SUCCESS IS THE SUM OF SMALL EFFORTS, REPEATED DAY IN AND DAY OUT  ROBERT COLLIER

The aSSiStant
Student Support Services
September/October 2017

The Student Support Services/TRiO (SSS) program supports WVU and Undergraduate Education as a student centered environment by providing individualized services to students, who are first generation, income eligible, and/or have a learning or physical disability. Based on their needs and goals, SSS assists them with academic accomplishments, as well as social and cultural enrichment so they may successfully complete baccalaureate degrees.

SSS Office Hours:
Monday – Thursday: 8am – 7pm; Fridays: 8am – 5pm
Phone: (304) 293-6629

Don’t forget to schedule your Individual Success Plan (ISP) Meeting with your SSS Counselor!

WVU SSS Welcomes New Counselor

We are happy to announce that Miranda Talkington recently joined our team as our new SSS Counselor! Miranda is originally from Rachel, West Virginia (Marion County) and attended WVU as a first-generation college student, earning both her Bachelors and Masters of Social Work Degrees. Miranda brings a range of experience with her including work with undergraduate students, as well as grant writing and administration. After serving as the director of a day support program for children and adults with disabilities in Portland, Oregon, she returned to West Virginia to be closer to her family, and to be back in her home state, a place that she loves. Miranda is excited about working with our program and looks forward to “supporting students pursuing higher education and building our community resources and organizations that serve people in need.”

Congratulations to our 2017 Graduates and Award Recipients

On April 28, 2017, SSS Staff honored our graduates, participants who made significant achievements, and our special campus supporters and friends. Pictured below is Ed Cole, Senior Program Coordinator at the Division of Diversity, Equity and Inclusion, who received one of the 2017 Friends of SSS/TRiO Awards. Ed is an alumnus of our program and we appreciate his continued support.

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Peer Mentor Campus Scavenger Hunt

While completing peer mentor training on August 14th, the peer mentors competed in a campus scavenger hunt with their SRVL 293B groups. Each group was given clues that led them to various departments and offices around campus. All groups completed the challenge within the allotted time limit, but the Thursday SRVL peer mentors were the champs, securing the fastest time.

“Balancing College and Work”
Tips from Servando Arredondo

Servando has successfully juggled multiple jobs with being a full-time student. He is a junior majoring in social work.

- For those of you who held a job during high school, holding a job in college is a whole new ball game. During high school, your job may have been just to get you a little extra gas or shopping money. In college, especially if you are not living in the residence halls, the money you earn most likely will be used for rent, food, books, and many other things. Being able to manage your money becomes way more important.

- Finding the time to work is also extremely important. If you do plan to work, is there a reason? Why do you need the money? If you do not need to work to get by but want to, scheduling is very important. When it comes time for you to schedule your classes, keep in mind that you need to leave plenty of time to get your school work done and be responsible to your job. I have found that setting my limit of classes to fifteen or sixteen credit hours is best. This leaves me time for my school work and time to work the hours I need to cover my living expenses.

- Balancing the two takes some practice. Getting used to the idea that your day may start at eight in the morning and not end until midnight is a little scary. What I always try to do is schedule breaks. Make sure that you have time to relax and stay healthy. It is possible to work thirty to forty hours a week on top of fifteen credit hours of college work, but you can only do it for so long. After a while your body will let you know that it is ready for a break. You cannot be productive in anything you do if you’re mentally tired. Always keep in mind that your main priority is school and it is the reason that you are here.
SSS/TRiO offers a variety of free events and activities every semester. Pictured here are participants who participated in our Tygart Flyer Train Excursion in spring 2017.

