



OAOA WHAT WE DOING?

OCTOBER 2024

OFFICE HOURS

MONDAY: 8:30 AM - 7:00 PM
TUESDAY: 8:30 AM - 7:00 PM
WEDNESDAY: 8:30 AM - 7:00 PM
THURSDAY: 8:30 AM - 7:00 PM
FRIDAY: 8:30 AM - 5:00 PM
SATURDAY: CLOSED
SUNDAY: 2:00 PM - 4:00 PM



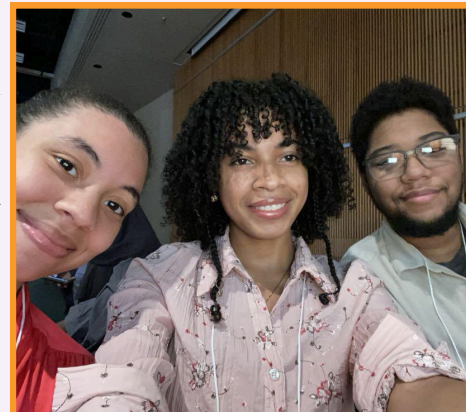
OAOA

What's up everyone! Welcome to OAOA's monthly newsletter.

The newsletter is dedicated to everyone who is reading. We'll be coming to you monthly with recaps of events, OAOA accomplishments, and information regarding the office!

EVENTS THIS MONTH

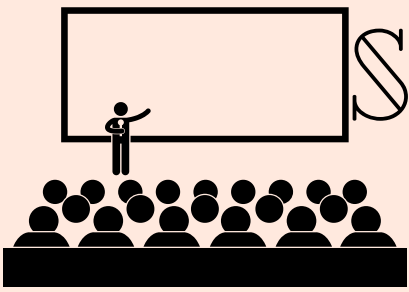
STEM & HEALTH CONFERENCE 10/5-10/6
REGISTRATION WORKSHOP W/ AMY O'DOWD 10/21
REGISTRATION W/ PM'S 10/21
TDF W/ BIPOC UNITY CENTER 10/25



CONTACT US AT

 YBENITEZ@ITHACA.EDU

 [OAOA_IC_](https://www.instagram.com/OAOA_IC_)



STEM & HEALTH CONFERENCE



ON OCTOBER 5TH,

CSTEP, CSTEM & ISAMP STUDENTS CAME TOGETHER TO ATTEND THE STEM & HEALTH CONFERENCE, FILLED WITH PROFESSIONAL DEVELOPMENT WORKSHOPS ON RESEARCH, GRAD SCHOOL PREP, AND STUDENT POSTERS & PRESENTATIONS. STUDENTS WERE ALSO ABLE TO GET PROFESSIONAL HEADSHOTS TAKEN AND CONNECT WITH PEERS.

CSTEP ACTIVITIES ARE SUPPORTED THROUGH A COLLABORATION BETWEEN ITHACA COLLEGE AND NEW YORK STATE EDUCATION DEPARTMENT.

ALIMATA ZONGO '27

Healthcare disparities are unequal access to healthcare services, quality of care, and health outcomes across different populations due to certain factors.

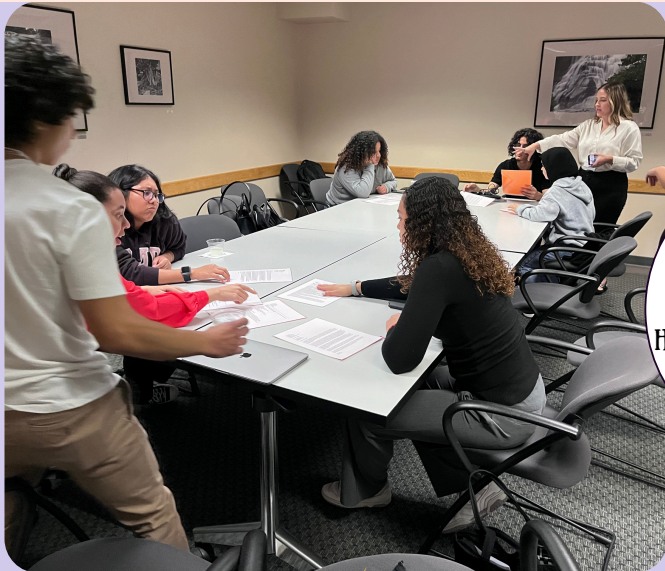
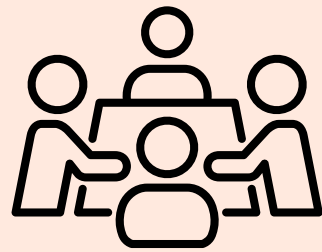
JOEY RODAS '25

Normal epithelium Polyp Early adenoma Late adenoma Carcinoma

LIGUORI FLANAGAN '25

TALKS & POSTERS
Lori Armstrong
Ayantu Uli

STEM & HEALTH CONFERENCE



SESSIONS INCLUDED:
GRAD SCHOOL APPS
MOCK NETWORKING
HEALTH WORKER WELLNESS
ELEVATOR PITCHES
AND MORE...



