

Fall 2017

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The Director's Corner

There is so much incredible news to report this semester and I will start with this. I am very proud to announce that Shepherd University was awarded a TRiO Upward Bound grant to work in partnership with Berkeley County Schools. The grant was written by the TRiO SSS staff because we saw a huge need for the program after reviewing statistics about the number of individuals in Berkeley County with a bachelor's degree.

This is a five-year grant worth more than 1.2 million dollars. The Upward Bound staff will work with high school students from the four high schools in Berkeley County.

The main objective of the program is to get the participants enrolled in the college of their choice with a financial aid package the fall immediately following graduation from high school. Students can join the program the summer after they complete eighth grade, as rising ninth graders. Any person can refer a student to the program.

Program services will be offered year round. During the academic year, there will be study sessions after school where students will have an opportunity to work on homework with program tutors. One or two Saturdays each month will be devoted to special topics training and extensive SAT and ACT Prep. There will be a Summer Academy where students will spend six-weeks on Shepherd's campus taking classes to help prepare them for the classes they will take the following school year. During four of the six weeks, students will be commuter students. The last two weeks of the Summer Academy students will stay on campus in the residence halls to get an overview of campus life. At the end of the Summer Academy, students will take a 3-4 day college tour.

There is a Summer Bridge Program that will transition high school June graduates into postsecondary education. These graduates will take a free college course that can transfer to the college of their choice.

I am extending a special thank you to the school administrators at Berkeley County for helping to provide this life-changing opportunity to their students. TRiO programs have been in existence for 50 years and the statistics show that TRiO Works!



Cynthia Copney
Director
TRiO Programs





A Reflection from Our Staff



Michelle Ricketts,
Assistant Director
TRiO SSS

Well, it has been a busy semester for us in the TRiO Student Support Services (SSS) office with lots of changes. From office changes to new staff, there has been a lot going on for all of us. We were and still are so excited to bring the new Upward Bound program to Shepherd University! While this made for some changes for our TRiO SSS students, we really appreciate our students' excitement and flexibility through this transition.

This semester, I welcomed 29 new students to my caseload. It has been a pleasure getting to know each one of them, and figuring out how best I can help you. We also started a new initiative this semester called Tutor Tuesdays. For most of the fall semester, we have offered weekly math and writing tutoring in Shaw Hall on Tuesday nights from 6:30-8pm. Several students have participated and really seem to be benefitting from it. We hope to continue this in the spring semester.



Tajmarie Rowe,
Academic Retention Specialist
TRiO SSS

This semester has been a very sentimental one for me. It is my first semester in the role of Academic Retention Specialist. I am very grateful and blessed to have been given the opportunity to be able to pass on my knowledge and experiences as a former TRiO student. I was able to help motivate my students by sharing my personal experience as a former TRiO student. I became the first in my family to graduate with two degrees; a Bachelors and a Masters. I really enjoyed being a support person to all of my students. I was very excited to see how many new incoming first year students joined TRiO. I can assure you that TRiO works. Joining TRiO helps you break the cycle, and allow you to set an example for those who may be doubting their possibilities. TRiO allows you to dream as if you will live forever. It was a pleasure to have met all of my students this semester, and I hope that they will utilize all the resources that the TRiO program has to offer and knowing that I am there for them throughout their academic journey.



Summer Adventures



TRiO Upward Bound Team



Evora Baker
Assistant Director
TRiO Upward Bound

The Shepherd University Upward Bound Program (SUUB) is off to a wonderful start. We have already begun identifying and enrolling students into the program and providing after school study sessions. I cannot speak enough about the support that we have received from the Guidance Counseling staff at Hedgesville, Martinsburg, Musselman, and Spring Mills High Schools. Each Counseling office is instrumental in helping UB students succeed and working alongside of the counselors has been an invaluable experience so far. As we embark on this new journey, I feel honored to have the responsibility of serving Berkeley County Public Schools students and I look forward to witnessing all of the magnificent feats that the students will achieve.

