



EASTERN
GATEWAY
COMMUNITY
COLLEGE

JULY 25, 2019 | VOLUME 11

THE SSS SCOOP

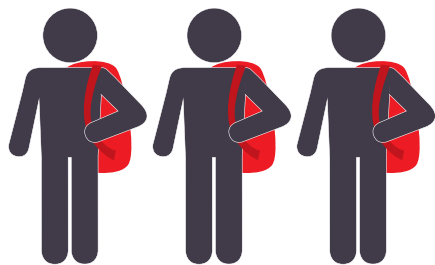
THE OFFICIAL NEWSLETTER OF TRIO SSS AT EGCC



TRIO SSS students were given a tour of the TRIO SSS offices and the Center for Undergraduate Excellence at Kent State University. Pictured are SSS students Luke Gescheider, Rebekah Hobbs, Zannatul Daizy, Emily Fox, and Kent State SSS Director, Adam Cinderich

**SSS students
retained annually**

79%



Summer Edition

**Based on 2015-2018 TRIO SSS Cohorts*

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

IN THIS ISSUE

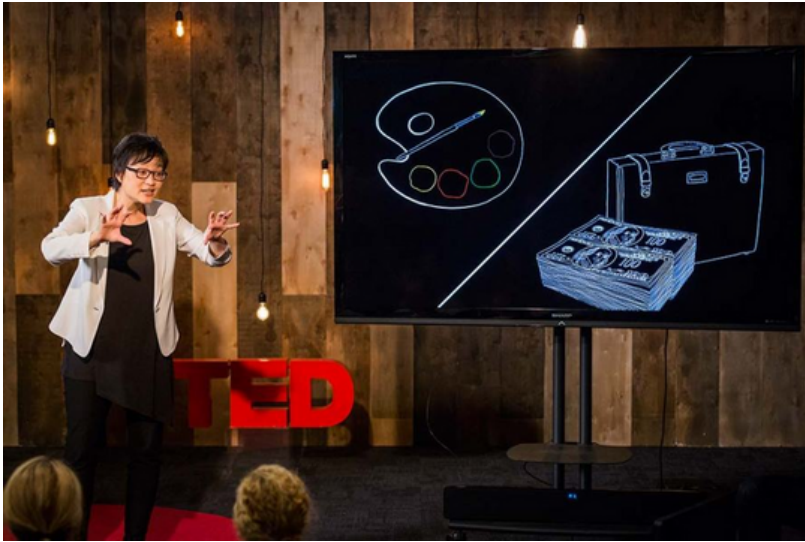
Grads With Grit - 2

Student Spotlight - 3

Carissa's Corner - 4



TED Talk Tuesday



TED is a nonprofit organization devoted to spreading ideas, usually in the form of short, powerful talks of 18 minutes or less.

At the start of Spring semester, TRIO SSS started offering a weekly TED Talk series featuring topics that challenge and broaden the perspectives of our students. Here are some of the topics covered in the talks:

- The First 20 Hours - How to Learn Anything
- Staying Stuck or Moving Forward
- Get Comfortable With Being Uncomfortable
- 5 People That Will Change Your Life - How To Be Happy
- Dressing for Confidence and Joy
- How to Build (and Rebuild) Trust
- Is Social Media Hurting Your Mental Health?
- Turn Your Struggles Into Strengths
- How to Make Hard Choices

Each Tuesday, we post a video of the week's TED Talk on the TRIO SSS Facebook account. If you are interested in viewing any of talks, please like us on Facebook.

 Find us on Facebook <https://www.facebook.com/EGCCTRIOSSS/>



Niko Pappas

Degree: Criminal Justice

Why EGCC?

It was affordable. If I hadn't attended here, I wouldn't have been ready for YSU. [why criminal justice] I got interested in watching the crime shows like CSI.

Challenges:

I went to school and worked. I worked at Café 422 and Yankee Kitchen. I don't know how I managed it, but I got through it. It was overwhelming. Just getting the school work done.

Near the end:

It was hard focusing on my classes. But, I had support from my parents. I graduated with a 3.8 GPA.

What's next?:

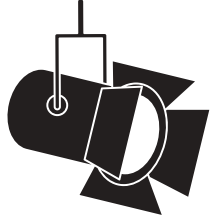
I am going to graduate in May from YSU. I start the master's program in the fall. I want to work for the FBI one day.

Advice:

It is worth getting an education. It's worth it! Just somehow, you just have to push through it.

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.



Student Spotlight

Sierra Arnett will earn a Dental Assisting Certificate in Summer 2019 and has been hired to work in the dental office where she did her Practicum. She will continue taking classes to earn an Associate Degree. Sierra was accepted into TRIO SSS in Spring of 2018.

TRIO SSS has helped me ... schedule my classes, succeed and never give up, and to push myself to get my school work done.

The best thing about TRIO SSS ... is always having someone there for you. They are there for you whether it is academically or if you just need someone to talk to and be there for you.

Thank you TRIO SSS for ... being there to lead me in the right path even if I personally didn't think I could accomplish any of the things I did.

In the last year, I am most proud of ... completing the Dental Assisting program and earning a certificate.



