advantage of what Rochester has to offer. Balance work with play- there is time for both. Use the years at Rochester to learn to think critically, expand your horizons and keep your sense of humor.”

~Everett Ascher
Student



“You must use this time to find out what you enjoy doing. This means try and fail, try and fail, then do it all over again until you know regardless of how hard something is it's worth doing to get what you want.”

~Sean MacNeil
Alumni

TRY AND FAIL

— *but don't* —

FAIL TO TRY



“Don't go it alone, have a good support system. Lead a balanced life; study some, have some fun, and make some new friends. A balanced life is a healthy life.”

~Connie Bottoni
Public Health Sciences
Technical Assistant



PARENTS & FAMILIES:

Your student may not be able to visit home as much as you would like or communicate on the telephone as much; they may not have the same amount of time to devote to family responsibilities as they did in the past.



“Life is hard. Not all gifts are given out equally. Get to know your strengths and weaknesses and work w/both sides. Thank God for the gifts you possess and give to others on a daily basis. Live a life of paying it forward.”

~Linda Altpeter
IML
Administrative Assistant



“Get involved with student activities and socialize with people outside of your normal circle. Have the courage to put yourself out there. The more well-rounded you are socially the easier it will be to adjust to college life.”

~Kate Whitman

Advancement Office

Assistant Director of Development



“Make as many friends during Freshman Orientation as possible, without being superficial. Some of those friendships will last a lifetime. Balance academic and extracurricular life. Living on-campus is worth the expense for the experience...”

~Roland Cheng
Student, PhD Researcher
Electrical & Computer Engineering



“Just when things get tough -
carry on. Don't give up! Find
resources, help, and support
from your college community.”

~Julie Rossette
Student



“Stay on the journey!
The more teachable that
you are, the more you
learn!”

~Steven Armstrong
Student



“Remember the main reason that you are here - *your future*.
You're in charge. How are you going to shape it?”

~Molly A. Jacob
Office of College Enrollment
Director of Professional Development & Personnel



“Don't try to do everything. Getting help is OK. It's what you do with the help, not whether or not you received any. Since your parents can't offer all help, find someone who can mentor you through the process.”

~Marek Haruza
Student, Physics
Research Assistant

“Find a mentor!”

~Paul Duberstein
Psychiatry Professor





“Remember that your parents contributed in many ways to who you are even if they are not as educated as you will be, cannot financially contribute a lot to your education, and may not live the lifestyle that you may be able to live after getting a degree. Thank them!”

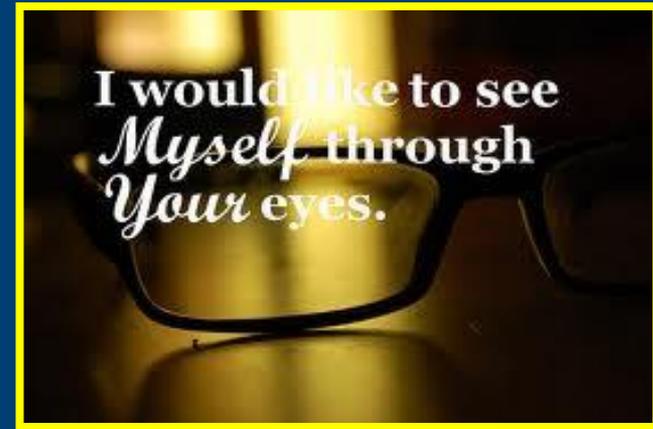
~Alice Rudolph
Center for Human
Experimental Therapeutics



“Don't feel alone because your parents did not experience what you are experiencing. Try to include them whenever possible so they have a better understanding of what you're going through. They are learning about and enjoying the college experience through your eyes.”

~Carol Vanini

Advancement Office Director



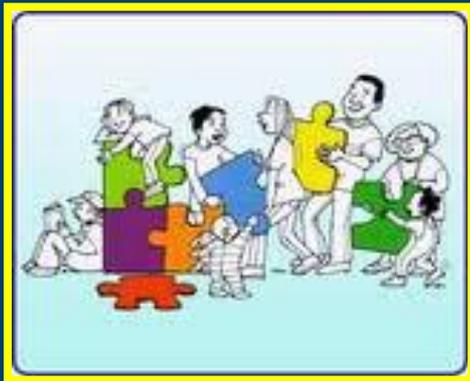
“You are creating a new legacy for your family. No matter what obstacles and negativity you encounter, always keep in mind that what you're doing is going to be worth it in the long-term.”

