

# THE TRIO TIMESSS

TRiO Timez Newsletter

Fall Semester 2014

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## elcome Back!

Welcome back fellow TRiO members! Hope you are ready to take on another year in college. For some of you this is your last and final semester/year and for others this is your first.

Either way you are on a journey many would like to take.....so don't take it for granted! This year is going to be a very exciting year in TRiO. We have tons of programming for you all to enjoy this academic year, ranging from financial literacy to preparing for a the real world. These programs will be going on throughout the year and we hope to see you all in attendance

Here in the TRiO office we want everyone to be successful. It is our job as academic advisors to make sure you have all the tools you need to not only graduate, but to conquer the world! However, you have to do your part. Make sure you stay in contact with your TRiO advisor and allow them to help you. The first step to being successful is admitting you can't do everything on your own. Attending these workshops offered in the fall and spring will help you get to the finish line! We are here to help... so let us help you!

Freshmen this being your first year in college, make sure you enjoy it. We encourage you to get involved on campus and in the community to enhance your college experience. Remember you are no longer in high school. You will not have your favorite teacher or guidance counselor here to hold your hand. It is now time for you to come into your own and walk into greatness. Along your journey as a freshman there will be many obstacles that will come your way to knock you off track, but no matter what, stay focused. College is a beautiful experience and CSU is the right place for you to experience it!

We encourage each of you to do your best and to make wise decisions. Do not be afraid to ask for help, we are here for you.

TRIO WORKS!!

### Follow us



@TRiOCSU



@TRiOPRIDE\_CSU



Trio/  
Student Support Services -  
CSU

*"You may encounter many defeats, but you must not be defeated. In fact, it may be necessary to encounter the defeats, so you can know who you are, what you can rise from, how you can still come out of it."*

— Maya Angelou



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

## New faces in TRiO

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### **Jordan Harkless is our newest TRIO/SSS Academic Advisor!**

**J**ordan comes to us from Walsh University, where he held the position of Admissions Recruiter. While his academic background is in Business, it is clear that his future belongs with TRIO/SSS and higher education! It has been fun getting to know our newest team member, but a couple things to note: He loves to run every morning, enjoys healthy foods, and has a passion for music; from what I've heard, he can sing as well!

He is truly dedicated to working with and helping students. His knowledge of social media has already broadened our program by creating a brand new Instagram (@TRIOpride\_CSU) account as well as a Twitter (@TRIOcsu) account! Not only has Jordan been enthusiastic about bringing our TRIO/SSS family together through social mediums, he has also been busy with learning all the ropes here at CSU. He has done an excellent job so far of keeping everything together with a smile on his face! Just as he is excited to be here, we are excited that he has chosen to join us in our mission of supporting our TRIO/SSS students throughout their academic journeys.



### **Erica Zanders: from TRIO/SSS Alumni to our TRIO/SSS Administrative Assistant!**

**E**rica began her academic career here at CSU in 2008 and graduated in 2012. She earned a degree in Speech and Hearing with a minor in Linguistics. As an undergraduate student, she was always active in our TRIO/SSS program and was even a student worker at our front desk for several years! After graduation, Erica accepted a position outside of CSU, but it never quite felt like home. Once she heard the news about the job opening, she immediately applied! Erica's kind spirit, warm personality, and eagerness to help are apparent in everything she does. These qualities, among many others, are what make her an invaluable asset to our TRIO/SSS family. Erica wasn't given much time to learn the office policies before she was asked to jump right in with all the behind the scenes support in order for our Summer Enrichment Program to run smoothly, but Erica never wavered. She has had a lot on her plate but she managed to take care of everything and keep a smile on her face! She is the perfect addition to our TRIO family, and just like Lebron, Erica has returned home.

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## What's New!

### **Interested in traveling the world or picking up 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 106.

### **TRIO Tutoring Center is Open!**

Get an early start in your academic preparation! The TRIO tutors are available at convenient times to work around your busy schedule and offer a variety of subjects including biology, chemistry and proofreading.

This semester we welcome three new tutors: Amber Kuehn, Elham Ghaderian and Ratko Sinanovic.

The Tutoring Center will be having an Open House on Friday, September 19 from 11:00am to 2:00pm.

Contact your TRIO Advisor or stop by MC 110 for additional information.

