



EASTERN  
GATEWAY  
COMMUNITY  
COLLEGE

MARCH 27, 2020 | VOLUME 19

# THE SSS SCOOP

THE OFFICIAL NEWSLETTER OF TRIO SSS AT EGCC



*Pictured is TRIO SSS student Jeremiah Papa at bat. The Soph. OF played in 35 games as a Freshman where he hit .352 with 10 doubles and a HR! Before getting canceled, Papa tallied 9 hits with 8 RBIs this season!*

## TRIO SSS

Annual Performance Data  
2018-2019

Good Academic Standing  
**94%**

Persistence  
**78%**

Graduation Rate  
**38%**

## IN THIS ISSUE

Director's Corner & Grads  
With Grit - 2

COVID-19 Resources - 3

Student Spotlight - 4

Carissa's Corner - 8



# The Math Behind Social Distancing



## Director's Corner

### Redefining Social Distancing

In this strange moment, people around the world have been introduced to a new term called social distancing. Social distancing is a public health term that refers to creating a physical distance from people or objects during a contagious disease outbreak. In the context of COVID-19 we must follow the recommendations of health professionals to physically distance ourselves. But, do we really want to "socially" disconnect from our friends and family? Should we really isolate ourselves from inter-social interactions?

Should we limit social engagement, or redefine it?

We need each other more now than we had before. So, during this bizarre period, think of both the public health and the common good while fostering personal and community connections.

- Decrease physical proximity, but increase social engagement
- Avoid self-centeredness, and increase empathy
- Resist the urge to only self preserve, increase collective responsibility

Get connected to one another. Call your family and friends, especially those who are high risk for contracting the COVID-19 virus. Keep physically distant, but socially informed and connected!

Stay well!



### Fallon Martin

**Degree:** Medical Assisting

#### Why EGCC?

I went to Indian Creek, so it was close to home and I feel like it's a really good opportunity considering the first year was basically free. I came right out of high school. My sister came here when it was JCC and my grandfather got sick and she dropped out and came back. She wanted me to have a job in the medical field so I'll always have a job. I was going to pick Med Lab Tech but it wasn't at EGCC so I picked Medical Assisting and I really like it.

#### Challenges:

The first year was definitely an adjustment coming from high school. It was a little rough, but all of the teachers were nice. In high school you are there for eight hours and here you can

*continued on page 6*



# COVID-19 Resources

## Coronavirus (COVID-19) Guidelines for Ohioans

### 15 DAYS TO SLOW THE SPREAD

**IF YOU FEEL SICK**, stay home. Do not go to work. Contact your medical provider.

**IF YOUR CHILDREN ARE SICK**, keep them at home. Do not send them to school. Contact your medical provider.

**IF SOMEONE IN YOUR HOUSEHOLD HAS TESTED POSITIVE** for the coronavirus, keep the entire household at home. Do not go to work. Do not go to school. Contact your medical provider.

**IF YOU ARE AN OLDER PERSON**, stay home and away from other people.

**IF YOU ARE A PERSON WITH A SERIOUS UNDERLYING HEALTH CONDITION** that can put you at increased risk (for example, a condition that impairs your lung or heart function or weakens your immune system), stay home and away from other people.



For more information go to [coronavirus.ohio.gov](https://coronavirus.ohio.gov)

## RESOURCES FOR ECONOMIC SUPPORT



COVID-19 has caused economic difficulties as well as the health crisis. Ohio.gov has links that will connect you with local, state, and federal resources and funds to help you weather this difficult time. If you need assistance please go to:

[coronavirus.ohio.gov](https://coronavirus.ohio.gov)

The Coronavirus (COVID-19) threat may be stressful for some people. Fear and anxiety can be overwhelming. TRIO SSS students can receive help from our Licensed Counselor, Carissa Henry.

For others who need help, here are some resources:

#### Ohio Crisis Text Line:

Text keyword "4HOPE" to 741 741

#### OhioMHAS Help Line:

1-877-275-6364

#### Disaster Distress Helpline:

1-800-985-5990

1-800-846-8517 TTY

Text "TalkWithUs" to 66746

## 10 TIPS TO REDUCE COVID-19 ANXIETY



Focus on things you can control, such as your thoughts and behaviors.



