



EASTERN  
GATEWAY  
COMMUNITY  
COLLEGE

DECEMBER 20, 2018 | VOLUME 4

# THE SSS SCOOP

THE OFFICIAL NEWSLETTER OF TRIO SSS AT EGCC



*On 12/14/18, TRIO SSS attended a performance of The Nutcracker Ballet at the Benedum Center in Pittsburgh*

# 3.31

**Avg. GPA**



## New SSS Students

*\*Based on 2018-19 TRIO SSS Cohort*

## IN THIS ISSUE

Director's Corner & Duck  
Talks - 2

Student Spotlight - 3

Carissa's Corner - 4

Fall Honors - 6



TRIO SSS is 100% federally funded by the U.S. Department of Education. The 2018-19 award is \$253,876.



*TRIO SSS students and staff volunteered at the Urban Mission of Steubenville*

## DIRECTOR'S CORNER

*Happy holidays*

### What Matters

During the holidays there's so much coming at us that it's easy to lose track of what matters. Amidst all the scurrying in and out of stores, writing lists and checking them twice, remember to connect. Connect to one another. Volunteer your time to help those in need. Nurture the loved ones in your life. Reconnect with a friend or family member. Make a new friend or start a new tradition.

When meaningful gifts are hard to come by, try giving a kind smile, a warm hug, a strong pat on the back, or a sincere "I'm glad to see you". What matters? People matter. Relationships matter. You matter.

Have a joyous holiday and happy New Year!



## Duck Talks

On 11/20/18 Carissa Henry interviewed Gayle Koster for our 1st TRIO SSS Duck Talk

### Meet Gayle Koster



**Henry:** So, why did you choose Eastern Gateway Community College for your education?

**Gayle:** "I chose EGCC because they had the Health Information Technology Program that I wanted to be a part of. It was also close to home and very affordable with receiving financial aid."

**Henry:** What's your major and are you a candidate for graduation and are you transferring?

**Gayle:** "My major is Health Information Technology. I will be a candidate for Summer 2019 graduation. At this point I am deciding if I will transfer. If I transfer

*continued on page 5*



# Student Spotlight



Kevin Hull

*Kevin Hull is graduating this semester with an Associate of Arts degree and he will be transferring to Kent State University in the Spring to major in Exploratory Studies. He was accepted into TRIO SSS in Fall 2018.*

*TRIO SSS has helped me complete applications, find scholarships, and process my past. The best thing about TRIO SS is having access to assistance when it comes to counseling and advising. Thank you TRIO SSS for providing counseling services, cultural trips, and workshops that helped me with my study skills.*

*I am most proud of finishing my Associates degree and participating in Phi Theta Kappa.*

## 5 Reasons You Should Meet With Your SSS Advisor

1. **Plan Future Steps in Your Education.** Your Advisor can help you explore career and major options and teach you to take ownership of your education so you feel in control of your future.
2. **Collaborate to Graduate.** Your advisor will help make sure you are taking the right classes and monitor your progress toward completing your degree.
3. **Push Toward Progress.** Your Advisor will be there to talk when you need advice or assistance, motivate you, and hold you accountable for meeting your goals.
4. **Build a Strong Campus Support System.** Your Advisor can provide campus resources to enhance your educational experience and serve as a link to EGCC faculty and staff who can provide any information and assistance that your Advisor cannot.
5. **Assistance With Navigating College.** Your Advisor is familiar with college policies, procedures and requirements, and can help you understand the academic calendar and important deadlines.







**Did you know that students who  
work with an advisor increase  
their chances for success?**



## CARISSA'S CORNER

*The holiday season can be an exciting time of the year! It is also a stressful time for most. Holiday stress can range from good stress that we can handle that is often exciting (eustress) to bad stress which is cause for concern (distress). Some of the stress can stem from financial concerns, family, and social situations. Here are just a few simple tips from [brooklane.org](http://brooklane.org) on relieving your holiday stress.*

### *Here are some Holiday stress relieving tips*

-  Design your holiday to suit you; do things because you want to, not because they're a tradition.
-  Do something special for someone in need; it will make your problems seem smaller.
-  Don't try to do it all at once; pace yourself. Ask friends & family to help with baking, decorating & shopping.
-  Remember why we have the holidays; read something that's inspirational to you.
-  If you have lost a loved one or if you are divorced or separated, start a new tradition just for you.
-  Plenty of rest, moderate exercise & eating right are great ways to relieve stress.
-  Concentrate on the good things of the season. Let go of the negative & try to spread the cheer to others.



