

The TRiO TimeSSS

TRiO TimeSSS Newsletter

Fall Semester 2015

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Welcome back TRiO Warriors! We hope you all enjoyed your summer and are ready to get back to work! What are your goals this semester? What do you want to accomplish? What do you want to do with your degree? As fall starts fresh, you should be thinking of ways to improve and challenge yourself. It is no longer ok to be complacent and satisfied with being mediocre. We, as warriors should always be ready to go the extra mile and do what it takes to be the best! If you haven't done so already, start setting some goals and put together a timeline to hold yourself accountable.

For those of you who do not know, TRiO offers tons of resources for you that can help you on this journey. If you're having problems understanding a certain professor or their lecturing style, come and sign up with your TRiO Advisor for a tutor. We have the best tutors at CSU! They are equipped and ready to help you. Not only do we offer tutoring, but we have success coaches that are here to be a listening ear and understand what it is like being a student at CSU. Throughout the fall and spring semesters we will have plenty of workshops ranging from stress management, financial literacy and how to develop organizational skills. TRiO understands the challenges that students face and we want to help you be successful!

Remember to never give up and keep going no matter how hard it gets. Remember we are TRiO Warriors for a reason! Motivate, inspire, and support one another. We are a team and we work together.

TRiO WORKS!!

Follow us



@TRiOCSU



@TRiOPRIDE_CSU



Trio/
Student Support Services -
CSU

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

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TOP 10 places to checkout in Cleveland

Cleveland Museum of Art

Cleveland Orchestra at Severance Hall

Rock and Roll Hall of Fame and Museum

PlayhouseSquare

Progressive Field

Cleveland Metroparks Zoo

Cleveland Botanical Garden

Greater Cleveland Aquarium

Cleveland Museum of Natural History

Great Lakes Science Center



Get involved!

Looking to get involved more on campus?
Check out the department of Student Life!

The Department of Student Life strives to provide a variety of quality services and programs to enhance the university experience and complements Cleveland State University's academic mission. A highly trained staff of professionals is available to support students from their first day on campus to the completion of their academic goals. Services include leadership training, support of recognized university student organizations, judicial affairs, campus activities, and many other programs and services that support the successful matriculation of all students. Their door is open for your issues, concerns and ideas! Visit them in Student Center, 319.



Still Undecided on your major? Get FOCUS

The Focus Career and Education Planning System provides undecided students the opportunity to begin developing their major and career exploration plan. Students can then use their self-assessment results to guide their major and career exploration process. In addition to career and major exploration guided by self-assessment results, students can also research careers by name or by industry, side by side, and also explore careers based on potential majors or minors!

Your TRiO Advisor can help guide you in using this system, and other available resources, to find a major and career path that is the best fit for your personality, skills, and interests!

Take Control of Student Loan Debt in 5 Ways

By Equal Justice Works
March 27, 2013

As student debt levels — along with delinquencies and defaults — continue to rise, borrowers need to ask: "What can I do to keep my student loans manageable?" As a recent college graduate, this Student Loan Ranger knows both my mother and I had minimal understanding of student loans in general. And banks and schools aren't doing enough to inform us, so we end up making loan decisions in the dark. To help figure it out, Equal Justice Works recently published an e-book, *Take Control of Your Future*, which offers five of the following ways to take control of student loan repayment.

1. There are big differences between private and federal loans. It is important to understand these basic distinctions before borrowing and too often, students and parents lack knowledge on the various types of loans and what they entail. Here are some crucial aspects to pay attention to when deciding how to borrow:

- Keep in mind that commercial or private loans are never eligible for federal relief programs.
- Most private loans offer variable interest rates that may start low, but can and likely will increase.
- Federal loans, on the other hand, qualify for federal relief programs and come with borrower protections such as fixed interest rates and deferment and forbearance in times of hardship.

Students should exhaust the federal loans available to them before taking the private loan route.