In the months to come we will work to enhance the program by increasing students' community volunteerism, continue with SAT/ACT test prep, and encouraging students to apply for college scholarships. It is truly a pleasure to work with so many intelligent students who are motivated to achieve their dreams. Having an Upward Bound program at Shepherd University is like a dream for me and I will use this as an opportunity to help BCPS students reach their fullest potential and beyond. I feel elated to be a part of this meaningful partnership that will positively affect the lives of so many future leaders.



Tess Hyre
Graduate Assistant
TRiO Upward Bound

Hello, my name is Tess Hyre. I received my Bachelor's degree from Shepherd University in May 2017 with a double major in Mass Communication - concentration in Strategic Communications, and Recreation and Leisure - concentration in Sports Communications. I am currently getting my Masters in Business Administration (M.B.A) and will be graduating in August 2018. I am the current Graduate Assistant for the TRiO Upward Bound Program. I work with High School students to prepare them for college, further their education and help them explore their full potential for the future. I am so excited to be apart of the TRiO family and cannot wait to see what the future has in store for this amazing program!



Copney Represents WV TRiO



Cynthia Copney
Director
TRiO Programs



To lead is to serve, and that is exactly what Shepherd University Director of TRiO Programs, Cynthia Copney is doing. Copney was chosen to serve as President-Elect of the WV TRiO Association on November 2nd at the WVASPA fall conference in Charleston WV. Early this year Shepherd University TRiO Program under the management of Copney received an Upward Bound grant to serve sixty students in four high schools in Berkeley County West Virginia. Copney continues her mission to promote equal educational opportunities and greater accessibility to higher education for the TRiO eligible students by committing to serve as President-Elect of the WV TRiO Association. Copney will seek to bring together professional advocates who are dedicated to broadening access to postsecondary education and student retention. As President-Elect, Copney will work with representatives from Delaware, Maryland, Pennsylvania, Virginia, West Virginia and the District of Columbia, to advocate for underrepresented and underserved individuals who wish to empower their lives through higher education.

TRiO Viewed from a Graduate Assistant Perspective



Fadela Belhaj
Graduate Assistant
TRiO SSS



I have been working as a Graduate Assistant for TRiO for one and a half years now and I can say that TRiO Works! I have witnessed students' struggles and successes and how dedicated the staff at TRiO is in helping students get to graduation. We do not give up, even when students do. We push them to the finish line and help them succeed even beyond graduation. TRiO is a family and family is always there for each other. We support our students through thick and thin. Last year, when I attended the Shepherd University commencement, I was moved to see so many of the TRiO students walking that stage and receiving their diplomas. I could not hold back a rush of emotions after thinking that I played an important role in helping those students reach their goals of earning a college degree. As a graduate assistant I cannot help but think about the potential that we all have to make a difference in the lives of others. TRiO has given me the opportunity to impact so many lives and my own life will forever be changed as well.

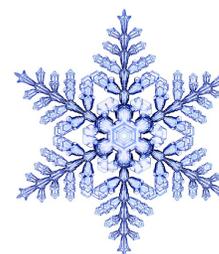


New Faces at TRiO



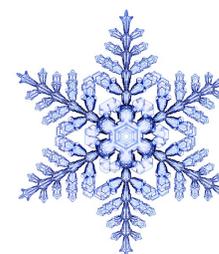
**Ayana Jean,
Graduate Assistant
TRiO SSS**

My name is Ayana Jean, I am from Philadelphia, PA. I graduated from Shippensburg University in Pennsylvania in December 2016, where I received my Bachelors in Psychology with a minor in Human Communication Studies. I am currently attending Shepherd University's College Student Development and Administration graduate program. I am also one of the graduate assistants for TRiO Student Support Services. I am excited to be apart of the TRiO program and look forward to all that it has in store.



