Greetings from Steering Committee 2013

As hurricane Sandy blows through Cambridge, taking with it the last of the fall foliage, Steering Committee ‘13 has been reflecting on the successes of the outgoing SC ‘12 as well as working to develop a shared vision for the program that has had such an incredible impact on each of us. We’re very excited to present this year’s edition of the Fuzzy Cheesecake, FOP’s annual report and newsletter, and hope you enjoy reading through it! Inside, you’ll find interesting and thought-provoking stories from FOP participants, FOP leaders, parents of FOPpers, and Alumni, as well as a brief overview of the program and the fundraising over the past year.

Every year the new Steering Committee begins its journey together with the “SC Odyssey” – a weekend of camaraderie, reflection, and exchanging ideas about FOP. While many past SC’s have spent this weekend sipping hot chocolate by a woodstove and eating cinnamon buns in a cozy mountain condo, this year’s SC was having none of that.

Over a weekend of backpacking we took our first steps as a cohesive group. We developed close bonds as sundown the first day found us, compass-in-hand, still several hours from camp, bushwhacking through dense New Hampshire pine thickets, and picking our way around a sulfurous bog through which even Gollum would have struggled to find a way. It was an Odyssey for the ages. Through all these trials, SC ‘13 prevailed and even had the wherewithal to successfully discuss in what direction we would take our beloved program. Now we’d like to unveil the product of that fateful weekend – our vision for FOP this year:

Steering Committee 2013 will promote and celebrate diversity on FOP: we will make FOP accessible and inclusive in its FOPper pool, leader pool, and curriculum. We aim to create a meaningful experience and community for FOPpers and leaders by providing outlets for intentional thought about personal growth and leadership development. Through these two focus areas, SC ‘13 hopes to extend FOP’s impact on FOPpers, leaders, and the larger Harvard community.

A lot of work goes into running FOP over the course of the year; from selecting and training new leaders, to acquiring permits and planning routes. We hope that these values will guide us throughout the coming year as we focus on our vision for FOP. We are thrilled to be taking up the reins of this program and cannot wait for the year ahead!

We are incredibly fortunate to have the amazing community that we do, and we want to offer a huge thank-you to all of you who have given such support and dedication to this program. Whether you went on FOP, led FOP, entrusted us with your child for five days in the woods, or supported all our activities with your kindness and generosity, we want you to know that this program relies on you and could never be where it is today without your help. We thank you from the bottom of our hearts, and we trust that we speak for everyone to whom FOP has given such joy and opportunity.

You are a part of the FOP family, and we hope to continue sharing with you in love for the outdoors, personal growth, and always, adventure.

“We have not ceased from exploration and the end of all our exploring will be to arrive where we started and know the place for the first time.” - T.S. Eliot

- FOP Steering Committee ‘13:
  Emily Savage, Canyon Woodward, Grace Chen, Joey Wall,
  Caroline Cox, George Mills, William Dean, Coz Teplitz

IN THIS ISSUE*:

<table>
<thead>
<tr>
<th>SC ‘13 Welcome</th>
<th>1</th>
</tr>
</thead>
<tbody>
<tr>
<td>About: FOP</td>
<td>2</td>
</tr>
<tr>
<td>From our FOPpers</td>
<td>3</td>
</tr>
<tr>
<td>A Parent’s Perspective - Douglas Lamar &amp; Trish Severin</td>
<td>3</td>
</tr>
<tr>
<td>LNT IRL (Leave No Trace, In Real Life) - Lilla Cosgrove ‘12</td>
<td>3</td>
</tr>
<tr>
<td>Why I Do What I Do - Morgan Hite ‘81</td>
<td>4</td>
</tr>
<tr>
<td>From the Director - Coz Teplitz</td>
<td>5</td>
</tr>
<tr>
<td>FOP, “The Harvard of Outdoor Orientation Programs” - Brent Bell</td>
<td>6</td>
</tr>
<tr>
<td>Development of the Whole Person - Thomas Dingman</td>
<td>6</td>
</tr>
<tr>
<td>FOP’s 2012 Annual Report</td>
<td>7</td>
</tr>
<tr>
<td>2011 - 2012 Donors</td>
<td>8</td>
</tr>
</tbody>
</table>

*Printed using soy-based ink & recycled paper in order to reduce environmental impact
**Why We Fundraise**

The First-Year Outdoor Program endeavors to provide financial aid and gear to anyone who needs it in an effort to minimize and ultimately to eliminate any financial barriers that might prevent students from participating in the program. Your donation will go directly towards providing financial aid for a student.

