The Sophomore Residential Seminars (SRS) is a model for a living-learning community. Students live together in the same residential hall and take their assigned class as a cohort in the fall. Students further immerse themselves in the academic experience through travel with their faculty member. During the spring semester, students regroup for a one-quarter-credit course to continue the dialog and learning. This program has significant funding from the Mellon Foundation. For this academic year, 17 OUS scholars participated in the seminars. The following are reflections from a few of them regarding their trips and overall experience in the different seminar courses.

Federico (Fede) Elizondo ’17, who was a part of the Hunting, Eating, and Vegetarianism course (ENST 324), visited Austin, TX with his classmates. Upon reflection, he remarked, “Personally, visiting a sustainable-living educator and activist was a culminating experience for me in regards to applying what I learned in the course to my personal life. Seeing someone so passionate about food justice and environmental activism inspired me to consider how I, myself, may go about creating positive changes in a community’s access to healthier food for their body and for the planet. In our course, we learned about the negative environmental impacts of large-scale farming and mono-cultured agricultural practices, among many other aspects related to food production. Additionally, most of us are aware that, currently, not all communities have access to sustainable grown/raised food products; more specifically, individuals who come from low-income backgrounds cannot always afford feeding their family with healthy and sustainable food. However, visiting food activist and sustainable-living educator, Marjorie Wildcraft’s farm, made the idea of food justice and environmental growing practices into a reality. More so, Wildcraft highlighted the impact one person can make in bettering domestic agricultural practices.”

Fede further noted that the SRS program has allowed him to create friendships with an amazing group of students. He noted: “After completing my first-year, I felt as if I was only friends with individuals who were involved in the same interests as me. However, the SRS program allowed me to cultivate friendships with individuals from a wide-range of interests, perspectives, and backgrounds. The SRS program enabled me to meet new people and make new friends my sophomore year at Colgate.”

The sentiment of creating lasting connection is also shared by Ashleandra Opoku ’17, who enrolled in the History of Coffee and Cigarettes course (HIST 254), and their class traveled to Costa Rica. She shared that she loved SRS, and “it really felt like a community – not just with my classmates, but also with the other students within the program; more importantly, my teacher was amazing. The fact that we are living together made making bonds with one another much easier and natural.” Ashleandra offered the following comment regarding her trip: “I can’t remember a specific activity or one key experience from Costa Rica that made me think about the course. I just remember that there was a moment when I was sitting down and looking out at the scenery, and it hit me that I was experiencing a different part of the world. That I had been blessed with the opportunity to be a part of something bigger than myself, and that I was even more blessed to share that opportunity with 18 other students.”
DJ Jordan '17, who took part in the course, Native Americans in the Southwest (CORE 192), offered yet another perspective. His class traveled to Santa Fe, New Mexico. DJ wrote, “A key signifying experience from January’s New Mexico trip comes from the food, for sure. Being from NYC where you pay a lot for a little, paying something for a lot of food really felt refreshing. There’s a real culture of sharing, and you can bring it all back to the food. It was truly one of the few times in my life that I never went hungry. It was like Santa Fe and the Pueblo communities were my mom making sure I eat, and I surely did. Even at Jemes and Cochiti pueblos, food went to and from the table in abundance. You’re expected to eat your fill and then some as the cooks happily exclaimed, “Eat Good!” It’s wonderful to feel like love always goes into what’s being shared with you.”

He further noted, “Overall, I loved my stay in New Mexico. I missed my stay in New Mexico. There were more things besides the food that I would miss, like the overall feel of the trip. We had a lot of free time to explore the town of Santa Fe. The warm and clear sky makes Colgate (in the winter) look depressing. The views were also beautiful. It’s something I’ll never forget. Remembering the trip brings back so many sensations.”

