

TRIO STUDENT  
SUPPORT SERVICES  
FALL CALENDER  
OF EVENTS

**Memory & Concentration**

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

Location: PH104

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 1, ISSUE 1

OCTOBER 2015

## 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.



*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

## 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**

# Workout Challenge for the Month

## 30 DAY PLANK CHALLENGE

#PlankChallenge

DAY 1 - 20 SEC	DAY 11 - 1 MIN	DAY 21 - 2.5 MIN
DAY 2 - 20 SEC	DAY 12 - 1.5 MIN	DAY 22 - 3 MIN
DAY 3 - 30 SEC	DAY 13 - REST	DAY 23 - 3 MIN
DAY 4 - 30 SEC	DAY 14 - 1.5 MIN	DAY 24 - 3.5 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 7 - 45 SEC	DAY 17 - 2 MIN	DAY 27 - 4 MIN
DAY 8 - 45 SEC	DAY 18 - 2.5 MIN	DAY 28 - 4 MIN
DAY 9 - 1 MIN	DAY 19 - REST	DAY 29 - 4.5 MIN
DAY 10 - 1 MIN	DAY 20 - 2.5 MIN	DAY 30 - 5 MIN

# Recipe for Successful Buffalo Chicken Dip

### TOTAL TIME 20 MINS

#### **Ingredients**

- 2 (10 ounce) cans chicken
- 2 (8 ounce) packets cream cheese
- 1 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 through-out.
- Add cream cheese and stir until blended thoroughly.
- Add ranch dressing and mix.

- Add 1-1/2 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!!!*