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**The Values**

Compassion  
Respect for others  
Care and responsibility to the environment  
The equality and intrinsic worth of all people regardless of gender, race, sexual orientation, religion, ethnic or socio-economic background

---

**The Research**

1. FOP is the most successful Harvard pre-orientation program in providing social support networks to first year students.  
2. The first six weeks of college are highly significant in adjusting to college life.  
3. Students indicate that involvement in a pre-orientation program significantly improved introductions to Harvard.  
4. College outdoor pre-orientation experiences are correlated with higher academic achievement throughout college.

---

**The History**

FOP was developed in 1979 by the Dean to provide students with a stronger support network upon entrance to college. FOP is the oldest and largest pre-orientation program for freshmen at Harvard. Every year, FOP sends approximately 18% of the incoming first-years on six-day backpacking, canoeing, and camping trips at the beginning of the school year. Since 1979, over 6000 students have begun their Harvard experience by living with 8-10 peers in the backcountry, under the leadership of 2-3 trained upperclassmen leaders. FOP is one of only 46 AIE Accredited Programs in North America, such as the National Outdoor Leadership School and Outward Bound.

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**The Mission**

To provide group adventure-based experiences that promote the development of social support and self-awareness for first-year students and leadership development for members of the Harvard community.

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FOP changed my life—it gave me confidence and strength, it helped develop my own self-awareness. “FOP changed my life—it gave me confidence and strength, it helped develop my own self-awareness.”

“Life can be simple and this is a good place to experience it. To ween you off the noise and cold, and hungry, and then make ourselves a hot meal and go to our sleeping bags to realize that life is complete and how rarely we experience that.”

“Life can be simple and this is a good place to experience it.”

“Here I find Peace, a time to reflect and replan my life, and to feel surplus goodness in myself that I want to share with the world.”

Dear FOP Community,

The end of the year is usually a time for reflection. As I look back over the past year, it is clear to me that reflection itself has been the theme of 2012.

Since I came back to Harvard in 2007, I have felt that many of the things that we do here in our work and in our classes can benefit from—guided reflection for the issues that are pertinent to them. First-years arrive at Harvard with innumerable expectations about what college “is” and what their time here will be like. FOP already addresses many of these expectations: leaders are adept at guiding discussions of alcohol, dating, roommates, and the balance of academics and extracurriculars. Still, there are other important expectations we have not regularly addressed—which does what mean to “snap the most of Harvard”? How does a college experience fit into life as a whole? And how might these notions change over time? Likewise, FOP leaders often enter with different understandings of what it means to “be a leader”. FOP has experience with helping leaders to uncover these expectations and to develop a more flexible, holistic understanding of leadership. There are, however, things we do not usually discuss: How can the lessons you learn as a FOP leader be applied in other parts of your life? How do you keep learning? When we also see that we can teach or mentor others (i.e., when older leaders work with less experienced co-leaders), we have this year, explored how to build more reflection into FOP. We tweaked an existing peer-mentorship model—in which older leaders reflect with new leaders on the changing struc-

ture to the sorts of questions coaches should consider asking. We offered FOP’s first-ever service training trip, which catalyzed conversations about how leaders can make basic communications with each other: “I’m alright. How are you?” And it feels good, and we wonder what are you doing here?” It’s stated almost reflexively: “If you don’t mind my asking, what are you doing here?” It’s stated almost reflexively: “If you don’t mind my asking, what are you doing here?”