2. Income-Based Repayment can help many borrowers repay their loans. Federal relief programs inarguably help many borrowers. Among these programs is Income-Based Repayment (IBR), which keeps the amount borrowers must pay each month to 15 percent of their income. A few things to keep in mind:

- Only Federal Direct and federally guaranteed (FFEL) loans are eligible for IBR.
- You must have a partial financial hardship, meaning the amount you owe on your eligible loans exceeds 15 percent of your discretionary income.
- Your monthly payment depends on two things: your income and your family size. When income decreases or family size increases, you pay less (and vice versa).
- If you remain in IBR you will be eligible for forgiveness of any amount remaining on your loans after 25 years of making qualified payments.

3. Pay As You Earn keeps payments even more manageable. Launched under the direction of President Barack Obama, this program helps a ton if a borrower qualifies.

- Participants must be a new borrower who experiences a partial financial hardship, and must have taken out their loans on or after Oct. 1, 2007.
- Participants must also have at least one loan from Oct. 2011 or later.
 - * This includes: receiving a new loan, receiving a disbursement on an existing loan, or consolidating loans on or after Oct. 1, 2011.
- Under Pay As You Earn, monthly payments are capped at 10 percent of discretionary income. As long as participants remain in the plan, they will be eligible for forgiveness after making qualifying payments for 20 years.

4. Public Service Loan Forgiveness helps public interest workers with lower salaries. Public Service Loan Forgiveness (PSLF) motivates and helps individuals to work in the public sector.

- Borrowers must have Federal Direct loans to be eligible, and must be working in a full-time public service job, such as with a local, state, federal or tribal government or a nonprofit.
- Participants must make 120 qualifying payments on those eligible loans while employed in public service.
- After making those 120 qualifying payments, submit the PSLF application for forgiveness. As a bonus, forgiveness received through PSLF is not taxed.

5. Loan Repayment Assistance Programs can help with payments. Take advantage of Loan Repayment Assistance Programs (LRAPs). If you're eligible, LRAPs provide funds toward your monthly payments. And you may be able to use those funds for your private student loans. Ask your employer, school, and even your professional association if they offer an LRAP. There are even some available from state, local and the federal government.



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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 412.

TRiO Tutoring Center

Main Class Room 110 A

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Monday – Friday 8am-6pm

See your TRiO Advisor for a “Referral” and to set an appointment time.

TRiO Tutor Staff Members are:

Amber Kuehn
BIO (100 and 200 level courses)
Math 087,115
English 101,102

Maitri Patel
CHEM (100 and 200 level courses)
MTH181
BIO 200/201

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

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



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TRiO/SSS 2015 Summer Enrichment Program

By: Angela Mulby, TRiO/SSS Academic Advisor

The TRiO/SSS Summer Enrichment Program was a three week long program that ran from July 13- July 31 during this past Summer 2015. The program consisted Of helping incoming Freshman students get more comfortable and familiarized with campus before the start of the Fall semester. Each morning, program participants recited an empowering TRiO/SSS Creed which was titled:

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A total of approximately 30 students attended this year's SEP program. The program contained topics that included information on TRiO, a student panel discussion on what students wish they knew before coming to college, a vision board exercise, the LASSI assessment tool, time management skills, getting organized/note taking skills, dancing with the stars, goal setting, attitude and motivation, stress management, how to give an effective presentation, getting focused, navigating through CSU cyberspace, communicating with professors, on campus job search, student life/org sync/cab info, finding classes, Campus 411/All In One, and a historic tour of Cleveland on Lolly the Trolley. Field trips included Camp Nuhop, which encouraged team work, the Cleveland Metroparks Zoo, and Cedar Point. This is the eleventh year that the TRiO/SSS Summer Program has been facilitated, and it gets better every year!



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Good Luck Stephanie!

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Stephanie Liezert has resigned from Cleveland State University effective August 28, 2015.

The entire TRIO family would like to personally congratulate Stephanie for her committed service to the TRIO/Student Support Services Program.

