



EASTERN  
GATEWAY  
COMMUNITY  
COLLEGE

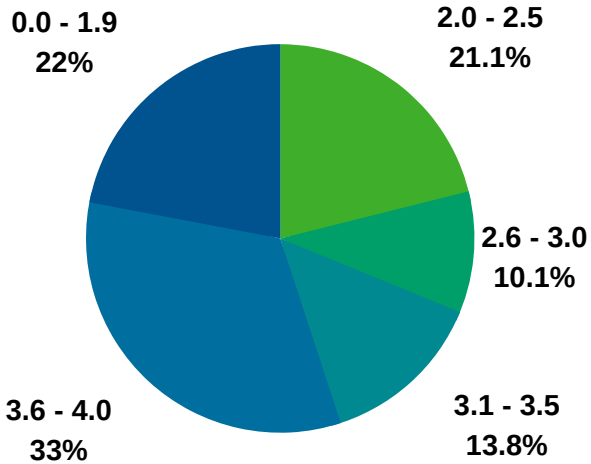
JANUARY 25, 2019 | VOLUME 5

# THE SSS SCOOP

THE OFFICIAL NEWSLETTER OF TRIO SSS AT EGCC



Fall 2018 Nursing Pinning Ceremony. Pictured are TRIO SSS students Tamisha Harris and Vanessa Cimmento



## Fall 2018 GPAs of Current SSS Students

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

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



TRIO SSS student Lamar Johnson worked at the Career Services PB&J Bar during Welcome Back Week

## DIRECTOR'S CORNER

### New Year Optimism

Why should you feel optimism? Because, a new year is an opportunity. A new year is a do-over. I love the start of a new year! And, I hope that you have started the Spring semester with a positive outlook, looking forward to another productive semester. Your contribution to that "new year energy" will set the course for entire year...well, at least the entire semester. Start strong and you won't go wrong.

How?

Start with getting organized. Know what you have to do and when. That means WRITE STUFF DOWN. Did you know that writing by hand improves memory retention? You'll get more done and feel less stress.

Keep Calm. Try something different. It's a New Year!



### Brittany Lucas

Degree: AAB Business Management & AA Administrative Assistant

Why EGCC?

I graduated in 2013 from Buckeye. It [EGCC] was close and I received the Horizon Grant. If you get that, you should definitely take it.

Challenges...

I was working three jobs and going to school full time. I would go to the gym too so it was difficult having time to write; I really like to write. I still graduated and ended up doing PTK and the Ambassador program. It was definitely hard. There were times I didn't sleep much. I was a student

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# Student Spotlight

Gavin Grimm is graduating this semester with Criminal Justice and General Studies degrees. She is enlisting in the U.S. Army and hopes to become a Military Police Officer. Gavin's dream is to be an FBI agent. She was accepted into TRIO SSS in Fall 2017.

TRIO SSS has helped me de-stress myself after long semesters of classes. The best thing about TRIO SSS is being able to go talk to the staff about anything. Thank you TRIO SSS for the unwavering support throughout my years at EGCC.

I am most proud of finishing my degrees and preparing to join the U.S. Army.



Gavin Grimm

## Planning Your Transfer to a Four-Year Institution

The process of transferring to a four-year college or university can be confusing. Here are some tips to help you get started.

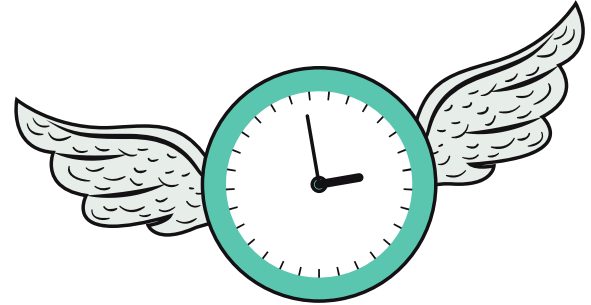
1. **Plan for your transfer early.** The earlier you start planning your transfer, the better. Give yourself time to visit your top choices and gather information on transferring to those institutions.
2. **Learn what classes will transfer.** Make sure you are taking classes that will transfer to your new school. EGCC has articulation agreements with some four-year institutions that can take the guesswork out of this process.
3. **Don't be shy.** Meet with your Advisor to discuss your transfer plans. Also reach out to an Advisor at your new school who works with transfer students.
4. **Pick a major and apply to the transfer institution.** By choosing your major, you can complete the prerequisites that you need for your program. Make sure that you apply to both the institution as well as the program you want to attend at that institution.
5. **Make them show you the money.** Be sure to add your transfer school to your FAFSA. Contact the transfer school's Admissions Office to see if there are scholarships offered to transfer students.
6. **Be aware of deadlines.** There may be different deadlines for university admissions than program admissions, and there will also be deadlines for financial aid, housing, and tuition.

