

CSTEP ZONE

Buffalo State College
State University of New York

2012-2013

How to Be Happy: 5 Steps to Living a Life You Love

By: Brian Tracey

Listen to Your Heart

The ingredients in your happiness plate are changing continually. If you went to the same smorgasbord every day for a year, you probably would come back with a different plateful of food each time. Each day-sometimes each hour-only you can tell what it takes to *make you happy*. But to condition yourself to learn how to be happy, you must get in touch with your feelings and listen to your heart. This is the only way to judge whether a job, a relationship, an investment, or any decision, is right for you.

Be True to Yourself

You're true to yourself only when you follow your inner light, when you listen to what Ralph Waldo Emerson called the "still, small voice within." You're being the very best person you can be only when you have the courage and the fortitude to allow your definition of happiness, whatever it may be, to be the guiding light of every part of your life.

You Deserve It

A very important point on the subject of happiness is whether or not you feel that you "deserve" to be happy. If you don't feel like you deserve it, you must learn *how to be happy* by accepting the notion that **you deserve it** all. You deserve all the happiness you can honestly attain through the application of your talents and abilities. The more you like and respect yourself, the more deserving you will feel of the good things in life. And the more deserving you feel, the more likely you will attain and hold on to the happiness you are working toward.

Do Things That Make You Happy

It sounds simple, but not everyone takes the time to evaluate what makes them happy. You should do things that make you happy and consider happiness the organizing principle of your life. Compare every possible action and decision you make against your standard of happiness to see whether that action would make you happier or unhappier. Soon, you will discover that almost all of the problems in your life come from choices that you have made – or are currently making – that do not contribute to your happiness.

Pay the Price

Of course, there are countless times when you will have to do little things that don't **make you happy** along the way toward those larger things that make you very happy indeed. We call this paying the price of success in advance. You must pay your dues. Sometimes these interim steps don't make you happy directly, but the happiness you achieve from attaining your goal will be so great that it totally overwhelms the temporary inconveniences and dissatisfactions you have to endure in order to get there. Remember, achieving your own happiness is the best measure of how well you are **living your life** and enjoying your relationships. So in order to learn how to be happy, be willing to work hard and pay the price for the satisfaction and rewards you desire.

<http://www.briantracy.com/blog/personal-success/happiness-in-life-you-deserve-it/>

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CSTEP BENEFITS:

- * Paid Internships
- * Research Opportunities
- * Kaplan Scholarships
- * Tutoring
- * Attendance to regional and statewide conferences
- * Monthly Seminars

CSTEP Events for Fall 2012

Fall 2012 Program Schedule

CSTEP Presents: Welcome Back Party

Thursday, September, 13, 2012, 12:15– 1:30pm, South Wing 220

CSTEP and Democracy Matter's Presents: "Fair Elections Right Now"

Monday, September 24, 2012, 3-5pm, Caudell Hall 315

Joan Mandel, Professor of Sociology at Colgate University

Brian Trezciack, Organizer for Education at Citizens Action of New York

CSTEP Presents: "Study Skills"

Tuesday, September, 25, 2012, 12:15-1:30pm, Twin Rise 102

Lauren Copeland, Academic Skills Center

CSTEP and The Career Development Center Presents: Brookhaven National Laboratory

Thursday, October, 4, 2012, 12:15-1:30pm, Grover Cleveland 418

CSTEP Presents: University at Buffalo, Law School

Thursday, October, 11, 2012, 12:15-1:30pm, Twin Rise 102

Lindsay Sutton, M.A. Associate Director of Admissions., University at Buffalo Law School

CSTEP Presents: What is Creative Problem Solving?

