



EASTERN
GATEWAY
COMMUNITY
COLLEGE

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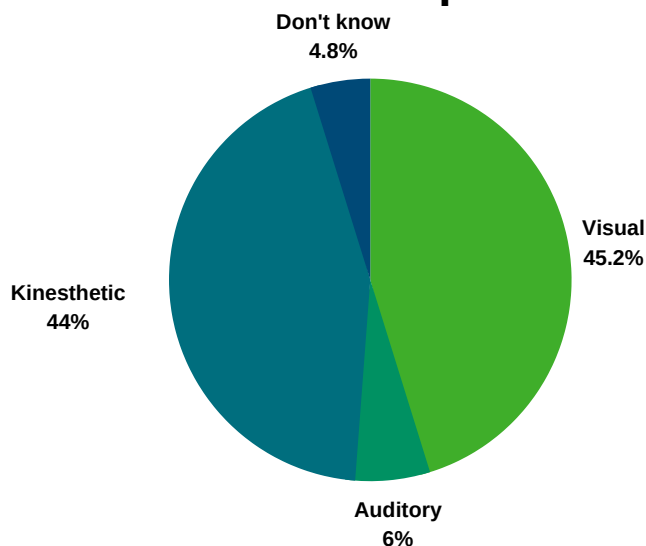
THE SSS SCOOP

THE OFFICIAL NEWSLETTER OF TRIO SSS AT EGCC



Pictured is EGCC and TRIO SSS alumna Alesia Withers receiving her diploma at the University of Charleston. Alesia earned a doctorate in Executive Leadership.

Primary Learning Style of TRIO SSS Participants



**Based on TRIO SSS 2020 Successful Learning Survey*

TRIO SSS is 100% federally funded by the U.S. Department of Education. The 2019-20 award is \$265,300.

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EASTERN GATEWAY COMMUNITY COLLEGE PRESENTS

FRESH CHECK DAYS

with CONGRESSMAN TIM RYAN

Thursday April 16th - 3:30pm EST

Ohio Congressman Tim Ryan spoke on meditation, mindfulness, and social distancing at Fresh Check Days town hall meeting via Zoom

Director's Corner

Check Your Anger

What leads you to anger? There is no point in denying it. We all experience anger. To feel anger is to be human. To feel anger is to acknowledge that we are not in control. In the past several weeks and possibly in the next, many of us will experience feelings of anger. Anger that we can not visit a sick family member. Angry at being laid off from work. Anger that we don't have childcare. Anger that we don't have all we need. And, as you find that others are in even worse situations, you might experience feelings of guilt for being angry at all. Remember, you are not the only one. Do not feel guilty for feeling angry. It is a natural emotion around very real circumstances.

When the heat of anger arises inside us it can result in a reflex to lash out. You may feel the urge to defend your position, to blame, withdrawal, or sometimes even explode! Guess what? Managing anger takes practice! It will not subside without attention and discipline.

So how can you manage your feelings of anger? Here are 4 tips that can help.

1. **Pause before you speak**- Is what I am about to say or do helpful, or will it cause harm?

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Faculty Features



Darrel Lawrence English

Henry: How did you decide to study English? And, when did you know you wanted to be a college professor?

Lawrence: During my high school years, I really did not like school, so I never planned to go to college. After graduating from high school, I moved across the country to Los Angeles with the goals of either getting in a band, which was probably not very realistic, or doing something mechanical with vehicles. There was a community college near where I moved, and through a series of circumstances, I decided to take a couple of classes just to see what college was like. I never planned to go beyond that first semester. I figured it probably would not be a good experience, and I would quit or

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A Message From Art Daly

The times they are a changing. Nothing mirrors that statement more than our times today. We are faced with doing things a new way. Study habits are changing, learning and communicating effectively is changing and normal interaction is definitely changing but one thing that will never change is your ability to learn new things and create a future for yourself that is different than it is today. Some of you are finding these times challenging but you continue to strive and persevere. Shifting gears, changing stride and modifying your world may seem hard but realize, "this time" we

are in, is preparing you for what truly lies ahead in your professional future. In the career field you enter, no day will be the same, no scenario will stay consistent and you will always have good and bad days. As things continue to change, know that the old way will eventually lose out to the new way. This is how we learn and this is how we grow. You are students not only of

Eastern Gateway Community College but of life. Lifelong learning should always be your passion. I implore you all to reflect on how things have changed for us today. I have spoken to many students during this time and all of them have continued working hard to change their lives for the better. Keep your enthusiasm high and focus on the future you are building for yourselves. Ralph Waldo Emerson said, "Nothing great could be accomplished without enthusiasm," to keep your dreams alive in spite of problems whatever you have. Be confident in your abilities to work hard for your dreams to come true, to become a reality." Continue to learn. Continue to grow. The old way allows us to move on to the new way through educating ourselves and improving things every day. Go Gators and I look forward to seeing the great success you achieve!



