



EASTERN  
GATEWAY  
COMMUNITY  
COLLEGE

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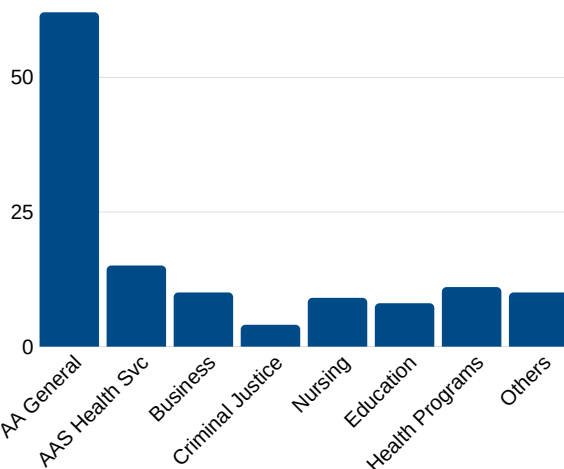
# THE SSS SCOOP

THE OFFICIAL NEWSLETTER OF TRIO SSS AT EGCC



TRIO SSS celebrated National TRIO Day at both campuses. Pictured are Zannatul Daizy and Augustina Newman at the Steubenville celebration in the Gator Center.

75



## Degree Programs of Current SSS Students

*\*Based on 2019-20 TRIO SSS Cohort*

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

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SSS students participated in Self Care Day at both campuses. Pictured are Jolene Bennett, Marisa Woolensack, Celestine Glenn, Jayhannes Rivera, Nicole Rodriguez, O'Dasia Phifer and Manshelle Young at the Youngstown event in the Student Services Center

## Director's Corner

### Women That Win!

Did you know that Women's History Month is in March? What a great opportunity to learn about and show appreciation for the women that have made a difference in your life and in the world.

In grade school you may remember learning about women that made significant contributions in education, science, or politics; but you may not have considered the impact that women in your own community make everyday. Next month, and every month, make it your goal to learn more about women that win for us all by...

- Watching a documentary
- Learning about women in local politics and civil rights in your area
- Reading a book about a famous woman in history
- Joining a women's civic organization

With continued attention on women's issues and their contributions to society, we can bring the work of women to life in our lives by celebrating women that win!

## Duck Talks

On December 11, 2019, Carissa Henry interviewed Aaliyahia Spivey for Duck Talks

### Meet Aaliyahia Spivey



**Henry:** What is your major and why did you choose EGCC?

**Aaliyahia:** My major is Criminal Justice. I chose EGCC because it was cheaper than YSU and much smaller.

**Henry:** What obstacles have you encountered while trying to earn a degree?

**Aaliyahia:** Trying to balance my personal life and my school life...Having two kids and trying to do homework...especially with just having a son. When he was still a newborn, doing my school work was a big challenge.

**Henry:** How old are your kids?

**Aaliyahia:** They are four and one now.

**Henry:** So he was really little when you started school.

**Aaliyahia:** Oh yes! I was pregnant when I started and finals were coming up and I had to study hard as well as breastfeed, change him, put him to sleep...so that was the biggest obstacle I've ever faced.

**Henry:** In addition to that, you're a student worker.

**Aaliyahia:** Yes (laughing)

**Henry:** So you're doing school, student worker, and kids.

**Aaliyahia:** That's another obstacle, but it's not as hard as it was when they were smaller.

**Henry:** During this journey, when has it looked like you were doing well, but really you were paddling hard underneath the surface?

**Aaliyahia:** My second semester. I was doing very well but I felt like I could do better, so I kept pushing harder and harder. Doing more than what I was supposed to do. Studying harder than what I was supposed to do...writing more...but I got all A's that semester.

**Henry:** So to get the grade you put in double the amount of work.

**Aaliyahia:** Yes, it was hard.

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

**Aaliyahia:** When I doubt myself they always tell me I'm doing good.

They help me with my classes. They help me to participate in things I didn't even know about. They always joke and laugh, even when I'm having a bad day. They're right there helping make my day better. Brittany helps me sign up for classes, to know if I need a certain class, to look at Capital University to see which classes transfer and which don't.

**Henry:** So really a lot of academic advice.

**Aaliyahia:** Yes a lot! (laughing)

**Henry:** Great! What advice would you give others that are going to school and juggling other responsibilities?

**"If you want a beautiful future you have to chase after it"**

**Aaliyahia:** You can only go so far in your future if you go for it! So if you want a beautiful future you have to chase after it. Even though it is going to be hard, you're not given a battle you can't win. Even though you are going through a rough time and you're trying your hardest, keep trying because if you give up you will never know success.



