

Fall 2016-17

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Shepherd University TRiO Student Support Services

The Director's Corner

The Fall 2016 semester is over and we are still standing. Some students are standing taller than others, but we have accomplished our goal of another successful semester. The term ended, and we have regrouped to make plans for our spring 2017 term. Now is the time to reflect on the things that we could have done better and make plans to work toward those goals. TRiO

Student Support Services completed our annual performance report in December for the 2015-16 academic year and the results revealed that Shepherd students are awesome. All program objectives were surpassed and the results are as follows: persistence rate of 83.12%, students in good academic standing rate of 90.62%, and our bachelor's degree attainment rate was 70.78%.

Congratulations to our December graduates. You are ready for the next chapter in your life. Whether it is to continue your education or to enter the workforce, work hard and do your best. It is a very exciting time in your life. It is time to do what you have spent your last four years perfecting. Enjoy the journey and be open to the different possibilities ahead.



*Cynthia Copney
Director, TRiO SSS*



TRiO SSS Hosts Fall Orientation



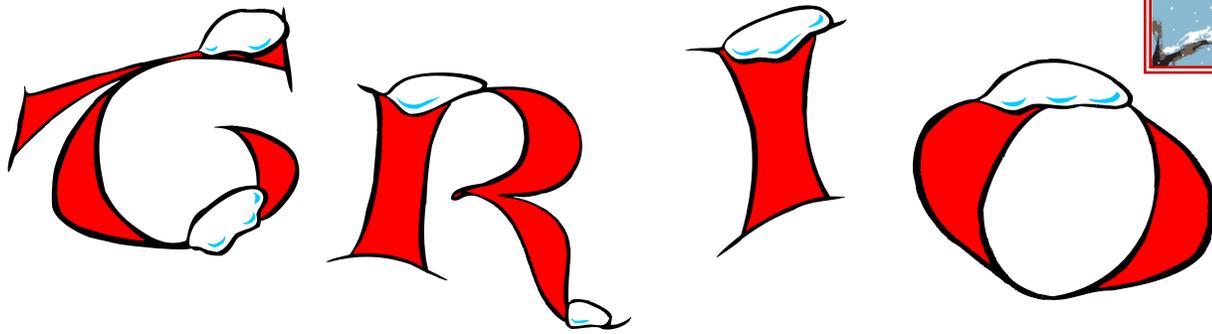
2016 TRiO Orientation was a Huge Success

At the beginning of each fall semester, the Shepherd TRiO Student Support Services Program hosts the TRiO Orientation, which is an information session that welcomes all new and continuing participants. During the 2016 Orientation, TRiO students received information about program services that are offered, introductions to the TRiO faculty and other students, and they participated in interactive activities that are geared toward helping students acclimate to the TRiO program. This year the TRiO Student Support Services program welcomed forty new students and the TRiO faculty were elated to see that thirty-five of the new participants attended the orientation. According to Martina Adams, a senior TRiO student, “Orientation allows some of us old students the opportunity to welcome the new students”. As a TRiO Mentor, Adams looked forward to orientation so that she could meet and greet the mentees that she would be helping this year. Adams also stated, “I remember my freshman year. I did not know what to expect, but when I went to the TRiO orientation, I felt more at ease about being miles away home at a college that was new to me”. The TRiO program welcomes all of our participants and we look forward to helping each participant achieve their goal of college graduation.



TRiO

Upcoming Events: Spring 2017



Date	Event/Location	Time
Wednesday January 11th	Motivation Workshop (Library 256)	1:00pm-2:00pm 3:00pm-4:00pm
Wednesday February 1st	Financial Aid Workshop (Library 307)	3:00pm-4:00pm
Thursday February 16th	ZUMBATHON with TRiO Fundraiser (Storer Ballroom)	6:00pm-8:00pm
Thursday February 23rd	Interpersonal Violence Prevention Workshop (Library 307)	5:00pm-6:00pm
Thursday March 2nd	Stress Management /Stress Free Zone (Library 256)	1:00pm-2:00pm 3:00pm-4:00pm
Monday March 20th	Speed Networking (Storer Ballroom)	5:30pm-7:30pm
Monday April 3rd	Public Speaking (Library 256)	1:00pm-2:00pm 3:00pm-4:00pm
Thursday April 20th	Graduate Reception (Storer Ballroom)	5:30pm-7:00pm

