



EASTERN
GATEWAY
COMMUNITY
COLLEGE

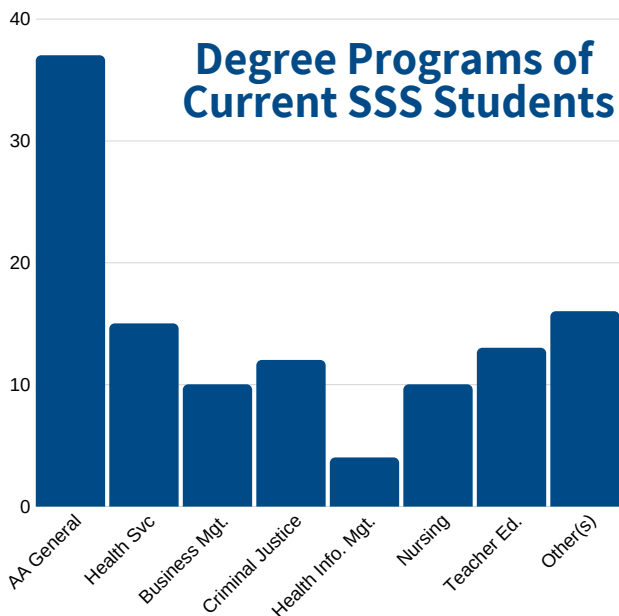
FEBRUARY 25, 2019 | VOLUME 6

THE SSS SCOOP

THE OFFICIAL NEWSLETTER OF TRIO SSS AT EGCC



SSS student, Rebekah Hobbs, receiving guidance from Melanie DiCarlo at the Planning Your Successful Transfer Workshop



*Based on 2018-19 TRIO SSS Cohort

IN THIS ISSUE

Director's Corner & Duck
Talk - 2

Student Spotlight - 3

Carissa's Corner - 4

Workshops &
Activities - 7



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

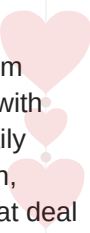


TRIO SSS Director, Tiffany Streeter attended the Mahoning Valley Young Professionals 25 Under 35 Awards Ceremony. EGCC's own Abbie Twyford Wilson was one of the honorees. Congratulations Abbie!

DIRECTOR'S CORNER

Practicing Self-Care

Self-care requires balance. It may seem nearly impossible to achieve balance with the way in which we function in our daily lives. Our work schedules, our children, spouses and obligations require a great deal of energy and focus. Self-compassion is the key to a healthy mindset and approach to self-care. What is the kindest thing that you can do for yourself? You may discover that the kindest thing that you can do for yourself is often the kindest thing you can do for others in your life. Seek balance in pieces while still considering the whole. See yourself as a whole person. Sometimes when we attempt to address self-care we focus on fitness while ignoring our diets, or on work while ignoring family. Manage self-care in bite size pieces. Don't try to do everything at once; but don't leave anything out! Approach one piece at a time and all the pieces will connect.



Duck Talks

On January 22, 2019, Carissa Henry interviewed Haley Friend for TRIO SSS Duck Talks.

Meet Haley Friend



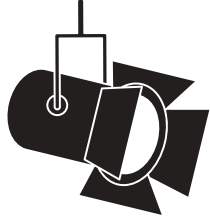
Henry: What brought you to EGCC?

Haley: I initially came because I volunteer at the fire department, so the very first ever course I took here was the EMT course. From there I thought, oh, I could take courses here because I had some credit from the vocational school, so I thought some credits will transfer. My end game is I want to be a respiratory therapist and eventually travel to do it.

Henry: So when did you volunteer?

Haley: I am still currently volunteering. We do station nights every Monday. We do meetings and fundraisers to help the community. I volunteer as much as I can.

continued on page 5



Student Spotlight

Gabriella Forde is graduating this semester with a General Studies degree. She plans to transfer to Kent State Trumbull for their Vet Tech program. She was accepted into TRIO SSS in Spring 2017.

TRIO SSS has helped me ... Learn and interact with new students at EGCC and get involved with classmates and school activities and events.

The best thing about TRIO SSS ... Would have to be how nice and welcoming all the students and staff members are. I have honestly never met one mean person at this school. The SSS program accepts everyone. I also love how SSS has fun activities that everyone can enjoy and at the same time the trips are educational and you learn from them. Brittany and Tiffany are my main people I go to for monthly meetings and new events. They are great, amazing women and always care about my well being and how I am doing in my classes.

