



EASTERN
GATEWAY
COMMUNITY
COLLEGE

MAY 22, 2020 | VOLUME 21

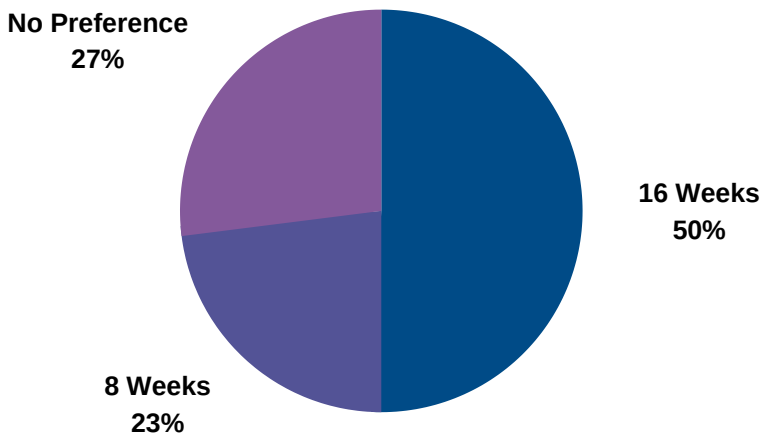
THE SSS SCOOP

THE OFFICIAL NEWSLETTER OF TRIO SSS AT EGCC



Pictured is EGCC and TRIO SSS alumna Jamie Wright (left). Jamie earned a Respiratory Therapy degree in 2016. She currently works at Allegheny General Hospital and has taken a 12 week assignment at Montefiore Medical Center in Bronx, NY to help with the COVID-19 Crisis.

Preferred Session Type of TRIO SSS Participants



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*Based on TRIO SSS 2020 Successful Learning Survey

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



GRADUATION

Saturday, June 6, 2020

11:00 am, est

Graduation will be broadcast live via YouTube, Facebook Live, & Periscope on Twitter

Director's Corner

You Did It!

You've finally reached the finish line. This is a great accomplishment of which you should be proud. We sure are proud of you!

Graduation is a time for reflection and gratitude. Think of all the people that have supported and encouraged you. What would you tell them? Do not hesitate to show your appreciation. They are as excited as you. They realize how hard you've worked to get here. We know it has been particularly challenging during the pandemic to maintain the same level of energy and focus that you had before the crisis. But, you didn't give up! Pat yourself on the back and know that you did it! Congratulations from all of us at TRIO SSS.



Deborah Myers

Degree(s): Teacher Education

Why EGCC?

Well all of my family had a college education except me. It was pretty much on a dare from my husband. I told him I wanted to go to school but I was too old and he told me "No, you're never too old to go to school. I dare you to go to school." I didn't want to go to YSU. My husband saw EGCC advertised on TV and told me about it. I went to EGCC and met with Kenney Rupert the first time. I couldn't start right then because it was the middle of the semester. I signed up for Early Childhood Education. I came here because of the

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Thoughts for Our EGCC Student Body

Dr. John R. Crooks, Vice President of Academic Affairs at EGCC

When encountering difficult and challenging situations, it is important to figure out how to persevere through the situation. In my office at Eastern Gateway Community College, I have a picture entitled "Perseverance" with a quote from Thomas Alva Edison, "There is no substitute for hard work." Hard work has been demonstrated by faculty, staff and students and it is impressive. I want to express my sincere appreciation and gratitude to the students, staff, and faculty for their

perseverance through this difficult time and being flexible to manage both school and family.

We have reached the month of May and the COVID-19 crisis has impacted lives as diversely as the students who attend Eastern Gateway Community College. We have some in our family of students who have had no direct contact with virus and, relatively speaking, limited impact on their lives. We also have others who have been directly impacted by the virus and have had the loss of a close friend or family member. For all students, the faculty and staff at Eastern Gateway Community College are here to help you succeed in the classroom, but also in life. Please realize that EGCC's faculty and staff are doing everything within our means to support you as you work toward degree completion.

Please also realize that I noticed your incredible resilience and determination to keep learning despite the challenges created by this pandemic. I am so grateful for your commitment to your academics in these difficult times. The gateway to an affordable wage and a higher quality of life is education. We are here to help you make that transition to help you get to that point in your life in the most economical manner.

Our message extends to all students served by Eastern Gateway Community College. It includes our College Credit students who do not know what their classes will look like this Fall – either high school or college. Our online students who have not had services interrupted from an education perspective; however, there are a myriad of stories for each of our students throughout our great nation. The message also is for our in-seat students who attend classes either at the Steubenville or Youngstown campus.