Duck Talks is a TRIO SSS interview series focusing on the stories of students that are juggling multiple roles and/or responsibilities while still succeeding in college. These "ducks" make it look easy on the surface but are working extremely hard underneath. Are you duck? Let us know.

*end interview*

## Black History Month



TRIO SSS partnered with Student Activities and TRIO EOC to provide EGCC students the opportunity to see a Movie That Matters for Black History Month

The movie "Harriet" was shown on the Youngstown Campus on Tuesday, February 25th and on the Steubenville Campus on Wednesday, February 26th.

Julian Walker spoke about Harriet Tubman before the Youngstown screening and Marybeth Jones asked Black History trivia questions in Steubenville



# Become A Student Ambassador



Eastern Gateway Community College is creating its next class of student leaders across our college community at our Youngstown and Steubenville Campuses.

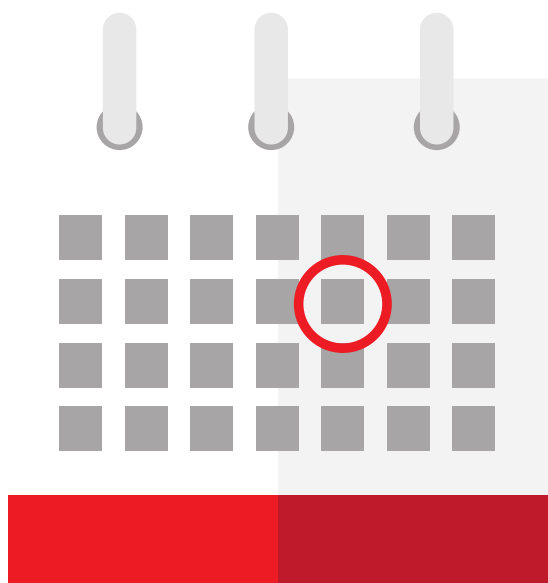
The Student Ambassador Program provides students with well-rounded leadership development training to help them represent the college to prospective and new students, at campus events, and to various businesses and community organizations.

Interested students must complete an application, which includes a short essay, and also requires a letter of recommendation from a faculty or staff member. A schedule of availability will also be required so that workshops can be scheduled. **Applicants must have been an EGCC student for at least one full semester and either have a 3.0+ GPA or be enrolled full time.**

***Applications are due Friday, March 6 at 5pm.*** Students who are selected for the program will be contacted via email, and also by phone. Workshops will begin the week of March 16.

For more information contact Abbie Twyford Wilson at [atwyford@egcc.edu](mailto:atwyford@egcc.edu) or **330-480-0726, ext. 3129**

## Important Dates



### March 8

- First 8 Week Session Ends

### March 9-15

- Spring Break

### March 16

- Last 8 Week Session Begins

### March 24

- Last Day to Drop Last 8 Week Classes
- Last Day to Withdraw From Full Term Classes



## Career Fairs

The Career Development Office is hosting Career Fairs on the Steubenville and Youngstown campuses!

### Steubenville Campus

10:00 am- 2:00 pm  
*Library Hallway*

**Monday, March 23rd**

*All (non-health) academic majors & programs*

**Tuesday, March 24th**

*For students in Health majors & programs*

### Youngstown Campus

10:00 am- 2:00 pm  
*Main Corridor*

**Monday, March 31st**

*All (non-health) academic majors & programs*

**Tuesday, April 1st**

*For students in Health majors & programs*

## Transfer Info Sessions

### EGCC Transfer Office Offers Free Information Sessions

Are you thinking about transferring to a university after EGCC? Not sure what you want to do, where you want to go or even how to go about transferring? We can help! The EGCC Transfer Office is providing 6 transfer information sessions progressing from general Transfer Talks to Partners & Pathways with university representatives. Each session will be 30 minutes, offered via ZOOM so you can join from your computer or phone anywhere you are at 7:00 pm EST on those dates. ZOOM links will be sent to your student email addresses the week of each session.

**Wednesday  
March 18th**

#### **Transfer Talk - University Partners Session**

**7:00 pm**

*3-5 University Partners give a 5-minute presentation about their college, programs, and pathways with Q&A session following, if time permits.*

## Been to the Mocha House?

If you have not been on the Youngstown campus lately, come down to visit the Mocha House! It offers breakfast, lunch and dinner and is open seven days a week. A painting of the EGCC mascot graces the walls.



