

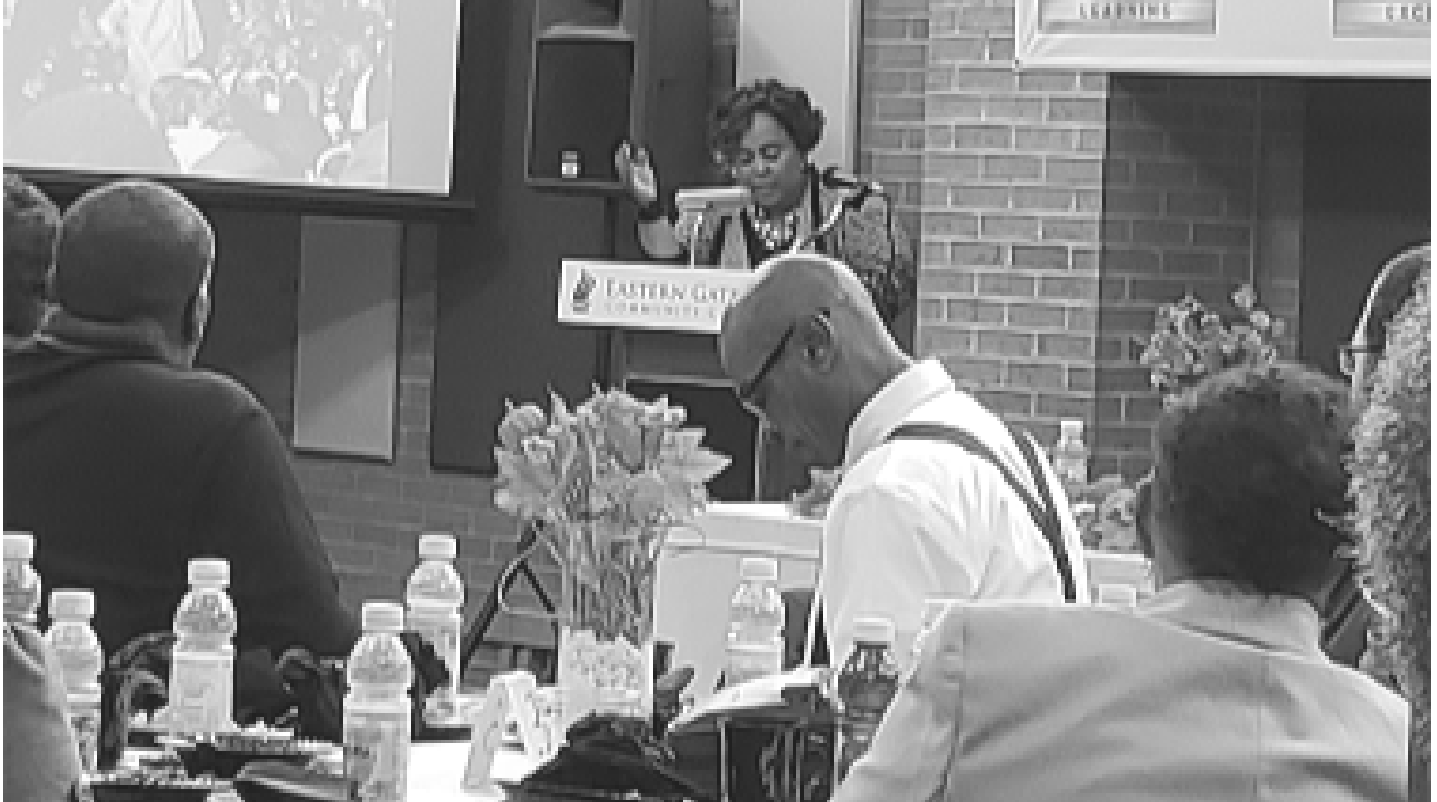


EASTERN
GATEWAY
COMMUNITY
COLLEGE

NOVEMBER 28, 2018 | VOLUME 3

THE SSS SCOOP

THE OFFICIAL NEWSLETTER OF TRIO SSS AT EGCC



TRIO SSS students attended the MLK Prayer Breakfast on November 10th, pictured Rev. Ivy Smith



77%

of TRIO SSS Students are

1st-Gen

**Based on 2018-19 TRIO SSS Cohort*

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TRIO SSS students, Jonathan and Manshelle, celebrated First-Generation College Student Recognition Day.

