

# The **TRIO** TIMESSS

NEWS FROM TRIO STUDENT SUPPORT SERVICES

CLEVELAND STATE UNIVERSITY

## Spring 2016 Workshops & Events

### TRIO Open House MC 110

January 26th ~ 11:00 a.m. - 1:00 p.m.

### TRIO Scholarship Search SC Ballroom A&B

February 2nd ~ 11:30 a.m. - 12:30 p.m.

### Blue man Group Playhouse Square

February 5th ~ 7:30 p.m.

### Active Listening and Note - taking PH 103

February 10th ~ 2:45 p.m. - 3:45 p.m.  
February 11th ~ 11:30 a.m. - 12:30 p.m.

### TRIO Valentine's Day Celebration MC 110

February 12th ~ 12(noon) - 2 p.m.

### Time Management Skills PH 103

February 17th ~ 2:45 p.m. - 3:45 p.m.  
February 18th ~ 11:30 a.m. - 12:30 p.m.

### Cleveland Food Bank

February 23rd ~ 4:00 p.m. - 6:00 p.m.

### Staying Motivated PH103

February 24th ~ 2:45 p.m. - 3:45 p.m.  
February 25th ~ 11:30 a.m. - 12:30 p.m.

### Breaking your Procrastination Habit PH 103

March 2nd ~ 2:45 p.m. - 3:45 p.m.  
March 3rd ~ 11:30 a.m. - 12:30 p.m.

### Financial Literacy Library Computer Lab

March 8th ~ 11:30 a.m. - 12:30 p.m.

### Improving Memory PH 103

March 9th ~ 2:45 p.m. - 3:45 p.m.  
March 10th ~ 11:30 a.m. - 12:30 p.m.

### Test Preparation PH 103

March 24th ~ 11:30 a.m. - 12:30 p.m.

### Enhancing Test Performance PH 103

March 30th ~ 2:45 p.m. - 3:45 p.m.  
March 31st ~ 11:30 a.m. - 12:30 p.m.

### Test Anxiety Management PH 103

April 6th ~ 2:45 p.m. - 3:45 p.m.  
April 7th ~ 11:30 a.m. - 12:30 p.m.

### Strategies for Stress Management PH 103

April 13th ~ 2:45 p.m. - 3:45 p.m.  
April 14th ~ 11:30 a.m. - 12:30 p.m.

### Final Exam Prep PH 103

April 20th ~ 2:45 p.m. - 3:45 p.m.  
April 21th ~ 11:30 a.m. - 12:30 p.m.

### Stress Management Session PH 103

April 27th ~ 2:45 p.m. - 3:45 p.m.  
April 28th ~ 11:30 a.m. - 12:30 p.m.

### Student Life Awards Ceremony SC Ballroom

April 28th ~ 7:00 pm - 10 pm

### TRIO Graduation Ceremony SC Ballroom

May 5th ~ 5:00 p.m. - 8:00 p.m.

## Welcome Home Marina!



We are pleased to announce that on January 1, 2016 Marina Bregu has joined the TRIO/Student Support Services team as an Academic Advisor. A native of Vlore, Albania Marina comes to TRIO/SSS as no stranger. She was a TRIO/SSS participant while attending Cleveland State University and is a proud two-time alum of CSU where she earned her Bachelor of Arts degree in Sociology with a minor in Psychology, and a Master's degree in Adult Learning and Development. During her time at CSU Marina worked for three years as an Academic Advisor in the First Year Advising Office. Prior to that she interned in the Monte Ahuja College of Business undergraduate and graduate Advising Offices. Marina was also a Peer-Mentor with the TRIO/SSS Program at CSU. Please take a moment and join us in welcoming Marina to the TRIO Family!

## Have you heard about LASSI?

LASSI (Learning and Study Strategies Inventory) is a 10-scale, 80-item assessment of students' awareness about and use of learning and study strategies related to following components of Strategic Learning. After completing all the items and successfully submitting the results, a report will be displayed listing your scores for each of ten scales. Your scores should help you understand more about yourself and how you compare to others who have taken this assessment. With these results you can also take steps to make meaningful improvements to your learning and study skills; personal tools that impact your success as a student. Contact your advisor to discuss these results. Watch your email for special opportunities to win prizes for taking the LASSI!