~Jessica Luciano-Bath
Pediatric Social Worker



“...Keep plugging away,
and know the importance
of receiving a college
degree. You will have
options that your parents
did not have...”

~Joyce Wiedrich
Nurse Practitioner



“Make your education a top
priority. It will be worth it in
the end. Also try to be
persistent in your desire and
dedication to achieve your
goals. Parents may not
completely understand, but
try to explain it to them.
Don't get frustrated with
them; they are part of the
reason you are here today.”

~Jahaira Capellan
Psych Nurse



PARENTS & FAMILIES:

Remember that pursuing higher education does not mean that students will lose the values that you taught them.



“Do your absolute best and make your family proud. Your good name is something that cannot ever be taken from you. Maintain the credibility of your family name, and make them proud.”

~Ray Pipitone

Security Administration





“Associate with and emulate people you respect and admire. If the hair on back of your neck stands up, its for a good reason - stay away from those people and leave those situations.”

~Craig Watkins
Simon Instructor



“Going to college is a huge privilege, so take advantage of every learning opportunity--take classes that aren't required for your major and explore subjects that you are interested in...Discipline and dedication are essential, and procrastination is your worst enemy!”

~Beryl Garver

Eastman School of Music

Assistant Professor



“...There are so many paths that are available to achieve one's goal...that it is important to explore the various options and be open to these.”

~Patty Hall

Pediatric Nursing

Clinical Nurse Specialist

“Be assertive, and seek out opportunities that interest you. You are here because you have worked hard and deserve an excellent education. Take advantage of what Rochester has to offer.”

~Carmala Garziona

Earth & Environmental Sciences

Department Chair

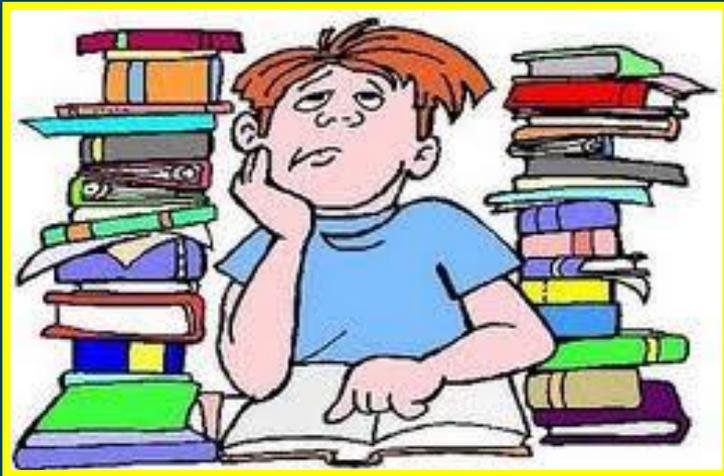


“Keep current with your studies and DO NOT fall behind in any classes.”

~Stephen P. Meyers MD, PhD

U of R School of Medicine

Professor of Imaging Sciences and Neurology



“Treat your school work like a job. Time studying and completing your work can't be caught up on.”

~Robert Bones

Residential Life

Assistant Director of Graduate & Family Housing



“It is possible to be a first generation college student. Also, don't compare yourself to other students or ever feel sorry for yourself, that won't get you anywhere; stay determined!”

~Michelle Saile
Advancement Office
Administrative Assistant



“...don't think you have to have it all figured out when you're 20. Life is long and full of interesting twists and turns. Hang on, enjoy the ride, pay attention to your heart and your passions, and never stop learning or re-inventing yourself...”

~Kathleen Moore, PhD
UR Alumni



“...Assert your place in your college community and do not limit your sphere of engagement to what you know or have always done, or solely to the interests of a particular group...”

~Belinda Redden
College Dean's Office
Director of Fellowships



PARENTS & FAMILIES:

Extra-curricular activities help students be successful in college. Whether it is a sports team, student government or other social group, encourage your child to get involved.