DIRECTOR'S CORNER

Final-ly

Finals are approaching for some and complete for others. It's a great relief for those dreading the moment and others in anticipation of showing what they know. Either way, finals week often brings with it a degree of anxiety. That feeling of anxiousness is normal. We all experience it. But, we also look forward to its end with a sigh of relief, time off from classes, and stretch spent with family and friends. Despite the outcome of finals week, look toward the holiday season with optimism and gratitude. Breathe. Enjoy your time...then soon after the mashed potatoes and pumpkin rolls have settled, you can begin thinking of what's next.

We Are First!

EGCC and TRIO SSS celebrated First-Generation College Student Recognition Day on November 8th

In 2017, the Council for Opportunity in Education (COE) and the center for First-generation Student Success launched the inaugural First-Generation College Celebration! Given the overwhelming success of this event, COE and the Center will partner to make this celebration an annual event.

TRIO SSS had a table at each campus and gave first-generation students and staff a sticker to proudly proclaim their first-generation status. TRIO SSS also held photo booths with 1st Gen props for EGCC students and employees to take selfies and post using #EGCC1stGen, #TRIOSSS1stGen, and #CelebrateFirstGen on social media.



Vern Richberg spoke to TRIO SSS students when they visited the Youngstown Business incubator

TRIO SSS students visited the Youngstown Business Incubator and Cultivate: a co-op cafe on November 16th.



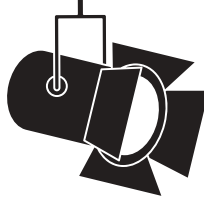
TRIO SSS students were given a tour of the YBI facilities by Gianna Serra. Then, Vern Richberg and Carmella Williams presented an information session on how to start a business. They also explained the services that the YBI offers to entrepreneurs.

We had the opportunity to meet Jack Scott, the President and Founder of Vista AST which manufactures the INVENT3D printer. He took time to speak with us and explain that his company offers STEAM based courses to K-12 schools.



TRIO SSS students had lunch at Cultivate: a co-op cafe. Sue Payton, the Cafe Manager, explained that the Cultivate is owned and managed cooperatively - that means the farmers and food makers who supply the products are the actual owners of the Cafe. The menu items are made from local, sustainable, authentic food.

We then went next door and were given a tour of the Common Wealth Kitchen Incubator. It is a shared-use commercial kitchen that aims to lower the cost for starting or expanding local food businesses.



Student Spotlight

I am a General Studies major at the Steubenville Campus and I have been in TRIO SSS since Spring 2017. I am excited to graduate in December with my Associates degree. I plan to transfer to Kent State University.

TRIO SSS has been there when I needed help with classes. They answered my questions, helped me contact my teachers, and find a tutor. The best thing about TRIO SSS is that they connected me with my tutor Gayle. Thank you TRIO SSS for helping me make use of my accommodations for test taking.

In the past year, I am most proud of passing all my classes with the help of TRIO SSS and my professors.



Michael Swickard



Need Money For College? Apply For These Scholarships

National CPR Foundation Healthcare Scholarship

<http://www.nationalcprfoundation.com/scholarship/>

Amount: \$500

Deadline: Awarded Monthly

Rentacomputer Cares Scholarship

<http://www.rentacomputer.com/cares/scholarships>

Amount: \$2000

Deadline: May 31, 2019

CARISSA'S CORNER

How to help a grieving friend at the holidays

November, December, and January are usually happy times of the year. For some people, however, the holiday season serves as a reminder of grief and loss. Most people are at a loss for what they can do to help their hurting friend. Here is an article by grief therapist Megan Devine and illustrator Brittany Bilyeu that can walk you through helpful holiday scenarios.

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Spring Semester Begins
January 14th



HAVE YOU REGISTERED FOR SPRING CLASSES?

WHEN YOU'RE GRIEVING, GETTING THROUGH THE HOLIDAYS CAN FEEL EXTRA HARD. PEOPLE WANT TO HELP, BUT THEY REALLY DON'T UNDERSTAND WHAT YOU NEED. IT'S HARD TO CELEBRATE WHEN YOUR HEART IS BROKEN.

MY SISTER DIED THREE DAYS BEFORE CHRISTMAS. I KEEP THINKING "THIS TIME LAST YEAR"...

I WISH I COULD STILL LOVE THE HOLIDAYS BUT SINCE MY CHILD'S DEATH, ALL OF THE JOY HAS GONE OUT OF THINGS.

I FEEL SO TIRED JUST THINKING ABOUT IT. HOW CAN WE CELEBRATE WHEN MOM'S NOT HERE? IT SEEMS WRONG TO PRETEND EVERYTHING IS NORMAL.



