TRIO STUDENT SUPPORT SERVICES

FALL CALENDER

OF EVENTS

Memory & Concentration

10/14/15 Time 2:45-3:45

Location: PH I 04

10/15/15 Time: 11:30-12:30 Location MC 134

TRIO Financial Literacy

10/20/15 Time: 11:30-12:30

Location RT (LCLC front of lab)

Reviewing & Test

Preparation

10/21/15 2:45-3:45

10/22/15 11:30-1:30

Location PH 103

AutumnFEST

10/27/15 11:30-1:30pm

Location SC 313-315

Skills for Enhancing Test Performance

10/28/15 2:45-3:45

10/29/15 11:30- 12:30

Location PH 103

On Campus Resources

The Writing Center

Rhodes Tower 134 216.687.6981

Counseling & Testing Center

Rhodes Tower 1235 216.687.2277

TRIO Tutoring Center

Main Classroom 110 Contact your TRIO Advisor to schedule an appointment.

Tutoring Academic Success Center (TASC)

Main Classroom 233 216.687.2012

"The Road to Success is Always Under Construction"

Editor: Karla Rodriguez

Success Express

VOLUME I, ISSUE I

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Meet Your 2015-2016 Success Coaches

Karla Rodriguez

I am currently a graduate student pursuing my masters in Urban Education. After graduating this May, I plan to be a Spanish teacher for the urban community. I LOVE traveling to new places, meeting new people and trying new foods. I am grateful to continue to be apart of TRIO. Trio has gave me the inspiration and motivation to keep fighting for success. I hope to motivate my students to achieve their goals this semester. Random fact about me, I am obsessed with penguins. <3

Mercedes Harris

I am a junior double majoring in Social Work and Criminology. I am originally from Springfield, Ohio. I have aspirations to work with juvenile re-entry and community outreach programs upon graduation. I hope to have an opportunity to study abroad this summer. My ultimate goal is to have a doctoral degree and become a director for a program that reduces/ prevents criminal activity and gives individuals resources for a better quality of life. I love pugs and all foods. I love the TRIO program because it provides an awesome community feel and everyone has your best interest in mind! I am very proud to serve as a success coach this year.

Candice Hammond

I am in my Junior year at CSU, majoring in psychology with a minor in communications. In my spare time, I enjoy hanging out with my friends, playing tennis, volunteering, and watching Law and Order: SVU. My favorite color is purple and my favorite food is pizza. My dream is to become a part-time school psychologist, so I can spend some of the time being at home with my family when I have one.

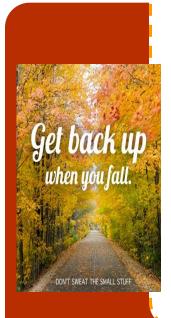
Kyrsha Goodwin

I am currently a Sophomore double majoring in Criminology and Psychology (and hopefully minoring in Chinese next year). I have been a TRIO student for 2 years. For fun I like to play volleyball and sing. My dream job would to be either a secret spy for the FBI or to be a singer, although I am not the greatest... If I had to describe myself in three words, I would describe myself as goofy, bubbly, and relatable. I am so happy to being working in part with TRIO as a Success Coach and am looking forward to what this school year has in store!

Juliana Kosik

I am currently a sophomore at Cleveland State University and I have been a part of TRIO for the past two years. I am also involved in various student organizations: Cleveland State University Rowing Team (Recruitment Chair), Phi Mu Fraternity (Public Relations Chair), Residence Life (Resident Assistant), Phi Alpha Delta Law Fraternity (Vice President), and Campus Bible Fellowship. I am so excited to be a TRIO Success Coach and to give back to the program that has given so much to me.





Recipe to Success.

MAKE AN APPOINTMENT WITH YOUR SUCCESS COACH

Karla Rodriguez

[M][T]: 12:30pm- 5:00pm [W] 12:30pm- 2:30pm [TH] 12:30-3:00pm [F] 9:00am-2:00pm

Mercedes Harris

[M][W][F] 9:00am-1:00pm [T][TH] 8:00-10:am -11:30 1:30pm

Kyrsha Goodwin [M] 1:30 5:00pm [T] 8:am -10am &2PM- 5PM [W] 8am-9am & 3:30pm- 5pm [TH] 8:am-10am & 2pm-5pm [F] 1:30-4:30pm

Candice Hammond

[M][W] 8:30am -12:30pm & 12:30 4:00pm [T][TH] 8:00am-12:00pm

Juliana Kosik

[M][W]8:00am-12:00pm & 12:30-5:00pm [T][TH] 2:00pm-5:00pm [F] 1:30-3:30



HOW TO STAY MOTIVATED

DON'T COMPARE YOURSELF TO OTHERS.

Take it one day at a time

Surround yourself with positive people

Make goals

Believe in yourself

Acknowledge your positive attributes

REWARD Yourself

Aim for the moon; if you miss, you might hit a star."

- W. Clement Stone

Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful."

- Albert Schweitzer



"Part of the secret to success is to eat what you like." -Mark Twain

Workout Challenge for the Month

DAY 1 - 20 SEC DAY 11 - 1 MIN DAY 21 - 2.5 MIN - 20 SEC DAY 2 **DAY 12 - 1.5 MIN** DAY 22 - 3 MIN 3 -**30 SEC** DAY 23 - 3 MIN DAY 13 - REST DAY 4 - 30 SEC DAY 24 - 3.5 MIN **DAY 14 - 1.5 MIN** DAY 5 - 40 SEC **DAY 15 1.5 MIN** DAY 25 - 3.5 MIN DAY 6 - REST DAY 16 - 2 MIN DAY 26 - REST DAY 17 - 2 MIN DAY 28 - 4 MIN DAY 8 - 45 SEC DAY 18 - 2.5 MIN - 1 MIN DAY 19 - REST DAY 29 - 4.5 MIN

Recipe for Successful Buffalo Chicken Dip

TOTAL TIME 20 MINS

Ingredients

- 2 (10 ounce) cans chicken
- **2** (8 ounce) packets cream cheese
- I cup hot sauce
- 2 cups mild cheddar cheese

Tortilla Chips

DIRECTIONS

- -Drain canned chicken and put in medium sauce pan.
- -Add hot sauce and cook on medium until heated throughout.
- -Add cream cheese and stir until blended thoroughly.
- -Add ranch dressing and mix.
- -Add I-I/2 cups of cheddar cheese and heat for a few minutes until mixed and melted.
- -Pour the dip into the crock pot and sprinkle the remaining cheddar cheese on the top. Keep heated on low.

MmMMm Tasty!!!