

The Coby Co-Curricular

Newsletter by the Division of Student Development

March 2025 Issue 3

From the Desk of Dr. Anne Hopkins Gross, Vice President for Student Development

Welcome to the latest edition of the Student Development Newsletter, where we highlight the many ways SUNY Cobleskill is fostering student success, well-being, and engagement. This issue introduces an exciting new initiative—the **Co-Curricular Transcript**, a cutting-edge tool that allows students to track and showcase their leadership, service, and extracurricular achievements. We also spotlight our commitment to supporting students through mental health resources, emergency assistance, and leadership programs, as well as celebrate recent accomplishments in athletics, service, and campus engagement. Whether it's harnessing resilience through equine-assisted learning, contributing to our local community, or promoting student safety and well-being, our division remains dedicated to creating a supportive and enriching environment for all. I invite you to explore these updates and join us in building a stronger, more connected campus community.

Tracking Engagement & Leadership - *The Co-Curricular Transcript*

At the start of the Spring semester, the Office of Student Leadership launched a tool through the [COBY Engage](#) platform accessible to students, the [Co-Curricular Transcript](#). This document allows students to showcase their activities outside the classroom and can be included in their academic portfolios. By documenting their role as a club officer, trainings completed, service trips and conferences attended, awards, honors, and accomplishments, students can capture all of their achievements in an official college record. This document may accompany a resume as students apply for summer employment, internships, graduate school, or post-graduation employment to demonstrate personal growth, link experience to career aspirations, and highlight transferable skills of leadership, teamwork, or communication.



Marie Curran-Headley, Director of Athletics, Megan Bowman, Head Women's Basketball Coach, Shelby Preston, Women's Assistant Basketball Coach, Lucia Liverio, Women's Assistant Basketball Coach, Mary Irving, Associate Athletic Director

Celebrating Girls & Women in Sports

The North Atlantic Conference (NAC) as part of this year's 39th annual National Girls & Women in Sports Day has recognized five women serving in prominent roles at their respective conference institutions including SUNY Cobleskill Director of Athletics, Marie Curran-Headley. This nationwide celebration inspires girls and women to participate in sports, stay active, and realize their full potential.

Under sixth-year head coach Megan Bowman, the SUNY Cobleskill women's basketball team won its first-ever NAC championship and advanced to the NCAA Division III Tournament against Smith College on March 7th in Northampton, MA. Although the Fighting Tigers fell to Smith's Pioneers, they ended an historic season with a 24-5 record and exemplified the mission of sportsmanship, respect and leadership.

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Harnessing Your Mental Health – A Unique Campus Lab Experience

Now in its 6th successful semester, *Coby Resilience with Equines: Harnessing Your Mental Health* continues to offer a one-of-a-kind, hands-on learning opportunity for students through direct interaction with horses. This semester-long collaboration between the Wellness Center and the Therapeutic Horsemanship program provides a unique experience where students gain valuable life skills. The transformative power of working with horses—creatures known for their ability to mirror human emotions and behavior, hallmarks this program. The interactive experience provides a meaningful way for students to develop:

- leadership
- mindfulness
- communication skills
- an understanding of personal values
- coping strategies for life's challenges

Through the lens of equine-assisted learning, students will enhance their mental health and emotional resilience while engaging in a deeper understanding of themselves and others. Students are welcome to join Tuesdays at 11 am in the Equine area

Please RSVP to: Danielle Reu, LMHC reudn@cobleskill.edu



Student with therapy horse



Students working with a Fjord breed therapy horse



**SUNY Cobleskill
Emergency Food Pantry**

Location: Bouck Hall
(next to the mail room and vending machines)

Spring 2025 Hours
(when classes are in session)

Monday: 10AM-1PM, 5:30-7PM
Tuesday: 10AM-1PM, 5-7PM
Wednesday: 10AM-1PM, 5-7PM
Thursday: 10AM-1PM, 5-7PM
Friday: 10AM-1PM, 5-7PM
Saturday: 5-6PM
Sunday: 3-6PM

After hours appointments can
be set up by e-mailing
EmergencyFoodPantry@cobleskill.edu

Providing for the Continuing Campus Needs

Members of the food and housing insecurity task force have worked to develop and retain relationships with organizations that support students, faculty and staff in need, including: Catholic Charities, The Joshua Project, Department of Social Services (Housing & SNAP), Schoharie County Community Action Program: SCCAP, Office of the Aging, The Regional Food Bank, Animal Shelter of Schoharie Valley, and Susquehanna SPCA. During the Fall 2024 semester, the Emergency Food Pantry logged 555 visits, serving 12 faculty/staff and over 100 students. Over 3,000 items were distributed including dry and canned goods, fresh and frozen foods, pet food, as well as hygiene items. During the Spring 2025 semester, there have been over 400 visits to the pantry. Ongoing donations of non-perishable food items, personal hygiene products, or monetary contributions are welcomed and can be made by contacting Emergencyfoodpantry@cobleskill.edu or use this [link](#) to the Donation Page.