## CARISSA'S CORNER

The following excerpt is from [www.bustle.com](http://www.bustle.com). "Despite turbulence and other conditions keeping airplanes off-course 90 percent of flight time, most flights arrive in the correct destination at the intended time. The reason for this phenomenon is quite simple--through air traffic control and the inertial guidance system, pilots are constantly course-correcting.

When immediately addressed, these course corrections are not hard to manage. When these course corrections don't regularly happen, catastrophe can result. Our lives are like airplanes. We're always getting pushed off-track. If we don't have a system in place, the needed corrections will be too big, and we'll never get where we intended to go." Here are a few tips of how you accomplish a lot even when your to do list is growing!

### How To Get A Lot Done When You Have A Lot To Do!



### 12 Time Wasters

- 1. Plan and Invest In Your Future:** Consciously plan your life. You have the power to not only invest financially in your life, but also the power to invest in other areas of your life. One example of this is you have the power to invest in relationships. You can end a toxic relationship or even mend bridges of a troubled one. You also can say "no" to those things that waste your time and do not help you reach your ultimate goals. Center your future around answering "why" am I doing what I am doing and the "what" or "how" to get it done will follow.
- 2. Organize Your Life:** Organize your life around the big things. For example what degree are you seeking and how can you organize the rest of your life around that priority? According to The Stephen Covey book The 7 Habits of Highly Effective People most people organize their life around small tasks like answering e-mails etc. and not many people organize their life around their top priorities. If you organize your life around your top priorities they will get done!
- 3. Track Your Life Like You Would Track Data:** "Research has repeatedly found that when behavior is tracked and evaluated, it improves drastically." Write down the big picture and break that down to what you want to accomplish in a day. You can track it on a note, in a planner or even on your cell phone. Track what you did and more importantly if it worked. Keep doing what works and eliminate what does not.
- 4. Move Toward Your Goals Every Single Day:** How many days did you spend not moving toward your ultimate goals? Consult your data and do something small each day that will add up in the end!

- LACK OF PRIORITIES
- WAITING FOR INSPIRATION
- DOING EVERYTHING BY YOURSELF
- WORRYING ABOUT WHAT PEOPLE WILL SAY
- NOT LIVING YOUR LIFE
- THE FEAR OF FAILURE
- COMPLAINING
- UNFINISHED TASKS
- TRYING TO PLEASE EVERYBODY
- COMPARING YOURSELF
- REPEATING THE SAME MISTAKES
- PERFECTIONISM

# Grads With Grit!

continued

worker and that started because I was at a point when I was ready to drop out of school. I ended up losing my tuition. I didn't have enough money. I was working two jobs at the time and still didn't have enough to cover tuition too. I talked with Financial Aid and they told me to apply for work-study and then I got placed in TRIO SSS which was great because I was already a member of TRIO SSS...helping and doing basically what I was going to school for. TRIO gave me another chance at school. If it wasn't for TRIO [SSS] I would have probably dropped out. They are the reason I stayed in school. After awhile, I started mentoring other students giving them the push they needed.

A typical day...

I'd wake at 5 am or 6 am every morning. Either I'd go to the gym or I'd go to the class. Sometimes I'd go to the gym after work. Sometimes I'd work all three of the jobs; it would just depend. To study I would sometimes go to a coffee shop with friends or get up early.

Near the end...

More toward the end a lot of people get senioritis when you're in high school. It's different in college. When you get to the end, you just want to be done. It takes a lot of work!

**"If it wasn't for TRIO SSS I probably would have dropped out."**

Advice...