### **TRIO Peer Mentors**

#### **Fall 2014 Semester**

This year our TRIO Peer Mentors joined forces with the TASC Success Coaches for training purpose. This is an exciting move for both TASC and TRIO where we can share our expertise and experiences with each other in an effort to serve our TRIO Freshman with great ideas for their success. In addition, we have hired a new TRIO Peer Mentor, Brittany Henry, so congratulations Brittany! In the next few weeks we will be assigning our TRIO Freshman to their TRIO Peer Mentors for the fall 2014 semester.

All new Freshmen are required to meet with their TRIO Mentor once a month and to be in contact with that Mentor once a week. Our Mentors are a great source of support and help when it comes to successful study habits, resources on campus, setting effective goals and connecting with the TRIO Program.

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# THE TRIO TIMES

## 2014 Summer Enrichment Program

TRiO/Student Support Services 2014 Summer Enrichment Program:

A Celebration of 10 years!"

*By: Angela Mulby, TRiO/SSS Academic Advisor/Programming Coordinator*

As an academic advisor and program coordinator of TRiO/SSS, I was very excited to collaboratively work with a great group of professionals, including my colleagues, who are all hard working and dedicated TRiO/SSS staff members. The experience with the students from this year's summer enrichment program was amazing. I place a high value on education, and I commend the core group of students who took time out of their days to attend the summer enrichment program. I am very proud of all of the students, and I feel that they learned many valuable techniques from the program that they can utilize in their future college careers at CSU. These students have also gained many new friendships that I am certain will last a lifetime. The program was held from July 7 – July 25 on Mondays & Wednesdays from 8:30 A.M. – 1:00 P.M., with cultural trips on Fridays. We had approximately 30 students participate in this year's 2014 Summer Enrichment Program.

The summer program offers educational and innovative tips on time and stress management, test taking and study skill tips, as well as library and internet research navigation. The program helped prepare students to be successful throughout their academic career with helpful tips on staying focused, how to effectively communicate with professors, and even involved a volunteer opportunity at the Cleveland Food Bank. Dr. Julian Earls, Director NASA Glenn Research (retired) shared his experiences as a leader and role model for success and was a fantastic motivational speaker. Each of the presenters brought with them guidance, excitement, new ideas, and valuable hints to help the students become academic survivors.

Not only did the program offer educational tips to help students become an academic survivor, but it also offered free trips to cultural events, such as an endurance ropes course at Camp Nuhop that fostered trust and comradery between the new TRiO/SSS participants. Students also went to the Cleveland Museum of Art and the Botanical Gardens, and the program ended with a trip to Cedar Point. Additionally, the free program offered prize giveaways, and free breakfast and lunches. We encourage all of our current students to participate in many of the fun and educational programs that TRiO/SSS has to offer this upcoming Fall 2014 semester. I look forward to seeing each and every one of you the events!



2014 Summer Enrichment Program

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## *TRIO/Student Support Services Fall 2014 Calendar of Events*

SEPTEMBER 2014

FRIDAY, SEPTEMBER 5 – **WELCOME BACK BREAKFAST- HOW TO BE SUCCESSFUL IN COLLEGE**

\*\*Come meet some of your fellow TRIO/SSS students and grab some breakfast before going to class!

*LOCATION: MC 103      TIME: 8:15 A.M.-10:00 A.M.*

FRIDAY, SEPTEMBER 19 – **TRIO TUTORING OPEN HOUSE**

\*\*Come meet and greet the TRIO/SSS Tutors while enjoying special snacks!

*LOCATION: MC 110      TIME: 11:00 A.M. – 2:00 P.M.*

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OCTOBER 2014

THURSDAY, OCTOBER 9 – **DIVERSITY PEER MENTORS AND PEER TUTORS**

\*\*TRIO/SSS Peer mentors & Tutors will be presenting topics on diversity and get to know the diverse population in the CSU community.

*LOCATION: MC 103      TIME: 11:30 A.M. – 12:30 P.M.*

THURSDAY, OCTOBER 23 – **COMMUNICATING FOR PERSONAL SUCCESS**

\*\* Angela Mulby will be presenting how to communicate effectively and give great presentations in classes.

Learn how to overcome your fears of public speaking!