Control how often you check the latest news.



Keep the big picture in mind. Humankind will survive this.



Model peaceful behavior for those around you.



Remember that the size of news coverage may not equal the size of a threat.



Evaluate your own health behaviors and be a model for others, including children.



Let wisdom and logic guide you.



Feeling too isolated? Maintain digital connections with people.



Turn to reputable sources for your news.



Don't let fear influence your decisions, such as hoarding supplies.

## Women's History Month



### Dr. Amy Acton Ohio Department of Health Director

March is Women's History Month and we would like to celebrate a woman who has become a public health rockstar.

She can be seen with Governor Mike DeWine and other state officials at the daily press conference updates. As the state's top public health official, Dr. Acton's voice of knowledge reassures us every day and makes it easy to understand why the interventions are necessary.

Amy Stearns Acton grew up in Youngstown and attended Liberty High School. Her younger years were not easy as she experienced abuse, neglect and homelessness while living with her mother after her parents divorce. She had an early interest in medicine and earned a medical degree from Northeastern Ohio University School of Medicine, which is now a part of Youngstown State University.

Dr. Acton served residencies in New York City and at Nationwide Children's Hospitals and she earned a masters degree in public health from The Ohio State University. As an associate professor at Ohio State, she earned the College of Public Health's Excellence in Teaching award.

Her work at the Columbus foundation drew the attention of Governor DeWine, who appointed her to be the first woman Director of Ohio's Public Health Department.



**TRIO**  
**SSS**  
Student Support Services

## Student Spotlight

Tammy Montgomery is an Accounting major. She will graduate in May 2020. She was accepted into TRIO SSS in Spring of 2017.



Tammy Montgomery

**"No matter how much  
I think about quitting,  
I keep going."**

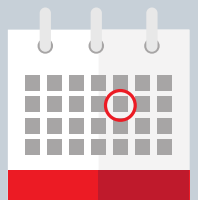
*TRIO SSS has helped me ... continue to fight for my education when I wanted to give up.*

*The best thing about TRIO SSS ... the support they give to their students.*

*Thank you TRIO SSS for ... being here for me. The encouragement and push they give me to keep going. Fighting the fight with me. I thank them for the faith they had in me when I didn't have faith in myself.*

*In the last year, I am most proud of ... myself for not giving up. No matter how much I think about quitting, I keep going.*

## Important Dates



### April 10

- College Closed for Good Friday

### April 13

- Last Day to Drop Last 8 Weeks Classes

### April 27

- Last Day to Withdraw From Last 8 Weeks Classes

# Working From Home

The TRIO SSS staff is now working from home.  
Check out Carissa and Brittany with her new  
coworker Colton!

## Tip 1

### Set Goals

Layout weekly goals on what you and your boss or professor want you to accomplish. Then, break it down into what to get done each day.



## Tip 2

### Create Routines

Schedule wake up, exercise, and your daily work routines. Try to maintain your regular hours.

## Tip 3

### Take Care of Yourself

Try to eat right and get outside for some fresh air. Remember to keep social distance to stay healthy

## Tip 5

### Have a Dedicated Work Space

Set up a space where you can work. Let partners, roommates, or family know that when you are there, you are working.

## Tip 4

### Communicate More

This might mean sending more texts or emails. Talk to your coworkers or classmates. Set up Zoom meetings.

# Transfer Info Sessions

## EGCC Transfer Office Offers Free Information Sessions

Are you thinking about transferring to a university after EGCC? Not sure what you want to do, where you want to go or even how to go about transferring? We can help! The EGCC Transfer Office is providing 6 transfer information sessions progressing from general Transfer Talks to Partners & Pathways with university representatives. Each session will be 30 minutes, offered via ZOOM so you can join from your computer or phone anywhere you are at 7:00 pm EST on those dates. ZOOM links will be sent to your student email addresses the week of each session.