**The SSS Office entry in the Youngstown Door Decorating Contest**



# Duck Talks...

...I am looking at the University of Cincinnati's Bachelor's Degree in Health Information Technology. If I go that route I can complete the entire program online."

**Henry: Can you tell me what obstacles you've encountered while trying to earn a degree?**

**Gayle:** "I have had three major hurdles while at EGCC. The first hurdle in being a student was that I did not own a computer or have internet access at home. I used to come to school and use the computers in TRIO SSS office and in the library to complete all of my school work. The next hurdle was with my car. My car would often break down and it would be a barrier to attending school. It has also been hard for me to keep gas in my car to get to school several days of the week. Additionally, I have had health issues to deal with. With all of this being said, I have not missed any days of school."

**Henry: Now, tell me about a time where it looked like you were doing well but really you were paddling hard underneath the surface.**

**Gayle:** "These last three weeks have been really hard. I need to "catch up" in one of my health information technology classes. We are getting to the end of the semester and the Thanksgiving break is about to happen. With that break time I will use it to catch up in my course."

**Henry: Thank you. You really had to work hard to be successful.**

**Gayle:** (nodding head)

**Henry: How has TRIO SSS helped you stay afloat?**

**Gayle:** "How hasn't TRIO SSS helped me!? It is because of

TRIO SSS that I have a computer. I received Grant Aid from the program and it allowed me to purchase a laptop. I am also a Student Worker for the program. This has not only provided me a pay check, but it has also given me time. That time is few minutes here and there when I am not working on TRIO SSS projects to work on my homework."

**Henry: Before we go, what would you like to tell others who may feel like they look smooth and slick on the outside but are really just treading water?**

**Gayle:** "Accept help. When you have reached the end of your rope, someone else will tie a knot and let them."

**"Accept help. When you have reached the end of your rope, someone else will tie a knot and let them."**



*End of interview*



# Fall Honors

TRIO SSS is very pleased to announce and congratulate the following students for being recognized for their outstanding academic accomplishments during the Fall 2018 Semester

## 4.0 GPA

*Christopher Bates, Pamela Brush, Vanessa Cimmento, Lori Davis, Aquanetta Dixon, K. Huntter Dulkoski, Gabriella Forde, Emily Fox, Luke Gescheider, Tamisha Harris, Kevin Hull, Gayle Koster, Doan McKinney, Tanya McNeely, Tracy Molinari, Lumi Preston, Elizabeth Quinn, Elizabeth Ramos, Brigitte Rimar, Aaliyahia Spivey, Jonathan Thomas, Tiffiany Watson*

## 3.5 - 3.9 GPA

*Mark Bharat, Emma Cottrell, Tiffany Crawford, Cierra Firm, Summer Gescheider, Gavin Grimm, Donshe Henderson, Rebekah Hobbs, Laurie Hudnall, Taleen Medina, Stephanie Miller, Breanna Perdue, Reginald Revere, Claresch, Richardson, Christina Risdon, Brittani Russell, Katelyn Sandreth, Breeanna Smith, Zachary Thompson, Tonya Washington, Amanda Whitlatch*

## 3.0 - 3.4 GPA

*Vida Amponsah, Logan Antill, Sierra Arnett, Latrice Banks, Dawn Barnett, Christian Brooks, Brandon Felton, Lamar Johnson, Wanda Jones, Erika Maple, Sarah Marsch, O'Dasia Phifer, Megan Price, Michael Swickard*