Thank you TRIO SSS for ... Giving me an amazing two years at EGCC. I have learned so much and have grown so much. I am graduating in May with my Associates degree and I can honestly say I am going to miss everyone at this school. I have made so many great and amazing friends in SSS and I have made so many memories. Thank you for making me the student of the month.

In the last year, I am most proud of ... Myself. The reason I am the most proud of myself is because I got through a lot of serious stuff in my life and I got serious about my grades and my education last semester. I earned straight A's and made the President's List and that was a big accomplishment for me. I am proud of getting good grades and for keeping a positive outlook on school and for keeping my nice and outgoing personality. I know that beyond Eastern Gateway I will be successful.



Gabriella Forde



7 Things You Need Before You Fill Out the 2019-20 FAFSA

It will be easier to complete the FAFSA form if you gather what you need ahead of time. Below is what you will need to fill it out:

- **Your FSA ID** Each student, and one parent of each dependent student, need an FSA ID to complete the FAFSA process.
- **Your Social Security Number** You can find the number on your Social Security card. If you are not a U.S. citizen, but meet Federal Student Aid's basic eligibility requirements, you'll also need your Alien Registration number.
- **Your Driver's License Number** If you don't have a driver's license, then don't worry about this step.
- **Your 2017 Tax Records** Since you'll probably already have filed your 2017 taxes by the time the FAFSA form launches, you'll be able to import your tax information into the FAFSA form right away using the IRS Data Retrieval Tool (DRT). Not everyone is eligible to use the IRS DRT; and the IRS DRT does not input all the financial information required on the FAFSA form. Therefore, you should have your 2017 tax return and 2017 IRS W-2 available for reference.
- **Records of Your Untaxed Income** The FAFSA questions about untaxed income may or may not apply to you; they include things like child support received, interest income, and veterans noneducation benefits. On the 2019-20 FAFSA form, you'll report 2017 tax or calendar year information when asked these questions.
- **Records of Your Assets (Money)** This section includes savings and checking account balances, as well as the value of investments such as stocks and bonds and real estate (but not the home in which your family lives).
- **The Schools(s) You Are Interested In Attending** Even if there is only a slight chance you'll apply to a college, list the school on your FAFSA form. You can always remove schools later if you decide not to apply, but if you wait to add a school, you could miss out on first-come, first-served financial aid.



CARISSA'S CORNER

Carissa Henry, Licensed Professional Counselor, M.A.P.C.C

Lists To Make When You Need a Happiness Boost

It is still winter and we are getting close to the halfway point of the semester. At this point you may feel sad, bored or in a slump. It can not only be hard to find motivation, but also to find happiness. James Clear suggests that when you experience positive emotions “like joy, contentment, and love, you will see more possibilities in your life.” It is helpful to know there is possibility for change, motivation and happiness. According to Alexander Chalmers there are three ingredients for happiness “something to do, someone to love and something to hope for.” So, here are lists to make provided by mysweethomelife.com when you need a happiness boost!

“SOMETHING TO DO” LIST

- Travel bucket list. This bucket list can start with continents, and then go to countries and even to cities
- Paid experiences you’d like to have. If you’ve ever fancied bungy-jumping or paragliding, now’s the time to write it down.
- Local attractions to investigate.
- TV shows and movies for your must-watch list.
- Books you’d like to read.
- Hobbies you’d like to try.
- Health experiences you’d like to try.
- Meals you’d like to cook. You could then go and make one of them!



“SOMEONE OR SOMETHING TO LOVE” LIST

- All the pets you can remember having in your life with something special about each one of them.
- Things you love about your children. Note down things they do and say, and those aspects of their personality you love.
- The simple pleasures in your life.
- Your favorite scents.
- Affirmations that soothe your soul.
- Your favorite flowers.
- The people you admire the most and why you admire them.
- Your favorite qualities in yourself.



“SOMETHING TO HOPE FOR” LIST

- A to-do list for your ideal day.
- Financial goals for this year, the next five years and the rest of your life.
- Family goals. What is your vision for your family?
- Work goals (short term, medium term and long term). What do you want to achieve at work and in what time frame?
- The accomplishments you’d like to have mentioned at your funeral.
- Qualities of your ideal self.
- Skills you’d like to learn.
- All the aspects of your dream vacation. Include getting there, to where you’d stay, to what you’d do.



Duck Talks...

Henry: So are you an actual firefighter?

Haley: I'm not a firefighter yet, but I am taking that course in the Summer. I volunteer; but I can still do the calls to help learn the skills.

Henry: So what got you interested in that?

Haley: Well with the JVS, I learned that criminal justice isn't just criminal justice; it can branch off into EMS and fire and all of that. I already had my 911-dispatching license so I could do the other side...like be the person to answer the calls and help.