A lot of people have their own problems and stuff. I tried to give them the extra push. Everyone has personal problems; no one's life is perfect. There are others having problems too. When you need help TRIO SSS can help you with that extra push. If you think you are looking into the wrong degree, don't be afraid to ask for help. Don't be afraid to ask questions. Also, find someone that can help you study.

**"Everyone has personal problems; no one's life is perfect."**

Brittany Lucas started her career only a few weeks after graduation.

**Grit** | *Noun*

COURAGE, bravery, pluck, mettle, backbone, spirit, strength of character, strength of will, moral fiber, steel, nerve, fortitude, toughness, hardiness, resolve, resolution, determination, tenacity, perseverance, endurance; informal: guts, spunk.

# Fall Graduates

TRIO SSS is very pleased to announce that the following SSS students have graduated from Eastern Gateway Community College. Congratulations! We are so proud of you!



**Vanessa Cimmento** - Associate Degree in Nursing

**Tiffany Crawford** - Associate Degree in Accounting

**Aquanetta Dixon** - Associate Degree in Teacher Education Early Childhood

**Tamisha Harris** - Associate Degree in Nursing

**Emily Hoban** - Associate Degree in General Studies

**Kevin Hull** - Associate Degree in General Studies

**Fallon Martin** - Associate Degree in Medical Assisting

**Michelle Ortiz** - Associate Degree in Medical Assisting

**Michael Swickard** - Associate Degree in General Studies

# Fall Transfers

TRIO SSS is very pleased to announce that the following students will be transferring to four-year institutions. We know you will be successful!



**Tiffany Crawford** - West Liberty University

**Kevin Hull** - Kent State University



**Doan McKinney** - Youngstown State University



**Markiesa Mixon** - Cleveland State University



**Michael Swickard** - Kent State University

# TRIO SSS Workshops

**NEW**  
workshops  
coming  
soon!



**Available Online!**

January 30th, 2019 1:00pm  
Steubenville Campus  
Room 1207

Are you thinking about transferring to a 4 year college?

Transferring is not difficult, but it takes planning.

Join us to learn how to develop a career plan, choose your major, and pick an institution.

TRIO SSS EASTERN GATEWAY COMMUNITY COLLEGE TRIO SSS

MID-SEMESTER  
MOTIVATION

*Strategies To Keep You Going!*

WORKSHOP  
2.13.2019  
WEDNESDAY | 12PM | ROOM 1215  
STEUBENVILLE | ONLINE

TRIO SSS EASTERN GATEWAY COMMUNITY COLLEGE

# Upcoming Activities



February 23, 2019 is the 33rd anniversary of National TRIO Day, which commemorates the annual achievements of the Federal TRIO Programs in communities across the country. We are called to celebrate TRIO Programs and raise awareness about the importance of educational opportunity for low-income, first-generation students.

TRIO SSS will be celebrating National TRIO Day during the last week of February. Please watch your email for more information on activities that will be held on each campus.

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



# TRIO SSS Notable Alumnus

**Dr. Harry L. Williams**



*Dr. Williams is the President and CEO of the Thurgood Marshall College Fund, which is an organization of America's 47 publicly-supported historically black colleges and universities and predominantly black institutions. Prior to that, he was the President of Delaware State University for eight years.*

*In 2016, he was presented the National TRIO Achiever Award in recognition of his career accomplishments after beginning his academic journey as a TRIO SSS undergraduate student. The National TRIO Achiever's award was created as a tribute to the success and outstanding endeavors of TRIO students and the programs that supported them in their journey to accomplished careers.*

*Dr. Williams has a Bachelor of Science in Communication Broadcasting and a Master of Arts in Educational Media, both from Appalachian State University, as well as an Ed.D. in Educational Leadership and Policy Analysis from East Tennessee State University.*



## 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.

### E-Waste Scholarship

**Amount: \$1000**

**Deadline: April 30, 2019**

<http://www.digitalresponsibility.org/ewaste-scholarship/>

### Spirit of Giving Scholarship

**Amount: \$1000**

**Deadline: July 31, 2019**

[www.winecountrygiftbaskets.com/information/scholarship.asp](http://www.winecountrygiftbaskets.com/information/scholarship.asp)



#### 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

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Youngstown: Tiffany Streeter

[tstreeter@egcc.edu](mailto:tstreeter@egcc.edu)



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