## Are You Registered To Vote?

So, should you vote or not? Yes - if you want better healthcare, education and childcare, fairer taxation, basic income for all, good recycling facilities, better roads and transport, better local amenities because your government, national and local government runs all these services and your vote in a Local or National Election will send a message about what sort of world you want to live in.

The right to vote gives us the power to hold our elected leaders accountable — to remove those who don't represent our values and replace them with leaders who will fight for our vision for the future.

### Your Vote

### Your Voice

### Your Right

## Why College Students Should Vote

### No One Else Votes with College Students in Mind

*When issues like student loan rates, educational standards, and admissions policies are on the ballot, who else is better qualified to vote than those currently experiencing the implications of such initiatives?*

### College Voters Really Can Swing an Election

*Young voters account for half of the voting population making them a powerful political force, yet older Americans are more likely to vote.*

### You May Not Care Now, But You Might In Four Years

*You may feel that choosing a president or a senator just isn't something that affects your life right now. You might not yet be struggling with issues like college debt or paying for your own health insurance. Do you really want to leave those decisions up to someone else?*

### Every Vote Matters

*In an America divided perhaps more than ever, every vote matters, especially those from one of the country's largest voting groups.*

### It's Easier Than Ever To Be An Educated Voter

*In today's tech-savvy world, there is no excuse not to vote because you don't know enough about the candidates.*

***Speak up, make a choice, and take part in the election to protect your interests!***

## Upcoming Activities



**Universal  
Banker  
Britney  
Lucas**

**YSU Student  
Lamar  
Johnson**



**Assistant Athletic  
Trainer  
Tianna Cobb  
MS, AT, ATC**

**Doctoral  
Candidate  
Alesia  
Withers**



**Salvation  
Army  
Volunteer  
Kevin  
Williams**

# TRIO SSS PRESENTS "Life After Graduation"

Join us for a panel discussion as we talk with TRIO SSS grads about transferring to a four year college, their careers and more!

**THURSDAY  
MARCH 19, 2020  
4:00 PM-5:00 PM  
STEUBENVILLE CAMPUS  
ROOM 2217  
& ONLINE VIA ZOOM**

**Meeting Link:**  
<https://egcc.zoom.us/j/150962197>

**Meeting ID: 150-962-197**



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## CARISSA'S CORNER

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

### Self Care

*"How do you take care of yourself?" Many people can't answer that question. They are too busy taking care of everyone else and checking items off an ever growing "to do" list. So, what does taking care of yourself actually look like? According to Raphaelia Michael in her article What Self Care Is-and What It Isn't on psychcentral.com "Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health." Self-care will help you become the best version of yourself and ultimately have a positive impact your relationships with others. Besides selecting things you like to do and times that you can do them, here are three other steps for good self-care.*

- *A good first step to self-care is to create a "no" list. This is a list of everything that you currently do that you no longer want to do. Then look at that list and decide which of those items you can realistically start saying "no" to. By saying "no" it will free up more time to take care of yourself.*
- *Second, be intentional. Put self-care on your calendar and let others know about it. By blocking out time and letting others know you are more likely to follow through.*
- *Third, actively look for opportunities to practice self-care and recognize when you are doing them. This can help you get the picture of exactly what you are doing to take care of yourself so that you can integrate those activities on a regular basis. Regular self-care will help you avoid burn out.*

Information found on:  
<https://psychcentral.com/blog/what-self-care-is-and-what-it-isnt-2/>



### 8 Self Care Ideas

#### READ

**Borrow a book or magazine for free from the TRIO SSS lending library in Steubenville**

#### LOOKUP

**Use one of the TRIO SSS computers to get excited about and make plans for your future**

#### COLOR

**Stop into TRIO SSS and color or take a page with you to help reduce restlessness**

#### ORGANIZE

**Pick up a free TRIO SSS planner to help prioritize your time while decluttering your mind**

#### GO!

**See and learn something new by going on a free TRIO SSS Cultural Event**

#### CHAT

**Pop into TRIO SSS and chat with your Advisor about any worries or concerns**

#### LISTEN

**Listen to a motivational podcast with a free pair of TRIO SSS headphones**

#### RELAX

**Watch the TRIO SSS Relaxation Workshop and experience Progressive Muscle Relaxation**



#### 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's Eligible?

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

#### Contact Us

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Youngstown: Tiffany Streeter  
tstreeter@egcc.edu



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