**Tayelor Brown
Administrative Assistant
TRiO SSS**

Hi! My name is Tayelor Brown. I am the new Administrative Assistant for the TRiO Student Support Services office. I am from Shepherdstown, WV and I graduated from Shepherd University in December of 2016. I have a Bachelor's degree in Sociology with a minor in Psychology. While attending Shepherd University, I was a part of the TRiO Student Support Services program as well. I believe this is a great program that really pushes students to keep on going. I am excited to now be on the other side of the table and to now be in a role that allows me to help students succeed and pursue their careers. I look forward to an amazing year with the TRiO SSS Program.



December Graduates

Congratulations to our December graduates. As you move on to the next phase of life, TRiO would like to wish you all the best in all your endeavors.



Taylor Allen
Ashley Carper
Aimee Copenhaver
Connor O'Shea
Christiana Pontier
Kendra Roberts
Amanda Spain
Octavius Thomas



Dean's List Recipients

Kiera Batts-Anderson

Morgan Arden

Daisy Bautista

Cheyann Beck

Valeria Benavides

Katlyn Brantner

Morgan Breeden

John-Paul Bronzi

Brittney Brossart

Brian Crutchley

Lacey Emry

Destiny Evy

Noah French

Miles Greenwood

Mitchell Haines

Emily Hernandez

Michael Keefer

Savannah Maguire

Hailey Mauzy

Ryley Miller

Stacy Mummert

Connor O'Shea

Chelsea Pell

Chad Peters

Samantha Redman

Richard Robinson

Hannah Rose

Haley Sansom

Blake Scott

Michaela Sencindiver

Michelle Spears

Morganne Unger

Hannah Warner

Alexandra Wells

Jacob Younker

Zachary Zeberlien

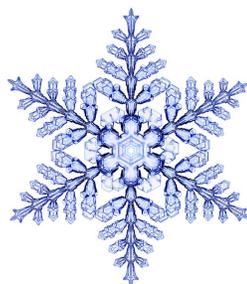
CONGRATULATIONS

First-Year TRiO Student Highlight



Brian Crutchley,
TRiO SSS Participant

New TRiO student, Brian Crutchley, is a first year student majoring in both Computer Science and Mathematics. Brian graduated from Annapolis High School in Annapolis, MD. Since his time here at Shepherd, Brian has started to work on a Robotics research project and is currently in the process of securing a grant to conduct another research project for next semester. Since the start of the semester, Brian has been participating in Mathematics competitions and has entered the Putnam Mathematics competition this December. Brian have been given the opportunity to work with the TRiO Upward Bound Program, where he will be tutoring Martinsburg High School students in Mathematics.



First-Year TRiO Student Experience



Kylie Riggelman,
TRiO SSS Participant

TRiO is an amazing support program that has helped me throughout the 2017 fall semester. Being a freshman in college, I tend to become overwhelmed, and my advisor plus my mentor kept me on track. Between both of them, they gave me encouragement and the confidence I needed to get through my first semester here at Shepherd. I can honestly say if it was not for my TRiO advisor, Michelle Ricketts, I wouldn't have made it through this first semester. She was there when I needed advice and support and she never gave up on me. The added bonus to TRiO is the free printing, which comes in handy. I have plans to graduate from Shepherd University with a bachelor's degree, while still being a part of TRiO.

TRiO Orientation





TRiO Students provide feedback after attending the Fall 2017 Workshops

Shepherd Technology Workshop

I am new at Shepherd University and before this workshop, I had little knowledge about Sakai. Thanks to Fadela, I am now aware that Shepherd University has an Online Writing Lab (OWL). This will be especially helpful because I am in the process of writing some big reports that need proof reading. Lastly, I think this workshop should be offered next year because many people do not know about the technological options (Rampulse, OWL, Library research tools, ...) available at Shepherd University, and they do not take advantage of the options given to help them succeed.