Student Support Services/TRiO- Fall 2017 Events

<table>
<thead>
<tr>
<th>EVENT</th>
<th>DATE</th>
<th>TIME</th>
<th>LOCATION</th>
<th>SIGN-UP</th>
<th>NOTES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Study Abroad- Experiences of a Gilman Scholar</td>
<td>Tues, Sept 12</td>
<td>5:30 – 6:30 pm</td>
<td>Blackwater Room, 2nd Floor of Mountainlair</td>
<td>Tues, Sept 5</td>
<td>Come listen to the study abroad experiences of a SSS Participant who won the Gilman Scholarship to fund his trip.</td>
</tr>
<tr>
<td>TRIO Student Ambassadors Organization Info Session</td>
<td>Tues, Sept 19</td>
<td>11:30 am-12:20 pm</td>
<td>208 Clark Hall</td>
<td>Tues, Sept 12</td>
<td>Learn more about the TRIO Student Ambassadors Organization, including ways to get involved, leadership opportunities and National TRIO Day activities.</td>
</tr>
<tr>
<td>Theater Production “Topdog/Underdog”</td>
<td>Thurs, Sept 21</td>
<td>7:30 – 9:30 pm</td>
<td>Gladys G. Davis Theatre, CAC</td>
<td>Thurs, Sept 14</td>
<td>Performance by the WVU School of Theater &amp; Dance. Spaces are limited.</td>
</tr>
<tr>
<td>Things I wish I had known my first year at WVU – SSS Upperclassmen Panel</td>
<td>Thursday, Sept 28</td>
<td>5:00–6:30 pm</td>
<td>Stalnaker Hall</td>
<td>Thurs, Sept 21</td>
<td>Join us to hear some wisdom from SSS Upperclassmen who have navigated their college experiences successfully, but not without challenges.</td>
</tr>
<tr>
<td>Making “Cents” of Scholarship Searches</td>
<td>Wed, Oct 4</td>
<td>4:30 – 6 pm</td>
<td>Laurel Room, 2nd Floor of Mountainlair</td>
<td>Wed, Sept 27</td>
<td>Learn about different scholarship opportunities, how to find funding sources and explore tips on how to develop a winning scholarship application and essay. Appropriate for all student levels and ranks.</td>
</tr>
<tr>
<td>Cultural Dinner</td>
<td>Mon, Oct 9</td>
<td>5:30 – 7:30 p.m.</td>
<td>Ta Khrai Thai Café 2862 University Ave</td>
<td>Mon, Oct 2</td>
<td>Come experience a variety of Thai foods and learn about the culture.</td>
</tr>
<tr>
<td>Women of Color Luncheon- Invitation Only</td>
<td>Wed, Oct 11</td>
<td>11:30 am – 1:00 pm</td>
<td>Mountainlair Ballrooms</td>
<td>Wed, Oct 4</td>
<td>This event, hosted by the WVU Council for Women’s Concerns, serves to celebrate, honor, and empower all women. Seats are limited.</td>
</tr>
<tr>
<td>Moving On and Moving Out: Tips for the Off-Campus Housing Process</td>
<td>Thurs, Oct 19</td>
<td>4:00 – 5:00 pm</td>
<td>G-06 White Hall</td>
<td>Thurs, Oct 12</td>
<td>Gather info on searching for your next home-away-from-home.</td>
</tr>
<tr>
<td>Arboretum Walk</td>
<td>Sun, Oct 22</td>
<td>TBA</td>
<td>Core Arboretum</td>
<td>TBA</td>
<td>TBA</td>
</tr>
<tr>
<td>A Bold Finish: Preparing for the End of the Semester</td>
<td>Weds, Nov 8</td>
<td>10:30 – 11:20 am</td>
<td>317 Clark Hall</td>
<td>Weds, Nov 1</td>
<td>With only a few weeks remaining in the semester, come and learn how to prepare for a successful finish to the semester. We will discuss preparing for finals, determining/viewing grades and managing stress.</td>
</tr>
<tr>
<td>Craft Night</td>
<td>Mon, Nov 13</td>
<td>6:30 – 7:30 pm</td>
<td>Kanawha Room, 2nd Floor of Mountainlair</td>
<td>Mon, Nov 6</td>
<td>Join us for a fun craft activity. Craft project TBA. All materials will be provided.</td>
</tr>
<tr>
<td>SSS Thanksgiving Luncheon</td>
<td>Thurs, Nov 16</td>
<td>11:30 am – 1:30 pm</td>
<td>SSS Office, G-30 Mountainlair</td>
<td>N/A</td>
<td>The SSS staff will be providing a homemade feast before you head out for break. Stop in and join us for a tasty lunch and dessert treats!</td>
</tr>
<tr>
<td>Graduation &amp; Recognition Reception</td>
<td>Thurs, Nov 30</td>
<td>5:00 – 7:00 p.m.</td>
<td>Mountainlair Room, 2nd Floor of Mountainlair</td>
<td>Thurs, Nov 16</td>
<td>Dessert reception to recognize December grads. Program begins at 6 p.m.</td>
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</tbody>
</table>
Upcoming Scholarship Opportunities

  Deadline: Monthly
  Deadline: Monthly
  Deadline: Last day of each month
  Deadline: Varies; earliest is June 20, 2017
  Deadline: September 30, 2017
- **The Beauty + Wellness Scholarship** [https://www.skincareox.com/scholarship/](https://www.skincareox.com/scholarship/)
  Deadline: September 30, 2017
- **OutdoorNinjas “Outdoor Enthusiast” Scholarship** [https://outdoorninjas.com/page/scholarship/](https://outdoorninjas.com/page/scholarship/)
  Deadline: November 30, 2017
- **StudyPug** [https://www.studypug.com/scholarship.html](https://www.studypug.com/scholarship.html)
  Deadline: December 15, 2017

COMPLETE YOUR FAFSA

The FAFSA needs completed in order to apply for any federal student aid including Federal Pell Grants, federal student loans, and work-study opportunities. The **2018-19 FAFSA will be available starting October 1**. If you need assistance with your FAFSA, contact your SSS Counselor.

