

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.

Are You Afraid To Make Mistakes?

Some mistakes may seem like the end of the world, however, they present you with an opportunity to learn, to grow, and to improve yourself. In fact, if we are stretching ourselves, we should be making mistakes. It's the correction of the mistake that leads to learning and growth. The only mistake that can truly hurt you is choosing to do nothing simply because you're too scared to make a mistake.

MISTAKES ABOUT MISTAKES CORRECTED

SOCIAL MEDIA	REALITY
Every mistake you make is progress.	Every mistake you correct is progress.
Mistakes teach you important lessons.	Mistakes you respond to effectively teach you important lessons.
Failing is just another word for growing.	Failing is a way to recognise where we need to grow.
Every time you make a mistake, you're one step closer to your goal.	Every time you learn from a mistake, you're one step closer to your goal.

www.jamesanderson.com.au

Upcoming Events

March 26

Last Day to Drop Second 8 Weeks Classes

March 26

Last Day to Withdraw from Full Term Classes

March 30

Good Friday – College Closed

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

Carissa's Corner:

How to Help a Friend

One of the benefits of college is forming new friendships. Hopefully, those relationships will be positive, for example, encouraging one another to study for a test and congratulating one another when a good grade is achieved. There are times in friendships, however, when things are not always positive. Whether it is with friends at college, family or friends you have known for years. You may feel your loved one is mentally and emotionally struggling. Here are some simple steps of how to offer your support.

1. Find a location to meet your friend. Talk to them about where they feel safest meeting and pick a time.
2. Pick a time with flexibility. Although you may only think you will talk for a certain amount of time, do not limit yourself to that. If your friend begins to open up, he or she may need more of your time.
3. Approach the person one on one. Do not ambush them with a group or by bringing someone they do not know. If needed, however, bring a "helper". If you feel your friend has a larger issue than you know handle bring a trusted person such as a teacher or a parent.
4. Go prepared. Take names and phone numbers of people who can help your friend. This may be the name of a local mental health organization (do research on the organization and check them out or call them prior to your meeting) or program the number of the National Suicide Lifeline 1-800-273-TALK (8255) in your phone.
5. Take care of yourself by having your own friend or counselor in place to talk with if you are on the receiving end of anger from the friend you attempted to help. Know you cannot always predict your friend's reaction.

Information found on www.activeminds.org

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.



www.facebook.com/EGCCSSS



KayVonna White

Major: Business Management

Location: Youngstown

"TRIO SSS has helped me with making a smooth transition to a four-year college and going over my goals to continue my education.

I will graduate in May 2018 with an Associates of Arts in Business Management and transfer to Youngstown State University.

I would like to thank TRIO SSS for keeping me on the right track and allowing me to be optimistic about the future. TRIO Works!"

Student Support Services is a TRIO program 100% funded by the U.S. Department of Education. The 2016-2017 grant award is \$243,526.