Nina Cook '17, who participated in the Existentialism course (PHIL 216), commented: “For me, the most influential experience was our day-to-day lives in Paris. We ate at the cafes that the philosophers that we had read about ate at and where they did a majority of their work; we were encouraged to do phenomenology in the place where they did it; living the Parisian lifestyle, at least for that short amount of time, meant taking a minute to reflect on the big questions of life.” She, like the other fellow SRS cohorts, concurred that SRS did tighten the relationship with other students in the course. Nina noted, “SRS brought me some of my now closest friends; my roommate and I had not met before the program and now, I can’t imagine my Colgate experience without her. It’s such a satisfying feeling, knowing that the people in your class are learning, living, and traveling together—it’s a very unifying program.”
Vagina Monologues

Colgate 2015

Lloyd Sarpong '15
OUS ATHLETES
BALANCING ACADEMICS, SPORTS, AND SOCIAL LIFE.

EDWARD (ED) PAVALKO ’15
SPORT: FULLBACK ON COLGATE’S FOOTBALL TEAM FOR FOUR SEASONS
HOME TOWN: GIRARDOVILLE, PA
MAJOR/MINOR: BIOLOGY AND EDUCATIONAL STUDIES

What advice do you have for students interested in being an athlete-scholar at Colgate?

“I would tell someone who is considering it to absolutely go for it. If you have a genuine love for the game that you play and someone is going to give you the opportunity to continue to play that game, then it is something that you cannot turn down. The great thing about athletics at Colgate is that you can guarantee you will get a first-class education while playing at an extremely competitive level for your four years here.”

MARIA VOROBYEVA ’18
SPORT: SPRINTER ON THE WOMEN’S TRACK AND FIELD TEAM
HOME TOWN: HUNTINGTON BEACH, CA
MAJOR/MINOR: RUSSIAN AND JAPANESE

How do you balance the demands (academic, social, and otherwise) of being a scholar athlete on campus?

“You just have to do what you have to do. I’ve always been pretty good at managing my time, so it hasn’t been much of an issue. It’s just about figuring out your priorities. If I know that I have work to catch up on, then I will simply cut down on my social activities. But at the same time, I realize that there will ALWAYS be more work to be done. So when I feel like I need to take some time off, I go hang out with friends. Though there is one really good trick to this: when you work, you REALLY work. Lock yourself up somewhere quiet and just do it. You’ll get work done quickly and efficiently, with
KEMARNI MUNROE ’17
SPORT: MEN’S TRACK AND FIELD, SPECIALIZING IN SHOT PUT AND DISCUS THROW
HOME TOWN: BROOKLYN, NY
MAJOR/MINOR: UNDECIDED

How did you get involved with your sports?

“During freshman year in high school, I enjoyed track and field and trained heavily. I was able to be placed in the top five in district championship by my junior year. By senior year, I placed first in shot put and second in discus throw in another championship meet. I always liked the intensity, and it helped to keep me focused. So, I decided to continue in college. As an early-decision admitted student, I talked with the coach about the potential of joining the team. As it turned out, I was able to be a part of the team by the end of the first semester, and I have enjoyed it ever since.”

JENNIFER (JENN) DIAS ’16
SPORT: SPINNER AND HURDLER ON THE WOMEN’S TRACK & FIELD TEAM
HOME TOWN: SOUTH RIVER, NJ
MAJOR/MINOR: DOUBLE MAJORS IN BIOLOGY AND SPANISH LITERATURE

What are the benefits of being an OUS scholar?

“Apart from have more of a support system, being an OUS scholar sets you apart from other athletes in the athletic community. Because OUS scholars are considered to be students with determination, among other things, in the face of significant challenges, my previous coach, Coach Nardelli, always said that something really set me apart from the other girls on my team, in a good way. She said there was something “wholesome” about me, and when I had my end-of-season meeting with her my freshman year, I told her about my involvement in OUS, and she quickly said, “I didn’t know you were part of OUS… that’s it!” She claimed to have coached another OUS student years prior and expressed how delighted her experience has been..."
OUS Word

GregariOUS
[gri-gair-ee-uh s]

adjective
1. fond of the company of others; sociable.

Origin Expand
1660-70 Latin belonging to a flock

Dictionary.com Unabridged