

# TRIO Student Support Services

Eastern Gateway Community College

T: 740-266-9614

## Director's Corner

Congratulations graduates AND those continuing to move toward this exciting event. Graduation, in any form, is the marking of a milestone that should not be taken for granted. Allow yourself space to process what you've accomplished. Remember the lessons you've learned to inform future decisions. Most importantly, recognize the people that helped you along the way. How can you acknowledge their contributions to your success? Give them a big hug...then save one for yourself. YOU'VE EARNED IT!

## Feeling Frustrated? How to Advocate for Yourself

When student don't have the information and skills they need to find their way in the college setting and don't know how to advocate for themselves, they may not get good grades and many of them leave without completing their degrees. By learning to advocate for yourself, you have a better chance of college success!

Advocating for yourself means understanding your strengths and weaknesses, developing personal goals, standing up for yourself, and handling conflict like an adult. It also means communicating your needs and making decisions about the supports necessary to meet those needs.

Once you learn to advocate for yourself, you're going to have an easier time with your classes and getting the support you need. It will give more control and direction to your life outside of school too.

### Seven Steps to Advocating for Yourself:

1. **Believe in yourself and your abilities** – the first step is to believe that you deserve to be advocated for.
2. **Remember that nobody's a mind reader** – your instructors and the college staff cannot read your mind. You can't assume that anyone knows what your problems or needs are – you have to speak up for yourself.
3. **Know what you need** – make a list of what you need to know or receive to be successful. This will help you articulate what is important to you.



## Upcoming Events

### May 7

Final Exams Start

### May 12

Spring Semester Ends

### May 19

Graduation Ceremony

## TRIO SSS is still accepting applications!

Please encourage your friends and classmates to join the TRIO SSS program!

Send them to our offices to learn more about TRIO SSS.

**Steubenville Campus:**  
Room 1509

**Youngstown Campus:**  
Student Services Center

4. **Know where to go to get what you need** – who is most likely to have the power, knowledge, or ability to provide what you need? For college issues, the TRIO SSS staff is a good starting point.
5. **Figure out when and where to address your issue** – try to approach people when they are able to give you their full attention, rather than when they are multi-tasking or interacting with someone else. It is best to choose a place where the other person will feel comfortable. For example, your instructor or an advisor might not want to have a long talk in the hallway, but he or she might offer to meet with you during their available office hours.
6. **Clearly ask for what you need** – if you don't know what you need, please see a TRIO SSS staff member. We will be more than happy to meet with you to get to the heart of the issue.
7. **Put a game plan in place** – once you have received an answer to your request, make a list of steps to tackle the problem from the first action to the resolution. Make these steps clear, single action steps that build on each other. Be sure to give yourself timelines and hold yourself accountable for these action items.



Information gathered from articles by Lea McLeod, and blog on WordPress.com

## Carissa's Corner:

### Are You A Learner Or A Non-Learner?

Have you ever been unsuccessful at something? It could be something like a new hobby or even a test or a class. When not excelling at a task, you might say to yourself something like, "I failed miserably". You, however, are not the total of your successes or failures. You are simply a learner or a non-learner. Learners are open and listen to their own environment and others. Learners try new things and learn lessons from those new things even if they do not succeed or like them. If they do something thoughtless, they learn from that and do not do it again. They also measure what works for them and every time they do that task they do it a little better each time.

Information found in: "Perfectly Yourself" by Matthew Kelly

### Contact Information Change?

Has your address or phone number changed? Please notify the TRIO SSS office of these changes. This will ensure you are aware of activities and other information that influences your participation in SSS.



**Cassandra Phillis**

Major: Associate of Arts

Location: Steubenville

*"TRIO SSS has helped me in so many ways. They were there when I had issues with classes, advised me on what classes to take, and what I needed to do to be successful in college. I would not have made it through school without you guys. I would have been lost.*

*Thank you TRIO SSS for helping me get to where I want to be and helping me achieve my dreams of what I want to become! I will graduate in May with an Associate of Arts degree. TRIO Works!"*