Stephanie has provided Cleveland State University and its students with 12 years of invaluable service by caring for all the students' needs. We greatly appreciate the time, support, and effort she extended to each student.

Stephanie's caring and gentle manner towards students, staff members, and faculty alike has been an immense help for all who seek refuge in the calmness of her office. Her tranquil presence has always been a joy to be around, especially in times of academic and personal turmoil. She is indeed someone who won't easily be replaced in our TRIO family.

It has always been our pleasure working with Stephanie, and we are saddened to see her go. We wish her much happiness and success in all of her future endeavors.

Best wishes Stephanie.

You will be greatly missed!

Your TRIO family



TRIO/Student Support Services

Fall 2015 Calendar of Events

Welcome Back Breakfast - **Catch up with your TRIO advisor and meet other TRIO members.**
Wednesday, September 2 - LOCATION: MC 110 - TIME: 8:30am - 10:30am

Active Listening and Note Taking - **Learn effective note taking skills and techniques.**

- Wednesday, September 9 - LOCATION: PH 104 - TIME: 2:45pm - 3:45pm
- Thursday, September 10 - LOCATION: MC 134 - TIME: 11:30am - 12:30pm

TRIO Tutoring Open House - **In need of some help? Stop by and sign up for tutoring. We can help!**
Friday, September 11 - LOCATION: MC 110 - TIME: 11:00am - 1:00pm

Overcoming Boredom & Staying Motivated - **Develop and use personal goals to stay motivated and avoid boredom.**
Move from thinking, to commitment, to action!

- Wednesday, September 16 - LOCATION: PH 104 - TIME: 2:45pm - 3:45pm
- Thursday, September 17 - LOCATION: MC 134 - TIME: 11:30am - 12:30pm

Breaking your Procrastination Habit - **You will learn about different types of procrastination, the negative consequences of procrastination and practical strategies and techniques to use**

- Wednesday, September 23 - LOCATION: PH 104 TIME: 2:45pm - 3:45pm
- Thursday, September 24 - LOCATION: MC 134 - TIME: 11:30am - 2:30pm

Managing Time for Success - **Learn helpful tips on effectively using your time and how to stay organized.**

- Wednesday, September 30 - LOCATION: PH 104 - TIME: 2:45pm - 3:45pm
- Thursday, October 1 - LOCATION: MC 134 - TIME: 11:30am - 12:30pm

Improving Memory & Concentration - **Learn techniques and strategies to help you stay focused this semester.**

- Wednesday, October 14 - LOCATION: PH 104 - TIME: 2:45pm - 3:45pm
- Thursday, October 15 - LOCATION: MC 134 - TIME: 11:30am - 12:30pm

TRIO Financial Literacy - **Learn the ABC's of money management. It's time to start saving!**
Tuesday, October 20 - LOCATION: RT(LCLC front Lab) - TIME: 11:30am - 12:30pm



TRIO/Student Support Services

Fall 2015 Calendar of Events

Reviewing & Test Preparation - [Learn effective strategies for use in preparing for test](#)

- Wednesday, October 21 - LOCATION: PH 104 - TIME: 2:45pm - 3:45pm
- Thursday, October 22 - LOCATION: PH 104 - TIME: 11:30am - 12:30pm

AutumnFEST - [Come celebrate fall with us!](#)

Thursday, October 27 - LOCATION: SC 311 - 315 - TIME: 11:30am – 12:30pm

Skills for Enhancing Test Performance - [Learn how to effectively prepare for tests and manage anxiety.](#)

- Wednesday, October 28 - LOCATION: PH 104 - TIME: 2:45pm - 3:45pm
- Thursday, October 29 - LOCATION: MC 134 - TIME: 11:30am - 12:30pm

TRIO Study Abroad Discussion - [Thinking about studying abroad? Attend this workshop and find out how you can!](#)

Tuesday, November 3 - LOCATION: SC 313-315 - TIME: 11:30am - 12:30pm

Strategies for Stress Management - [Learn how to manage stress and improve your test performance!](#)