Derrick Clarke,
TRiO SSS Participant

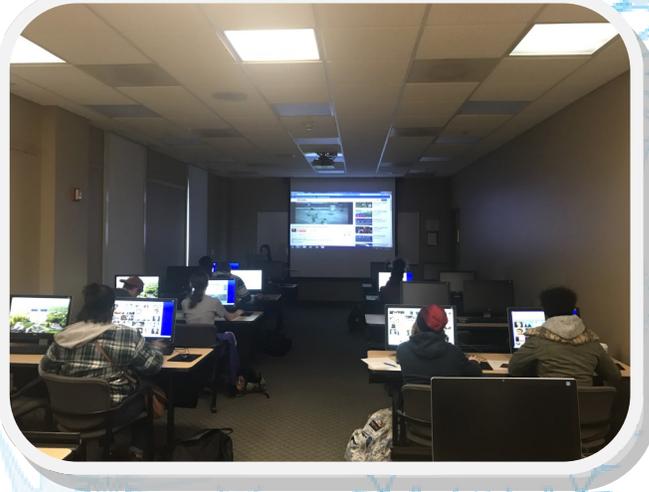
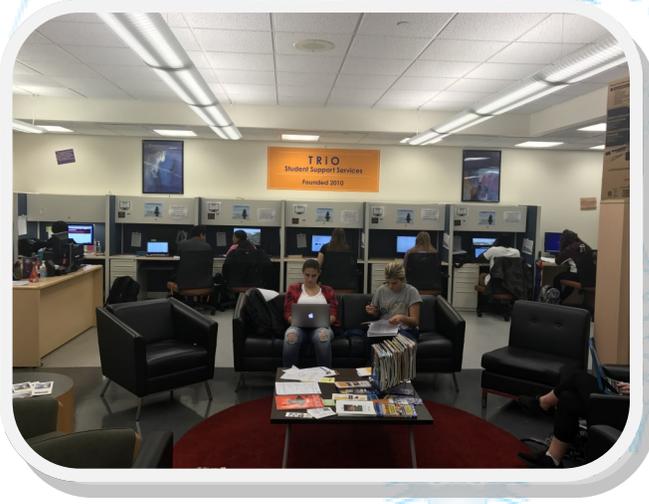
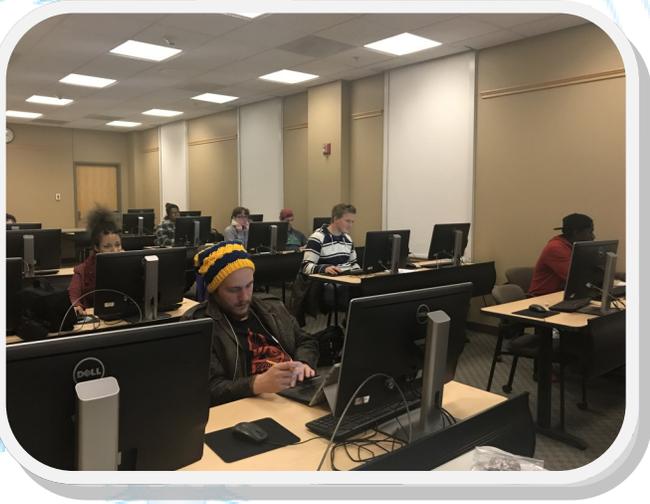


Mindfulness Workshop



Jasmin Orellana,
TRiO SSS Participant

During the Mindfulness workshop, Rhonda was showing us a few methods to relieve stress and there was a slideshow that was presented to us. The first method that was presented to us was the chocolate strategy. It can be any chocolate, but we did it using Hershey Kisses. The idea was to eat the chocolate very slowly, without biting into it and instead letting it melt. It was very relaxing and just focus on the taste of the chocolate. The second method was putting our hand on our stomach and breathing in and out for 10 minutes while holding a stress ball. It was interesting because all my attention went to the stress ball instead. It was very helpful because I now use the stress ball to calm me down from my anxiety. I carry it in my bag and teachers let me have it when I am taking exams or tests. It was very useful and I would encourage others to try this out.



Financial Aid Workshop



Brian Crutchley,
TRiO SSS Participant

In the FAFSA workshop, I filled out the paperwork to get financial aid from Shepherd University and Federal student aid. The people running the workshop were very helpful and made the process extremely simple. By participating in this workshop, I learned how to properly fill out the Federal Student Aid documents and what information is needed to fill out the FAFSA. With financial aid, I can make college more affordable and dedicate more time to my studies.