I usually give some glib answer, like, “This is where those of us who can’t handle it wind up.” But if someone—women as most of them are—in probes further, I tell them the college they want to know about the world. I tell them they can come to work in our woods and find new ways to encourage reflection— in groups and alone; in the woods and on campus; guided and independent.

There is no doubt that four years at Harvard can be profound—full of diverse people, exciting ideas, amazing opportunities, and plenty of challenges. We need to begin to find new ways to encourage and support students who are not enough students who are not enough to make time to reflect in their day-to-day lives. I am excited that FOP, its leaders, and its participants, can help spread a culture of conscious reflection across the campus.

I look forward to the reflection comments always bring, Coz
“FOP: THE HARVARD OF OUTDOOR ORIENTATION PROGRAMS.” Brent Bell, Director ’99–05

Once upon a time in the FOP office in 2004, SC member James Dyett ’06 saw an advertisement in the Harvard Crimson for a National Outdoor Leadership School that claimed that NOLS was the “Harvard” of outdoor leadership. “Then FOP,” James quipped, “look like the Harvard of outdoor orientation programs.”

How true, I thought at the time; years later I am absolutely sure of this.

I left FOP to become a professor of outdoor education at the University of New Hampshire. One thing that helped me leave one of the greatest jobs in the world was knowing that as faculty I could dedicate my research to outdoor orientation programs and help create more FOP in the world. After years of being locked into an ivory tower to study FOP, I can share a few points from my perspective:

1. Orientation matters. The research is clear: orientations make a difference. Even when the students disliked them, complained about them, and perceive them as useless, students who attend an orientation do better. Fortunately for FOP, students like FOP; celebrate FOP; and perceive it as not only useful but one of the best orientation experiences they could have had.

2. Harvard students’ greatest fear at the time of transition to college is wondering if they will make friends who understand and accept them. The curriculum of FOP is well suited to assuage this fear.

3. FOP increases social support. It is normal for a first-semester student to feel lonely and isolated during the first semester in college, but what if we did not accept this as normal? Because first-years are generally very peer focused, having genuine peer support goes long way. FOP has a curriculum of trust building that brings something special out of a group of peers.

4. Students need Type Two fun! There are two types of fun. Type One fun is hedonistic; the fun of self-indulgence. Type Two fun, on the other hand, is the fun of accomplish- ing something that is personally meaningful. The fun of getting to the top of the mountain and seeing the valley below. The fun of taking a risk to be silly. While Type One fun is not sustainable, Type Two fun is the kind of fun that sustains YOU. FOP provides a lot of Type Two fun.

5. Outdoor orientation matters. This may sound like #1, but it is meant to be at a larger scale. As each group of FOP leaders and steering committee perfect training, tighten up the curriculum, and further develop the risk management of the program, FOP needs to give this information away. FOP needs to spread to other colleges. Many students are desperately in need of the type of experiences that FOPpers received at Harvard. I am proud to witness the programs looking at FOP in 2011 to be copied. FOP has been able to support many outdoor orientation programs.

Recently I completed the second census of outdoor orientation programs. Nationally outdoor orientation programs are growing in number (1815) and size (over 22,000 participants). Of these 185 programs there are a few stable programs that are models to new programs; Harvard FOP is one of them. When we take a minute to support FOP, it is clear to me that we also support outdoor orientation on other campuses.

As James Dyett would say “FOP is the Harvard of Outdoor Orientation.”

Brent Bell is currently Associate Professor of Outdoor Education at UNH and the organizer of the annual Outdoor Orientation Program Symposium.

DEVELOPMENT OF THE WHOLE PERSON

Thomas Dingman, Dean of Freshmen

As Dean of Freshmen, I encourage our staff at a retreat each year to identify priorities for our work. I am happy to report that consistently we determine that we want to support initiatives that ensure growth on all fronts—especially learning to treat others with civility and respect and to take agency to promote positive change. In our minds, graduating from Harvard should mean more than passing thirty-two half courses and only attending to personal advancement.