*LOCATION: MC 104      TIME: 11:30 A.M. – 12:30 P.M.*

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## *TRIO/Student Support Services Fall 2014 Calendar of Events*

NOVEMBER 2014

### TUESDAY, NOVEMBER 4 – EXPANDING YOUR HORIZONS: EDUCATION ABROAD OVERVIEW

\*\*A student panel will provide you with information on how studying abroad will enable you to achieve your academic goals while traveling the world.

**LOCATION: MC 102      TIME: 11:30 A.M. - 12:30 P.M.**

### THURSDAY, NOVEMBER 6 – FINANCIAL LITERACY

\*\*Rachel Schmidt from the financial aid office will present tips on how to create a budget, as well as how to obtain good credit while in college.

**LOCATION: MC 104      TIME: 11:30 A.M. - 12:30 P.M.**

### TUESDAY, NOVEMBER 18 – HOW TO DEAL WITH STRESS OF FINALS

\*\*Paul Snowball, from the CSU Counseling Center, will present different techniques on how to deal with the stress of finals, and will go through a meditation technique that will help students better focus and relax.

**LOCATION: MC 104      TIME: 11:30 A.M. - 12:30 P.M.**

### TUESDAY, NOVEMBER 25 – VOLUNTEER OPPORTUNITY

\*\*Come help out others in the community by volunteering with TRIO/SSS at the Bishop Cosgrove Center.

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DECEMBER 2014

### FRIDAY, DECEMBER 5 – WINTER FEST/ PREPARING FOR FINALS

\*\*Come and celebrate Winter and the end of the Fall 2014 Semester, while learning valuable tips on preparing for finals.

Food, Games, Music, and Prizes will be provided!

**LOCATION: SC BALLROOM A-D      TIME: 1:00 P.M. – 3:00 P.M.**

## Reminder

**Loaned books should be returned to TRIO by December 13, 2014**

# Broadening Your Horizon

**"A 5 month experience in a different world "**

**By Brittney Henry**

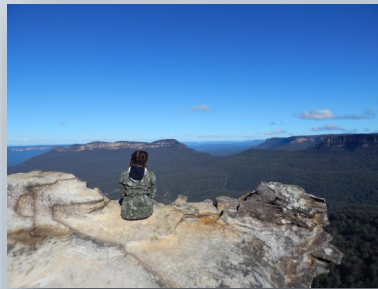
*Recipient of the TRIO/SSS Education Abroad Scholarship Award, Brittney Henry, earned 12 college credits toward her Psychology major at Griffith University in Australia. Here's a few things that she had to say about her experience.*



**I** have never experienced more bliss in my life than I did when studying aboard in Australia. Surfing, kayaking, scuba diving and snorkeling at the Great Barrier Reef and being just feet away from sharks are a few activities I was able to do outside of my academics. Being able to study aboard is an experience every CSU student should participate

in. The wealth of knowledge that you will gain is out of this world!

Being in Australia, and meeting amazing people from all over the world has changed me . It was a bit of a culture shock at first and there were times I started to be become a little homesick but you have to be open minded type of person with a positive outlook on life and be willing to get lost sometimes in order to find your way.



My next goal is to graduate in May 2015 with my bachelors in Psychology and then go to Graduate school. I want to give a big thank you

for all the assistance that the TRIO program had in making my dream a reality. Without them and all their encouragement and support through the lengthy process before I left and even while I was in Australia, who knew how things would have turned out for me.



“Don't tell me the sky's the limit when there are footprints on the moon.”



# How to have a successful year!

## 10 study tips for new college students



### 1. Time management

A calendar, weekly schedule and daily to-do lists will help students anticipate the term's tests and papers, as well as plan specific times for study, sleep, meals and fun each week.

### 2. Go to class

Sit in front and take thorough notes, even if professors don't take roll. Test questions come from lectures, not just reading assignments.

### 3. Pay attention

prepare for each class and pay close attention to your syllabus. Remember that tests are fewer in college and cover much more material, so keep up with assignments to avoid having to read 10 chapters the night before a midterm. If possible, get one assignment ahead at the start to give yourself a cushion.

### 4. Study

In your toughest courses, plan to briefly review lecture notes and readings after each class, as well as weekly and monthly. Minutes a week of review can avoid hours of trying to relearn forgotten material right before a test.

