Not even a heart attack could slow her down

By John S. Adams

Last summer, Anne Sorrendino had just completed her associate’s degree in networking and begun her Bachelor’s in Business Administration in hopes of someday opening her own coffee shop. But over Independence Day weekend, she suffered a mild heart attack. You might think a heart attack would slow her down, but for Anne it had the opposite effect. Doctors installed a stent and performed a heart catheterization to restore oxygen flow, and Anne was back in school one week later. Amazing.

“Now I have so much energy I don’t know what to do,” Anne said. She sensed something amiss, but never thought she was having a heart attack. “You just know your body and you know something is wrong,” she said. “There wasn’t any pain; there was just heaviness and discomfort in my chest area. It was discomfort that was continuous and wasn’t going away. I didn’t even know that it was a mild heart attack until the ambulance came.” It was the paramedics who told her she was having a heart attack and rushed her to the hospital.

Now she does light cardio

(Continued on page 2)
Student success begins when attendance matters

By Meg Wickman

Bryant & Stratton has long been an attendance-taking college, but a few years ago Dean Andrea Pallone and the Student Services team became aware that “attendance had been slipping a little bit.” After investigating what other campuses do to promote attendance, the Syracuse market, which includes both the Syracuse North and James Street campuses, decided on a new initiative: Attendance Matters.

Some aspects of the initiative take place behind the scenes, such as when advisors text absent students or try to ensure that certain checkpoints are met. Sometimes the effort is seen in small settings, such as with visits into classrooms.

However, this week attendance has taken the spotlight through Attendance Matters Week. Intended to raise awareness of why attendance matters, students and staff are invited to sign fall-themed pledge cards confirming that they know how crucial attendance is.

Naturally, there are times when a student has little choice but to miss school. But those times should be an exception, not the rule. As Andrea says, attendance matters “to be successful in school, to be successful overall, and to ultimately graduate.”

Some thoughts on attendance from students and faculty

“Attendance matters because it is the basic foundation for academic success. Good attendance leads students to developing strong commitment habits in life.” Anderson Olmos, a business major, also pointed out that “Class attendance is a long-term investment that will pay off when students become part of the workforce as full-time employees. Employers always take notice of attendance when identifying which employee can be considered an asset or not.”

-Anderson Olmos, student, perfect attendance, Spring ’16

(Continued on page 3)

Anne Sorrendino cont’d

(Continued from page 1)

workouts for 20 minutes a day and watches what she eats. Anne is also planning a fall hike in the Adirondacks with some old friends.

Prior to enrolling at BSC in 2014 Anne had heard about the school through a television ad, but didn’t think she was qualified to attend.

“I didn’t know what I was doing and then I found Bryant & Stratton and it catapulted me right to where I want to go,” Anne said. “I’m always the go-to person in my family to help with computers so I just decided to go ahead and do it,” Anne said of her networking degree.

Now she plans to take her love of photography, combine it with business savvy, and open a coffee shop after graduation in 2017. She already has a name picked out: “Synchronicity,” for coffee and photography: two things Anne says go well together.

Anne plans to fill up her wall space with local artwork, and include some of her own photography as well. The art will not only create a local ambiance, but will generate income as she plans to charge a small fee for displaying and selling it. This is an idea Anne used successfully in a previous coffee shop she once owned in Waynesboro, Pa. Anne said she wrote her business plan in Regina Drum’s Business Principles class two semesters ago.

The most valuable lessons Anne has learned at BSC include patience and perseverance.

“Working in networking you quickly learn patience,” Anne said, “and perseverance because of everything I’ve been through.”
“You will get the most of your time at school, connect with classmates and know what is happening around you,” says Robin Hiserodt of the benefits of regular attendance. “Plus, if anyone didn’t realize it, it is like coming to a job! They look for things like this in contacting your past/present employment to see what type of employee you are. Attendance shows others that you are reliable and care about your education or job.”

- Robin Hiserodt, student, perfect attendance, Spring ’16

“I find that when students attend regularly, we get to know them as people, not just as faces in our classes. We have more time to talk, and I can understand the things that they are juggling besides classes and homework. I tune into them a little better when I’m teaching. And I can make the way I do things a little more about them.

“When students don’t attend, it quickly becomes all about is how behind they are, and what they need to do just to catch up. It feels like the difference between thriving, and surviving. Surviving is good, no doubt! But when students attend regularly, things happen. Good things. The campus becomes a positive, supportive place where they are making progress happen.”

-Bill DeForest, Graphic Design Program Director

“Attendance matters because it prepares students for the real world. It teaches them time management, commitment, and a host of other skills that they’ll need to employ every day in a professional environment. No matter how well they interview, or what skill set they possess, they won’t last long if they don’t show up for work.”

- Deb Lum, English Instructor

“To me attendance matters because there is always an opportunity to learn something new. If you miss class, you can possibly miss out on something big and that can be detrimental to your learning experience. I find, especially with online classes, that by at least making an effort to get into class as much as possible, you will gain much more than if you did not. Plus you are paying a lot of money to go to school! Don’t mess it up!”

- Robert Syrell, student, perfect attendance, Spring ’16

“80% of Success is showing up” ~ Woody Allen. Although sometimes there are extenuating circumstances where all of us have to miss a commitment at one time or another, holding yourself accountable to “showing up” is the first step in being successful in any endeavor, not just in college. By making the commitment to yourself to attend your classes each week, you will not only get the most bang for your buck, but you just might learn something that might change your life. You never know when the instructor, a video that is shown, a guest speaker or another student may mention something that you have never heard of that sparks an interest in you, and just might be a game changer for you. Inspiration for career paths can happen at any time, so set yourself up for those potential moments by showing up and soaking everything in, you just never know what doors may open for you by attending class today.

“Oh the things you can find, if you don’t stay behind!” ~ Dr. Suess

- Heather Schmidtka, Business Instructor

Students and faculty recently signed fall themed pledge cards to support the Attendance Matters campaign.
In the final semester of your associate’s degree, you will have the opportunity to complete an internship (90 hours for all majors with the exception of Medical Assisting which is 160). After researching companies in which you may be interested, meet with career services to formulate a plan for contacting them and see if they are taking interns in the semester that you will be graduating. Ask questions such as, “What skills do you require interns to possess?” and “What duties would I perform if I was to intern at your company?” Also, inquire on the company’s hiring needs. What employment opportunities are available now or in the near future? What is the timeframe to fill those positions? Are they looking to add locations, and if so, where?

If you are nearing your last semester, consider applying for employment opportunities and ask if the company can take you as an intern initially. If you are hired before your last semester, discuss additional duties you can perform when it comes time to complete your internship (i.e., additional projects, working with another team within your career field). If they aren’t taking interns, ask about other companies in which you can contact.

If there aren’t any opportunities available upon completion of your hours, ask your supervisor if they could use them as a reference and/or obtain a letter or recommendation. Also, ask about other companies you could contact that could use someone with your skills, education, and experience.

Treat the entire internship process with professionalism, persistence, dedication, and a positive attitude.

As always, please stop by Career Services with any questions.
Robin Hiserodt works the Constitution Day table, Sept. 19th. The table featured fun facts and games about the U.S. Constitution.

Syracuse North observes Constitution Day

BSC Librarian Julie Zhu teaches students from John Adams’ Introduction to Information Literacy class about accessing library resources Wednesday, evening, Oct. 5. Julie answered questions and showed students how to find information about their specific research topics. Anytime students need assistance finding resources for research projects, Julie stands willing and eager to help.