**41%** of 2018-19 TRIO SSS participants earned a GPA of 3.5 or higher



# TRIO SSS Workshops

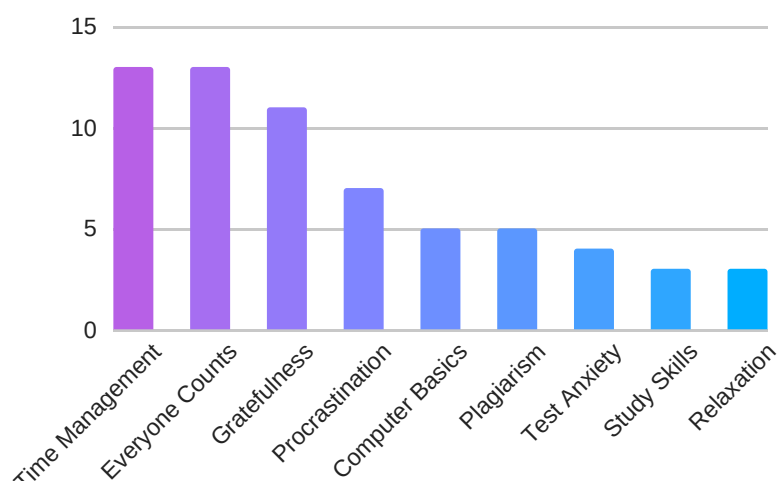
**Coming Spring 2019**

- Degrees 101: The Hierarchy of Degrees
- Scholarship Essay Writing
- Planning Your Successful Transfer
- Fighting the February Slump
- Reading & Study Strategies

**Don't miss the opportunity to maximize your potential!**

- Bounce Back From Bad Midterm Grade
- Dress for Success & Resumes
- Know Your Grid for Graduation/Scheduling
- Finals Boot Camp
- Relaxation Techniques

## Most Popular Fall Workshops



## Upcoming Activities

- Paint & Snack
- National TRIO Day 2019 Celebrations
- HBCU College Festival at Bowie State University
- Kent State University Campus Visit
- Spring Volunteer Opportunities
- Spring Cultural Trip
- Honors Convocation
- Commencement

*\*Upcoming TRIO SSS workshops and activities are tentative and are subject to change*



# Need Money For College?

## Where to Find Scholarships

Scholarships are a way to help fund your college education and they don't require repayment. Even a small scholarship can help relieve some of the financial burden of college. Scholarships are available at a local, state, and national level. Here are some sites you can use to search for scholarships:

### College Board's Scholarship Finder Website

<https://bigfuture.collegeboard.org/scholarship-search>

### Scholarships.com

<https://www.scholarships.com/financial-aid/college-scholarships/>

You can search for scholarships using criteria ranging from grade level, major, state, or type of scholarship. Here are some examples of what you might find:

### The Roothbert Fund Scholarships

**Amount: \$3000**

**Deadline: February 1, 2019**

[www.roothbertfund.org/scholarshipsprogram.php?p=roothbert-fund-scholarships](http://www.roothbertfund.org/scholarshipsprogram.php?p=roothbert-fund-scholarships)

### American Red Cross Jane Delano Student Nurse Scholarship

**Amount: \$3000**

**Deadline: May 15, 2019**

[www.redcross.org/volunteer/become-a-volunteer/student-nurse-scholarship.html](http://www.redcross.org/volunteer/become-a-volunteer/student-nurse-scholarship.html)

### Presbyterian Student Opportunity Scholarship

**Amount: \$2000**

**Deadline: May 15, 2019**

[www.presbyterianmission.org/ministries/theology-formation-and-evangelism/financialaid/undergraduate-opportunities/student-opportunity-scholarships/](http://www.presbyterianmission.org/ministries/theology-formation-and-evangelism/financialaid/undergraduate-opportunities/student-opportunity-scholarships/)



#### What is TRIO SSS?

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

#### Who's Eligible?

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

#### Contact Us

Steubenville: Marybeth Jones  
mjones@egcc.edu

Youngstown: Tiffany Streeter  
tstreeter@egcc.edu



<https://www.facebook.com/EGCCSSS/>



<https://twitter.com/EgcccSss>



<https://www.instagram.com/triosss2018/>

