



FALL 2020 | VOLUME 24

THE SSS SCOOP

THE OFFICIAL NEWSLETTER OF TRIO STUDENT SUPPORT SERVICES
AT EASTERN GATEWAY COMMUNITY COLLEGE

TRIO SSS



Welcome to the TRIO SSS Community Page!



Director's Note

**Collaboration & Engagement
will help you succeed.**

By Brittany Crosio

Congratulations on a successful fall semester! The COVID-19 pandemic continues to affect our everyday lives but your perseverance in the face of adversity is admirable. The TRIO SSS program is here to get you involved with all aspects of college at EGCC including participating in activities, understanding academic advising, and career readiness. Research shows that students who engage in collaborative activities are able to learn and understand the content of their coursework better than those who do not. Continue to engage with your professors via email or post on the Community page discussion board to interact with your peers. We will see each other in-seat again, soon!

The TRIO SSS Program introduced a Community Page in Canvas. The purpose of this is to create the community we aspire to have even if we can't see each other face to face. Here you'll find all of our workshops, monthly activities, and a discussion board to collaborate with other SSS participants.

Click here to learn more!

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Student Support Services

TRIO SSS

Eastern Gateway Community College

TRIO SSS is 100% federally funded by the U.S. Department of Education. The 2020-21 award is \$274,586

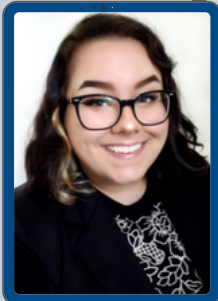
SUCCESS! TRIO SSS Receives 100% on Annual Performance Report

TRIO SSS is required to report on participants to the Federal Government each year. The 2019-20 report reflects the progress of 304 students served in the last four years.

We are thrilled to report that SSS students at EGCC excelled and we surpassed the approved rates in every category and scored 100%!

2019-20 Summary Results for the Standard Objectives (P042A151284)				
Criteria	Maximum Score Allowed	Approved Rate	Actual Attained Rate	Standard Objectives Scores
Persistence	4	60%	82%	4
Good Academic Standing	4	75%	91%	4
Associate's Degree or Certificate	2	25%	47%	2
Associate's Degree or Certificate and Transfer to a 4-Year Institution	2	15%	23%	2
Funded Number	3			3
		Number of Participants Funded to Serve	Number of Participants Served	Percent Served
		165	165	100%

Meet Our New Academic Counselors



Morgan Kush will be working with students at the Youngstown Campus.

The best piece of advice they have been given is to stop worrying about people that don't worry about you.

Scan here to learn more about Morgan



Derek Tombs will be working with students at the Steubenville Campus.

The best piece of advice he has been given is to find time to laugh every day.

Scan here to learn more about Derek



We Are Here To Help

PHYSICAL DISTANCING.

NOT SOCIAL DISTANCING.

We want to remind you that we are still here for you and will do our best to help you get through the semester successfully! Communication is the key to making this happen so please reach out to your TRIO SSS Advisor as often as you need to. You should have already received information from your counselor about the various ways you can contact us. Please reach out for anything you need, even if it's to vent or say hello. We are all accessible by email, phone, text, zoom, etc. Don't forget that you are not alone and we are here to help!

Transfer Success Stories



Simone Dreher - Class of 2016

Degree: Associate of Arts

Certificate: Phlebotomy

Transfer School: Louisiana State University

I had originally planned to study Biological Engineering, Anthropology and International Studies. Three majors at the same time (laughing), it was a lot. I realized that Anthropology made me happy, so I switched to it and I will graduate in December 2020 with Bachelor's degree in Anthropology.

Study Abroad: Philipps-Universität Marburg

I studied abroad at Philipps-Universität Marburg in Germany because I wanted to further my language understanding for German and going to the country is probably one of the best ways to learn the language. I took some classes in North American Studies, Global Health, Anthropology and of course German.

How did TRIO SSS help?

I talked to them about what I wanted to do and going off to college. They were basically the person for "If you need anything, please ask. We have a lot of resources and we can help you." You need somebody to help you work through those things that you're not used to. I got to take a trip with TRIO SSS to see a play in Cleveland and that was really cool. When you get those opportunities to go outside of the classroom with people, you get to meet ones with different life experiences.

Advice to others

TRIO SSS would have been so good to know about from the beginning. Having all those things laid out for you, having someone look at your criteria and saying look at all these opportunities we have to help you succeed. The biggest thing is, when you come into a college or any academic setting, if you have somebody that's already in your corner, it's so much easier to succeed.

Future Plans

I want to go to graduate school to do my Master's in Anthropology and I want to research the connection between culture and disease. Specifically what about your culture causes you to get cancer.

Important Dates



Jan 11 - Spring classes begin

Jan 18 - College closed for Martin Luther King Day

Jan 21 - Last day to drop First 8 Week classes

Jan 25 - Last day to drop Full Term classes

EGCC Academic Honors

President's List



The President's List is an award given to an EGCC student who completes six or more credit hours and earns a 4.0 grade point average in a semester.

