The aSSiStant

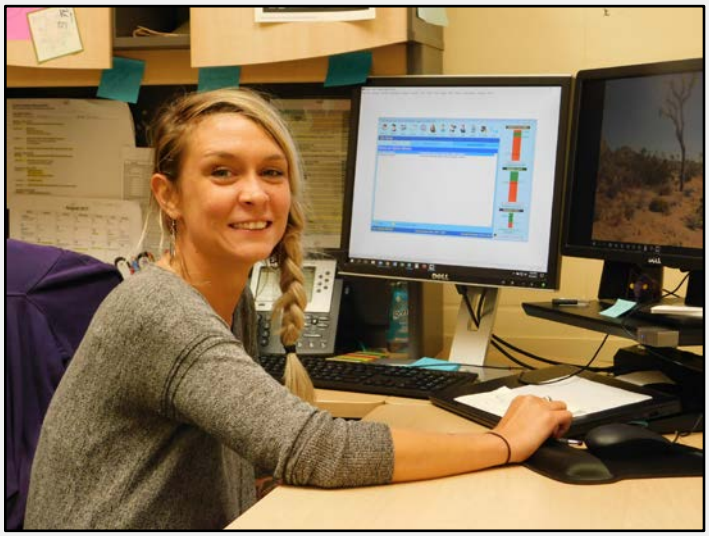
Student Support Services
September/October 2017

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.

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

TRIO WORKS!

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."

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!

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.

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.

Join us for our TRIO Student Ambassadors Club Meeting

When: Tuesday, September 12th.
Time: 6:30 pm to 7:30 pm.
Where: Cacapon Room- Lair
The club is open to any SSS/TRIO Participant…join us to learn more!

Student Support Services/TRiO- Fall 2017 Events

EVENT	DATE	TIME	LOCATION	SIGN-UP	NOTES
Study Abroad- Experiences of a Gilman Scholar	Tues, Sept 12	5:30 – 6:30 pm	Blackwater Room, 2nd Floor of Mountainlair	Tues, Sept 5	Come listen to the study abroad experiences of a SSS Participant who won the Gilman Scholarship to fund his trip.
TRIO Student Ambassadors Organization Info Session	Tues, Sept 19	11:30 am-12:20 pm	208 Clark Hall	Tues, Sept 12	Learn more about the TRIO Student Ambassadors Organization, including ways to get involved, leadership opportunities and National TRIO Day activities
Theater Production "Topdog/Underdog"	Thurs, Sept 21	7:30 – 9:30 pm	Gladys G. Davis Theatre, CAC	Thurs, Sept 14	Performance by the WVU School of Theater & Dance. Spaces are limited.
"Things I wish I had known my first year at WVU" – SSS Upperclassmen Panel	Thursday, Sept 28	5:00– 6:30 pm	Stalnaker Hall	Thurs, Sept 21	Join us to hear some wisdom from SSS Upperclassmen who have navigated their college experiences successfully, but not without challenges.
Making "Cents" of Scholarship Searches	Wed, Oct 4	4:30 – 6 pm	Laurel Room, 2nd Floor of Mountainlair	Wed, Sept 27	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.
Cultural Dinner	Mon, Oct 9	5:30 – 7:30 p.m.	Ta Khrai Thai Café 2862 University Ave	Mon, Oct 2	Come experience a variety of Thai foods and learn about the culture.
Women of Color Luncheon- Invitation Only	Wed, Oct 11	11:30 am – 1:00 pm	Mountainlair Ballrooms	Wed, Oct 4	This event, hosted by the WVU Council for Women's Concerns, serves to celebrate, honor, and empower all women. Seats are limited.
Moving On and Moving Out: Tips for the Off-Campus Housing Process	Thurs, Oct 19	4:00 – 5:00 pm	G-06 White Hall	Thurs, Oct 12	Gather info on searching for your next home-away-from-home
Arboretum Walk	Sun, Oct 22	TBA	Core Arboretum	TBA	TBA
A Bold Finish: Preparing for the End of the Semester	Weds, Nov 8	10:30 – 11:20 am	317 Clark Hall	Weds, Nov 1	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.
Craft Night	Mon, Nov 13	6:30 – 7:30 pm	Kanawha Room, 2nd Floor of Mountainlair	Mon, Nov 6	Join us for a fun craft activity. Craft project TBA. All materials will be provided.
SSS Thanksgiving Luncheon	Thurs, Nov 16	11:30 am – 1:30 pm	SSS Office, G-30 Mountainlair	N/A	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!
Graduation & Recognition Reception	Thurs, Nov 30	5:00 – 7:00 p.m.	Mountaineer Room, 2nd Floor of Mountainlair	Thurs, Nov 16	Dessert reception to recognize December grads. Program begins at 6 p.m.

Upcoming Scholarship Opportunities

- Course Hero Scholarship http://bit.ly/28YHUHf
  Deadline: Monthly
- Courage to Grow Scholarship http://bit.ly/1GkOxRd
  Deadline: Monthly
- The World Dances Scholarship http://bit.ly/1sRhqOa
  Deadline: Last day of each month
- The Tree Center Quarterly Scholarship http://bit.ly/2nJGzjx
  Deadline: Varies; earliest is June 20, 2017
- Hit the Books Scholarship http://bit.ly/2lSyzHQ
  Deadline: September 30, 2017
- The Beauty + Wellness Scholarship
  https://www.skincareox.com/scholarship/
  Deadline: September 30, 2017
- OutdoorNinjas "Outdoor Enthusiast" Scholarship
  https://outdoorninjas.com/page/scholarship/
  Deadline: November 30, 2017
- StudyPug 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.

Library Resources

- **Downtown Campus Library**
  - Monday through Thursday 7:30am to 2am. Fridays from 7:30am to 7pm. Saturdays 10am to 7pm. Sundays 10am to 2am.
- **Evansdale Library**
  - Monday through Thursday, 24 hours. Friday until 7pm. Saturday 7am to 10pm. Sunday opens at 10am.
- **Health Sciences Library**
  - Monday through Thursday 7am to 12am. Friday 7:30am to 8pm. Saturday 10am to 6pm. Sunday 2pm to 12am.
- **Law Library**
  - Monday through Friday 8am to 10pm. Saturday and Sunday 12pm to 8pm.

Services and Resources Available

- All provide: Computers, book lending, study rooms and research assistance
- The Downtown and Evansdale Libraries allows students to check out laptops, video cameras, tripods, and audio recorders.

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.

The SSS TRiO Team

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

Student Workers

LaDonna Adams	Servando Arredondo	Emily Duncan
Bobby Bradford	Bobbiann Gubbei	Avery Hiss
Alicia Mitchell	Bella Shi	Austin Spolan

Peer Mentors

LaDonna Adams	Servando Arredondo	Drew Scott
Bobbiann Gubbei	Carlton Howard	Demitrus Jones
Hillarie Loretta	Jennee Maxwell	Ethan Mick
Courtney Nuzum	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

"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 McNeeley
- 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!

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!

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. Don't get discouraged! I received a 65% on my first Chem 115 exam then ended up with a 95 in the class. It is important to do well, but not to over exert yourself. **GRIT→** Keep on going, even when it seems impossible. Always leave your options open… I didn't start out as a Biochemistry major.

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.