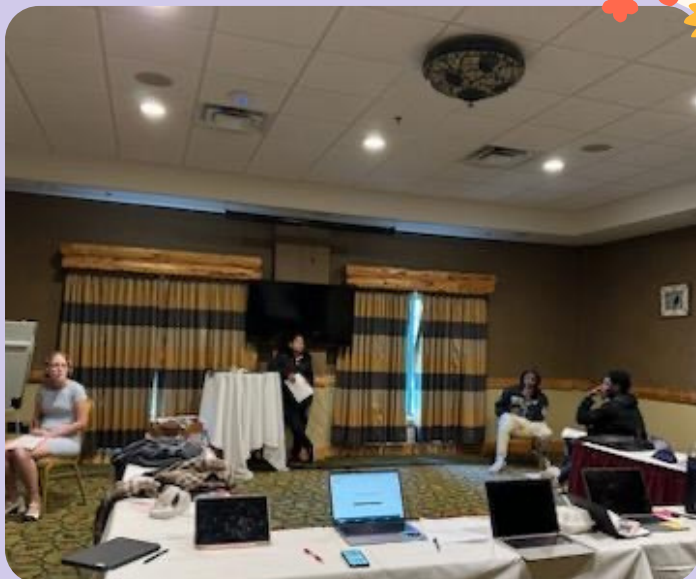
EATING
&
CONNECTING



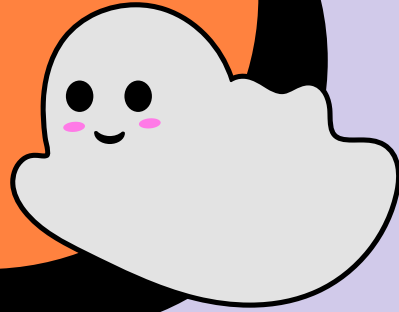
CSTEP/M RETREAT



THIS YEAR, THE STEM & HEALTH CONFERENCE HAD A RETREAT ATTACHED, WHERE A SELECT GROUP OF CSTEP & CSTEM STUDENTS WENT TO GREEK PEAK FOR ADDITIONAL LEADERSHIP SESSIONS AND COMMUNITY BUILDING.



TOUCHDOWN FRIDAY



FOR THE OCTOBER TDF, OAOA HAD A HALLOWEEN-THEMED CELEBRATION IN COLLABORATION WITH BIPOC UNITY CENTER, WHERE STUDENTS CAME TO THE OFFICE TO ENJOY FOOD, PLAY BOARD GAMES, AND MORE





PREPPING FOR MIDTERMS



TIPS FOR SUCCESS!

1. Get plenty of sleep, stay hydrated, and eat healthily.
2. Prioritize studying for any classes that are giving you a harder time.
3. Schedule time to study for each midterm, but make sure to take study breaks!
4. Try notecards to help organize your studying.
5. Attend office hours with professors and participate in group study sessions.





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MOTIVATIONAL CIRCLE

“YOU WILL NEVER CHANGE YOUR LIFE UNTIL YOU CHANGE SOMETHING YOU DO DAILY. THE SECRET OF YOUR SUCCESS IS FOUND IN YOUR DAILY ROUTINE.”

-JOHN C. MAXWELL

THIS YEAR'S NEWSLETTERS WILL FEATURE A MOTIVATIONAL QUOTE AT THE END OF EVERY NEWSLETTER, TO PROVIDE OUR STUDENTS WITH INSPIRATION AND A BIT OF MOTIVATION TO CONTINUE STRONG WITH SCHOOL & LIFE GOALS & ENDEAVORS.

UPCOMING EVENTS

INTERCULTURAL CAREER CONNECTIONS PANEL 11/7

INFO SESSION ON HSHP GRAD PROGRAMS 11/14 3PM-4PM

(NOT AN EVENT BUT...)
THANKSGIVING BREAK! SAFE TRAVELS! 11/25-11/29



IF THERE'S ANYTHING YOU'D LIKE TO SEE IN FUTURE NEWSLETTERS, OR HAVE ANY FEEDBACK, FEEL FREE TO REACH OUT! FOLLOW ALL OF OAOA'S SOCIALS, AND STAY TUNED FOR NOVEMBER'S NEWSLETTER!