## Six Habits of Successful College Students

By Emily Driscoll  
January 7, 2013

**G**etting accepted to college is an achievement in itself, but a degree doesn't automatically equal success in the long run. According to data from the federal government, the overall four-year graduation rate for 2012 was 31% for public colleges and 52% for private colleges, so students should take note they need to establish good habits to stay on track and keep debt to a minimum. "Going to college is not the same as being successful in college and completing a college degree – it's very important that students who 'get in' and 'go' have a very good idea from the start of what will be expected of them and what steps they will need to take to persist and complete," says Lori Grandstaff, vice president of product management and operations at Wise Choice. Here are six expert tips that rising freshmen and current college students can institute now to be successful throughout their college experience.

### Tip 1: Know and use on-campus resources

Colleges offer extensive resources to help students succeed at academics, extracurricular activities and career growth. By the end of their first semester, students should be familiar with three key campus places: the library, the academic support center, and the career services center. "Find out what sort of resources are available and what kind of support is provided by real people," says Sally Rubenstone, senior advisor at College Confidential. "Reference librarians, writing counselors, and career advisors can be key players when it comes to turning a so-so college experience into a successful one."

### Tip 2: Create a system to establish priorities

Students accustomed to their structured high school experience may struggle to balance college's new-found independence to juggle

classes, study time and extracurricular activities. Grandstaff suggest students—especially freshmen—set priorities and stick to a schedule to manage their workload, schedule and reduce stress. "Talking about these competing roles and planning where to spend time/effort is important for college students, and the sooner these conversations [with parents, faculty advisors, peers, etc.] take place, the better equipped students will be for succeeding in all areas of their lives."

### Tip 3: Don't just show up to class—get involved

Large lecture halls can be intimidating, but experts say students get a better grasp on the material and can potentially increase their GPA if they are actively engaged rather than just going through the motions. Rubenstone recommends sitting at the front of the room or close to the professor to feel more present and to participate in discussions when possible. "Don't dominate discussions or speak out when you have nothing to add just because you think it will help your grade...but you're more likely to feel engaged when you actually *are* engaged."

### Tip 4: Foster relationships with professors and TAs

A common misperception about college faculty members is that they don't want to be bothered by students, but most professors encourage interaction outside of class, says Dr. Christopher Duncan, Wittenberg University Provost and Professor of Political Science. "A close mentoring relationship with a few select faculty members is one of the most important parts of a good college education," he says. Demonstrating dedication and persistence to professors and teaching assistants (TAs) can also help students excel in a particular course they're struggling with, says Jeff Livingston, senior vice president of McGraw Hill's College

and Career Readiness Center. "It is very important to do things like signing up for office hours with a professor, making sure that you have a relationship with your TA where if you have to call them with an emergency, the TA knows who you are."

### Tip 5: Build a portfolio

Students should pick classes and activities that will advance their knowledge and experience toward their career path that they can use on a resume or during an interview, suggests Tamryn Hennessy, Rasmussen College's National Director of Career Services. "Save great pieces of your coursework or great project work that you might save as PDF to show how you work in team [or] an extensive research paper that shows your ability to think and write," she says. These are pieces you could offer to future employer evidence of your soft skills--this is so important, as employers know they can't train this."

### Tip 6: Look ahead now

Students who delay thinking about the future until they have their diploma in hand may regret lack of foresight during their time in school. To avoid getting stuck in a post-graduation rut or becoming unemployed, Livingston suggests that students check in with their goals every few months to make sure they are still on track by asking themselves questions: where they will be living, where they will be working, and how they will support themselves three years after graduation. "You'd be amazed at how often that internal conversation actually helps--if you force yourself to say I'm going to complete this statement, it forces you to begin to imagine what that future is and subconsciously starts to help you [achieve that]."



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## TRIO Tutoring Center

Main Class Room 110 A  
Monday - Friday 8am-6pm



The TRIO Tutoring Center welcomes everyone back from their Winter Break.. We have added Camerin McDonald to our TRIO Tutor Staff. She will assist with Math 115, 167, 168 and 181 as well as Chemistry. Amber Kuehn, Danielle Roe, Elham Ghaderian, Tia Nikova and Nick Gehler are all returning for Spring Semester 2016.