“Help is available. The institution will do all that it can to see you through challenging times.”

~Damian Garcia
Admissions,
Regional Director

“You're not alone. People are always willing to help. Always get a business card from those who are helpful.”

~Anna Rogers
Simon, Associate Director





“...Get involved socially. People say having connections and networks are important but make friends. Those are the best connections. Take road trips - get lost every day.”

~James Post

ISD

Senior Systems Admin

“Meet various kinds of people across the University, join clubs and organizations which speak to your interests. Focus on your studies first.”

~JLatimer
Admissions
Assistant Dean



“...Ask lots of questions related to your career. Think early on about what you want to do after graduating, and make connections with people who can help you succeed after undergraduate. If you were accepted to college that means you have the ability to perform well academically.”

~Jennifer Becker
Pediatrics
Technical Associate





“Success in college is all about your work habits; it's not the smartest students who are the most successful, but the most mature, focused, and best organized. Engage problems; don't let them grow, be an adult.”

~Thomas P. Slaughter
Professor of History



PARENTS & FAMILIES:

Exploration & Experimentation means occasional mistakes—self responsibility.

- Students need support to take risks



“Focus. There are a world of new opportunities in college, many of which are outside the classroom...”

~Matt Engel
Director's Office
Administrative Assistant



“...It can be intimidating at first but the more you put yourself out there the more comfortable you will feel and the world will open to you in new and exciting ways!”

~Jolie Spiers
Advancement
Associate Director



“...Study to satisfy your thirst for knowledge, and to transform your mind, not because of some test or exam...”

~Alistair Kwan

CETL

Assistant Director



“Get support and information if you are unsure about what to do next. Think about and share what motivates you to continue in college.”

~Donna Walck
CSP & Warner
Therapist
Graduate Student



UNIVERSITY of ROCHESTER

“If it were easy; everyone would do it. You can do it. I had to keep telling myself that through my undergrad and remind myself of that on the days where I thought this wasn't for me. Receiving a higher education is knowledge and power; something that no one can take away from you. Keep your goals in mind and just keep swimming.”

~Samantha Dake
Social Worker
Social Work Division





“Don't see yourself as somehow different from other students. On balance, you were admitted because your intellectual abilities warranted it.”

~Charles Miersch
Simon School
Senior Associate Dean



PARENTS:

Transitions require trust and patience – changes in communication. Mixed emotions are expected.



“Experience everything! I was too hung up during my freshman year on what my friends were doing. I didn't venture out of my circle too much to meet new people.”

~Valerie Donnelly

Alumni & Advancement Ctr



“Make friends. These are people that will be with you for the next 4 years, years full of change for you. You WILL need support from them.”

~Genna Ruiz

Social Worker

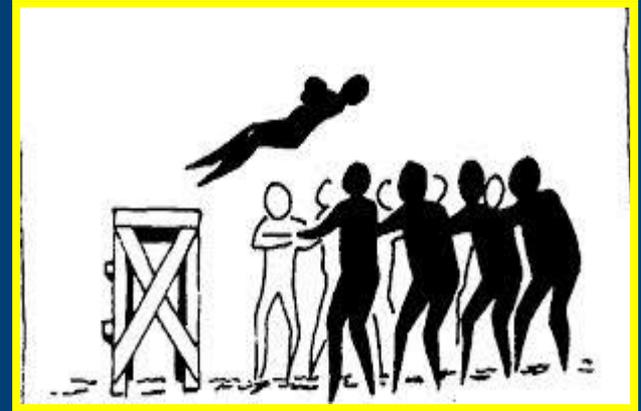
Patient & Family Services



“Work hard, do what is expected to be successful, but don't let school get in the way of your education.”

~Brian Bell

Writing, Speaking and Argument Program
Systems Analyst



“Trust that people *here* want you to succeed ~ ask for any advice you need to do that.”

~Joan Kessler
Chaplaincy
Hospital Chaplain



“You've already achieved so much on day one; however, there is still much left in this journey. Don't rest on your laurels, but continue to achieve and succeed.”

~Anthony Beckman
Office of Research & Project Administration