Thursday, October 18, 2012, 12:15-1:30, TBD

Charisma Dupree, Graduate Student, Creative Studies, Buffalo State College

CSTEP Presents: "Safe Sex and STI's"

Tuesday, October, 25, 2012, 12:15-1:30pm, Twin Rise 102

Tammy Kresge, Coordinator for Health Promotions

National Society of Black Engineer's Fall Regional Conference

Thursday, November 15, 2012 – Sunday, November 18, 2012

Sheraton Parsippany Hotel, Parsippany, New Jersey

CSTEP Presents: "Test Taking and Memory Skills"

Tuesday, December, 4, 2012, 12:15-1:30pm, Twin Rise 102

Lauren Copeland, Academic Skills Center

CSTEP Events For Spring 2013

Spring 2012 Program Schedule

CSTEP Presents: Welcome Back Party

Thursday, February, 7, 2013 12:15-1:30pm, South Wing 220

CSTEP Presents: "Time Management"

Thursday, February, 12, 2013, 12:15-1:30pm Room TBD

Lauren Copeland, Academic Skills Center

CSTEP Presents: University at Buffalo, Medical School

Thursday, March, 7, 2013, 12:15-1:30pm Room TBD

Jaafar Angevin, Program Coordinator, Post-Baccalaureate Program, UB Medical School

National Society of Black Engineer's 38th National Convention

Theme: "Honoring our Past, Driving our Community Forward"

Indianapolis, Indiana

Wednesday, March 27, 2013 - Sunday, March 31, 2013

CSTEP Presents: "Writing a Personal Statement"

Thursday, March 14, 2013, 12:15-1:30pm Room TBD

Jessie Lombardo, Career Development Center

CSTEP Presents: The Graduate School at Buffalo State College

Tuesday, April, 9, 2013, 12:15-1:30pm, Room TBD

Jessica Sobczak, The Graduate School, Buffalo State College

CSTEP's 20th Annual Statewide Conference

April, 12- April 14, 2013

The Sagamore on Lake George, Bolton Landing, New York

CSTEP Presents: End of Year Banquet

Saturday, April 27, 2013 6-9pm

TBD

Friendly Reminder: Refreshments will be served at

ALL CSTEP events!!!!

