



EASTERN
GATEWAY
COMMUNITY
COLLEGE

OCTOBER 28, 2019 | VOLUME 14

THE SSS SCOOP

THE OFFICIAL NEWSLETTER OF TRIO SSS AT EGCC



Steubenville TRIO SSS student Haley Friend enjoys a taco in a bag at the first Let's Taco Bout' It event. Spring registration was the topic of discussion.

3.40

Avg. **GPA**



Current SSS Nursing Students

**Based on 2019-20 TRIO SSS Cohort*

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

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Youngstown TRIO SSS students Nicole Rodriguez and Marisa Woolensack enjoy tacos in a bag at the first Let's Taco Bout' It event.

DIRECTOR'S CORNER



Money Mindfulness

If you are like most people you use a debit card to make many purchases. And like most people, you probably seldom track your spending with each swipe of the card. And, a million times, you have probably thought about becoming more aware of your spending habits, hoping to budget better and spend less. What I know for sure is that we cannot be passive in our relationship with money. It's important to take a bold approach to budget management by becoming more mindful about money. Try to...

1. **Pay yourself first-** You cannot afford NOT to save something every pay! Even if it's just five dollars, save that \$5.00 consistently and you will develop a healthy mindset around money. You'll feel more competent, and more in control.
2. **Track your spending-** Be accountable. Keep a notebook, or digital notepad on your phone to record what you spend. There are even apps for that!
3. **Use cash!**- There are things that make sense to use a card, such as booking a hotel, or paying a utility bill. But, you should definitely use cash for lunch or shopping at your favorite store. If you lack self-control, using cash is the way to go! Once you spend more time with "real money" you won't part with it so easily. Swiping that card seems harmless until you left with nothing.



Lonnie Brooks

Degree: Criminal Justice

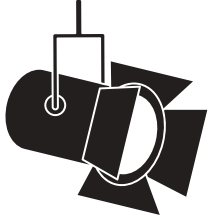
Why EGCC?

I was a military veteran. After getting out the military, the job that I was doing in there was not what I wanted to do as a career; so I was basically starting from scratch. I came to EGCC and one of the first people that I met was Marybeth. She talked to me and told me the benefits of the program and I signed up in the summer. My first semester was in fall 2015 or 2016, and that was that!

Typical Day:

Well, I have son, so I had to find care for him. And, I was going to school and I had a job then, of course, there is family and relationships. I also worked two

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Student Spotlight

Juanita James is a Business Management major. She was accepted into TRIO SSS in Summer of 2018.

TRIO SSS has helped me ... transition to the campus with the least amount of difficulty and to come back into the college environment.

The best thing about TRIO SSS ... is that it offers a wide range of helpful topics that encourage development and being able to access other social activities.

Thank you TRIO SSS for ... providing professional staff members to aid us and being there when I needed it.

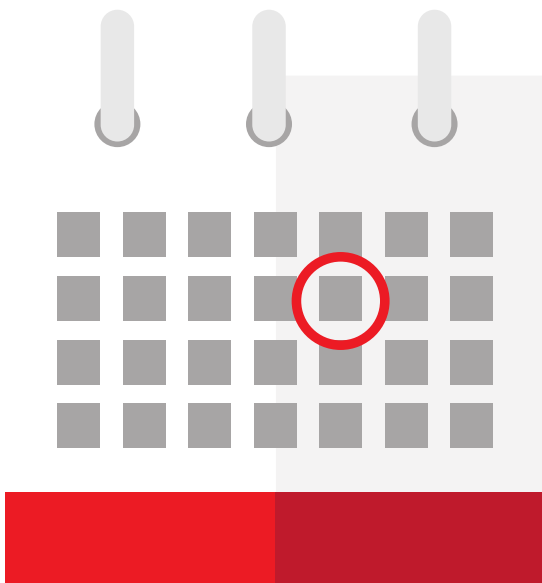
In the last year, I am most proud of ... coming closer to completing my degree. It is something that is important to me for personal achievement.



Juanita James

"I am most proud of coming closer to completing my degree"

Important Dates



November 11

- Veterans Day - College Closed

November 14

- Last day to Withdraw from Second 8 Weeks Classes

November 15

- Employee Development Day - No Classes

November 28

- Thanksgiving Holiday - College Closed



CARISSA'S CORNER

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

October is National Domestic Violence Awareness Month!

Approximately three out of four Americans know someone who have been a victim of domestic violence. Domestic violence can effect anyone no matter gender, status, race or religion. Something often overlooked is that fact that domestic violence is more than physical abuse. Domestic violence can also include but is not limited to yelling, humiliation, stalking, manipulation and threats. This can look like withholding finances from a partner, the silent treatment, calling someone names, and even monitoring someone's phone or social media. It is important to know that there is help available. If you or someone you know is experiencing anything like what you have read above reach out to a friend, family member or one of the resources listed on the right.



Jefferson County, Ohio ALIVE Shelter

Phone: (740) 283-3444
or 1-888-611-SAFE
Website: <http://www.aliveshelter.org/>

Mahoning County, Ohio Beatitude House

238 Tod Lane,
Youngstown, OH
Phone: (330) 744-3147
E-Mail:
info@www.beatitudehouse.com

Sojourner House
Domestic Violence Program
535 Marmion Ave.,
Youngstown OH 44502
24-Hour Hotline:
330-747-4040

If you are in an abusive relationship, remember:

- 1.) You are not alone.
- 2.) It is NOT your fault.
- 3.) Help is available.



OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

For anonymous, confidential help available 24/7, call the National Domestic Violence Hotline at 1-800-799-7233 (SAFE) or 1-800-787-3224.