We are bringing students back to campus at those locations and we have started with our Police Academy last week. Everyone is



practicing social distancing and wearing masks at this time. We will be bringing back students to complete hands-on activities with social distancing and appropriate measures in place based on the directive and guidance from the Governor of Ohio and his office. Our goal is to protect all individuals first and foremost and yet we are just as determined to help each and every student reach their academic goals in a timely manner.

"When you see boundaries as opportunities, the world becomes a limitless place, and your life becomes a journey of change that always finds its way." - Unknown

I have another picture of my office wall entitled, "The Essence of Change". The caption reads, "Learn to embrace change and you'll begin to recognize that life is in constant motion, and every change happens for a reason. When you see boundaries as opportunities, the world becomes a limitless place, and your life becomes a journey of change that always finds its way." The situation of today is terribly difficult for many of our great students. I hope you persevere and at the end of the day your new reality is bright and prosperous. The EGCC family is here to help you, stay safe, stay strong and embrace the opportunities that present themselves. Please keep up the great work and I look forward to hearing all the great success stories associated with students who attend Eastern Gateway Community College.

Mental Health Month

TAKE A CHECKUP
FROM THE NECK UP



FREE. PRIVATE. ANONYMOUS.
MHASCREENING.ORG

Each year millions of Americans face the reality of living with a mental illness. May is Mental Health Month. Mental Health America's (MHA) 2020 theme is Tools 2 Thrive and provides practical tools that everyone can use to improve their mental health and increase resiliency regardless of the situations they are dealing with.

BE KIND TO YOUR MIND

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

Tips to cope with stress during COVID-19

1. **PAUSE.** Breathe. Notice how you feel
2. **TAKE BREAKS** from COVID-19 content
3. **MAKE TIME** to sleep and exercise
4. **REACH OUT** and stay connected
5. **SEEK HELP** if overwhelmed or unsafe

Information found at:
cdc.gov/coronavirus/2019-ncov/daily-life-coping



**TRIO
SSS**
Student Support Services

Student Spotlight

Celestine Glenn is a Medical Assisting major. She will graduate in August 2020 and plans to enter the workforce. She was accepted into TRIO SSS in Fall of 2019.



Celestine Glenn

**"Proud of myself because
I know I'm a success
story, and seeing
greatness was in me."**

***TRIO SSS has helped me ...** Mrs. Brittany Crosio would reach out to me throughout the semester, to assist in adjusting to the new challenges that I faced with my studies. I was given a planner that helped me organize my schedule.*

***The best thing about TRIO SSS ...** showing me how to become involved in the development of my own destiny and building positive bridges that would lead me to success in the direction that I was headed in.*

***Thank you TRIO SSS for ...** how they care about those who are in the program.*

***In the last year, I am most proud of ...** the fact that I was so willing to apply myself to my studies. In the classes for Medical Assistant, there were online courses and I knew that this was a hurdle I had to cross. It was an adjustment to have these classes. It took me some time, not understanding that online required me to become apart of a discussion board as a response to the assignments. This gave me such anxiety at the beginning. Reaching this requirement, let me see what I can do and I accomplished this task.*

Important Dates

June 1

- Summer Semester Begins

June 4

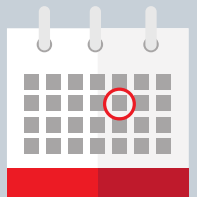
- TRIO SSS Honors Recognition

June 6

- EGCC Graduation Commencement

June 10

- Last Day To Drop Summer Classes





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cost. I thought if I didn't like it. I wouldn't have thousands and thousands of dollars out the door. At the time it was only \$93.00 a credit.

Challenges:

I am technically retarded, okay. *(laughing)* [using a computer] I couldn't get to where I wanted to go, I couldn't figure it out cause I don't know enough about computers or anything like that. So I would call my husband and say "Here's where I need to be. Help me out with this." So he was always helping me with the technical part. It was the technology that was hard. In my first Psychology class we had to pick one psychologist

“It was the technology that was the hard part.”

and do a presentation on it. There were three of us in our group and one girl said she knew how to do a PowerPoint and I go, "What?" I had never heard of it. She showed me how she got onto it and how she did it. So I went home and told my husband you gotta download this program for me cause I didn't know anything about downloading or anything like that. He got me on PowerPoint and I did a presentation on my psychologist and everybody

... it seemed like the right person was in the right place to show me

goes, "How did you do that?" and I go, "By God's grace." *(laughing)* And I got it done... it just seemed like the right person was in the right place to show me that.

We had to do a portfolio for the final grade in one of my Education classes and I was lost on how to do that. I happened to go down to one office at the school crying and said, "I don't know what she wants. I don't know how to do this and everything." There was girl in there that said, "Well this is how I did mine." Then she showed me how she did her notebook. I said "Okay, now I know what kind of work she wants." I did my portfolio and turned it in and didn't get it back. Dorothy Collins told me it was really great and that she wanted to keep it to show other students.