~Arthur Daly, Vice President-Youngstown Campus~

Director's Corner

continued

2. Become part of the solution, not the problem -

Are you engaging in activities that act as a trigger for your anger? Try reducing the amount of time you spend on social media or watching the news.

3. Have an healthy outlet - Do you have something positive you can do to channel your anger? Take a walk. Read a good book. Play a board game. Pray or meditate.

4. Learn acceptance - Accepting things as they are does not mean you don't care, or that you've surrendered to chaos. It only means that you have accepted what you have no control over and what you do. Recognize the difference and move accordingly.

While you can't entirely avoid feelings of upset, you can work to live your best life by checking your anger!

Peace!



TRIO SSS Workshops Coming to Canvas!

Starting in May all active TRIO SSS participants will have access to TRIO Support Services resources in Canvas.

Participants will be able to access academic workshops on the following topics:

- Studying Basics
- Fighting Test Anxiety
- Scholarships
- Preparing for Final Exams

Autism Awareness



Celebrate Differences

Each April, National Autism Awareness Month is celebrated to spread awareness, promote acceptance, and ignite change.

Autism is a complex, lifelong developmental disability that affects essential human behaviors such as social interaction, the ability to communicate ideas and feelings, imagination, self-regulation, and the ability to establish relationships with others.

Acceptance comes with understanding, and while individuals and families living with autism live this life everyday, there is still a need for factual education and awareness for the general public. Knowledge promotes acceptance because it allows people to understand how to be more inclusive, and build more supportive experiences.

COVID-19 Resources

The Autism Society of America was the first national autism organization to provide immediate, and ongoing, support resources for the autism community during the COVID-19 crisis. The autism community faces extraordinary pressures during this global pandemic, which is why they created a COVID-19 toolkit and launched a Coronavirus Information Series on Facebook Live. Here are links to these resources:

Toolkit: www.autism-society.org/covid-19/

Facebook:

<https://www.autism-society.org/facebook-live-coronavirus-information-series/>

Information found at:

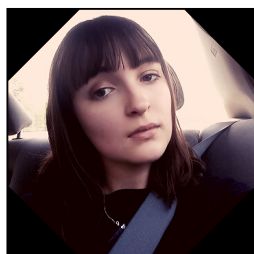
The Autism Society of America <https://www.autism-society.org/>



TRIO
SSS
Student Support Services

Student Spotlight

Summer Gescheider is a Paralegal major. She will graduate in August 2020 and hopes to continue her education at a four-year institution. She was accepted into TRIO SSS in Fall of 2018.



Summer Gescheider

"...helping me to cope with the stress that comes with college."

TRIO SSS has helped me ... By finding opportunities locally and helping me to cope with the stress that comes with college.

The best thing about TRIO SSS ... Is how inclusive, kind and respectful the staff are.

Thank you TRIO SSS for ... Being there when I needed help with something, and for their advice and understanding.

In the last year, I am most proud of ... Staying focused while in school and ending off the semester well.

Important Dates



May 4-8

- Spring Full Term Finals Week

May 10

- Spring Full Term Semester Ends

May 24

- Spring Last 8 Week Session Ends

May 25

- College Closed for Memorial Day

fail out after one semester. However, I could at least say later in life that "I tried college."

I was surprised that within the first couple of weeks, I found college to be different from high school. In short, I loved it and knew I would do the work necessary to stay there and graduate. I loved it so much that in a few weeks, I started thinking of graduation with a sense of disappointment. The disappointment came from not wanting that experience to end. That is when I looked at my professors being in that positive learning environment and thought if I could do what they are doing, I could remain in a place like this where I am so comfortable.

“
**I try to make
elements of the
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world.**
”

I knew I wanted to teach in a community college, but I did not know what to major in. Even in high school, I always liked reading and learning, but my grammar and punctuation skills were poor. In my second semester, I took an English class where writing was taught in a way that completely clicked for me.

In just one semester, my writing skills improved tremendously. After that class, I thought it made sense to take my love for reading and newly found writing skills to major in English. After I made that decision to teach English in a community college, I just kept slowly and steadily working towards that goal.

Henry: Have you ever had any other jobs besides teaching college and what were they like?

Lawrence: Before I started teaching college, I had many different jobs, and most were completely different from this job. Most of my previous jobs were more physical. I worked as a machinist for an aerospace company in Los Angeles, and I've had quite a few jobs as a mechanic. With my degree, I worked for a while as a Technical Writer before beginning to teach college. I think if I had never tried college, I would have been satisfied with several of the jobs I had. However, after being in college, I knew that for a career I wanted to be in this environment. Many of those jobs did build a sense of responsibility that helped me in college. Also, jobs I had outside of college were useful in helping me to see how aspects of what I teach can be used on various jobs. I try to make elements of the learning in class relevant to the professional world. One comparison between jobs outside of teaching college is on many of those jobs, sometimes I would watch the clock and the day would seem very long. When I am teaching, time often goes very quickly. The days fly by.

