



EASTERN
GATEWAY
COMMUNITY
COLLEGE

JULY 27, 2020 | VOLUME 23

THE SSS SCOOP

THE OFFICIAL NEWSLETTER OF TRIO SSS AT EGCC



On July 15th The Eastern Gateway Community College Board of Trustees voted, unanimously, today to name Michael Geoghegan as President of EGCC

TRIO SSS Students Retained Annually

79%



**Based on TRIO SSS 2015-2019 TRIO SSS Cohorts*

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

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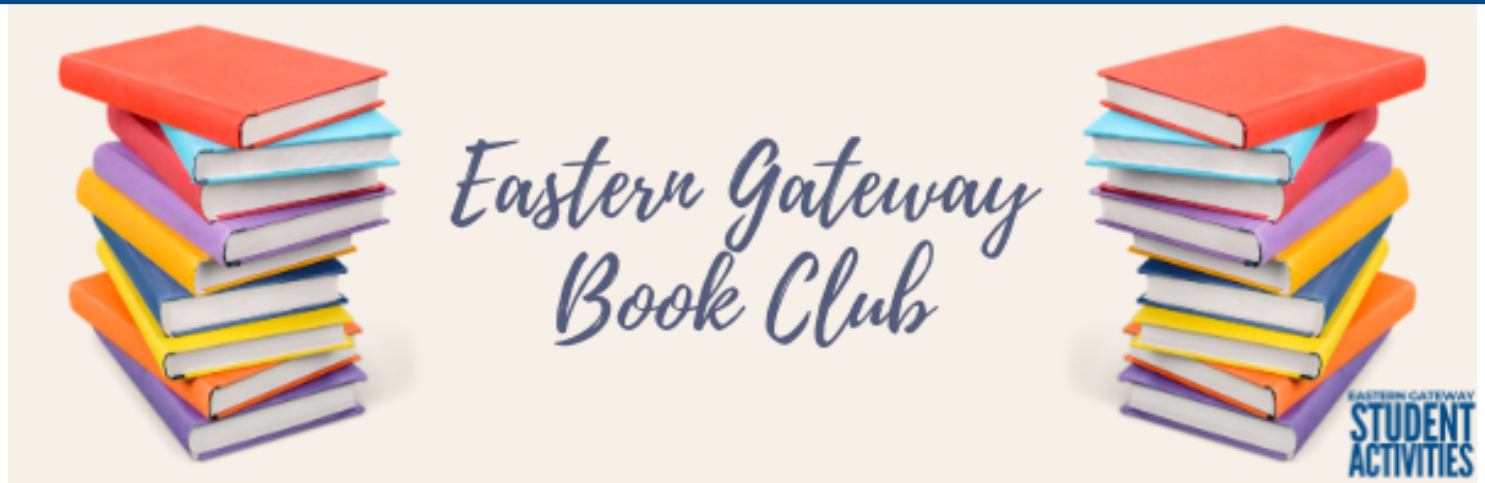
Summer Edition



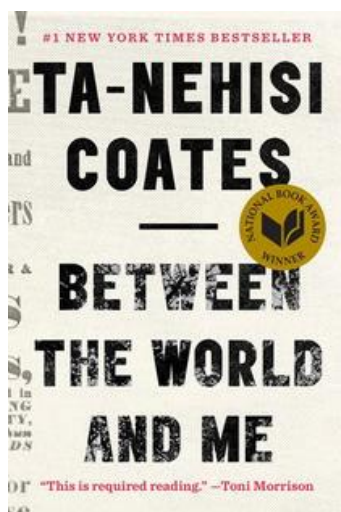
Director's Corner

New Beginnings

Congratulations again to all of our recent graduates. We are very proud of what you have accomplished. For those finishing summer semester and starting again in August, keep up the hard work. Your dedication will pay off if you remain focused on your goal. Nothing worth having comes easy. It takes a lot of planning and drive to get to your destination. It seems that somehow you barely have time to appreciate what you have achieved before it is time to start all over again with something new. New beginnings like the start of a semester, a transfer to a university, or even a new job can feel overwhelming and sometimes overshadow all that you've done to get to this point. Don't let it! Take a moment to breathe and reflect. Stick your chest out! Pat yourself on the back! It's okay. You deserve to recognize yourself while you prepare for what is next. New beginnings are a part of life for all of us. In fact, I will be embarking on a new adventure too. I am leaving the TRIO SSS program and EGCC. I have really loved being part of SSS. There is nothing better than helping students reach their goals. I wish you well in your continued journey. I encourage you to welcome all the beautiful new beginnings in your future. Stare them in the face and do not give up. Each attempt at something new builds confidence. But don't forget, we don't arrive there alone; so please continue to let the SSS team support you in your journey toward success. All the best!