Senior Sentiment



Brittany Waltz: TRiO participant

Being a part of the TRiO program for the past 3.5 years has allowed me to become a successful individual in the classroom and outside of the classroom. Throughout these past few years, TRiO has allowed me to have priority registration so that I was guaranteed the classes I needed to graduate on time. TRiO also offered many workshops and activities to benefit me, including study tips, financial advice, public speaking, and personal health and well-being awareness. However, none of this would have been possible without the amazing staff, including our graduate assistants. While the workshops and activities were beneficial and important to attend, the reason that this program is successful is because of the caring, dedicated, and motivational people who are a part of it. Every semester I had a TRiO advisor to keep me on track with my schedule and develop goals for my college career. I also had a TRiO advisor who I felt comfortable with going to when I was having a bad day or needed advice. To freshman TRiO participants and future participants, it is important for you to utilize all resources that this program offers, and don't forget to also build relationships with the people who are apart of the program. Jack Canfield said "make a conscious effort to surround yourself with positive, nourishing, and uplifting people—people who believe in you, encourage you to go after your dreams, and applaud your victories." And that is exactly what this program does.

Experiencing the Big Apple



As part of the services offered by the Shepherd University TRiO Student Support Services program, participants embarked on an educational and cultural expedition to New York City. During the expedition, newly admitted students were able to create bonds with returning program participants while learning about the Big Apple's history and culture. For many of the students this was their first time visiting a city that is heavily populated. Students were able to tour the Empire State Building, the 9/11 Memorial, toured Columbia University and met with graduate admission representatives to receive information about their graduate Programs. The final destination was a visit to Broadway's Lion King.

Transitioning to College with TRiO



Noah French: TRiO participant

The transition for a student into a scholar can be a daunting task. Determining what classes, who you will meet, and tips and tricks are what echo through the streets on the first few days of classes. TRiO has reached out their hand to show me the ropes and I can say that I am lucky enough to have grabbed ahold. TRiO has been a family when family has not been present. From the classes that are designed for student development, to the graduate students that are willing to assist in the most minor of occasions, they are an outlet for helping students better themselves. This resource has been a gift that I am truly blessed to have received. The mentor that was once new and a stranger to me has crossed the bridge into a friend with a bond that could last a lifetime. Our advisors are what make this program immeasurably pleasant. Regardless of the matter, they are always there to assist and direct in any means possible. I feel that the help from the advisors is what makes TRiO so great. They are a family who are there to help students succeed. College would be an entirely new experience without this branch of support. They have helped me design goals that will lead to my success and achievement in higher education. I am blessed to get the opportunity to be a part of a new family that I call "TRiO." Through the new and upcoming semesters I plan to have TRiO by my side and I know they will be right beside mine.

First Year College Students at TRiO Retreat



TRiO WORKS !!!

TRiO SSS Fall 2016 Workshops

Campus Involvement Workshop



The Campus Involvement Workshop was very informative. It allowed me to understand how people can come together and work for the good of the community. It demonstrated ways for individuals to get involved and make a change in their community. There are many events and programs designed to help students be more knowledgeable about current events and how these events affect their surroundings. I believe attending this workshop not only helped improve my understanding about working as a community, but also helped me increase my knowledge on social awareness.

Jules Gamaleu: TRiO participant



Understanding Diversity Workshop



After attending the Diversity Workshop, I came to the conclusion that, in today's society, people are very judgmental. Throughout the workshop, we explored the effects of stereotypes.

We also discussed how the color of a person's skin, the religion they practice or even what they look like should not matter. I also learned that sometimes we are so quick to judge people and to point fingers. However, when that person is someone we admire and have a relationship with, or of the same race, we get very defensive. I think that nobody should ever feel like they aren't good

Alyssa Lafage: TRiO participant

enough or that they should conform to society's image of their race or religion. We are human, no matter what.