Social Media Do's and Don'ts



Kiera Batts-Anderson,
TRiO SSS Participant

At the “Social Media, Do’s/Don’ts” Workshop, we learned the ins and outs of actually having a social media account. Learning that what you put on social media will stay online (beyond your eyes view) for the rest of time is a scary fact to learn. But with this in mind, you know that you just have to present yourself in a decent manner when posting things online - such as stating your accomplishments, your goals, positive activities you took part in, and engaging in positive conversations with your peers. While sharing is a good thing, when it comes to social media, over sharing the bad things may not be. You should avoid posting things such as “turnt nights” which includes alcohol and etc. You should also avoid posting things you do not actually know about (to avoid looking stupid and getting clowned), and you should also avoid posting things that may hurt your personal/professional life (like sending out hate comments and/or bashing your job).



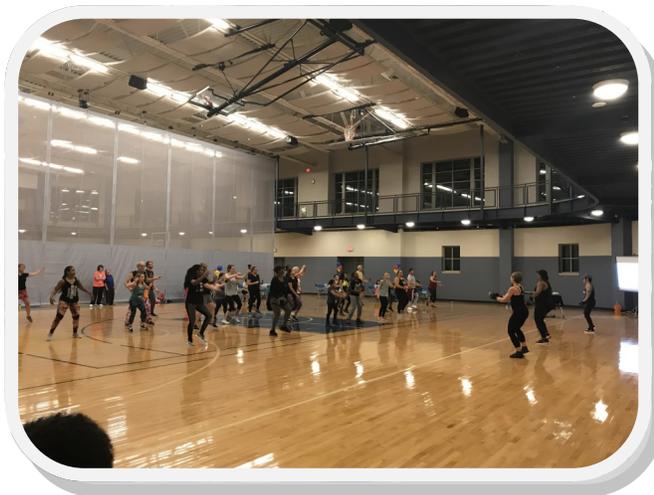
TRiO Retreat



Dance-A-Thon Fundraiser



On November 3rd, 2017, TRiO Student Support Services participated in the West Virginia We Care Project. TRiO partnered with the Shepherd University department of Sociology and Geography, Amada Senior Care, Asbury United Methodist Church, and Girl Scouts of America Troop #40160, to host a Dance-A-Thon event. The event was a combination of three dance fitness styles: Zumbathon, Dancethology, and Bang Power Dance. The purpose of the event was to raise funds in support of students attending Royalwood Elementary School in Houston, TX, who had to make up for missed school days due to hurricane Harvey. The event also benefitted the TRiO Student Emergency Fund, which was implemented to help students in need purchase textbooks, supplies, software and other small items necessary for their success. The event was a huge success and a great turnout. Over 100 participants joined us and helped us achieve our goal of helping students succeed. A special thank you goes to our instructors who volunteered their time to make this event a success: Meredith Kayes, Elmer de Jesus, Mary Bradley, Kendra Peck Mouton, and Deborah Corville Beck.



Upcoming Spring 2018 Workshops

Tentative Schedule			
DATE	WORKSHOP	TIME	LOCATION
Thursday 1/18/18	TRiO Night	5:30PM-7:00PM	Storer Ballroom
Monday 1/22/18	Graduate School Information	1:00PM-2:00PM 3:00PM-4:00PM	Library room 256
Monday 2/5/18	Vision Board	6:00PM-7:00PM	Shaw Hall
Wednesday 2/14/18	FAFSA Workshop	2:00PM-3:00PM 3:00PM-4:00PM	Library room 256
Monday 2/19/18	Speed Networking	1:00PM-3:00PM	Storer Ballroom
Thursday 3/8/18	Graduate School Applications	1:00PM-3:00PM	Library room 307
Tuesday 4/3/18	Diversity Workshop	6:00AM-7:00PM	Shaw Hall
Friday 4/20/2017	Graduate Reception	5:30PM-7:00PM	Storer Ballroom

Happy Holidays!