- Wednesday, November 4 - LOCATION: PH 104 - TIME: 2:45pm - 3:45pm
- Thursday, November 5 - LOCATION: MC 134 - TIME: 11:30am - 12:30pm

Test Anxiety Management - [Learn about the five major types of anxiety and watch a video on anxiety.](#)

- Wednesday, November 11 - LOCATION: PH 104 - TIME: 2:45pm - 3:45pm
- Thursday, November 12 - LOCATION: MC 134 - TIME: 11:30am – 12:30pm

Preparing for Final Exams - [Learn how to overcome test anxiety during finals week.](#)

- Wednesday, November 18 - LOCATION: PH 104 - TIME: 2:45pm – 3:45pm
- Thursday, November 19 - LOCATION: MC 134 - TIME: 11:30am – 12:30pm

TRIO Volunteer Opportunity Bishop Cosgrove - [Looking for an opportunity to give back? Join us as we volunteer our services](#)

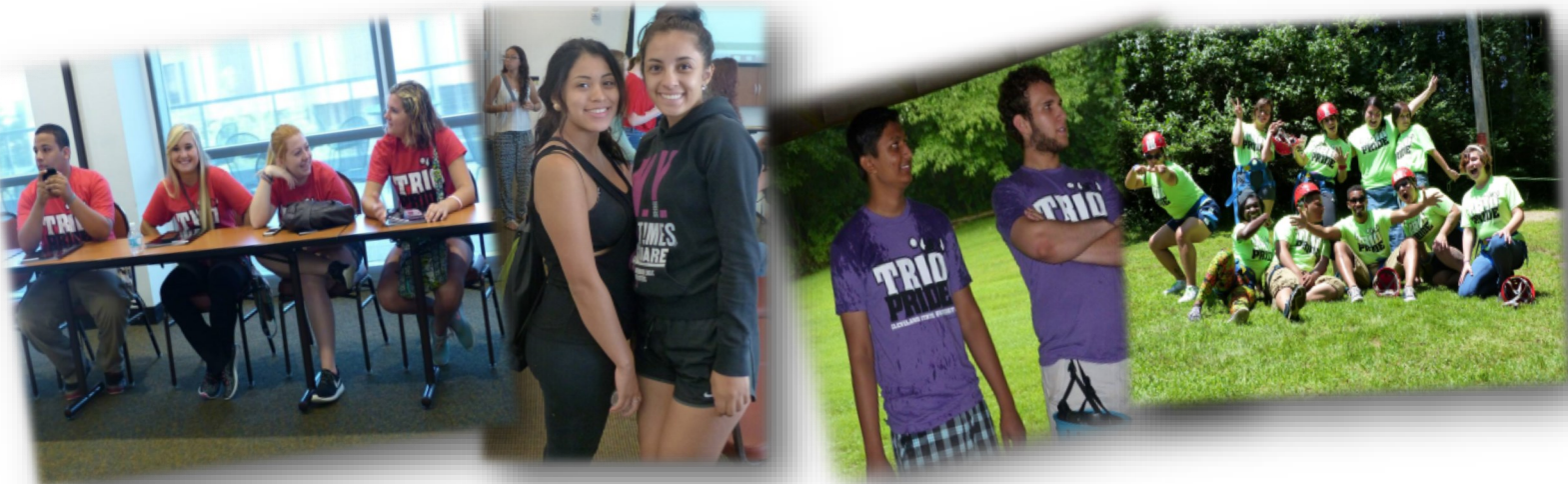
Tuesday, November 24 - LOCATION: MC 110 - TIME: 3:30pm - 7:00pm

Stress Management Session - [Learn effective stress management skills](#)

- Wednesday, December 2 - LOCATION: PH 104 - TIME: 2:45pm - 3:45pm
- Thursday, December 3 - LOCATION: MC 134 - TIME: 11:30am - 12:30pm

TRIO Winterfest - [Come and celebrate winter with TRIO!](#)

Friday, December 4 - LOCATION: SC 311 (A&D) - TIME: 12:00pm - 2:00pm



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 FOCUSED

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.