I got through most of the Early Childhood program when I had to do my sit in at a preschool. After that, I said "No, I can't do Preschool." So, I went to Advising and said, "What if I do Middle Education and used Early Childhood as a minor?" They told me that those are two majors. But I could take the last three classes of Early Childhood, then only have four more classes to complete Middle Childhood. So I completed the Early Childhood and the Middle School, then they talked me into taking three more classes for Special Education. I earned all three degrees in three and a half years.

When I did my online classes at EGCC they were so much harder than being in a classroom. TRIO SSS would always check on me and say "How are you doing in your classes?" and I would say, "I'm doing okay sometimes it gets a little overwhelming." Ty-Juan was the one that always checked up on me and said "If there's anytime you need hadhelp, you come and see us." I did a lot of it on my own but knowing they were a backup for me and that I could go to them made me more confident in what I was doing.

I had Dorothy Collins every semester and I put my success to her because she would say, "This is college not high school and I expect college work." She was the toughest teacher and she was good. I was anal about my homework, I wanted perfection. Once I got that 4.0 the first semester, I strived so hard to get a 4.0 all the way. Once, Dorothy came to me and said, "You got a C in my class." I sat there and I cried. She said "Because you forgot an assignment. If you do the assignment, I can raise it to a B." I never got an A off of her, but I got a very high B. When we group things, I came to her crying and I said "The group is not doing it. I feel like I'm doing all of it and they're gonna get credit for it." She told me, "Well there will be some individual assignments also." That made a difference to me. When I got my final grade point average, I thought this is something of mine. Nobody can take it from me and I proved to myself I am not some dummy. That I actually am intelligent.

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Typical Day:

I think for three and a half years I went on three hours of sleep because of my work schedule, my school schedule and my homework. I worked full-time and went to school full-time. At the time, I was working at



**You can be a
nerd or work for
a nerd. That's
your choice.**



the Post Office from 5:00 in the morning to 2:00 in the afternoon. I would get up at 4:00 am to be ready for work. I would go to work and sometimes my classes would be right after work. A lot of them started at 6:00 pm, so I would go home, I would eat, go to school and I would get out at like nine, ten o'clock at night. Class would be on Monday and homework was due on Wednesday. For my online class you had to respond on Tuesday, respond to somebody else on Thursday, respond to their response on Friday, and an assignment due on Saturday. It was a lot, so I would go home at 10:00 at night and be up until two or three o'clock then lay down for a couple hours before I had to get up for work.

Advice:

If somebody came to me and asked me "What would you do?" I would say first you have to prioritize. If schooling is what you want to get through and you want to do your best, you have to stay focused on your schooling. Things will be left behind. Family time was a lot left behind, but everybody in my family supported me. First you have to have somebody that's going to support you and what you're doing and when you get that support group you have to

stay focused on what the most important thing is. Families are always important but if you want something that you can call your own, you have to stay focused on your education. You HAVE to stay focused. Macaroni & cheese, hot dogs and pancakes sometimes are what supper is... not the roast and the potatoes and everything like that. You have to find a balance. That's the big thing, finding the balance and how you're going to accomplish this. You have to use your time wisely. You have to really FIND time. Tell yourself "I'm gonna put so much time into this, so much time into that..." The thing that has so much priority, that is going to need the most time. If you want to accomplish something you have to have that desire. Without a desire you can go through the classes, you can do the things, you can get an A. But if you don't have



**if you don't have
that desire to reach
your potential
you're not going to
succeed.**



that desire to reach your potential, you're not going to succeed.

When I got a 4.0 my first semester, I told a friend of mine, "I'm gonna graduate with honors." They said that's really hard to do and I said, "But that's my goal, that's what I'm gonna do." I worked so hard for it and I did graduate with honors. Any kind of rope, or cord or medal I had it all on at graduation. My daughter said, "You're such a nerd Mom," and I said, "Here's the thing, you can be a

nerd or work for a nerd. That's your choice. If you don't go to school, you'll be flipping burgers and frying chicken for your career." I told all my kids you won't get anywhere without an education. My oldest son is a diesel mechanic, my youngest son is a welder, and my daughter went for cooking.

What now:

YSU offered me a \$1,700 scholarship and I was going to go there to finish my Bachelor's degree. But when I went to YSU, the counselor only gave me five to ten minutes of her time and put me in two classes. When I asked, "What if I want to do online classes too?" she told me I could go out there and figure it out on the computer. So I told her, "If you can't give me your time, I'm not coming to your school." She signed me up for three classes and I got a bill for them. I had to jump through hoops of fire to get them taken away. At EGCC the Advisors had no problem working with me for up to an hour and a half to figure out my next semester. I needed help because I was taking as many classes as I could and had to fit them around my work schedule. I wanted to finish my degree but YSU put a bad taste in my mouth and I haven't done it yet.