**Thursday**  
**April 2nd**

### ***Partners & Pathways Session***

3-5 University Partners showcase one of their EGCC pathways, i.e. Business, Criminal Justice, Nursing, Social Work, Education, etc.

**7:00 pm**  
**EST**

**Monday**  
**April 20th**

### ***Partners & Pathways Session***

3-5 University Partners showcase one of their EGCC pathways, i.e. Business, Criminal Justice, Nursing, Social Work, Education, etc.

**7:00 pm**  
**EST**



# Grads With Grit!

leave whenever you want to. Here you can leave and not get your work done at that time, which I struggled with. I constantly stressed. I was worried about disappointing other people, but more worried about disappointing myself. Because I knew I could do

“**I was worried about disappointing other people, but more worried about disappointing myself.**”

better and I knew I was better, because I got great grades in high school. I loved my classes and I actually paid attention. Then I got here and I just kind of fell apart in some ways and I still wanted to pay attention. I struggled a lot with my personal life and then with school it was really crazy. My aunt started getting sick and I had to take care of her more at the beginning of college. After she passed, I went through a really bad time to where I was like “ok I’m gonna push myself. I got this.” But every time I said that, something happened in my life that I had to push through. I put a

lot of pressure on myself and I was working too. Working while going to school is hard. When I was doing clinicals for a month, I cut down to working two days a week. Bear in mind, that made my paycheck like nothing and I had to cover gas and everything. I live with my sister and we split bills. For that month it was hard. I didn’t catch a break because five days a week I was at clinicals 10, 11 hours a day and then I was at the truckstop the other days of the week. So, I was drained and I was taking an online class at the time too. I remember whenever I was done with clinicals I quit the truck stop, and I started my job, I was still doing school. I did online classes for my last semester. That was a struggle too. Even though we get Thursdays and weekends off, you have stuff in your life to catch up on. You have a house to take care of and you have this, it’s been a struggle but somehow I got through.

## Advice:

First, take a deep breath. Seek help if you need to, I did. Take a step back and don’t worry. Don’t let the outside world get to you too much, because I did so much and I wish I wouldn’t have. Also, you’ll get through it, you’ll end up on the other side. No matter what you think, you’ll get there. You’ll get the diploma and it will say your name on it, and it will say certificate or associates degree and you’ll get it. It will happen, it’s just gonna take time. You’re still young, we’re still young. There’s a lot more in the world we have to worry about than there was before. So take a deep breath and try to push through. Try not to beat yourself up. You can be your own worst enemy.

“**You’ll get through it, you’ll end up on the other side. You’ll get the diploma and it will say your name on it.**”

## What’s next?

I earned the Medical Assisting degree and I am with Weirton Medical Center Physician Practices, so I’m with one of the doctor’s offices for Weirton Medical. I’m like official now, I have an job in my career. They hired me after clinicals. I did clinicals with two doctor’s offices and they both offered me a position. I didn’t pass my certification test the first time, but at Weirton Medical you don’t need it. But I still want to have it. My life has been all crazy this year, so I’m probably going to retake it this Summer or in the Fall.

“**Take a deep breath. Seek help if you need to.**”

## 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.

# Off Campus Updates

## CAREER DEVELOPMENT

The Career Development Team is offering informational zoom sessions called "Getting Gator Ready." There are two more sessions scheduled. All sessions are from 1-2 pm EST and can be accessed from this link: <https://egcc.zoom.us/j/969558469>



**Wednesday  
April 1st**

### ***Tips on working from home from the professionals***

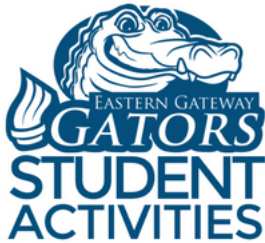
The panelists have been working from home (full and part time) for over 24 years

**Wednesday  
April 8th**

### ***Student choice/request***

This session will be based on your suggestions and needs

## STUDENT ACTIVITIES



Since Abbie Twyford-Wilson won't be doing her regular weekly schedule of events, she still wants to reach out throughout the semester. She will be sending out a short newsletter several times a week so that you can still feel connected to the college even though we aren't on campus!

