

Spring 2017

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The Director's Corner

I don't know where the time went. The 2016-17 academic year has ended and what an awesome year it was for Shepherd University's TRiO Student Support Services Program participants. We served 165 students and 40 of those were new program participants.

We had 33 TRiO students graduate and 3 of those students have decided to continue their education by going to graduate school at Shepherd. One of the graduates, Lisa Butler, received the University's prestigious Dr. Oliver S. Ikenberry Award for Human Service.

Program participants attended a few new workshops this year. The two most popular workshops were Speed Networking and Interpersonal Violence Prevention. We hosted our first Zumbathon fundraiser that had over 100 people attend. We had a Stress Management workshop and stress-free study zone during mid-term exams.

Our reception for our graduates and their families was held on April 20. During this celebration, graduates were presented with certificates of completion and TRiO cords.

Dr. Laura Renninger was presented with a TRiO Champion plaque for her support and dedication to the program and the students. This was truly a great night and a proud moment for our students and staff. It is wonderful to see the transformation made by the students during their years at Shepherd and watch them leave with plans for a great future.

I extend a heartfelt thank you to the University's entire faculty and staff members who helped the students accomplish their goals.



Cynthia Copney
Director, TRiO / Student Support

TRiO Champion



On April 20, 2017 the Shepherd University TRiO Student Support Services program recognized Dr. Laura Renninger for providing support to the program by presenting her with the TRiO Champion's Award. The TRiO Champion distinction is awarded to supporters of TRiO who are dedicated to helping college students succeed and overcome obstacles that might otherwise hinder their progress toward graduation. TRiO SSS Director Cynthia Copney adds that "A TRiO Champion is someone

who advocates for underrepresented students and is genuinely invested in helping students reach their goal of earning a bachelor's degree". It is only fitting that Dr. Renninger is the first recipient of this University's TRiO Champion award because it was under her direction that the first Shepherd University TRiO grant was funded by the U.S. Department of Education (DOE).

When you ask Dr. Renninger about why she felt compelled to support the application for a TRiO grant, her compassionate response speaks to her commitment to address the needs that Shepherd students had for receiving additional support. Dr. Renninger said, "Talking with students, I could tell that there was a need for a TRiO program, but it was not until we gathered data that we realized how critical that need was". Dr. Renninger went on to talk about the vision that John Sheridan (former Dean of the Library) had for transforming the first floor of the Scarborough Library into a learning center that students could utilize. With inspiration and encouragement from Judi McIntyre, Dr. Renninger led the charge to secure funding for the TRiO program in 2010. In a speech that Dr. Renninger delivered during a TRiO SSS Student Recognition Ceremony, she spoke about how it was difficult to imagine the TRiO Computer Lab when it was "a dark, dusty space filled with shelves, old books, and half dead plants". She went on to say "I think those things we never could have imagined are often the greatest things of all. What I never could have imagined was that we would one day have art on the walls, the bustling hum of students studying, collaborating and having fun, and an energetic, caring, and passionate group of faculty helping the Shepherd University students".

After being presented with a TRiO Champion plaque, Dr. Renninger said that she was "honored and felt touched" because she believe in TRiO's mission and she is committed to helping Shepherd University students succeed. The TRiO SSS program would like to thank Dr. Renninger for all of the support that she gives as a TRiO Champion.

A Reflection from Our Counselors



*Michelle Ricketts,
TRiO Academic Retention Specialist*

As I reflect back on this academic year, I can not help but think about what a special year this was for me. On April 1st, I celebrated my 4 year work anniversary at Shepherd so this year’s graduates were my first full cohort of students that I knew from their first year at Shepherd through graduation. It is a real honor to get to be a part of their journey to graduation and see how much they have grown and changed along the way. I was also a first generation college student and I remember how scary and overwhelming it was to walk into a completely new environment without people in my family who knew how to help me navigate it. As always, I am very proud of our graduates and how hard they worked to achieve their goals.

I was very excited to review final grades and see how well my students performed this semester. 16 students on my caseload made the Dean’s List. Two students, Morgan Arden and Alyssa Pritt, earned a 4.0 GPA this semester. Additionally, 34 of my students are finishing this academic year with an overall GPA of 3.0 or higher. Other highlights for this year include a great response in our call for TRiO Peer Mentors for the Fall 2017 semester and watching many of our students receive awards at the Student Recognition Ceremony. As we celebrate the achievements of this year and our graduates, I’m also looking forward to welcoming in the new group of TRiO students in the Fall and continuing to serve our returning students.



*Evora Baker,
TRiO Academic Retention Specialist*

As I reflect on 2016-2017 academic year, I feel overwhelmingly delighted with the progress that the Shepherd University’s TRiO SSS students have made. I have had the pleasure of working with students like Lisa Butler who have cried on my shoulder when she thought that she was not going to make it and later graduating with the distinction of Cum Laude. Other students like Christian Burns who earned a fellowship with the National Institute of Standards and Technology, Russell Goodacre who was awarded the Outstanding Student in Recreation and Sport Studies, and Mitchell Haines for receiving the Sophomore Class Scholarship award. I have had students who have struggled, and utilized the services that we offer to gain good academic standing. One of the most rewarding aspects of being an Academic Retention Specialist is being able to help your students get back up when they fall down and to assist with keeping them lifted when they are already doing well.