### Nick Gehler

MTH 87,115,167,168,181,182  
PHY 241,ESC 251,MCE 180

### Amber Kuehn

BIO (100/200 level courses)  
Math 087,115  
English 101,102

### Elham Ghaderian

CHEM (100/200 level courses)  
MTH181  
BIO 200/201



### Camarin McDonald

MTH 115, 167, 168, 181  
CHEM (100/200 level courses)

### Danielle Roe

MTH 148,149,  
ACCT 221,222  
BUS 201, OSM 202  
ECN 201,202

### Tia Nikova

ENG 99,100,101,102  
Math 87,116,147  
PSY 101

## Interested in Traveling the World and Learning a New Language?

The Education Abroad program allows you to do both! TRIO/SSS participants can also take advantage of an Education Abroad Scholarship Competition where you can receive up to **\$700 toward the cost of your program**. Talk to your TRIO Advisor for additional information! For information on Education Abroad programs, visit the Center for International Services and Programs in MC 412.

### TRIO Education Abroad Scholarship Deadlines:

Summer 2016 ~ March 15, 2016

Fall 2016 ~ May 15, 2016



## TRIO/SSS Presents Success Coaching

For years TRIO/SSS has provided a service for its students known as the Peer Mentoring program. Starting in the Fall 2015 semester, TRIO/SSS restructured its mission and now the Peer Mentoring Program is known as Success Coaching. TRIO/SSS Success Coaches assist students in their freshman year identify areas of concerns, set goals to overcome those concerns, monitor progress towards the set goals, and finally measure attainment of set goals. The TRIO/SSS Success Coaches provide one-on-one sessions, and utilize a variety of resources to help students succeed. In addition, this Spring 2016 semester TRIO students can participate in fun monthly activities. The TRIO/SSS Success Coaches are all TRIO/SSS upperclassman students and include Kyrsha Goodwin, Candice Hammond, Mercedes Harris, Juliana Kosik, and Graduate Assistant Karla Rodriguez.



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Trio/Student Support Services -  
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**W**elcome back TRIO Warriors! Your TRIO family is very proud of each and every one of you. We have seen many of you endure through difficult challenges this past semester, but each challenge has only made you stronger. We are excited to see all the great things that are in store for you. Life is a journey and everyone has a different path that they must take. Some may seem to be easy and others look nearly impossible. Remember not to look at the journey itself, but look at how you will finish it! Your journey is designed specifically for you. Believe it or not, even the bumps and bruises that you encounter on your way to the finish line, were meant for you. All of this goes into preparing you for greatness!

A famous quote by Fredrick Douglas, a former slave and eminent human rights leader of the 19<sup>th</sup> century states, "If there is no struggle, there is no progress." Nothing happens just because, there is a purpose. With that in mind, approach every situation with poise and grace. Hold your head high and remain confident that you will be victorious! Start this semester off right and start setting high goals for yourself. Start envisioning what you want your life to become and go for it! We are warriors for a reason. We work hard and we fight vigorously each battle that comes our way, but most importantly, we never give up!

Welcome back warriors, this is going to be an awesome semester for you! So let's finish it strong!

TODAY

**TODAY** is a new day, and I will become what I dream.

**TODAY**, I will commit to being the best that I can be.

**TODAY**, I will not quit until I succeed.

In order to reach my goals, I have to believe in me

**TODAY**, I will learn to turn my roadblocks into opportunities

as I become part of the TRIO family community!