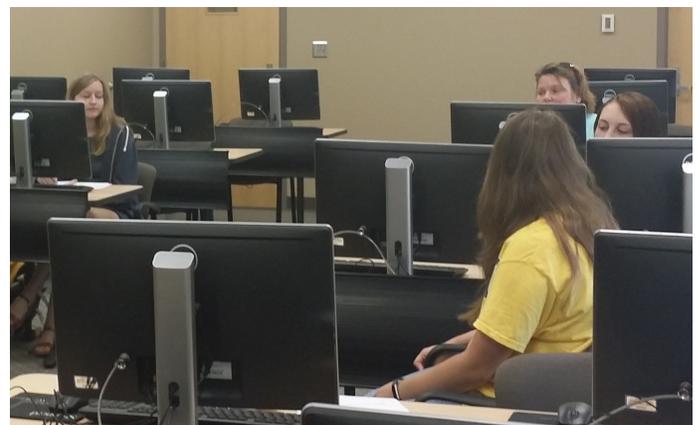




Students engaging in a Campus Involvement Workshop



**TRiO's Graduate Assistant, Fadela Belhaj
presenting at a Workshop**



TRiO Students engaging in a workshop activity



TRiO's Students engaging in a Team Building Exercise



College Writing Workshop



Daisy Bautista, TRiO participant

In the College Writing Workshop that I attended, I learned valuable tips that will help with any future writing assignments. During the workshop, we went over how to properly form in-text citations and references. I gained more knowledge on both MLA and APA formats, as well as how to cite different sources like web, book, and radio podcasts. The workshop helped me understand why it is unprofessional to plagiarize and the penalties for doing so. I also learned about the different websites that exist to help me find scholarly articles, which will be very useful when completing research and class assignments. Attending this workshop helped me develop my writing skills, and I scored a 92 on an English essay. I am glad I had the opportunity to receive this help from TRiO.

TRiO SSS December Graduates & Students with a 4.0 G.P.A.

Congratulations to our December graduates. As you move on to the next phase of life, TRiO would like to wish you all a prosperous future. Additionally, we would like to congratulate our students who earned a 4.0 G.P.A.

Graduates

Erica Bowers
Taylor Brown
Allen Cross
Jasmin Duffy
Clarissa Gordon
Holly Jefferson
Christiana Repp
Brittany Waltz

4.0 G.P.A Students

Taylor Allen
Chelsey Calton
Allen Cross
Melissa Horman
Emily Krause
Connor O'Shea
Mitchell Haines

CONGRATULATIONS 

Fall 2016 Semester

Dean's List Recipients

Taylor Allen	Allen Cross	Nikiala Johnson	Allyson Spinks
Morgan Arden	Jade Dusci	Kia Jones	Kevin Turner
Kiera Batts-Anderson	Destiny Evy	Emily Krause	Hannah Warner
Iman Bouarfa	Noah French	Jacob Lee	Myranda Wiles
Erica Bowers	Russell Goodacre	Hailey Mauzy	Jacob Younker
Michele Brooks	Clarissa Gordon	Conner O'Shea	
Heather Brown	Mitchell Haines	Kendle Pitts	
Christian Burns	Alissa Hedrick	Christine Repp	
Lisa Butler	Tania Hernandez	Donna Sage	
Chelsy Calton	Melissa Horman	Mykayla Sarver	
Lyvon Campbell	Lyndsey Jackson	Blake Scott	
Ravirajsinh Chudasama	Margaret James	Michaela Sencindiver	

New Faces in TRiO



Fadela Belhaj

Hello! My name is Fadela Belhaj. I am TRiO's Graduate Assistant. I'm originally from Morocco and speak four languages. I have a Bachelor's degree in Business Administration, as well as an M.B.A. from Shepherd University. I'm currently pursuing a

Master's in College Student Development and Administration (CSDA). I hope to be able to assist international students in my future career. During my undergraduate years, I was constantly involved on campus and have developed a passion for helping students succeed. I have been working with TRiO students since the Fall 2016 semester, and hope to bring more insight into the students' academic success.



Rebecca Knight

Shepherd student Rebecca Knight is TRiO's intern. She is a fourth year Sociology major and English minor. Through this internship, she is completing the class Sociology 419:

Internship in Sociology/Criminal Justice. She will be graduating this May. Knight was also awarded the Outstanding Senior in Sociology award in the spring 2016 semester, is a member of the honor societies Phi Kappa Phi and Alpha Kappa Delta, and has been on the Dean's List six times. As a TRiO intern, she is helping with planning workshops and events, and with designing assessment tools for the TRiO Student Support Services Program.