I KNOW THIS YEAR HAS BEEN HARD ON HER. I JUST DON'T KNOW WHAT TO SAY OR DO TO MAKE IT BETTER.



SOME THINGS WE SAY TO GRIEVING PEOPLE CAN ACTUALLY MAKE THE HOLIDAYS FEEL WORSE. EACH PERSON HAS THEIR OWN WAY OF GETTING THROUGH THIS SEASON AND IT MAY NOT LOOK LIKE YOU THINK IT SHOULD.

OF COURSE I'M SAD. I MISS MY HUSBAND. I WISH PEOPLE WOULD UNDERSTAND THAT BEING SAD IS OK.

I WISH PEOPLE WOULDN'T FORCE HOLIDAY ACTIVITIES ON ME. I DON'T REALLY FEEL LIKE CELEBRATING.

BEING CRITICIZED FOR HOW I'M HANDLING THE HOLIDAYS IS THE WORST. DON'T TELL ME I'M NOT BEING FESTIVE ENOUGH.

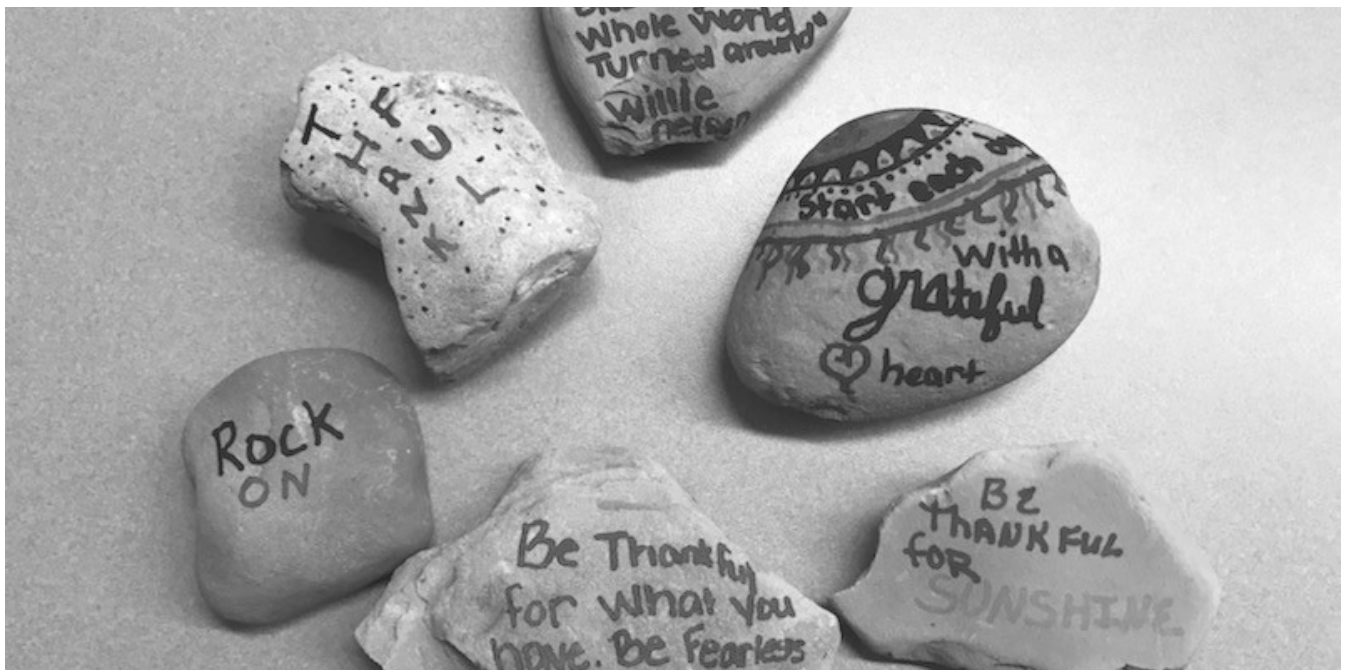
DON'T BE SAD HE WOULDN'T WANT YOU TO BE.

JUST COME! YOU WILL FEEL BETTER IF YOU GET IN THE HOLIDAY SPIRIT.

YEAH! YOU JUST NEED TO GET OUT OF THE HOUSE.

I THINK WHAT THIS PLACE NEEDS IS A CHRISTMAS TREE!