As we have sought opportunities for freshmen to grow in more than just the academic realm, a model for us has been FOP. We’re struck by the effectiveness of the one-week program and its capacity to make new-comers in our community feel they belong, see the significance of empathy, and understand the criticalness of personal contribution. Again, this August, the “newbies” figured out of the wilderness in the crisp winds and with a variety of skills, refined or newly developed. It is the uppersclassmen’s role I want to emphasize, however, here. Perhaps the best way to do that is to share the experience of my freshman advisee, George Mills ’15. I asked George to explain the sig- nificance of his involvement in FOP, and he replied with the following account:

Only one September ago, I was that freshmen, sitting on the steps of Widener Library, insecure and nervous, wearing a shirt two sizes too big because I thought it would make me look “bust.” Yet only twelve months later, I found myself storming Tercentenary Theatre with a hoard of leaders entirely focused upon one thing: creating an amazing FOP experi- ence for the 293 freshmen sitting on Widener steps feeling something like that mixture of nervous excitement that I had felt a year before. What had changed over this year? How did I now have the confidence to prance in front of nearly 30 of my future classmates wearing a pink sports bra, embarrassing my- self so that these freshmen would feel less nervous? The answer lies in the training, sup- port, and love of the FOP community.

Becoming a FOP leader has provided an opportunity for growth and develop- ment that is unique to this program. In training there is an emphasis on intentional thinking about the qualities of a leader, yet there is also the consideration of a compari- son between the leaders we hope to be and the leaders that we are through a focus on self-awareness of our strengths and weak- nesses in leadership positions. This attentiveness to how I act in leadership positions by both myself and my training trip leaders left me with an important realization that has changed the way I think and go about my daily- actions in both the FOP context, the Harvard community and large. They told me that to be a successful leader the thing I needed to master most was trust in my instincts and myself as a leader. This support is what trans- formed me from that freshman to a leader, and for that I am forever indebted to the First Year Outdoor Program.

Not only has FOP given George an important outlet and an opportunity to give back, but it has contributed immensely to his personal development. It does not surprise me to learn of the carry-over effect, i.e. the ways that enhanced self-awareness and consider- ation of how to motivate and inspire others contribute to the whole of one’s Harvard ex- perience. The staff in the FDD is so grateful that this leading opportunity in FOP exists and will continue to try to learn from it as we focus on the holistic development of our charges.

We use 100% of the money we raise to reduce the financial burden of FOP for incoming students.

FOP Fundraising 2012-2013

Thanks to the ongoing generosity of parents, alumni, and other community members, we have been making steady progress toward our goal of making FOP accessible to any interested student. It appears the word is getting out, because we have seen significant increases in both the number of FOPpers requesting financial aid from FOP and in the relative level of need of those students.

As a result of the increased number and need of FOPpers, the average size of our aid packages has gone down. In other words, although we have been able to reach more students, our ability to help any one student has gone down.

We need your help to keep making progress: your donation will help us to meet the need of the students who have asked for help from FOP.

We are incredibly grateful for the support of our donors - those who gave $5 and those who gave much more. Together, you provided financial aid for 119 FOPpers.

If you have not given before, we invite you to get more involved. All of the money we raise will be given to FOPpers as direct financial aid. So your gift will make FOP an option to any interested student, regardless of means.

# of FOPpers requesting FOP aid by assessed level of need, 2009-2012

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If you gave last year, please consider giving again. We rely on your support to provide a smooth transition to college for students who would not otherwise be able to afford FOP.

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FOP Financials FY12

Income

Expenses

Audited Financial Statements:

Office Supplies, 2%

Travel & Entertainment, 1%

Printing & Distribution, 0%

Research, 6%

Facilities, 15%

Design, 15%

Staffing, 15%

Materials & Equipment, 0%

Organizational Development, 37%

Program, 48%
FOP Supporters FY12

Thank You to all of our Donors!

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Stuart Coleman
Sean & Virginia Day
Laurel & David Elzinga
John & Katie Hansen
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Eric Berman
Katherine Bidwell
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Karla Palmer
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