



EASTERN  
GATEWAY  
COMMUNITY  
COLLEGE

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# THE SSS SCOOP

THE OFFICIAL NEWSLETTER OF TRIO SSS AT EGCC



*TRIO SSS students will visit the Main Campus of Kent State University on Thursday, June 27th*

How many students  
served annually?

# 165



*\*Based on 2015-20 TRIO SSS Grant Award*

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

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## Summer Edition





## Alicia Withers

Degree: AAB Business Management

### Why EGCC?:

One of my friends told me I had potential, and I wondered what potential meant...not just to him [the friend], but for myself. So, after a few days my feet just brought me to Eastern Gateway. I went in to the admissions department. I went to see about registering for classes. The momentum was crazy because I only have a GED. I didn't think I would try something so...what some people think is so hard. I think Johnna was here at the time and she was like you can't go for that many classes. I think I first [registered] for 12 credits. So she said "You've got to go see Dr. Baber. If he approves it you can take that many". I said, *okay*. On my way to see Dr. Baber...I stopped by TRIO [SSS]. I said, *excuse me can you help me with classes?* They helped me find another class. I stuck that in there too. And, by the time I got to Dr. Baber I had 15 credits. [at Dr. Baber's office] I said *Mrs. Provenzano sent me over here and said I can't have this many credits in the Summer*. He said, "Well if you can pass those, you can do whatever you want to do". I said, *well sir, I'll get straight A's*. And, I did that from that day on. While I was earning my Associate's Degree, I started taking classes for my Bachelor's. So I did my Associate's and Bachelor's at the same time. I graduated 2012 here [EGCC] with my Associate's and 2013 with my Bachelor's degree from University of Charleston [online] and Master's degree from there as well in 2014. Then in 2015, I started my doctoral program.

### Challenges:

It was funny because it [having a GED] wasn't something I wanted to tell anybody because people might look down on me. Coming in here as an older

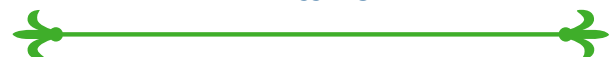
student anyway was looked down upon....I was 47. You'd raise your hand and people will be like *she's dumb* and you can hear the remarks behind you, but it's funny to me because I'd hear the remarks behind me and ask questions for other people, because they weren't going to do it. I was helping them not myself. It was hard. The biggest challenge I had was to tell other people no, because I couldn't [tell people no]. I would do my homework, as long as I could get a syllabus from the teacher, two weeks ahead of time so that I could help other people. It was like [at first], all I wanted to do was graduate...I stayed alone because I just wanted to walk across the stage. Having a GED I didn't get that opportunity. One day, Ty Juan came through the hallway and asked me "Why you always by yourself?". I'm like, *I'm going to graduate by myself!* He said, "You don't know that it takes other people? You're not going to make it by yourself thinking that way because you got your teachers, your this, your that..." And I just thought, *he's just being so technical* (laughing). But one day, I walked down there [TRIO SSS]. I was like, well, I'll just try. I thought being by myself would help me focus on what I was doing and not derail me. And TRIO [SSS] never derailed me at all. TRIO [SSS] was in the back of my mind for months in the beginning. And, Phi Theta Kappa...I didn't even know what it was until it came to me. Looking around and listening to people whispering and frustrated, I thought, geeze. They can retain more people if they help more people. So I was like...what do you need (laughing). It was a built in instinct for me. I've helped people since I was a kid. We didn't have much. But, helping other people made sense to me.

### Typical day:

I scheduled my classes from 8:00 in the morning until the time they [EGCC] closed at night, every day. I'd



**"...I felt grateful. I am here with a GED and I have an opportunity to get the education that I want"**



*continued on page 3*



# Student Spotlight

*Donshe Henderson is graduating Summer 2019 with a degree in General Studies. She plans to further her education by attending the University of Cincinnati. She was accepted into TRIO SSS in Summer of 2018.*

*TRIO SSS has helped me ... achieve the impossible. I have never had the type of support that I have received through the TRIO SSS program. I couldn't have gotten this far without TRIO SSS.*

*The best thing about TRIO SSS ... is my amazing Advisors. Whether it was school issues or home issues they were there for me every step of the way.*

*Thank you TRIO SSS for ... pushing me when I needed it and also telling me that self care is also important. Even when I didn't realize it, My advisors made sure that I was taking care of myself mentally.*

*In the last year, I am most proud of ... my determination. I wanted to complete my Associates within a year. I believed that I could but, my determination is the reason why I did. I'm so very proud of this accomplishment.*



**Donshe Henderson**

## Grads With Grit!

*continued*

come in, take my headphones off. They [classmates] know which door I'm coming in. They'll be standing there waiting for me. Sometimes I'd ride the bus, but mostly walked. I walked because I felt grateful. I am here with a GED and I have an opportunity to get the education that I want. So, I walked. As soon as I walk in somebody's rushing up showing me their book. The first person is usually someone in my class. The second person is someone that needs help, send them to TRIO. Then the third person... There was a group of people always needing something. But they're afraid to ask the people that give the services... I had four or five classes during the day and three at night. The break in the middle I would do my homework. I had study groups and we would study directly after class for about

a half hour, or 45 minutes. We'd go to the next class, have another study group, then move on to the next one.

### Near the end:

I can't even say I was excited about being done because of all the things that I learned. You know, something that you enjoy is hard to give up. So, I'm about to give up all this stuff. But, then one day someone says we nominated you to give the Benediction and Invocation. I was like get out of here! (laughing)

### Advice:

Oh man! Take the number of somebody...2,3, or 4 people in your class. Don't feel like you are alone. It helps a lot to not feel by yourself. If you see someone that is not in with everybody else, an outsider, bring them in and talk to them. Pull them in and help them, especially in your class because you have something in common already. Civics should be part of this...so we have to figure out a way to become one while we're doing this.

**"I did my Associate's and Bachelor's at the same time... then in 2015, I started my doctoral program"**

### What's next?:

I don't think I've really come there yet [meeting my full potential]. There is still something out there...finish my dissertation and help everyone understand what my platform is and help other people.

## Grit | Noun

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





# CARISSA'S CORNER

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

Summer is generally a time for college students to take a break and relax. Whether you are taking the summer off or completing summer courses take some time to check out the next three months newsletters for tools that can help you reduce your stress immediately.

The first tool is called deep breathing and it can be done anywhere at any time. It has the power to slow down rapid thoughts and help your entire body enter a state of relaxation. By using this tool you can feel calmer in minutes.

## STRESS BUSTERS PART 1: DEEP BREATHING



To begin deep breathing follow these steps:

- Sit comfortably and place one hand on your abdomen.
- Breathe in through your nose, deeply enough that the hand on your abdomen rises.
- Hold the air in your lungs, and then exhale slowly through your mouth, with your lips puckered as if you are blowing through a straw.

The secret is to go slow: Time the inhalation (4 seconds), pause (4 seconds), and exhalation (6 seconds). Practice for 3 to 5 minutes.

## BRING YOUR PET TO WORK DAY

The Youngstown Campus recently held a Bring Your Pet To Work Day. Pictured is Academic Counselor/Project Coordinator, Brittany Bowers' dog Kona who greeted everyone at the door of the TRIO SSS office.



### 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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