Rock painting, adapted from the Kindness Rock Project, was the activity for the Let's Talk About Gratefulness workshop on November 14th



Online Workshop Topics

TRIO SSS Workshops

The Fall Semester workshops are available online now

Procrastination & Goal Setting - *Learn strategies that can change your habits*

Time Management - *Learn how to manage your time & tackle time wasters*

Everyone Counts - *Learn how to help a friend in need*

Computer Basics - *Learn computer skills that can help you succeed in class*

What is Plagiarism? - *Learn how to avoid plagiarizing & the penalties for plagiarism*

Study Skills - *Learn to build the skills you need to organize information, improve reading comprehension, & apply study strategies*

Let's Talk About Gratefulness - *Learn the benefits of gratitude and how to practice it*

Test Anxiety & Test Taking Skills - *Learn what anxiety is and strategies to use in dealing with test anxiety*

CARISSA'S CORNER

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GRIEVING PEOPLE WOULD LOVE YOUR HELP AND SUPPORT THIS HOLIDAY SEASON. THEY KNOW YOU'RE TRYING, AND THAT IT'S HARD TO SEE THEM IN PAIN. SO EVEN THOUGH YOU CAN'T MAKE THEIR HOLIDAYS "GOOD," HERE ARE SOME WAYS YOU MIGHT HELP.

PLEASE, PLEASE TALK ABOUT HER. SHARE A MEMORY SAY HER NAME. SAYING HER NAME WON'T BREAK ME. I WANT TO BE REMINDED OF HER. IT MAKES ME FEEL CONNECTED TO HER, AND TO YOU IN THIS MOMENT.



MY BROTHER IS DYING AND I'M HIS CARETAKER. I WANT TO BE CARED FOR, INVITED AND TREATED AS GENTLY AS A GRIEVING PERSON BECAUSE I ALREADY AM ONE.



I WISH PEOPLE WOULD STEP UP FOR MY SON INVITE HIM TO DO SOMETHING HE WOULD'VE DONE WITH HIS DAD--A MOVIE, FISHING, ANYTHING THAT WOULD BE A GREAT GIFT.



WOULD YOU ASK ME WHAT MIGHT FEEL GOOD TO ME THIS YEAR, RATHER THAN TELLING ME WHAT I SHOULD DO? I MIGHT NOT KNOW THE ANSWER, BUT I APPRECIATE BEING ASKED.



I LIKE WHEN WE RAISE A TOAST TO THOSE NOT PRESENT AND SAY THEIR NAMES. IT'S SAD BUT IT'S REAL. ACKNOWLEDGING WHO'S MISSING REALLY HELPS.



I WANT TO BE INVITED TO THINGS, EVEN IF I MOST OFTEN DECLINE. IT MEANS A LOT TO BE INVITED (PS: I LIKE INVITATIONS TO COFFEE OR LUNCH MORE THAN FOR BIG PARTIES!).



MORE THAN ANYTHING I WANT TO BE ABLE TO TELL THE TRUTH ABOUT HOW HARD THIS IS SOMETIMES. JUST HEARING IT WITHOUT TRYING TO FIX IT, IS THE BEST GIFT YOU CAN GIVE.



THERE IS NO RIGHT OR WRONG WAY TO DO THE HOLIDAY SEASON. IT'S IMPORTANT TO REACH OUT & CONNECT - WHETHER YOU'RE GRIEVING, OR TRYING TO SUPPORT SOMEONE WHO IS. AND ONE LAST THING FOR HELPERS: IT'S OK TO FEEL AWKWARD! YOU DON'T NEED TO BE PERFECT, JUST PRESENT.



COMING SOON!

Duck Talks is a new TRIO SSS initiative coming in December. It is a platform for TRIO SSS participants to share their stories and their strategies for success.

What's a Duck?

Yes, we actually are talking about an animal, a duck. When you watch a duck gliding effortlessly and smoothly along the water, what you don't see is all of the paddling and hard work that happens under the surface. This is representative of a lot of our TRIO SSS students. They are succeeding while managing to juggle many other obligations. They make success look easy; but under the surface, these students have many other roles and responsibilities in addition to their coursework. Yet, they somehow manage those challenges and succeed while facing barriers. What's their secret? In our Duck Talks series we will interview some of our very own SSS "ducks". We hope that by hearing their stories you too will be encouraged to not give up and to become inspired to tackle the roles and responsibilities on your plate, successfully. Let Duck Talks help you stay on the pathway to transfer or earn a degree.

Are you a duck? If so let us know!



Sue Payton explains the purpose of Cultivate: a co-op cafe to TRIO SSS students



TRIO SSS Turns 50!

This year marks the 50th Anniversary of the Student Support Services program which has guided millions of students and their families through the college process.

SSS helps students to better understand their educational opportunities and to persist in college until they earn their baccalaureate degrees.



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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