



**EASTERN
GATEWAY
COMMUNITY
COLLEGE**

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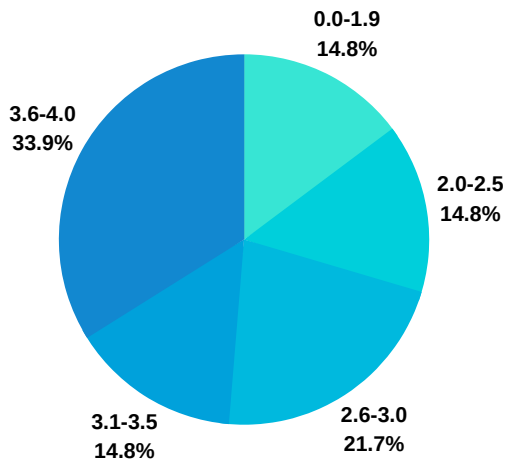
THE SSS SCOOP

THE OFFICIAL NEWSLETTER OF TRIO SSS AT EGCC



Youngstown TRIO SSS students after the Honors Convocation ceremony. Pictured are Pamela Brush, Aquanetta Dixon, Lumi Preston, Vida Amponsah, Wanda Jones, Brigitte Rimar, Linnise Bronson, Emily Hoban, Tonya Washington, Gabriella Forde, Kevin Hull, Latrice Banks, and Tiffany Streeter

Spring 2019 GPAs of Current SSS Students



*Based on 2018-19 TRIO SSS Cohort

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EGCC students listening to the speaker at the Steubenville Honors Convocation ceremony. TRIO SSS students pictured are Gayle Koster, Michael Swickard, Elizabeth Quinn, Cierra Firm, and Tiffany Crawford

DIRECTOR'S CORNER

Celebrating Adult Learners at Graduation

There is a feeling of awe that swirls around graduation day. That nerve-wracking moment of having your name called to the stage is hard to describe. It is a time to reflect on your accomplishments and recognize the dedication and hard work that got you there. A graduation ceremony is not merely a rite of passage for the traditional college student; it is important to celebrate the adult learner too.

While moving from one milestone to the next, the adult learner compounds the added challenges, such as raising children, working a full time job, or caring for an aging parent, that make this moment that much more inspiring. My hope is that each graduate captured the event, people and energy surrounding graduation in real time. Let that same energy linger on in the next weeks and even months. Never let it be said that you "got" a degree or certificate, but that you EARNED it!

Duck Talks

On February 7, 2018, Carissa Henry interviewed Emily Quinn for Duck Talks

Meet Elizabeth "Beth" Quinn



Henry: Why did you choose Eastern Gateway Community College for your education?

Beth: They offered Health Information Management with a certificate in Medical Billing and Coding. Also, it is close to home and all my classes are online.

Henry: What is your major and are you a candidate for graduation and will you transfer?

Beth: Health Information Management with Medical Billing and Coding Certificate. I will graduate in May, but need to come back in the summer to finish my Associates Degree.

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Student Spotlight

Gayle Koster is graduating Summer 2019 with a degree in Health Information Management and certificates for Medical Coding Specialist and Medical Scribe Specialist. She has been a student worker in the Steubenville TRIO SSS office. She was accepted into TRIO SSS in Fall of 2017.

TRIO SSS has helped me ... *make so many new friends! I meet so many students on a daily basis as a student worker here in the SSS office and I have gotten very close to some of them. I am certainly going to miss them after I graduate.*

The best thing about TRIO SSS ... *MaryBeth! She knows the answer to almost any question, and if she doesn't know it, she knows just who to call to find out. I have learned so much from her, and I truly value her dedication to this program.*

Thank you TRIO SSS for ... *my laptop. Receiving that Grant Aid and being able to get a laptop made it possible for me to work on homework at home at night. I still didn't have internet, but at least I could type out the assignments into Word and then submit them when I got to school. This laptop has made my life so much easier and my grades reflect that as well.*

In the last year, I am most proud of ... *raising my GPA to 3.53. High enough to become a member of Phi Theta Kappa, and to graduate with honors. It is an outward symbol of my inner hard work.*



Gayle Koster



TRIO SSS Graduation Cords

The TRIO SSS program distributes official TRIO SSS Graduation Cords to our graduates.

TRIO SSS students -- upon completing their academic programs, while participating in TRIO SSS -- receive a red, black and white cord to wear with their cap and gown. These cords designate their affiliation with the National TRIO Programs.



CARISSA'S CORNER

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

Motivational speaker Stacey Flowers defines happiness as unleashing your talent to positively influence the world. Americans tend to think that once they are successful they will be happy, however, happiness happens before success.

Yet, how do you achieve that happiness? Harvard researcher Dr. Shawn Achor found that relationships have the deepest impact on our happiness more than any other factor. Additionally, motivational speaker Jim Rohn says you are the average of the five people that you choose to associate with the most. While social psychologist Dr. David McClelland of Harvard says, "the people you habitually associate with determine as much as 95 percent of your success or failure in life."