OR Call Break the Cycle's trained peer advocate at 1-866-331-9474.

This information was found at breakthecycle.org and ncadv.org

Grads With Grit!

semesters here as a work-study. It really helped me out because when I was done with school I could just go home and focus on my studies instead of going to work an eight-hour shift.

Challenges:

I was riding the bus. That was a challenge. For example, the bus could be late. If you have a class that starts at 8:00...if it snows and the bus is supposed to come at

"A lot of people have it misconstrued that because it's a community college that it is easy"

7:30 but may not come until 8:05, you're walking in to class at 8:30 and they're looking at you all crazy! (*laughing*)

Advice:

A lot of people have it misconstrued that because it's a community college that it is easy. But, there are good professors here. You have to really pay attention and study. It's not going to be easy. Time management is key and using the resources. Sometimes I wouldn't leave the school until my work was done. So, If I said I was going to be

home at 2:00 and my son got home at 2:30, I might choose to stay until 5:00 because if my son is home I knew I would not have time to get work done. So I'd just stay at school longer. Use your time while you are here. Use the Wi-Fi. Pull up a chair and get your stuff done. I never really had homework because I got it done before I left the building. I knew when I woke up in the morning that it was already printed and in the folder. All I would have to do is wake up and leave. If you know that your life at home is hectic, just stay...no one can bother you and you can just get it done.

What's next?

I'm majoring in social work at Franciscan University because they don't have Criminal Justice. But, I can merge the two if I want to work as a probation officer, or with juveniles or basically whatever I want. I just want to help people.

"If you know that your life at home is hectic, just stay...no one can bother you and you can just get it done"

Grit | Noun

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

SSS student wins Transfer Fair Drawing



Steubenville SSS student, Zannatul Daizy attended the EGCC Transfer Fair on Tuesday, October 22nd and participated in the Scavenger Hunt.

Daizy visited all of the tables at the Steubenville Fair and filled her whole sheet with stamps. Her entry was pulled and she won the grand prize which was a tote bag filled with t-shirts and promotional items from all of the schools that sent recruiters to the Transfer Fair.



Transfer Students

Are You Planning to Transfer?

It is never too early to start planning your transfer to a 4-year college or university. The TRIO SSS staff can help you create a successful transfer plan. Join us on campus tours of nearby colleges and universities, attend a transfer workshop, or schedule an appointment to meet discuss your transfer questions.

National Transfer Student Week

National Transfer Student Week is celebrated October 21-25. TRIO SSS students celebrated the week by attending EGCC Transfer Fairs on the Steubenville and Youngstown campuses. SSS students transferring soon include the following:



NTSW. NATIONAL TRANSFER STUDENT WEEK
OCTOBER 21-25, 2019

MY NAME IS
LINA ABDALLAH

I WILL BE TRANSFERRING TO...
YOUNGSTOWN STATE UNIVERSITY

MY MAJOR WILL BE...
BIOLOGY / PRE-DENTAL

TRIO SSS HAS HELPED ME...
WITH APPLYING TO YSU, APPLYING FOR SCHOLARSHIPS,
AND SO MUCH MORE.

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NTSW. NATIONAL TRANSFER STUDENT WEEK
OCTOBER 21-25, 2019

MY NAME IS
REBEKAH HOBBS

I WILL BE TRANSFERRING TO...
AKRON UNIVERSITY

MY MAJOR WILL BE...
STATISTICS

TRIO SSS HAS HELPED ME...
BY PROVIDING COUNSELING AND SOCIAL CONNECTIONS

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More Transfer Students



NTSW NATIONAL TRANSFER STUDENT WEEK
OCTOBER 21-25, 2019

MY NAME IS
 AALIYAHIA SPIVEY

I WILL BE TRANSFERRING TO...
 KENT STATE UNIVERSITY

MY MAJOR WILL BE...
 CRIMINAL JUSTICE

TRIO SSS HAS HELPED ME...
 KNOW WHAT TO DO WHEN TRANSFERRING TO ANOTHER COLLEGE.

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NTSW NATIONAL TRANSFER STUDENT WEEK
OCTOBER 21-25, 2019

MY NAME IS
 JONATHAN THOMAS

I WILL BE TRANSFERRING TO...
 KENT STATE UNIVERSITY - TRUMBULL

MY MAJOR WILL BE...
 NON-PROFIT HUMAN SERVICES (BTS)

TRIO SSS HAS HELPED ME...
 TO WORK THROUGH THE PROCESS OF CHOOSING THE NEXT SCHOOL TO CONTINUE MY EDUCATIONAL JOURNEY.

EASTERN GATEWAY COMMUNITY COLLEGE
TRIOSSS



NTSW NATIONAL TRANSFER STUDENT WEEK
OCTOBER 21-25, 2019

MY NAME IS
 LANDON SCOTT WOODS

I WILL BE TRANSFERRING TO...
 KENT STATE UNIVERSITY

MY MAJOR WILL BE...
 GLOBAL COMMUNICATION STUDIES

TRIO SSS HAS HELPED ME...
 IN SO MANY WAYS BY HAVING AN UNDERSTANDING OF ONE STUDENT TO THE NEXT. I FEEL IT IS IMPORTANT TO BE DIVERSE WITHIN THE COLLEGE REALM AND BEYOND THE COLLEGE ITSELF.

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Upcoming Activities



Upcoming Workshops

- Bouncing Back From a Bad Mid-Term Grade
- Study Skills
- Relax Before Finals
- Get Ready for Finals

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



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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<https://www.instagram.com/egccetrioss/>