**TRIO/SSS Office**

**Cleveland State University**  
**2121 Euclid Avenue, MC 110**  
**Cleveland, OH 44115-2214**

**Office Hours:**

**Monday through Thursday:**  
**8:00a.m. - 6:00p.m.**

**Friday :**

**9:00a.m. - 5:00p.m.**

**Phone: (216) 687—2402**

# The **TRIO**TIMESSS

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## Fall 2015 Dean's List

Khaled Abdelhamid  
Mishgan Abdullah  
Ayah Abed  
Saja Abid  
Cyna Abid  
Hamza Abouabdalla  
Christina Adkins  
Amber Adkins  
Dmitrii Alexeenco  
Ambra Alicka  
Gabriela Alvarez  
Anson Bajramaj  
Abby Baracskai  
Xavier Bay  
Joseph Belz  
Sierra Bonifant  
Lindsey Boughter  
Saiida Bowie-Little  
Samantha Britton  
Peter Camba  
Hannah Candow  
Ruben Chavez  
Heaven Clark  
Paige Clark  
Alexandra Clemens  
Felicia Coffey  
Caitlin Cole  
Patricia Concepcion  
Josiah Cross-Wiggins  
Melissa Cuadrado  
Sara Darowich  
Mariangely Delgado Abreu  
Crystal Dial  
Michella Dilworth  
Jaquita Dorman  
Arkia Drake  
Hiep Duong  
Rachael Duran  
Tomeka Ewing  
Ibrahim Fattah  
Arenne Flanders  
Dylan Friedman  
Eduardo Garcia  
Nicholas Gehler  
Elham Ghaderian  
Gary Gilgallon

Nathalie Gonzalez  
Connor Gray  
Ashley Grayer  
Austriana Greene  
Elona Halili  
Mohammed Hamdan  
Candice Hammond  
McKenna Hankins  
Cierra Hardy  
Jessica Harford  
Mercedes Harris  
Michael Heller  
Brittany Hennings  
Bathsheba Henry  
Mercedes Hobbs  
Erich Hoffman  
Marlie Hooper  
Anthony Hopkins  
Dana Hughes  
Keyonna Hughley  
Jessica Hunter  
Raven Jackson  
Casey Jasinski  
Alyssa Johnson  
Ronisha Jordan  
Jaime Kelly  
Atef Khalaf  
Briana King  
Briana Knuckles  
Juliana Kosik  
Ashley Kotik  
Celia Lamb  
Kirsten Lara  
Rachel Lash  
Lisa Latten  
Alexus LeVert  
Nicole LoBuglio  
Michaela Lowery  
Olga Lukach  
Jessica Lynch  
Nisha Maheshwari  
Erin Mahoney  
Marissa Maio  
Pavle Majerle  
Marcus Malave  
Yevgeniy Malikov  
Marisa Marflak  
Julia Martynowski

Jennifer Martynowski  
Mauricio Masello Fernandez  
Paige Mattheu  
Camerin McDonald  
Kayla Merkel  
Jonathan Minor  
Miriam Mitchener  
Donnetta Monk  
Taylor Moore  
Teryn Moorefield  
Marwah Muhammad  
Adam Muntaser  
Mohamed Muntaser  
Randi Myers  
Khadeja Najjar  
Nadet Najjar  
Mary Nazimiec  
Brooke Nedrich  
Tam Nguyen  
Teodora Nikova  
Nan Noeum  
Jada Norman  
Rachel Novak  
Christen Obojski  
Kelsey Opalko  
Kristyn Oravec  
Tiana Ortiz  
Cali Parey  
Jacqueline Parks  
Jessica Parks  
Lachen Parks  
Maitri Patel  
Ambra Payne  
Alec Peck  
Julio Perez  
Taylor Portzer  
Jewell Quarles  
Armando Ramirez  
Hope Rembert  
Eric Reyes  
Gabrielle Risner  
Allison Rizea  
Janee Rodgers  
Mingo Rolince  
Amy Roth  
Luke Roth  
Ashlynn Rotta  
Joseph Royer

Katheline Santos Garcia  
Morgan Sas  
Camille Sas  
Lauren Schuck  
Josephine Serwaah  
Danyelle Shelton  
Morgan Short  
Sara Shyte  
Anthony Simoncic  
Cory Slaughter  
Benedita Smith  
Lynn Sobonya  
Zane Speelman  
Heather Spikes  
Josh Spohn  
Mariam Sulieman  
Vladimir Sworski  
Cassandra Syllaba  
Holly Tackett  
Nichole Tan  
Ayat Tawil  
Gabriel Taylor  
Marcia Thompson  
Amanda Tomecko  
Gabriela Toro  
Ricardo Torres  
Anna Toth  
Sai Tun  
Taylor Tyree  
Kevin Vazquez  
Amilia Vazquez  
Emely Vazquez  
Latasha Wagner  
Jasmine Wallace  
Elisabeth Weems  
Nichole Whitney  
Ticardo Williams  
Darniece Williams  
Autumn Williams  
Anastasia Williams  
Jamil Wilson  
Cheyann Wolf  
Klarissa Zeno  
Cassandra Zyla