Scholarships for Women

Actuary Scholarships for Minority Students

<http://www.beanactuary.org/>

American Chemical Society Scholarship

<http://www.cnetweb.org/american-chemical-society-scholarships.html>

**American Political Science Association
Minority Scholarship List**

http://www.apsanet.org/content_11666.cfm

Coco-Cola Scholars Foundation

<https://www.coca-colascholars.org>

Engineering for Minorities

<http://www.nacme.org>

**Jack Kent Cooke Foundation graduate
Scholars**

Program

<http://www.jackkentcookefoundation.org>

Kaiser Media Internship in Health reporting

<http://kff.org/mediafellows/mediainternships.cfm>

**Student Affairs Administrators in Higher
Education**

<http://www.naspa.org/programs/nufp/default.cfm>

Horizons Scholarship Foundation

<http://wid.ndia.org/horizon/Pages/default.aspx>

Anita Borg Undergraduate Scholarship

<http://www.google.com/anitaborg/>

Jewish Foundation for Education of Women

http://www.free-4u.com/jewish_foundation_for_education_of_women.htm

**American Association of University Women
(AAUW) – Selected Professional Fellowships**

www.aauw.org/learn/fellows_directory

**American Association of University Women
(AAUW) – Selected Professions Fellowships
for African American Women**

www.aauw.org

Brill Family Scholarship

<http://societyofwomenengineers.swe.org>

**College Scholarships Foundation Women's
Scholarship**

www.collegescholarships.org/our-scholarships/women.htm

Baker Hughes Scholarship

<http://societyofwomenengineers.swe.org>

Society of Women Engineers Scholarships

<http://societyofwomenengineers.swe.org>

Scholarships for Minority Students

The RMHC/HACER Scholarship Program

<http://www.mcdonaldsnymetro.com/>

Hispanic College Fund

scholarships.hispanicfund.org/

Minorities in government finance Scholarship

<http://www.gfoa.org>

Scholarships for Latinos

<http://www.aspira.org>

Hispanic Engineer National Achievement awards Conference

<http://www.henaac.org>

League of United Latin American Citizens

<http://www.lulac.org>

The National Society of Black Engineers

<http://www.nsbe.org>

American Indian Graduate Center

<http://www.aige.com>

HSF Scholarships

<http://www.hsf.net/scholarship/scholarships.html>

AAUW Educational Foundation

<http://www.aauw.org>

A Better Chance

<http://www.abetterchance.org>

Actuary Scholarship for Minority Students

<http://www.beanactuary.org/>

American Chemical Society Scholarship

<http://portal.acs.org/portal/acs/corg/content>

AICPA Scholarship for Minority Accounting Students

<http://www.aicpa.org/Career/DiversityInitiatives/Pages/smas.aspx>

Coco-Cola Scholars Foundation

<https://www.coca-colascholars.org>

Engineering for Minorities

<http://www.nacme.org/>

Jack Kent Cooke Foundation Graduate Scholars Program

<http://www.jackkentcookefoundation.org/>

Kaiser Media Internships in Health Reporting

<http://kff.org/mediafellows/mediainternships.cfm>

Student Affairs Administrators in Higher Education

<http://www.naspa.org/programs/nufp/default.cfm>

Students of Color Scholarship

<http://www.financialaid4you.com/index.php/home>

Unmet Need Scholarship

http://www.thesallieaefund.org/smfnew/scholarship/Unmet_need.html

FINANCIAL AID AND SCHOLARSHIP WEBSITES

1. <http://www.finaid.org> Aid estimator and scholarship search
2. www.fastweb.com Database of private-sector scholarships, grants, and loans
3. www.fastaid.com Largest and oldest private sector scholarship database
4. www.collegenet.com/mach25 Database contains over 600,000 awards totaling
5. www.collegeboard.org Scholarship search and financial planning resource
6. www.mapping-your-future.org Students site for aid and scholarships
7. <http://www.embark.com/> Choice of major, careers, links to colleges, scholarship search
8. www.collegequest.com Financial aid and scholarships; Apply to over 1299 colleges
9. www.freschinfo.com The free scholarship search & information
10. <http://www.salliemae.com/scholar/slmcashe.html> Apply for scholarship up to \$1000
11. www.yahoo.com/education/financial_aid/ Provides links and info about companies that give aid
12. www.collegeview.com Comparative college information from College View
13. www.collegescholarship.com A list of scholarships from around the country
14. www.coca-colacompany.com Scholarship sponsored by the Coca-Cola Company
15. www.gmsp.org The Gates Millennium Scholars Program
16. www.cashe.com Database including thousands of private scholarships, grants, and fellowships
17. www.free-4u.com/minority.htm Scholarships for many ethnic groups and minorities
18. www.blackstudentfund.org Comprehensive program serving Black students
19. www.nasfaa.org Information from NASFAA about applying for grants and loans

Campus Events:

Volunteer Fair

Tuesday, September, 11, 2012

Campbell Student Union, Upper Lobby

11am-1pm

Greater Western New York Law School Fair

Thursday, October, 1, 2012

The Buffalo-Niagara Marriott, 1340 Millersport Highway, Amherst, New York

1-3pm

Graduate School Fair

Thursday, October, 18, 2012

Butler Library 210

11am-1:30pm

Kaplan Practice Exam

Wednesday, October, 3, 2012

MCAT-6:00pm

LSAT-6:15pm

GRE-6:30pm

Pre-Registration is **REQUIRED**. Please call or stop by the Career Development Center at (716) 878-5811, Grover Cleveland 306