Henry: Okay, so did you complete the EMT training?

Haley: Yes, I completed it. I did the board test and I'm going to try to do it again. I am going for respiratory which can also come in handy on the ambulance because with respiratory you can do some basic stuff on the ambulance but an EMT you can do a little bit more...they go hand and hand.

Henry: You'll actually be done next year?

Haley: Yeah

Henry: Have you had things in your life you've had to juggle while being a student?

Haley: Yeah! My little sister has hydrocephalus, which is water on the brain...

Henry: Oh wow

Haley: ...and she has had 17 stint revisions. Like the last time she had infections and they could not do the surgery. I'm freaking out... I'm worried more about my sister than schooling...and with her being gone for like long periods of time...She was up in the hospital for almost 2 months and me and my older sister would stay home to do chores, help out and travel once a week to make sure they had stuff up there.

Henry: So you have had many responsibilities.

Haley: Yes. Then the summertime I work at the Key Bank Pavilion. So, since I had my security license from the JVS, I decided I'll go up there and apply! And, now I am currently a manager of security at the Key Bank Pavilion! I work there every Summer. Then during the school year I work down here for work study.

Henry: Ok, that's really neat! Full time load of classes. Then you have clinicals as well?

Haley: Oh yeah...a full load.

"I'm worried more about my sister than schooling..."

Henry: How do you manage all of those things?

Haley: I basically plan out my time very wisely. Trying to make sure, I have everything in a timely manner done so I'm not waiting until the last minute rushing to get stuff done

Henry: I saw you carrying your planner today.

Haley: (Nodding)

Henry: I imagine with your sister there may be emergencies. What do you do when there is an emergency?

Haley: Usually with emergencies, I try to get the stuff that is close to needing done first and then try to like, work around it.

Henry: Have you encountered any obstacles while at the college.

Haley: Not that many. I failed my first Anatomy and Physiology. It was like horrible. But, I retook it last semester and passed with a solid B.

Henry: Why did you fail it the first time?

Haley: The first time I didn't expect how much work it was and how the teacher works and the tests and everything. So taking the course with the same teacher again, I knew what to expect and get my stuff straight.

Henry: Did that kind of bring you down? Did you think 'am I in the right career'?

Haley: Yeah. But I kind of knew that if I could take my EMT course and pass it with flying colors I can do this. I just needed to put my mind toward focusing, buckle down and study more. So, like this time around instead of studying alone we had a group and someone would take pictures and write and we'd quiz each other and stuff like that.

Henry: So you gave yourself some positive self-talk. *If I can pass the EMT course, I can do this. I know this stuff.* You also said 'working by myself didn't work at all, so let me get a group of people to study with'.

Haley: Uh Huh (nodding).

Henry: You probably didn't even know them at all, right?

Haley: I knew one because he was in my EMT class...But now that we are in the second part of the Anatomy and Physiology we're all in the same class again so we have our group to study and continue with.

Henry: That's good. That's amazing that you tried again. You really jumped back in.

Haley: Well, I knew it was one of the courses that I needed to go into a health major. I'm like, I need to pass this. I know I can do this!

Henry: Do you feel more confident the second time around?

Haley: Oh yeah. When I noticed my grades from first taking the class. I kept on getting like Cs and Fs and I was like, I can do way better than this. The next time around I kept on getting Bs and I was like, I knew I could do this!

Henry: Where there any points where it may have seemed like you were doing well to others, but you were really having a hard time keeping it together?

Haley: I took Cardiopulmonary Pharmacology and I kept putting it out there like, I understand this. And, the teacher is like, yeah you understand this. But when it came to the test it's not showing. There was like something missing. So I took the initiative to meet with a tutor and have him help me. The teacher thought I was doing fine, but I was really struggling.

"The teacher thought I was doing fine, but I was really struggling."

Henry: You really are a self-starter. Can you tell me how TRIO SSS has helped you in college?

Haley: They helped me manage my time and juggle my workload, plus doing my homework in my free time. If I have a major problem, they are supportive. If I have any questions, they are there to answer them.

Henry: What would you tell other students that have experienced similar thing as you?

Haley: Don't get discouraged. If you know that you can do it, you can do it! Put your mind to it and stick to it. I know there are problems. If you know you can help or you can fix it, stay strong!

"Don't get discouraged. If you know you can do it, you can do it!"



end of interview



Need Money For College?

When should you apply for scholarships?

Right Now!

The earlier you begin applying, the more scholarships you'll have a shot at being considered for and win. Remember, the more you apply for, the better your odds are of winning a scholarship.