This summer, Brittany, one of our academic counselors, is completing her practicum project for her Master's degree. With the help and guidance of Abbie Twyford-Wilson, Director of Student Activities, they decided to use this opportunity to create Eastern Gateway's Book Club. All students, on-campus and online, were offered an opportunity to join. TRIO SSS students were specially invited to take part in this 7-week workshop experience. Each week, members have the opportunity to meet via Zoom for discussions and movie screenings regarding the themes in the novel. The book "Between the World and Me" by Ta-Nehisi Coates is



the first reading of the Book Club. Written in the form of a letter to Coates's son, "Between the World and Me" attempts to make sense of the racial injustices faced by Black men in the United States. With the changing of our culture and demands for justice from police brutality in our society, this book provides insight to the true feelings of those who face these injustices. The Book Club had over 150 student inquiries, but 20 only students could be accepted. The facilitators hope to continue the book club and if you are interested, please contact Brittany at bcrosio@egcc.edu



Kevin Williams

Degrees: AA w/ Concentration in Psychology and Business Management

Why EGCC

I took the buyout from the mill and it was an opportunity for me to go to another level in life, from being a steel mill worker to get some type of education.

Typical Day

I was busy. I was on campus five days a week. Getting up early, catching the bus, going to the Library and cramming for two hours for an exam with Dr. Salinski. I was a student worker for TRIO SSS for a while. We had a Student Activities Director, Mr. Frank Mioduszezski, who offered special activities for the students at that time and I did work study for him too. After I earned my first degree in 2010 I was able to be an advisor to a couple of student groups like Student Senate and Cultural Diversity.

Challenges

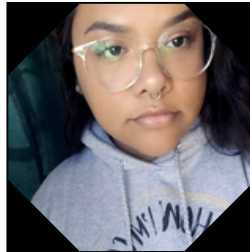
First of all, I didn't know anything about the computer. I moved the mouse with two hands because I didn't even know how the mouse would move. One instructor saw this and said, "Kevin you need to take 101." I had to learn how the computer works first, then I had to learn how to use the internet. On top of that the program that paid for mill workers to go to school had a requirement that I had to keep a 2.0 gpa.

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Student Spotlight

Elizabeth Ramos is a General Studies major. She will graduate in December 2020 and plans to continue her education at Penn State. She was accepted into TRIO SSS in Fall of 2018.



Elizabeth Ramos

"... is knowing that there are people that I trust fully that want to genuinely help me."

TRIO SSS has helped me ... so much! I've gotten so much great advice and help from Marybeth and Carissa. It's been great knowing that if I have any questions or any needs I can count on them to help me figure it out.

The best thing about TRIO SSS ... is knowing that there are people that I trust fully that want to genuinely help me, and if I need to have one-on-one conversations about any of my concerns, they will take time to listen to me and assist in any way they can.

Thank you TRIO SSS for ... for providing resources and information when I otherwise wouldn't know who to talk to.

In the last year, I am most proud of ... my ability to keep myself moving forward. The last year has been difficult and I'm glad that I'm able to handle my workload and power through some of the anxiety and stress.

Important Dates

August 12

- Employee Development Day
- All offices closed

August 17

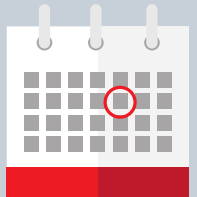
- Fall semester begins

August 26

- Last Day To Drop First 8-Week Classes

August 28

- Last Day To Drop Full Term Classes





CARISSA'S CORNER

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

Mindfulness and Meditation

Last month we looked at the topic of mindfulness. Mindfulness is a skill that you can build upon. While mindfulness is about awareness, meditation takes that a step further and is about being able to focus on something that stills or quiets your mind. Even though mindfulness and meditation are states of mind, they still need to be practiced. Here are a few benefits of mindfulness and meditation along with an exercise to help quiet your thoughts.

The benefits of mindfulness and meditation are:

- Reduced symptoms of anxiety and depression
- Greater satisfaction in relationships
- Improved memory, focus and mental processing speed
- Reduced rumination (repetitively thinking the same, often negative, things)
- Improved ability to adapt to stressful situations
- Improved ability to manage emotions

Information Found At: therapistaid.com

Mindfulness Meditation Exercise

Sit in a comfortable place. Pay attention to your breathing. Notice how the air fills your lungs. Notice how it feels when you exhale. When your mind wanders notice that it is wandering and bring it back to focus on your breathing again.



continued

Advice

I think that EGCC is a great institution. I found out that the demographics of this area only about 8% are educated. We have this institution here and if you are a local graduate, you can come for free. If you have the opportunity to go to school, you should go.

"If you have the opportunity to go to school, you should go."

What next

I think my next challenge is to be totally committed to God... I'm up in age today and I think that He has other plans for me, other goals for me. To be a living witness to others that you can go to school at any age. When I first came here, I was 51 and had been out of school since I was 18. Dr. Salinski told me, "Williams that thing between your ears is a muscle, you need to exercise it and use it." I volunteer with the Salvation Army and my plan is to help others find out about the Salvation Army and all of the opportunities they offer. I want to keep in touch with students at EGCC and give talks to let them know if I could do it they can too.



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: Tiffany Streeter
tstreeter@egcc.edu

For more information, check out our webpage or complete an interest card



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