Dean's List

Summer/Spring 2015

Congratulations to....



Spring 2015

Khaled Abdelhamid	Michella Dilworth	Atef Khalaf	Diana Ostrow	Erica Strader
Mishgan Abdullah	Marissa Dotson	Juliana Kosik	Shadonna Otitoju	Tosha Studmire
Saja Abid	Arkia Drake	Ashley Kotik	Jacqueline Parks	Rania Sulieman
Tiffany Adebo	Rachael Duran	Amber Kuehn	Jessica Parks	Mariam Sulieman
Christina Adkins	Kara Dymond	Celia Lamb	Lachen Parks	Vladimir Sworski
Amber Adkins	Tomeka Ewing	Rachel Lash	Maitri Patel	Ayaz Syed
Dmitrii Alexeenco	Bradley Farris	Arelis Latimer	Daniel Patton	Holly Tackett
Amanda Allen	Dylan Friedman	Jun Lee	Megan Peck	Gabriel Taylor
Gabriela Alvarez	Dejaun Garner	Dexter Lowe	India Pineiro	Jacklyn Tu
Anson Bajramaj	Nicholas Gehler	Olga Lukach	Dyisha Price	Kevin Vazquez
Parastoo Bassiri	Elham Ghaderian	Jessica Lynch	Lidiya Pugach	Douaa Wadi
Nathan Belluardo	Gary Gilgallon	Frank Madison	Daniel Quintano	Jasmine Wallace
Joseph Belz	Kevin Gonzalez	Samira Malone	Anna Rencz	Elisabeth Weems
Monique Bialoglowicz	Tierney Gray	Marisa Marflak	Eric Reyes	Ashlee Welch
Sierra Bonifant	Ashley Gross	Melody Martinez	Gabrielle Risner	Nicholas Wetzel
Sydney Boughter	Candice Hammond	Julia Martynowski	Shelby Roberts	Nichole Whitney
Shayna Brawley	McKenna Hankins	Jennifer Martynowski	Kari Rodgers	Ticardo Williams
Samantha Britton	Cierra Hardy	Mauricio Masello Fernandez	Danielle Roe	Darniece Williams
Netanya Brooks	Mercedes Harris	Paige Mattheu	Mingo Rolince	Veronica Williams
Thai Bui	Diana Hasrouni	Miriam Mitchener	Amy Roth	Cheyann Wolf
Peter Camba	Brittany Hennings	Taylor Moore	Ashlynn Rotta	Christopher Yaremo
Hannah Candow	Brittney Henry	Kaelyn Moore	Carlos Sailes	Cassandra Zyla
Dwayne Castleberry	Domonique Hines	Khadeja Najjar	Andres Saldana	
Melany Castro	Erich Hoffman	Nadet Najjar	Megan Salerno	<u>Summer 2015</u>
Ruben Chavez	Martina Hudson	Brooke Nedrich	Tricia Sanford	Tiffany Adebo
Yiyun Chen	Dana Hughes	Teodora Nikova	Jocelyn Santiago	Monique Bialoglowicz
Paige Clark	Ashley Johnson	Jada Norman	Taylor Schilling	Ryan Britton
Heaven Clark	Alyssa Johnson	Christen Obojski	Lauren Schuck	Peter Camba
Leaha Clemence	Katelyn Jones	Lindsey O'Keefe	Morgan Short	Felicia Coffey
Alexandra Clemens	Alyssa Jurczak	Sara Olson-Wienczek	Anthony Simonci	Sara Darowich
Patricia Concepcion	Chelsea Karel	Kristyn Oravec	Cory Slaughter	Fernandas Jordan
Melissa Cuadrado	Rachel Karr	Lana Osorio	Josh Spohn	Nan Noeum
Jeffrey Daley	Jaime Kelly			Kadiya Rogers-Smith
				Shalonda Swanson
				Christopher Yaremo