

## TESTIMONIALS FROM FORMER FOCUS STUDENTS

*“FOCUS was instrumental in my ability to organize myself in what could have been a very hectic first semester. FOCUS helped me set a very clear course to follow as far as scheduling for all eight semesters of college. Because of the FOCUS Program, I had a solid understanding of the Degree Audit that other students lacked.”*

*“The FOCUS Program exceeded all my expectations; it guided me through one of the most uncertain times of my life and helped me develop a better understanding of myself as an individual. “*

*“Not only did it help clear up some of the many questions and uncertainties I had, but it was extremely useful in helping me develop things like a resume, that will undoubtedly help me for the rest of my educational and professional careers. “*

*“FOCUS allowed me to explore and discover many different options, and gave me the knowledge and tools necessary to work hard and enjoy my college experience.”*

*“I developed such close relationships with my classmates and advisor, and could not imagine how difficult my freshman year would have been without being a part of the FOCUS Program.”*

*“The FOCUS Program not only helped me choose a major, but taught me life strategies that I still use every day.”*

*“FOCUS helped me to have an open mind towards the future.”*

*“It was nice talking to other students who weren't sure where they were headed in their college career. It made me feel more at ease with my own situation, that it was ok not to know exactly what I wanted to do yet.”*

*“By researching majors, I knew exactly what each would entail and I was in a better position to choose the right major for me.”*

*“FOCUS gave me the opportunity to research majors and reach out to professors to make an informed decision, something I never would have done on my own.”*

# MARIST

## FOCUS Program

### HELPING FIRST-YEAR STUDENTS FOCUS ON SUCCESS

An innovative academic program for incoming freshmen that provides:

- An easy transition into the Marist College experience
- Strategies for academic success
- Self-management skills
- In-depth information about majors, minors and concentrations
- Career planning options

## FOCUS

Students enrolled in the FOCUS Program take a three-credit psychology course in the fall semester and a one-credit career planning course in the spring. Their psychology instructors, who also function as their academic advisors throughout the year, and peer mentors, provide additional support both in and out of the classroom. Social events organized by peer mentors, students, and instructors bring the group together for informal activities periodically throughout the year. This program provides students with a truly unique Marist experience focused on their success.

## HELPING FIRST-YEAR STUDENTS FOCUS ON SUCCESS

**Self-Management: Theory and Application:** introduces basic concepts of psychology through a three-credit Core course in which students:

- Acquire self-management skills, including time-management, goal setting, values clarification, stress-management, assertiveness, motivation, and more
- Practice decision-making skills
- Learn about the majors, minors, and concentrations offered at Marist
- Meet regularly with their instructors
- Acquire a solid knowledge and understanding of course requirements
- Attend the annual Majors Fair

The goal of the Self-Management course is to empower students to become self-directed, self-motivated learners in order to facilitate their academic, personal, and professional success.

**Career Planning & Decision-Making** is a one-credit course in which students:

- Identify career values, interests, skills and personality style and relate these traits to specific careers and academic majors
- Obtain information on career fields of interest to find out the nature of the work, employment possibilities, future job outlook, necessary academic major, entry level positions, salaries, etc.
- Talk to Marist alumni who are working in a career field of interest
- Meet with instructors outside of class

### Academic Advising offers students:

- Consistent contact with academic advisors who are also their FOCUS professors
- Guidance and information about major and Core requirements
- Individual consultations during course registration periods
- Group advising sessions by FOCUS instructors and peer mentors

### Peer Mentors are former FOCUS students who work with instructors to provide:

- A student's perspective to the major decision-making process
- Peer-to-peer guidance on major and career options
- Academic assistance, in and out of the classroom
- Social and academic activities

### Admission to the FOCUS Program:

- Enrollment is limited to eighty students on a first-come, first-served basis
- \$75 program fee
- A completed application form
- Sign-up during Accepted Students Open House, Freshman Orientation or send by mail to:

Mrs. Jane H. Fiore  
James A. Cannavino Library 331  
Marist College  
3399 North Road, Poughkeepsie, N Y 12601

*If you have any questions please call Mrs. Jane H. Fiore at (845) 575-3000 x2159*



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