Check your student email for more updates and sign up for games like E-Bingo!

If you have any questions, email Abbie at [atwyford@egcc.edu](mailto:atwyford@egcc.edu)



### *today's Spotify playlist*



Lo-Fi Beats

### *study tip*

If you're having trouble holding yourself responsible for completing assignments, pair up with a fellow classmate, or enlist the help of a spouse or friend to check in as an accountability partner.

### *motivational quote*

The best way to predict the future is to **create it**

- Peter Drucker

### *just for laughs*

me and my coworkers logging into all of our meetings remotely for the next couple of weeks



### *best free thing*

The World Health Organization and Global Citizen's "Together, At Home" concert series has featured Chris Martin of Coldplay, John Legend, Niall Horan, and Common performing on Instagram Live. Check Global Citizen's website for upcoming performances.

### *self care action*



Make a list of 10 things you are grateful for

### *get to know a Gator*



**Gator:**  
Abbie Twyford-Wilson  
**Department:**  
Student Activities  
**Years at EGCC:**  
6.5

**Favorite Pizza Topping:**  
Banana Peppers

**Favorite Disney Movie:**  
Moana

**Favorite Board/Video Game:**  
Halo 4

**Musician or Band You Think Everyone Should Hear:**  
Red Wanting Blue

**Favorite thing at EGCC:**  
Giving students opportunities to get engaged with the college outside of the classroom



## CARISSA'S CORNER

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

# Do you have the Sunday SCARIES?



Do you experience heightened feelings of anxiety when Sunday night rolls around? Do you start to feel nervous about the upcoming week? Does your mind race as you start to think about what will be required of you? In this difficult period, it's normal to experience heightened anxiety, especially if you are called to mandated overtime hours. Sunday Scaries (or whichever day your week starts) is a new term that is popping up on social media. It is a term to describe the anxiety people feel about the looming week ahead. Some of the reasons that you may be feeling this way the night before the start of the work week could be the following.

1. Lack of passion about what you are doing.
2. You feel that the place(s) you have to go to in the upcoming week is toxic.
3. You feel overwhelmed with what you have to accomplish.
4. You do not feel appreciated or hear praise when completing your weekly tasks.
5. You feel bored with what you are doing.

Do any of the above reasons hit home? If so, one way to beat the anxiety that comes on a Sunday night is to change your own mindset. To do this think about your situation. Your situation could be the fact that you are going to school and are anxious about it. Then ask yourself is there anything positive that will come out of this situation. If this situation is attending college some questions that you could ask yourself are the following.

1. When I earn this degree will my income increase?
2. When I attend my course do I get to interact with a friend and/or a teacher who encourage me?
3. Am I learning useful information?

Although it sounds easy, you will need to ask yourself those questions weekly and possibly add to them thinking of more positive reasons along the way. By simply asking yourself questions you are beginning to think about your situation differently! And know this...if you work in an "essential" industry such as healthcare, warehouses, sanitation, grocery and others, you are needed, valued and appreciated by us all.

Information Found At: <https://www.theladders.com/career-advice/how-to-stop-the-sunday-scaries>



### An Important Message

"Our guiding principle throughout this crisis is to put our students first and do everything we can to ensure their academic success. Our staff and faculty have been determined to support our students during a truly challenging time for us all, and everyone is doing incredible work. We appreciate the patience our students have shown us as we continue this transition to online learning and take appropriate action to keep our community healthy and safe," said Geoghegan. "It has not been easy, especially as our students, staff and faculty face challenges in their personal lives, but we are proud that everyone is working together to find solutions."

~Michael Geoghegan, Interim EGCC President

For the most up-to-date information on Eastern Gateway Community College's efforts to respond to COVID-19 visit [egcc.edu](http://egcc.edu).



### 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



<https://www.facebook.com/EGCCTRIOSSS/>



<https://twitter.com/EGCCTRIOSSS>