Superpower Scholarship

Amount: \$2,500

Deadline: March 31, 2019

Win \$2,500 if you have the best answer to the question, "Which superhero or villain would you want to change places with for a day and why?"

<https://www.unigo.com/scholarships/our-scholarships/superpower-scholarship>

Resume Companion Annual Scholarship Giveaway

Amount: \$1,000

Deadline: July 14, 2019

Enter to win this \$1,000 scholarship by creating a resume for a fictional character. There is no GPA requirement for this award.

<https://resumecompanion.com/scholarship/>

Best Soup of Soup-er Bowl III

Our own Brittany Bowers, Academic Counselor/Program Coordinator, received the Gator Award for Best Soup with her Cream of Chicken with Wild Rice at the Soup-er Bowl on Friday, February 2, 2019!

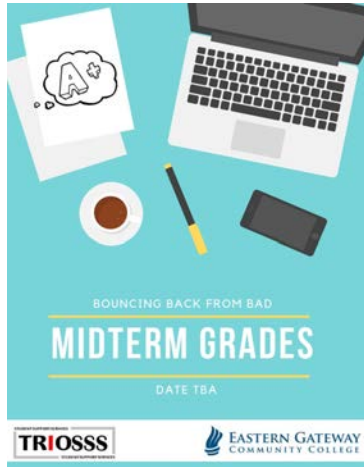


**Congratulations
Brittany!**

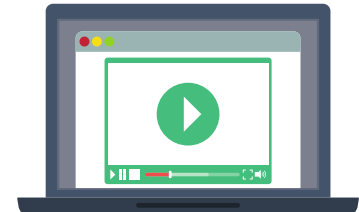
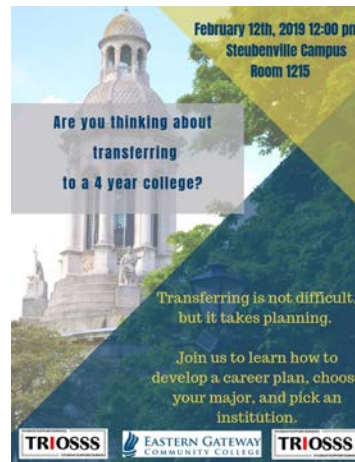


TRIO SSS Workshops

NEW
workshops
coming
soon!



Now
Available
Online!



Upcoming Activities



Black History Month

Youngstown

Tuesday, Feb. 26th - Green Book at Regal Cinema South 10

National TRIO Day Schedule

Steubenville

Monday, Feb. 25th - Cake in the Gator Center

Thursday, Feb. 28th - Service Project at The Laurels of Steubenville

Youngstown

Thursday, Feb. 28th - Service Project Omni West Assisted Living & Cake in the Hallway



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



TRIO SSS Notable Alumni

The Davis Family

The non-profit Council for Opportunity in Education bestowed its first-ever TRIO Family Achievement Award to the four Davis sisters and their mother, Mae Alice Davis, at its Annual Conference, September 15, in New York City. COE chose the Davis family as an inspiring example of how federal educational support lifts up not only low-income and first generation individuals, but entire families.



The four Davis sisters entered the college preparation program Upward Bound while attending public school in Central Falls, R.I. during the 1970s and 1980s. Both Upward Bound and Student Support Services are part of the federal TRIO programs, which provides access and supportive services to students from low-income families whose parents often have no college degree. Several of the sisters went on to participate in Student Support Services as well. All the Davis siblings went on to attend college.

Internationally-known actress and producer Viola Davis has won an Academy Award, a Tony Award and an Emmy for acting. Dianne Davis Wright is a career civil servant of more than 35 years who works for the U.S. Department of Agriculture office of the assistant secretary for Civil Rights. Deloris Davis Grant, who has been an educator for more than 20 years, teaches drama and English at Central Falls High School, the same school from which she and her sisters graduated. Anita Davis, who attended school for business, has recently returned to college to earn a degree in social work. Mae Alice Davis, the Davis sisters' mother, is a proud matriarch of six children and 13 grandchildren.

"The success of the Davis sisters is a prime example of why federal support for education is an investment that strengthens families and communities," said Maureen Hoyler, President and CEO of the Council. "When one sibling enrolls in a program like Upward Bound and goes onto college, frequently younger brothers and sisters, and even parents, follow. Everyone benefits — especially our country. That's why we are so thrilled to present this award to the Davis family. They are an inspiration."



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/EGCCTRIOSSS/>

<https://twitter.com/EGCCTRIOSSS>

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