Student names

Heather Beats, Jacqueline Bly, Kimberly Boyer, Tommie Churchman, Catherine Cleaves, Karen Cupeles, Tamika Davis, Adara DeAngelis, Angela Foor, Julia Hegner, Heather Henderson, Steven Jack, Joseph Jackson, Brandi Johnson, Amy McCoy, Jayla McNeely, Tania McNeely, Autumn Nile, Madison Perkins, Lisa Price, Erica Stratakis, Nathalie Taghaboni, Jessica Ware

The Dean's List honors an EGCC student who completes six or more credit hours and earns a semester grade point average of 3.5 to 3.99.

Student names

Trinity Benitez, Emma Cottrell, Samantha Cuevas, Joann Cummings, Selena DuPonty, Margeurite Hopkins, Cheyenne McLaughlin, Kaylee Meek, Melissa Morgan, Octobriann Olverson, Joshua Perrone, James Reed, Kayleen Ruiz, Alexandria Simkins, Victoria Taylor, Shaquille Williams

Dean's List



TRIO SSS Academic Honors

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

4.0
GPA

Heather Beats, Jacqueline Bly, Kimberly Boyer, Tommie Churchman, Catherine Cleaves, Karen Cupeles, Tamika Davis, Adara DeAngelis, Angela Foor, Julia Hegner, Heather Henderson, Steven Jack, Joseph Jackson, Brandi Johnson, Amy McCoy, Jayla McNeely, Tania McNeely, Autumn Nile, Madison Perkins, Lisa Price, Erica Stratakis, Nathalie Taghboni, Jessica Ware

3.5 - 3.99
GPA

Trinity Benitez, Emma Cottrell, Samantha Cuevas, Joann Cummings, Selena DuPonty, Margeurite Hopkins, Cheyenne McLaughlin, Kaylee Meek, Melissa Morgan, Octobriann Olverson, Joshua Perrone, James Reed, Kayleen Ruiz, Alexandria Simkins, Victoria Taylor, Shaquille Williams

3.0 - 3.49
GPA

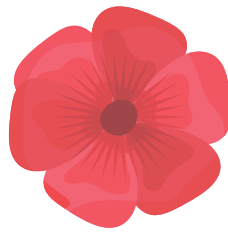
Antoinette Adair, Vanessa Antillon, Josie Bumbico, Nicole Double, Jennifer Fairbrother, Lauren Hawkins, Robert Hudock, Ciera Ingram, Steven Mayle, Summer Pace, Raymond Prisby, Ashley Smith, Danielle Striker, Alexandria Williams

Congratulations on your achievements!



CARISSA'S CORNER

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



HOW TO HANDLE DIFFICULT FEELINGS

We cannot get through life without feeling difficult things such as grief, anger and sadness. Yet, we need to be able to move past these feelings, so that we can be productive at school and work. The following is a three step process that I would teach someone during counseling sessions on how to be able to move past difficult feelings.

A AWARENESS OF FEELINGS

When dealing with a difficult feeling it is important to acknowledge that it exists. For example, if you feel like crying and feel exhausted recognize that what you are feeling is sadness. Or, if you are mad at a person or situation recognize that as anger etc. Once you know what you are feeling sit with it for a few minutes to grasp it and put a name to it.

B BE MINDFUL

This second step will help you come into the present moment. You can do this through a mindfulness technique. One technique that is easy to do anywhere is the following. First, look around and find a picture. Next, pick out 14 objective things about that picture. Start listing the objective things taking a deep breath after every two. For example; That is a picture of flowers. One of the flowers is red. Breathe. The flowers are in a vase. The picture is in a frame. Breathe. Continuing on until you reach 14.

C CONTINUE WITH A DISTRACTION

Now that you are in the present moment do something to distract yourself. Actively doing something will help you not return to the difficult feeling. Here are some examples of a distraction. Do the dishes. Play with your kids. Take a walk. Start on a school assignment.

Do not be discouraged if you get hung up on a step or two. Remember that it is okay to repeat this process as many times as you need to. Practicing or showing a friend this process will help it feel more natural every time.



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

Steubenville: Marybeth Jones
 mjones@egcc.edu
 Youngstown: Brittany Crosio
 bcrosio@egcc.edu

For more information, check out our webpage



<https://instagram.com/EGCCTRIOSSS>

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

<https://twitter.com/EGCCTRIOSSS>

Fall Graduates

TRIO SSS is very pleased to announce that the following SSS participants have graduated from Eastern Gateway Community College.

D'Ante` Bortz

AA in General Studies

Emma Cottrell

AAS in Dental Assisting

Tamika Davis

AA in General Studies

Selena DuPonty

AA in General Studies

Margeurite Hopkins

AAB in Business Management

Lisa Price

AAB in Business Management

Elizabeth Ramos

AA in General Studies

Aaliyahia Spivey

AA in General Studies

Congratulations!
We are so proud of you!