### 5. Communicate with your professor

Visit your professors during their office hours and ask questions. You will benefit from them knowing your name and face; they will perceive you as having an interest in their course.

### 6. Find a space good for you

Choose several good study spots outside of your dorm room or bedroom, and spend most of your study time in these places. You'll begin to associate these spots with work and productivity.

### 7. Study groups

Form small study groups with peers who are serious about their academic careers. Study groups can add new perspectives to your learning and help you more fully comprehend class materials.

### 8. Enjoy your free time

Use your fun and free time as a reward for hard work. The more studying you can accomplish during the day, the more time you have in the evening for relaxation.

### 9. Stay FOCUS

Remember why you are here and what your long-term goals are. College passes by quickly, and it pays to invest your time and energy into being a diligent student.

### 10. Reflect

Every day, take time to reflect on the things that are going well in your life and all of the positive things you are doing to better yourself: intellectually, spiritually, physically and emotionally. Gratitude has lasting effects.



# Deans List

## Spring / Summer 2014



Tameem Abdullah	Anais Cruz	Bathsheba Henry	Miriam Mitchener	Linda Shelton
Mishgan Abdullah	Melissa Cuadrado	Chrissie Hernandez	Sarah Mohammad	Crystal Sivert
Imran Abuhamdeh	Jeffrey Daley	Marlie Hooper	Rachel Murray	Meredith Skeabeck
Domonique Adams	Mahdi Delshad	Ricardo Hunt	Khadeja Najjar	Maria Slaughter
Kemberly Addie	Arkia Drake	Jessica Hunter	Melody Negrón	Adaisjah Strother
Tiffany Adebo	Hiep Duong	Wesam Iwais	Teodora Nikova	Tosha Studmire
Mahmoud Ahmad	Jessica Eames	Dina Jackson	Christen Obojski	Ranna Sulieman
Gabriela Alvarez	Tomeka Ewing	Kaitlyn Jesonosky	Sara Olson-Wiencek	Rania Sulieman
Brandon Arjune	Sarah Felicie	Ashley Johnson	Kristyn Oravec	Katherine Sullivan
Ashley Auyeung	Dylan Friedman	ShaStar Jordan	Jacqueline Parks	Sherice Swain
Josephine Ayoade	Tiara Fulton	Emily Joseph	Jessica Parks	Shalonda Swanson
Parastoo Bassiri	Courtney George	Alexander Kariotakis	Lachen Parks	Ayaz Syed
Zakaria Benmerzouga	Elham Ghaderian	Jaime Kelly	Carli Parsons	Holly Tackett
Bryan Berg	Michael Giang	Atef Khalaf	Ambra Payne	Xiayi Tan
Monique Bialoglowicz	Gary Gilgallon	Ashley Kotik	Dyisha Price	Nichole Tan
Robin Blake	Lauren Gnall	Jason Kristoff	Natalie Rea	Gabriel Taylor
Sydney Boughter	Katie Gonzalez	Amber Kuehn	Hope Rembert	Bradley Thornhill
Ryan Britton	Brianna Grucza	Celia Lamb	Amber Robinson	Jose Torres
Brooke Burkhalter	Jennifer Gumbish	Arelis Latimer	Jessica Rodriguez	Nichole Whitney
Veronica Cameron	Robin Hajek	Jaclyn Maat	Mingo Rolince	Matthew Williams
Dannielle Carter	Essam Haj-Hasan	Omar Mahmoud	Beatrice Rosen	Christian Willis
Jose Castillo	Candice Hammond	Marisa Marflak	Numan Samaan	Chanda Young
Melany Castro	Marsalis Hammons	Julia Martynowski	Damaris Sanchez	Cassandra Zyla
Yiyun Chen	Ibrahim Hasan	Jade Matos-Jones	Evelyn Sandiga	Ticardo Williams
Alexandra Clemens	Lauren Hatch	Sarah McClure	Victoria Scheeff	Jeannette Vance
Alexander Cox	Brittany Hennings	Aziza McKnight Al-veranga	Mary Scott	Hannah Kohr
Delia Crawford	Antionette Henry	Courtney Mickens	Meshiauna Sharp	Shannon McAuley
Victoria Scheeff	Shadonna Oti-toju	Erich Hoffman	Peter Camba-Alvarez	