Henry: How do you define good instruction in a community college setting?

**now we don't
even need to be
on campus to
communicate and
work together**

Lawrence: Because I began my education in a community college, I often look back to my professors there to see what they did to help make my education successful. One thing is recognizing that our students are at many different levels of preparation. To have effective learning, it is helpful to make adjustments in teaching styles to reach students at these different levels. Communication is also extremely important. I like to encourage an environment where students can feel comfortable asking me questions or telling me if they are having a problem in the class. Many of my community college teachers were very approachable, and I knew they cared about my learning. I wasn't always as comfortable approaching some of my professors when I transferred to other schools. One final thing is years ago I remember a professor saying that it is helpful when an instructor cares more about the students and their learning rather than the subject material. The idea there is that while subject matter is very important, and the instructor needs to be an expert in his or her field, it is also extremely important for the

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instructor to care about the students and their learning experience.

Henry: How do you adjust your style to the less-motivated or under-prepared student?

“ I don't want online students to feel as though they are just teaching themselves. ”

Lawrence: As I said earlier, one of the challenges is having so much variety in how students are prepared for college. The approach that I noticed working effectively in my classes is when giving instruction, I tend to keep a middle ground. Most students will be in that middle ground and understand the material effectively. However, I am aware that some students will be above or below that middle ground. I make it clear to those students that I can work with them outside of class to meet their needs. I am very glad to spend extra time working with under-prepared students individually or in small groups outside of our regular meeting times. I also let students know that I was once one of the less-motivated and under-prepared students. I think that can make them more comfortable in asking for extra assistance when it is needed. Technology helps in this area as well because now we don't even need to be on campus to communicate and work together.

Henry: What do you see as the major challenges of your teaching role and how do you meet them?

Lawrence: The challenges changed over the years, both personally and

as society and students changed. One challenge I am concentrating on right now is trying to make my online classes as engaging as the on campus classes I taught. I've taught on campus and online for many years, and the main priority from the beginning is ensuring the main outcomes are met no matter which mode of delivery I use. I feel comfortable in meeting outcomes, although I do make tweaks here and there. A bigger challenge though is getting the same level of engagement online that I had on campus. I don't want online students to feel as though they are just teaching themselves. I want them to know that even though we are online, I am still an actively engaged instructor. Since I moved to being completely online this past year, I've had much more time to work on this goal. One thing I've tried is taking some of the stories I told in class and writing those into the lecture notes or having them as part of our

“ The turning point in my life goes back to my education, which started at a community college. ”

discussion questions. I've gotten some good feedback from doing that, but a concern is I don't want to burden students with too much extra reading. With our new LMS, Canvas, there are some tools I am experimenting with to assist in meeting this engagement goal. While completing the course and meeting the outcomes is most important, I also want students to really like being in my online courses

Henry: What do community college

students need most from their instructors?

Lawrence: First, I believe encouragement is very necessary. I know from my background and where I was before I started at a community college that I did not have much confidence academically. Over the years that I've been teaching, I've noticed many of my students facing that same issue. While it is important to point out things students are doing wrong so they can grow and learn, I also find it very important to recognize and call attention to the good work that students produce and the talents they have. I also hope that encouragement will lead to very open communication. I feel students need to be comfortable communicating with their instructors. I find that having communication with mutual respect enhances the learning process.

Henry: What about your role brings you joy?

Lawrence: Wow, there is so much about teaching in a college that brings me joy that it is hard to know where to start. One thing is I have a really good life now, and it has been that way for quite a long time. The turning point in my life, and a key ingredient for why it is so good goes back to my education, which started at a community college. From that, I love seeing when former students reach their goals and go on to have a happy and fulfilled life. I've been at EGCC for over 22 years, so I've seen so many success stories with my students. One other thing is I said earlier how when I started school, I loved it. It makes me feel so good when students have a good experience in my class and actually want to be there. It thrills me when a student makes a comment that they are disappointed when the class is over.

Off Campus Updates

Take A Virtual Campus Visit

Did you know that you can visit a college campus without leaving home? TRIO SSS is giving you a chance to take a virtual tour of The University of Akron.

THE UNIVERSITY OF AKRON a virtual campus visit

Located in Akron, Ohio about 40 minutes south of Cleveland and 2 hours northwest of Pittsburgh, The University of Akron (UA) is a 4-year public university with a wide variety of programs serving 19,200 students who represent 46 U.S. states and 71 foreign countries.