The time you spend with others impacts your own talent to positively influence the world. The conversations you have with others dominates your attention and can impact your attitude and behavior. By identifying the people in your life who fits the following roles and connecting with them you can increase your happiness as soon as today!

5 People That Can Increase Your Happiness TODAY!



The Cheerleader - This person is the person who unconditionally believes in you. This person believes in you when you cannot believe in yourself.

The Mentor - This person always points you in the right direction. A relationship with a mentor does not have to be formal. This person is willing and able to share information with you and can point you in the direction you need to go.



The Coach - This person's job is to make you a little bit uncomfortable in order to make things happen. This person helps you maximize your potential and become stronger.

The Friend - This is the one person who knows your heart's desires and helps you identify and go for them. They do not have to understand any of your jobs or roles, they just have to understand you.



The Peer - This person helps you within the context of work or school. Unlike the friend they understand your job(s) or role(s) more than your heart and can help you achieve work or school tasks.

Although they might, these people do not have to stay the same over your lifetime. If you are having trouble thinking of people fitting these roles think of people who you admire, want to be like or even work in the field that you would like to enter.

Duck Talks...

Henry: What obstacles you have encountered while trying to earn a degree?

Beth: I am a single mom with a 15 year old boy. I go to school full time and I work full time for the State of West Virginia-DCR-Pardo Services in Wheeling, WV. I also have a lot of medical issues that can take a toll on me.

Henry: Now, tell me about a time when you were in school where it looked like you were doing well but really you were paddling hard underneath the surface.

Beth: My son goes to Shriners's Hospital in Erie, PA and I worry. So I have to balance home life, working full time, school full time, and thinking about it all. With all of this,

I don't have much time to complete my assignments. Yet, even with all of this going on, my grades are good. I have

TRIO SSS helps give you the tools and resources to help you succeed.

accomplished all of this with help and I am close to graduating in May.

Henry: You really had to work hard to be successful. How has TRIO SSS helped you stay afloat?

Beth: TRIO SSS helps give you the tools and resources to help you succeed. They also do things to show us our accomplishments do not go unnoticed.

Henry: What would you like to tell others who may feel like they look smooth and slick on the outside but are really just treading water?

Beth: Don't give up, life is hard but if you truly want something in life you need to go for it.

end Interview



Duck Talks is a TRIO SSS interview series focusing on the stories of students that are juggling multiple roles and/or responsibilities while still succeeding in college. These "ducks" make it look easy on the surface but are working extremely hard underneath. Are you duck? Let us know.

Upcoming Activities



Kent State University Campus Visit

Thursday, June 27th - Main Campus, Kent, OH

***Upcoming TRIO SSS workshops and activities are tentative and are subject to change**


end of interview

2019 TRIO SSS Graduates

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Congratulations



class
of
2019!

STUDENT SUPPORT SERVICES
TRIOSSS
STUDENT SUPPORT SERVICES



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 2019 Semester

4.0 GPA

Abigail Arnett, D'Ante Bortz, Pamela Brush, Lori Davis, Veto Flippo, Gabriella Forde, Summer Gescheider, Alexa Lyon, Doan McKinney, Tanya McNeely, Heather Miscuk, Tracy Molinari, Lumi Preston, Reginald Revere, Brigitte Rimar, Hanna Salonica, Breeanna Smith, Aaliyahia Spivey

3.5 - 3.9 GPA

Lina Abdallah, Vida Amponsah, Sierra Arnett, Latrice Banks, Dawn Barnett, Christopher Bates, Savannah Click, Zannatul Daizy, Huntter Dulkoski, Selena DuPonty, Cierra Firm, Luke Gescheider, Gavin Grimm, Jaden Grimm, Rebekah Hobbs, Steven Jack, John Malcomson, Jeffrey McGill, Nubia Morgan, VicteAria Nixon, Jeremiah Papa, Breanna Perdue, Elizabeth Quinn, Christina Risdon, Brittani Russell, Karin Southwick, Jonathan Thomas,

3.0 - 3.4 GPA

Mark Bharat, Linnise Bronson, Brandon Felton, Laurie Ann Hudnall, Lamar Johnson, Wanda Jones, Erika Maple, Aaron Marinacci, Sarah Marsch, Stephanie Miller, Markiesa Mixon, ShaWanda Pargo, Elizabeth Ramos, Nicole Rodriguez, Katelyn Sandreth, Nathan Skaggs, Zachary Thompson, Sheila Vasconcellos, Tonya Washington, Brittany West, Amanda Whitlatch

31%

**of 2018-19 TRIO SSS participants
earned a GPA of 3.5 or higher**

More 2019 TRIO SSS Graduates



Congratulations



class
of
2019!



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

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