Did you know? Student Fiony Liao, working as an intern with the Food Pantry through the Empire State Service Corps. Fiony facilitates student enrollment and renewal of SNAP benefits.

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Pumping Life into the Community – American Red Cross Blood Drives at SUNY Cobleskill

Members of the campus and local community continue to donate a life-saving resource during the American Red Cross Blood drives and are helping establish a scholarship fund to benefit engaged higher education students at SUNY Cobleskill. Through the SUNY Challenge Scholarship Program, the American Red Cross provides a monetary award, based on the number of pints donated, to be used for an educational scholarship. Between August 2024 and January 2025, SUNY Cobleskill exceeded its goal of 178 units, securing a \$2,500 scholarship for engaged students. With two more blood drives for this year, we are on track to surpass our contributions once again.



Upcoming blood drive date: June 18th



Students with K9 Reyes and UPD Officer Ferretti

Collaborating with K9 Reyes

At the end of the Fall 2024 semester, the Student Government Association (SGA) collaborated with the University Police Department (UPD) and K9 Reyes for Pizza with Police. During the event students got some much-needed reprieve from studying and finals, and enjoyed pizza while chatting about stress management techniques and next steps for students after finals. K9 Reyes, a three-year-old German Shepherd, has been an officer with UPD for two years, is certified in explosives detection, patrol, and tracking, and is a certified good boy! Social interactions like these with residential and commuter students highlight UPD's community policing philosophy and the role of uniformed officers, including K9 Officer Reyes, as an integral part of the educational process.

Connecting Students to the Surrounding Community of Cobleskill

One of the goals of the Office of Student Leadership (OSL) is to facilitate students' connection with the college and surrounding community. Hosting community engagement and involvement fairs several times of year allows local businesses and non-profit organizations, as well as on-campus clubs and organizations to showcase their missions, available goods, and services to students. The Cobleskill Auxiliary Service's (CAS) Downtown Dollars program is a pre-paid spending account through the [Coby Card](#) that can be used at popular off-campus restaurants and businesses, including Catnap Books, Bee Real Nutrition, Mineral Springs Soap Company and La Marketa Café.

During move-in for the Spring semester, which coincided with observance of the MLK Holiday, Schoharie County Public Transportation was off-line, creating a barrier for some students without personal transportation to get to a shopping location. The OSL office swiftly collaborated with Facilities utilizing the campus shuttle service to offer students round-trip transportation from campus to the Walmart shopping plaza. Students appreciated getting a lift to pick up needed items. Student use of the Campus Shuttle and Schoharie County Public Transportation around Cobleskill and beyond is included in their transportation fee. Check COBY Engage for time schedule and campus map of regular on-campus [Student Shuttle Service](#) available during the semester and the [Public Transportation](#) page through the Office of Student Leadership.



SUNY Cobleskill Campus Shuttle

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Honoring MLK's Message

Setting the stage for a full month of commemoration of Dr. Martin Luther King Jr., his five pillars of promise, and Black History month, the Campus Engagement Board (CEB) hosted MLK Day of Service activities in the Unity Center coinciding with the start of the spring 2025 semester. Along with an interactive experience and poster gallery highlighting African American excellence, hands-on activities includ-



ed make your own unity bracelet, registering for the annual Blood Drive, making dog toys for our local animal shelter, and dream catcher making. Building community, promoting equality and lasting change, the Multi-Cultural Educators (MCEs) have placed three donation boxes in the [Unity Center](#) inviting our campus community to contribute winter clothing, non-perishable food items, and personal care items to be distributed to a local homeless shelter. For opportunities to engage in community service and volunteer opportunities, please contact D'Andre Miller, Coordinator of Campus Engagement at 518-255-5218 or millerd@cobleskill.edu.

Recognizing, Reporting, and Supporting Student Concerns

The rise in challenges experienced by college-age students is significant and may include physical and mental health concerns, financial, housing insecurity, food insecurity, and academic pressure. SUNY Cobleskill has training, tools

Training

- All faculty and staff are invited to complete Mental Health First Aid training to assist someone in a mental health or substance use crisis until professional help is available. Contact Lynn Ontl, Director of the Wellness Center, 518-255-5225 to schedule training.
- Residence Hall staff complete extensive training to recognize students in crisis and provide supports.
- University Police Department (UPD) Officers are the first responders for all medical and mental health emergencies on campus and are trained in de-escalation techniques.

Reporting

- In an emergency call UPD 518.255.5555 or 911.
- If a situation is not urgent, but there is a concern, use the Report a Concern link, found on the top of each webpage.
- Who Should Report? Any faculty, staff, or student can submit a concern

What Happens Next?

- The Concern, Assessment, Response, and Evaluation (CARE) Team reviews the report within one business day.
- CARE team will address minor to moderate student concerns related to academic, emotional, or personal well-being.
- UPD Officers may investigate and conduct interviews.
- Staff may refer student to appropriate campus resources including Wellness Center counselors, Student Financial Services, or the Emergency Food Pantry.

All members of the campus play a crucial role in maintaining campus safety and well-being. By submitting reports of student concern, we all contribute to a culture of care and prevention and can make a significant difference in a student's life.