Welcome to the Semester Event- Fall 2017

At the annual fall SSS Welcome to the Semester Social, students enjoyed pizza and good company, while participating in a friendly bowling competition. Pictured clockwise from right: Seara Mallow, 2nd place winner; Greg Wentz and Abby Sine, 3rd and 1st place winners; Nick Borawski; Erin Dodd, Jennee Maxwell, Matt Lazo, & Dylan Vest; Faith Miller and Cherish Heard.
**TUTORING SCHEDULE**

**DROP-IN TUTORING- MATH, CHEMISTRY and PHYSICS**

Mondays 12:30-3:30 p.m.

2nd floor of the Mountainlair

Room schedule:

**Cacapon Room**: September 11 &18, October 2, 9, 16 and 30. November 6 &13.

**Blackwater Room**: September 25, November 27. December 4.

**INDIVIDUAL TUTORING**

To Request an Individual Tutor, complete an ISP appointment with your Counselor and complete your tutoring contract.

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**The SSS TRiO Team**

**Administrative Assistant**: Vanessa Harrison  
**Counselor II**: Vivian Céspedes  
**Counselor II**: Miranda Talkington  
**Director**: Cynthia Drumm

### Student Workers

- LaDonna Adams  
- Bobby Bradford  
- Alicia Mitchell  
- Bobbiann Gubbei  
- Bella Shi  
- Avery Hiss  
- Austin Spolan

### Peer Mentors

- LaDonna Adams  
- Bobbiann Gubbei  
- Hillarie Loretta  
- Courtney Nuzum  
- Carlton Howard  
- Jennee Maxwell  
- Briana Rumney  
- Austin Spolan

### Tutors

- Chantal Fay - Math, Chemistry, Biology, Physics, English  
- Dylan Miller - Math, Chemistry, Physics, Biology, Study Skills  
- Sarah Spencer - Math, Chemistry  
- Bryan Swauger - Math, Physics, Engineering courses  
- Mya Vannoy - Spanish, Math, Chemistry  
- Dylan Vest - French, Political Science, English

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**“Have You Heard?”**

*Help us celebrate our amazing SSS participants’ accomplishments!*

- Seara Mallow was selected as the lead cadet for WVU Student Police Cadet program!
- Congratulations to our 2017-18 Smyth Family Scholars! They are: Zach Hay, Destiny Jackson, Alex Paull and Skylar McNeely
- Congratulations to our 2017-18 Suder Scholars! They are: Jenna Hawkins, Jenny Freitas, Sarah Spencer, Abigail Whittington, Christian Price, Diamond Hardy, and Alyssa Lively
- Congratulations to our 12 participants selected as our 2017-18 SSS/TRiO peer mentors!

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**NOTES OF THANKS**

- Thank you to the Smyth Family for their continuous support of our students through their donations to the Student Assistance For Emergencies (SAFE) Fund!
- Thank you to Jessica Soffee, SSS/TRIO alumna, for her donation to our program!
- Thank you to Seara Mallow and Gary Trumbo-Murray for leading our basketball night event on September 6!

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**SSS Participants Jennée Maxwell and Dylan Vest**

are pictured here during their Study Abroad Trip in France this past summer.
Meet SSS Participant and Drop-In Tutor, Dylan Miller

Dylan is a Biochemistry major with a Forensic & Investigative Science minor from Ashland, Ohio. In addition to SSS, he is also a participant in the McNair Scholars Program. Dylan hosts our drop-in math and science tutoring on Mondays from 12:30-3:30 p.m. in the Cacapon Room on the 2nd floor of the Mountainlair.

Accomplishments: SSS first year mentor during the Fall of 2016. President's list, Honor’s college student, 2017 McNair scholar.

Advice to new students: Learn your way of studying, find your own “ideal study environment,” figure out what works best for you, and use lots of repetition. Time management and organization are key to being successful in college. Stay dedicated and focused. Make connections with your peers, graduate students, professors, mentors, etc. Find a release that works for you whether that be running, working out, reading, listening to music, or another activity.

Dylan is a Biochemistry major with a Forensic & Investigative Science minor from Ashland, Ohio. In addition to SSS, he is also a participant in the McNair Scholars Program. Dylan hosts our drop-in math and science tutoring on Mondays from 12:30-3:30 p.m. in the Cacapon Room on the 2nd floor of the Mountainlair.

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How SSS helped me: SSS helped with the shock of being away from my family and the area I grew up. It helped me settle in and understand the college process.

*Join our Facebook Page: WVU Student Support Services/TRiO*

Student Support Services Mission Statement

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Student Support Services Philosophy

The Student Support Services/TRiO (SSS) program at West Virginia University provides high quality programs and services while holding to the values of honesty, integrity, compassion, fairness and Love. We encourage growth of our students through personal responsibility and respecting the dignity of all people.

Contact Information

P.O. Box 6230, G-30 Mountainlair
Morgantown, WV 26506
(304)293-6629

Student Support Services is a federally-funded grant program. Funded by Title IV TRiO grant from the United States Department of Education. The project services are free to eligible students. SSS is an Equal Opportunity in Education project and, therefore, does not discriminate on the basis of age, gender, sexual orientation, religion, race, or disability.