I took a classes at our church called Pathways. I excelled in my Pathways classes and they asked me to teach some of the classes. It was really exciting, I liked it. Now I can go into BYU Idaho online for like \$70 a credit and all of my classes transfer there.

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.

Off Campus Updates



Honors Recognition Ceremony

TRIO SSS and Student Activities are joining together to celebrate the achievements of SSS Academic Honorees and Student Ambassadors! A virtual ceremony will be held on Thursday, June 4, 2020 and streamed live on Facebook

TRIO SSS Honorees

<i>Lina Abdallah</i>	<i>Elizabeth Murray</i>
<i>Abigail Arnett</i>	<i>O'Dasia Phifer</i>
<i>Alexis Brewer</i>	<i>Elizabeth Ramos</i>
<i>Emma Cottrell</i>	<i>Hanna Salonica</i>
<i>Emily Fox</i>	<i>Emily Streck</i>
<i>Crystal Gebo</i>	<i>Jonathan Thomas</i>
<i>Luke Gescheider</i>	<i>Zachary Thompson</i>
<i>Summer Gescheider</i>	<i>Niyari Turner</i>
<i>Tammi Givens</i>	<i>Tiffany Watson</i>
<i>Celestine Glenn</i>	<i>Amanda Whitlatch</i>
<i>Rebekah Hobbs</i>	<i>Amanda Williams</i>
<i>Laurie Hudnall</i>	<i>Jocelyn Wilson</i>
<i>Sarah Marsch</i>	<i>Landon Woods</i>
<i>Heather Miscuk</i>	

Student Ambassadors

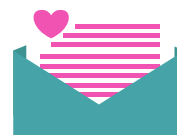
<i>Hanna Salonica</i>	<i>Andrew Wess</i>
<i>Janae Snyder</i>	<i>Amanda Whitlatch</i>
<i>Jonathan Thomas</i>	<i>Jayden Zajac</i>

We are so proud of you!



Virtual Finals Week Events

From May 18th to 21st, EGCC Student Activities hosted a virtual finals week. Students had a chance to win prizes, get a free caricature, participate in a yoga or zumba session, play e-bingo, and go up against other EGCC students during a virtual Trivia Night.



Virtual Volunteer Opportunity

Local nursing home residents are getting down in the dumps during the COVID-19 crisis. They have not been able to have any visitors so they are feeling lonely during this unprecedented time. TRIO SSS offered participants the opportunity to do some good and provide someone with a little bit of friendliness!

SSS participants were asked to take a few minutes to write a letter to a resident and give them a reason to smile. Brittany Bowers will forward the letters to a local nursing home.



CARISSA'S CORNER

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

Endings and Beginnings

Many of you, our EGCC students, began this semester in a physical classroom with other students and instructors present, yet, are finishing this semester virtually. Finishing this semester virtually can feel a bit disconnected as you will not be handing in any physical papers or sitting for final exams. Not to mention you will not be hugging other students goodbye or hearing instructors wish you luck in future endeavors.

As you finish this unique semester you may be left scratching your head. As most life transitions have a marked ending that helps your mind shift to what is next to come. Due to being distance based you may feel a little disconnected and wondering what an end actually looks like. Whether you are graduating or planning on returning in the fall having a marked end to this semester is important to help you have a good beginning for whatever is next.

So, what can an end look like while social distancing? Good endings consist of a ritual or closure. A ritual is a task or ceremony that you take part in or perform, while closure happens within relationships, a proper goodbye.

If you are graduating ritualizing it will not only help you celebrate your accomplishments, but also help your mind move on to the next life phase. "Motivation Science says that "Ending a phase in a well-rounded way causally promotes positive affect and a constructive transition." Some rituals that can help you end this semester are to attend the EGCC virtual graduation on June 6 and/or the TRIO SSS honors reorganization e-ceremony on June 4. While another way to finish this semester falls under the closure category and that is reaching out to someone. That may be calling a friend at EGCC to tell them that you will miss seeing them in your class, or it could be sending a thank you e-mail to an instructor who has helped you along the way. By achieving closure or ritualizing spring semester 2020 you will be able to invest fully in what is to come.



Information Found At:

<https://www.psychologytoday.com/us/blog/between-the-lines/201905/good-endings-promote-better-beginnings>



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.



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

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mjones@egcc.edu
Youngstown: Tiffany Streeter
tstreeter@egcc.edu

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



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