



EASTERN
GATEWAY
COMMUNITY
COLLEGE

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THE SSS SCOOP

THE OFFICIAL NEWSLETTER OF TRIO SSS AT EGCC



TRIO SSS graduate Jonathan Thomas gave the welcome message and TRIO SSS alumna Alesia Withers was the guest speaker at the TRIO SSS and Student Ambassadors Honors Recognition Ceremony on June 4, 2020.

**How many students
served annually?**

165



Summer Edition

IN THIS ISSUE

Spring Honors - 2

Student Spotlight - 3

Carissa's Corner - 4

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

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





President's List is an award given to an EGCC student who completes six or more credit hours and earns a 4.0 grade point average in a semester. The following TRIO SSS participants were recognized for earning this distinction:

Trinity Benitez, Jacqueline Bly, Alexis Brewer, Katie Coriston, Angela Foor, Luke Gescheider, Summer Gescheider, Tammi Givens, Steven Jack, Jacqueline Johnson, Tanya McNeely, Melissa Morgan, Elizabeth Murray, Joshua Perrone, Hanna Salonica, Audrey Walker, Jocelyn Wilson

The Dean's List honors an EGCC student who completes six or more credit hours and earns a semester grade point average of 3.5 to 3.99. The following TRIO SSS participants were recognized for earning this distinction:

Natasha Bodnar, Victoria Bodnar, D'Ante' Bortz, Camille Burton, Karen Cupeles, Troy Devore, Hayley Harris, Heather Miscuk, Kailey Pytash, Alissa Salsberry, Karin Southwick, Aaliyahia Spivey, Zachary Thompson, Niyari Turner, Jessica Ware, Amanda Whitlatch



Spring Honors

TRIO SSS is very pleased to announce and congratulate the following students for being recognized for their outstanding academic accomplishments during the Spring 2020 Semester.

4.0 GPA

Sierra Arnett, Trinity Benitez, Jacqueline Bly, Alexis Brewer, Katie Coriston, Angela Foor, Luke Gescheider, Summer Gescheider, Tammi Givens, Steven Jack, Jacqueline Johnson, Tanya McNeely, Melissa Morgan, Elizabeth Murray, Joshua Perrone, Hanna Salonica, Nathalie Taghaboni, Jonathan Thomas, Audrey Walker, Jocelyn Wilson

3.5 - 3.99 GPA

Natasha Bodnar, Victoria Bodnar, D'Ante' Bortz, Camille Burton, Karen Cupeles, Troy Devore, Hayley Harris, Heather Miscuk, Kailey Pytash, Alissa Salsberry, Karin Southwick, Aaliyahia Spivey, Zachary Thompson, Niyari Turner, Jessica Ware, Amanda Whitlatch

3.0 - 3.49 GPA

Antoinette Adair, Porsha Banks, Ashley Close, Shirley Dillard, Adell Dukes, Crystal Gebo, Destiny Gilbert, Vanessa Hall, Laurie Hudnall, Deborah Jackson, Carlie Marcum, Shelia McGee, Jeffrey McGill, Britney McMurray, Tracy Molinari, Tammy Montgomery, Madeline Morgan, Lisa Myers, Summer Pace, Jeremiah Papa, O'Dasia Phifer, Elizabeth Ramos, James Reed, Emily Streck, Xavier Weathers, Tomorrow White, Amanda Williams, Landon Woods

Congratulations on your achievements!



Student Spotlight

The Class of 2020



Lina Abdallah, Abigail Arnett, Anai' Bennett, Alexis Brewer, Catherine Bunn-Fuchs, Emma Cottrell, Emily Fox, Crystal Gebo, Luke Gescheider, Summer Gescheider, Destiny Gilbert, Tammi Givens, Celestine Glenn, Rebekah Hobbs, Laurie Hudnall, Gayle Koster, Aaron Marinacci, Sarah Marsch, Heather Miscuk, Madeline Morgan, Elizabeth Murray, O'Dasia Phifer, Hanna Salonica, Alissa Salsberry, Brittany Stevens, Emily Streck, Jonathan Thomas, Zachary Thompson, Niyari Turner, Tiffiany Watson, Amanda Whitlatch, Amanda Williams, Jocelyn Wilson, Landon Woods



CARISSA'S CORNER

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

Mindfulness and Meditation

Due to the recent events of COVID-19, now more than ever, we are in need of ways to deal with life's stressors. Let's take the next two months to discover what mindfulness and meditation are and how they can help.

Mindfulness is a state of nonjudgemental awareness of what is happening in the present moment. This includes being aware of your own thoughts, feelings and senses. There are two key components of mindfulness, awareness and acceptance.

Awareness: While practicing mindfulness you will be aware of your thoughts, feelings and physical sensations. In awareness you do not need to try to get rid of your thoughts, you simply want to become aware of them. The goal is to be able to notice your thoughts, feelings and physical sensations while not getting lost in them.

SSS Workshops Available In Canvas!

You can now access TRIO SSS workshops in Canvas. From the Canvas dashboard, click the "SSS Workshops Work" icon* to access all available workshops day or night.

Remember, all SSS participants are required to demonstrate active participation in the TRIO SSS program. Don't miss an opportunity to take FREE success workshops to build knowledge, skills and improve your life.

Access TRIO SSS Workshops in Canvas TODAY!

*



Acceptance: Once you are aware of your thoughts, feelings and physical sensations you can accept them in a nonjudgmental manner. This can look like simply acknowledging and stating: "I am feeling anxious", while not placing any judgement on your own feelings.

Here is a simple exercise that you can do to begin the practice of mindfulness.

Take a moment to notice what is going on around you through your senses right now. You can notice silently or out loud:

5 Things you see
4 Things you feel
3 Things you hear
1 Thing you smell
1 Thing you taste



This small exercise brings you into the present moment and helps you become aware and accept thoughts, feelings and physical sensations.

Important Dates



July 3

- College closed for 4th of July

July 6

- Last day to Withdraw Summer classes

July 20-24

- Summer Final Exams

July 26

- Summer Semester Ends



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



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