

# TRIO Student Support Services

Eastern Gateway Community College

T: 740-266-9614

## Director's Corner

An important question to ask yourself is: "Am I making progress?" If you don't know or if you have to think about it too much, then you're probably not paying attention. Strive for progress, not perfection. Rather than aiming to be perfect, aim to be better than you were yesterday. Just remember that failure is a part of progress, not a final outcome.

## National TRIO Day

TRIO SSS is celebrating National TRIO Day on Wednesday, February 28<sup>th</sup>. Please remember to wear your TRIO SSS hoodie or t-shirt on Wednesday.

## Are You Making Progress?

### Here Are 5 Signs You Are Making Progress Towards Your Goals:

1. **You are taking daily action towards specific targets** – This is really the only way you're going to make progress on your goals. You can visualize all you want, but you actually have to do things for your goal to become reality.
2. **You are meeting the right people and connecting with the right resources** – When you stop talking about what you want to do and actually start doing it, the right resources and connections will be made to take you to the next phase.
3. **You have encountered obstacles, and overcome them** – When you can remain committed to your goal regardless of the challenges, you're well on your way! Persistence pays off. When you want something bad enough, nothing can discourage you or make you believe that it isn't possible.
4. **You are constantly adjusting the plan** – This one ties in with #2 and #3. When you have an open mind and the right people and resources are finding their way to you, you have more information that allows you to fine tune the plan. When you encounter obstacles in your plan, instead of giving up, you look for alternate paths to make your goal happen.
5. **You are even more excited about the goal than when you started** – As the light at the end of the tunnel begins to shine



## Upcoming Events

### February 20

Financial Aid Freeze Date (Full Term)

### February 28

National TRIO Day

### February 28

Resume Workshops on both campuses

## 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

brighter, you're bound to get even more excited about your goal. Ride that momentum to the finish line!

## Carissa's Corner:

### Beating The Winter Blues

In the winter months it gets darker earlier and you are exposed to less sunlight. In fact, Ohioans get 5 hours and 30 minutes less of sunlight on the darkest day of the year. Combine that with only having approximately 160 sunny days per year here in Ohio. This change in weather can decrease your energy, lead to sleep problems, affect your appetite and weight, spur difficulty in concentrating and generally leave you feeling sluggish. So what can you do to beat the winter blues? Here are a few ideas:

- Get out in the sunlight whenever possible. For example, take a study break and get the mail. As little as 10 minutes in the sun can help.
- Stick to a schedule. A schedule helps with your body's rhythm, thus helping you not hit extreme "low points" during the day.
- Keep a journal. This will help you get your feelings out. It will also help you notice patterns in feelings and behaviors.
- Seek sources of vitamin D from foods such as; fish, beef, eggs, milk, yogurt, cereal and oatmeal.
- Develop a winter interest. Find something that you like to do and look forward to that hobby as your special activity that you only do in the winter.
- Use aromatherapy. Aromatherapy comes in many forms. A scented bath bomb can even be a form of aromatherapy. Experiment with different scents and see how they can improve or change your mood.

Look into purchasing a Dawn Stimulator or a Light Therapy Box. These devices can be found on Amazon for starting around \$25. They mimic sunlight and can have positive effects on your brain.

## 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.



**Brittani Russell**

Major: Early Childhood Education

Location: Steubenville

*"TRIO SSS has helped me a lot through college. They helped me schedule my classes. I made many new friends and was opened to new experiences by going to TRIO SSS events. The workshops really help. If I need help, they either help me or send me where I need to go.*

*Thank you TRIO SSS for everything you do! I plan to transfer after Spring 2019 to a four year university to earn a bachelor's degree. TRIO Works!"*