HOME OF THE ZIPS

Interested in the University of Akron?
Here are a few things to know:

- Priority deadline for Fall semester is July 15th.
- You must have a 2.0 GPA to be considered for admission.

You can contact an admissions counselor at transfer@uakron.edu

THE AKRON GUARANTEE SCHOLARSHIP

Eligible students must have at least 12 credit hours, a 3.0 GPA and be attending full-time at the main campus.

A GPA of 3.5 or higher earns an award of \$2,000
A GPA of 3.25 to 3.49 earns an award of \$1,500
A GPA of 3.0 to 3.249 earns an award of \$1,000

DID YOU KNOW

that EGCC & UA have a transfer equivalency guide? Ask your advisor!



Using your camera app, hover over this code to virtually visit the University of Akron!

Click the "i" to read about the campus, see pictures, and find out more about the college.

Visit www.uakron.edu to request more information about the admissions process, transfer credit equivalencies, and scholarships!!



CHECK IN AT HOME

Because of COVID-19 the Fresh Check Day event that was scheduled to take place on the Steubenville and Youngstown campuses has been moved online and to social media. EGCC is offering a modified version of the program called Check In At Home.

Check In At Home is for anyone, anywhere. It's especially important to check-in on your mental health while you're in quarantine. Some topics covered are self-care, making connections, meditation, and other topics to help EGCC students and employees in the current state of affairs.

The program started on April 5th and will run until May 8th. Each Monday they will post activities and information that will help reduce stress, get your body moving, put you in a positive mindset, and more!

Fresh Check at Home information is available at:

<https://egcc.edu/fresh-check-days/>



CARISSA'S CORNER

Dr. Carissa Henry, Licensed Professional Counselor, M.A.P.C.C.-S, D.Min.

What You Have Been Feeling During Covid-19

Although you may have already felt sadness, anxiety, depression and loneliness during this time, there is another word that may help identify what you have been feeling. That word is grief and you may have been experiencing it. It is helpful to understand what you have been feeling because then you can begin to manage it.

Grief expert David Kessler offers his views on our emotions during the pandemic. He says what we are experiencing is anticipatory grief, meaning uncertainty about the future. We know something bad is coming but we cannot see it and we do not feel safe. We also know that the world has changed, there is a loss of normalcy, there is an economic toll and that there is a loss of human connection. On top of this, our feelings and emotions are compounded because our entire community, state, nation and world are in the same boat without an end date in sight.

Carrying this weighty grief for an indefinite amount of time can take its toll, yet, Kessler says there are things that we can do right now to manage it. He offers the following four suggestions when dealing with grief during this pandemic.

- You probably are already imagining the worst case scenario. Now, challenge yourself to think of the best case scenario. For example, if you are imagining everyone you love getting sick, switch that to imagine no one you love getting sick. Although both will probably never happen this will help balance your thinking and will help you begin to think more realistically.
- Control what you can and let go of what you cannot. For example, you cannot make everyone wash their hands, but, you can wash yours.
- The grief we are feeling is about the future, so bring yourself back to the present moment. You can do this right now. Here is a simple exercise in mindfulness:

Put your hands under the chair that you are sitting in. Notice how it feels and describe it. Is it rough? Is it smooth? Is it cloth or leather? How does your body feel supported sitting in the chair?

- Tap into and then use your compassion. For example, if you see someone being rude to the clerk at the grocery store and you are the next person in line change that. Be nice to the clerk and ask about his or her day. Thank them for being an essential worker.



Information Found At:

The Harvard Business Review That Discomfort You're Feeling Is Grief by Scott Berinato found at <https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief>

Congratulations Dr. Alesia Withers!

Alesia Withers was 47 when she enrolled at EGCC for the Summer semester in 2010. In ten years she evolved from having a GED to becoming Dr. Withers. While attending EGCC, she was an active TRIO SSS participant, the president of Phi Theta Kappa, and was one of the 2012 Coca Cola Community College Academic Team Members. Alesia went on to be the honored graduate at Commencement in 2012 where she was awarded an associates degree in Business Management. While she was finishing her degree at EGCC, Alesia started working on her bachelors degree in an online program at Mountain State University which became the University of Charleston. She graduated from the University of Charleston in 2013, then continued her education there and earned a masters of Strategic Leadership in 2014 and a doctorate of Executive Leadership in December 2019. In the future she would like to teach, or work in student retention, if not business and leadership.



What is TRIO SSS?

The TRIO SSS (Student Support Services) program assists eligible EGCC students achieve their academic goals by offering services to increase college retention and graduation rates.

Who Is Eligible?

- First Generation Students,
- Income Eligible Students,
- or Students with a Documented Disability

Contact Us

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Youngstown: Tiffany Streeter
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For more information, check out our webpage or complete an interest card



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