CSTEP Mentoring Program

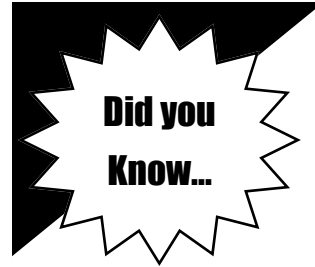
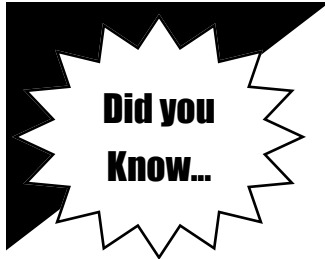
“Make a difference, Change a life, Inspire Others”

CSTEP is looking for Upper-classmen to mentor freshman and sophomores in order to establish an educational and personal enrichment opportunity among students within the CSTEP program.

If interested please contact the CSTEP office at South Wing 220 or call at (716) 878-4197

CSTEP

Notebook/Laptop Lending Program



Students may borrow a laptop computer from the CSTEP office for **up to seven (7) days** in order to make completing assignments and doing schoolwork much more convenient. When lent a Notebook/Laptop computer, each student will sign a contract before handed the computer, and will be **100% completely responsible for the safety of the computer**. The lending of the laptops will take place on a first come-first serve basis. Each student will be provided with the necessary electrical cords and accessories needed to make the computer function properly. We anticipate that the Notebook/Laptop program will be a beneficial program for many students, and we hope that the opportunity is taken seriously, in order to help many more.

Tutoring Service's Available

For everyone that would like to receive tutoring throughout the semester, please speak up as soon as possible. A tutor is available for each general education subject. Tutoring is offered everyday by appointment, please call 878-4041 to set up an appointment with the Academic Skills Center located in South Wing 330



The CSTEP program also offers assistance with resumes, cover letters, recommendation letters or any paper work you may want to polish up before handing it in, please use us as a resource!

What is C-STEP

The Collegiate Science & Technology Entry Program is a vital support service for Buffalo State students. The program offers two primary benefits for participants:

- CSTEP facilitates access to careers in science and technology for economically disadvantaged students or members of groups traditionally underrepresented in higher education
- CSTEP assists students pursuing degrees in health-related fields (such as pre-med), engineering technology, pre-law, and computer information systems.

CSTEP operates in accordance with the New York State Education guidelines. Our constant goal is to promote confidence and self-esteem in our students while helping them adjust to college life and make the most of their academic experience



Reminders for the semester:

- Check your email account on a daily basis for CSTEP related materials and reminders
- Stop into the CSTEP Office on a weekly basis to find out about upcoming programs and workshops.
- When possible make sure you attend programs facilitated by CSTEP
- If you want a letter of recommendation, please let us know ahead of time (**at least two weeks in advance.**)



Buffalo State

Academic Calendar

Fall 2011
College Information
<http://www.buffalostate.edu>
(716) 878-4000 or (716) 878-6511

Registrar's Office

Moot Hall 210

(716) 878-4905

Dates/Deadline

Non-Degree Seeking Registration	Aug 10
Cross Registration Forms Due	Aug 17
First-Year Orientation, Registration	Aug 21-24
Classes Begin	Aug 27
Late Registration with Fees	Aug 27
Deadline for Independent Study, Project, Course by Contract Application	Aug 31
Registration Ends	Sept 3
Labor Day Recess, No classes	Sept 3
Deadline for Degree Application for Dec 2011	Sept 14
Spring 2011 Registration begins, Ending Jan. 29 2012	Oct 31
Deadline for Pass/Fail Application	Nov 2
Deadline for Withdrawal from Courses	Nov 2
Deadline for Removal of Incomplete grades from Spring/Summer 2011	Nov 2
Veterans' Day Recess, No classes	Nov 11-12
Thanksgiving Recess, No classes	Nov 21-24
Deadline for Leave of Absence	Dec 7
Deadline for Withdrawal from College	Dec 7
Study Day	Dec 7
Critique/Eval Period	Dec 10-13
Final Day Fall Semester	Dec 13
Emergency CEP Day	Dec 14