Sierra Arnett



TRIO SSS Staff Member is also a Student

Steubenville Advisor, Devon Leonard, is a first generation student now attending Maryville University's Doctor of Education program in Higher Education Leadership.

This Summer, she attended the Maryville Campus in St. Louis, Missouri for a two day dissertation residency. At the residency, she networked with higher education professionals from all over the world and continued her studies on improving community college student success. She looks forward to sharing and applying what she learned at Maryville to her work at Eastern Gateway and with the TRIO SSS students!



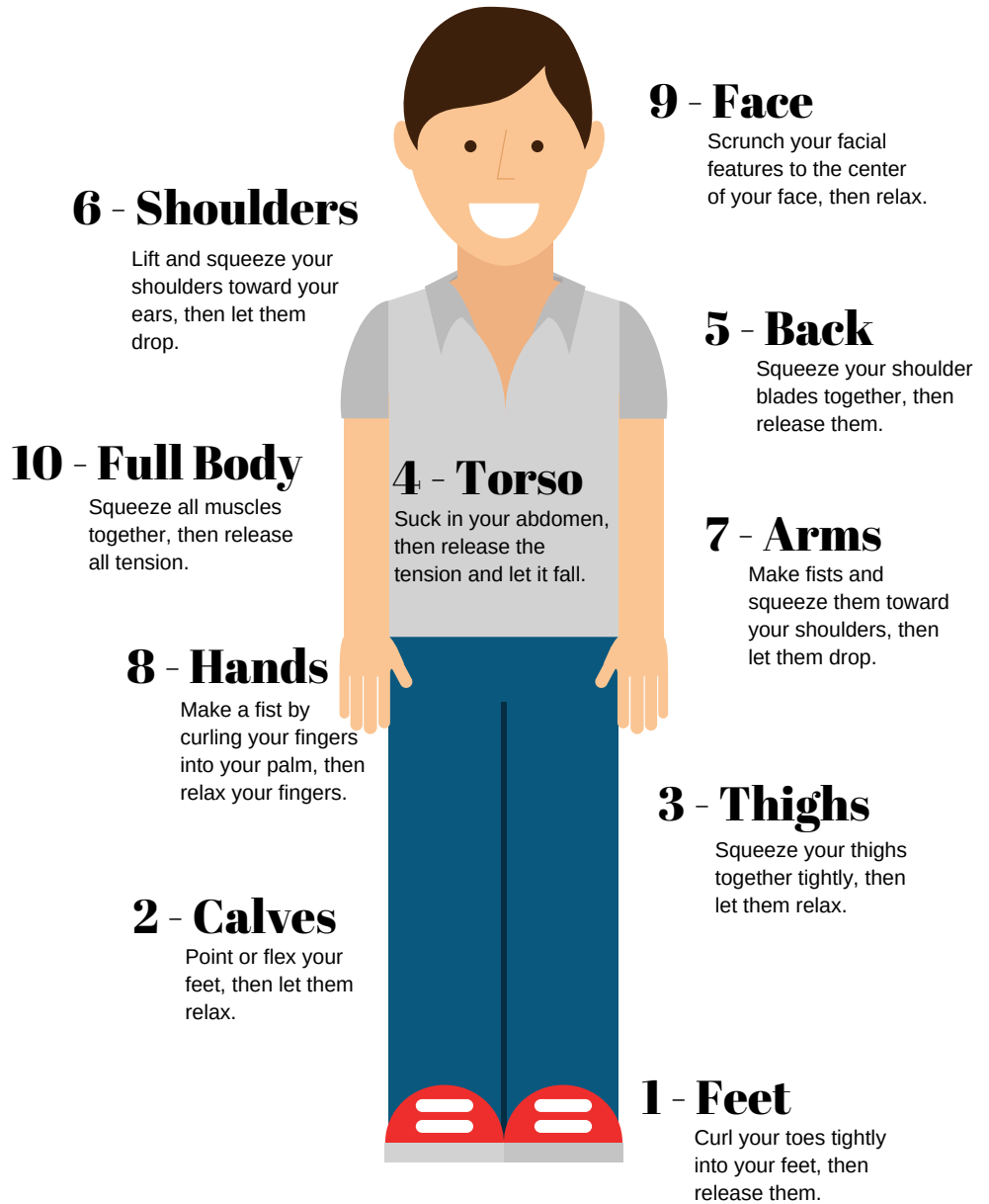
CARISSA'S CORNER

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

Another way to reduce stress is called *Progressive Muscle Relaxation*. It can help you become aware of any muscle tension that you may have. This technique involves the tightening and relaxing of different muscle groups throughout your body. By tensing and relaxing your muscles it allows your whole body to relax. Therapistaid.com provides the following tool so you can try out this technique.

Sit back or lie down in a comfortable position. For each area of the body listed below, you will tense your muscles tightly, but not to the point of strain. Hold the tension for 10 seconds, and pay close attention to how it feels. Then, release the tension, and notice how the feeling of relaxation differs from the feeling of tension.

STRESS BUSTERS PART 2: PROGRESSIVE MUSCLE RELAXATION



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/egcctrioss/>