

SEOP

GETTING A JUMP START ON THE SOUTHERN EXPERIENCE!



SOUTHERN EDUCATIONAL OPPORTUNITY PROGRAM (SEOP)

STUDENTS PERSPECTIVE

“As a student who was a part of the 2020 SEOP online program I gained the skills that made me successful at Southern. We had coaches and tutors that helped us along the way academically. Our coaches taught us time management, motivation, and self-awareness, we strengthened these skills, and were able to bring them into the fall to excel. Our tutors were there to help us and grow from our academics. I chose Southern and I do not regret my decision. The SEOP program has helped me and my peers strive as students and will drive us to success throughout our academics.”

Elizabeth | 1st Year Student
Social Work Major | SEOP 2020

“SEOP was very useful for my college experience. Over the summer I did not want to join SEOP. I assumed it would be a waste of my time, but it turned out to be a great experience. Meeting new people was a struggle but over time it became fun and getting a sense of what college will look like for your first year at Southern. I also built relationships with the SEOP staff, which will help me become successful throughout my years of college. Making friends was great because now I can speak to other students during the program and work together, so we were able to do succeed throughout the program. The staff and mentors provided me with resources for anything I struggled with, even if I just wanted someone to talk to about a personal issue. I highly recommend this program because it gave me a head start on knowing how college would be when starting my classes in the fall.”

Danielle | 1st Year Student
Healthcare Studies Major | SEOP 2020

“Throughout my high school experience, I did not do very well. I had very bad study habits and was the biggest procrastinator, this all led me to have a very low GPA. I was very afraid of life after high school because I was afraid that no college would accept me. Although community college is great, I wanted to attend a university with a real campus feel. I applied to Southern and they gave me the opportunity to be a part of SEOP to help me grow and teach me to become a better student. At first, I thought what most seniors out of high school thought, that I was going to be losing a month of my summer, and why would I want to do school over the summer. I was just very biased and not very excited but I knew that this would be very good for me so I decided to be a part of the program. At first, I was very overwhelmed. It all seemed a bit confusing, especially having everything be online. I thought there was no way this would work for me. But halfway through the first week I got the hang of it and I looked forward to going to my classes and meeting with my Owl family and peer mentors. It felt nice to be a part of something with students who were going through the same experience. I made friends that I would not have made if I didn't join SEOP. I think SEOP helped me to grow a lot as a student. It made me want to do my work, join the discussions in class, and really pushed me out of my comfort zone. Meeting with my coach, tutor, Ankur, Kyle, Dr. Evans, and everyone else pushed me to be the best student I can be and helped me to change my poor study habits and become the student I needed to be to become successful. I am very lucky and grateful for the experience I had in SEOP.”



Madison | 1st Year Student
Business Administration Major | SEOP 2020

For more information on the SEOP Program, please visit www.SouthernCT.edu/uap contact UAP at (203) 392-6814.

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“SEOP gave me the rare opportunity to transition between high school and college that not many students get to experience. Most first year college students start the fall semester unsure, nervous and anxious, but thanks to SEOP I felt confident, knowledgeable and more prepared than ever. SEOP was the foundation for my college success. Not only was I prepared with the skills and knowledge I needed to start college, but it also opened more doors and opportunities for me. This spring break, I will be studying abroad in Bermuda, an opportunity I would have never had if I wasn’t an SEOP student. Let SEOP be the unique opportunity that shapes your college experience, you will be thankful!”

Laurel | Junior

Early Childhood Education | SEOP 2016

“SEOP allowed me to create bonds with other students as well as the staff members, I’ve learned how to get outside my comfort zone and every day I was learning skills without knowing. Some tips that suck with me from SEOP was managing my time, writing professional emails to my professors, as well as being familiar with campus. I knew this was my chance to prove to myself and my family that I have what it takes to be a college student. This program was my jump start into college and it helped me benefit me in so many ways.

Janae | Junior

IDS Major | SEOP 2016

“SEOP was the best thing to ever happen to me from an academic and self-growth standpoint. The previous 17 years of my life before the program did less for me than the short but beneficial 5 weeks, I spent on campus during SEOP for my organization skills and my responsibility and self-accountability. SEOP didn’t only present me with a place to build on myself as a student, a young adult, and an individual it gave me some of my best friends a team of mentors that I still look to for help and advice and a handful of advocates who are great at keeping me on track and giving me a support system that is vital for many students making the difficult transition from high school to college.”

Daniel | Sophomore

Communication | SEOP 2017



“Coming from a High School that didn’t give me the right tools to transition into a college atmosphere, I could honestly say SEOP helped me achieve it. During the 5 weeks I learned things about myself that I know I can use in the future. SEOP professors, peer mentors and advocates helped me get through the program and I’m very grateful. They care and what you do to strive for greatness. I knew I was going to be away from family and friends during the summer, but it is worth it. Also, being a first-generation student, I gained knowledge, resources, and support while being on campus during the summer. If I could do the program again, I honestly would.”

Tainisha | First Year

Early Childhood Education | SEOP 2018

“I graduated from SEOP in Summer 2015. The words “thank you” are not enough to express my feelings towards this program. Although this program teaches you several skills academically and socially, one of the most important skills it has taught me is time management. SEOP is like a second family, “a home away from home” for me that has always been there during my good and bad times even after graduating the program. With the ability to manage multiple tasks and manage time affectively, I have grown into a young professional student and respected student leader at Southern. I wish everyone could have the chance to experience this opportunity as it is a great way to get ahead of many things before college begins.”

Haroon | Senior

International Business | SEOP 2015

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