No words can truly express the honor that I feel to work with so many extraordinary students who are constantly striving for excellence. Over the past six years, I have had the privilege of witnessing 150 TRiO students as they transformed their dreams of earning a bachelor’s degree into reality. I have been fortunate enough to work with students who have graduated in three years, earned the highest University honors, and those who have pursued and earned graduate degrees. I have also looked on as students have begun new careers, started families, and suffered tragedies. I look forward to having the opportunity to see all of the wonderful contributions that our TRiO students will one day make on our society.



4th Annual Graduate Reception



TRiO Student Support Services hosted its fourth annual Graduate Reception on Thursday April 20 2017 in the Storer Ballroom in the Student Center. With an evening of food and fellowship, we honored 33 TRiO graduating seniors from Fall 2016, Spring 2017 and Summer 2017. The reception also featured a speech from our very own Dr. Laura Renniger, Dean of the Center of Teaching & Learning, who was also awarded with the 2017 TRiO champion award. Dr. Renninger shared words of wisdom with the graduating class, and expressed the magnitude of their accomplishments as TRiO students. Two students were given awards for the highest G.P.A and the most Active TRiO participant, they are, Jade Dusci and Amanda Gentry respectively. Finally, the evening culminated with the presentation of cords and certificates for the graduates. These cords are in recognition of their accomplishments at Shepherd University and a reminder of their time with the TRiO program. It was a great event and we look forward to honoring more graduates in the future!



2016-2017 Graduates

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

Martina Adams	Lisa Butler	Kayla Eury	Emily Krause
Molly Adams	Lyvon Campbell	Jules Gamaleu	Jacob Mellow
Rachelle Bennett	Ravi Chudasama	Amanda Gentry	Christiana Repp
Iman Bouarfa	Vanice Colas	Clarissa Gordon	William Richards
Erica Bowers	Allen Cross	Albert Henley	Latavia Smith
Michelle Brooks	Audrey Delos Santos	Melissa Horman	Elvine Tiba
Taylor Brown	Jasmin Duffy	Holly Jefferson	Madeline Tighe
Kristian Buchanan	Jade Dusci	Shannon Knipple	Katelyn Turner
			Brittany Waltz

CONGRATULATIONS 

Dean's List Recipients

Taylor Allen	Kayla Eury	Chelsea Pell
Morgan Arden	Noah French	Alyssa Pritt
Valeria Benavides	Russell Goodacre	William Richards
Rachelle Bennett	Mitchell Haines	Michaela Sencindiver
Michele Brooks	Melissa Horman	Allyson Spinks
Christian Burns	Margaret James	Kevin Turner
Lisa Butler	Nikiala Johnson	Myranda Wiles
Lyvon Campbell	Kia Jones	Jacob Younker
Kendra Coffey	Hailey Mauzy	

CONGRATULATIONS 

Senior Sentiments



Latavia Smith, TRiO Graduate

When I started with the Shepherd University TRiO program I did not know what to expect, but I knew that I would need some help while I was in college. Nothing could have prepared me for all of the wonderful lessons that I have learned while growing up in the TRiO family. My very first event with TRiO was a tour of graduate schools in New York City. While we were there, I had the opportunity for the first time in my life to see a Broadway play. Right away I felt like I belonged and that I was a part of something bigger. Now I know that I will always be a part of TRiO, and I will never forget all of the information that I received about financial planning, study skills, and academic writing. I will also never be able to Thank TRiO enough for all of the new friends/family that I gained while connecting with so many students who were also a part of the program.

As a part of TRiO, I learned three things. TRiO taught me to respect myself, my grades, and my future. Being a TRiO student for 6 years, I have been blessed to learn, grow, and prosper under the leadership of my TRiO Academic Retention Specialists. We have not only worked together, but we built a special bond and created a friendship. I honestly hold TRiO responsible for me graduating. There have been plenty of times when I wanted to give up and throw in the towel, but TRiO was my support system the ARS would never let me quit. I now have earned a Bachelor's degree. TRiO will always be a huge part of my life and as I look forward to the rest of my journey through life, I look forward to helping TRiO SSS students the way that TRiO has helped me! "I turned my cants into cans and my dreams into goals!" Thank you Shepherd University TRiO Student Support Services for helping along the way.

“No man is an island. No man stands alone”.

— Dennis Brown

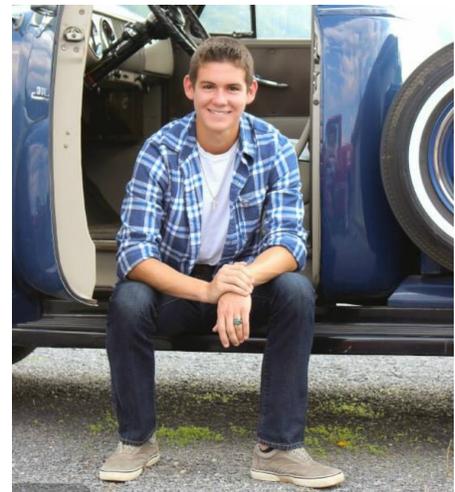
TRiO Students Recognized at the Student Recognition Day



Martina Adams,
Program Board Executive
Leadership Team



Russell Goodacre,
Outstanding Student
in Recreation and
Sport Studies



Mitchell Haines,
Sophomore Class Award



Michael Icenhower,
Program Board Executive
Leadership Team



Jacob Mellow,
Above and Beyond the Call of
Duty (ABCD) Award



Lisa Butler,

- Dr. Oliver S. Ikenberry Award for Human Service
- Who's Who Among Students in American Universities and Colleges Award
- Shepherd Leadership for a better World Certificate Program

TRiO Student awarded the Multicultural Leadership Team (M.L.T.) Scholarship



*Daisy Bautista,
TRiO Participant*

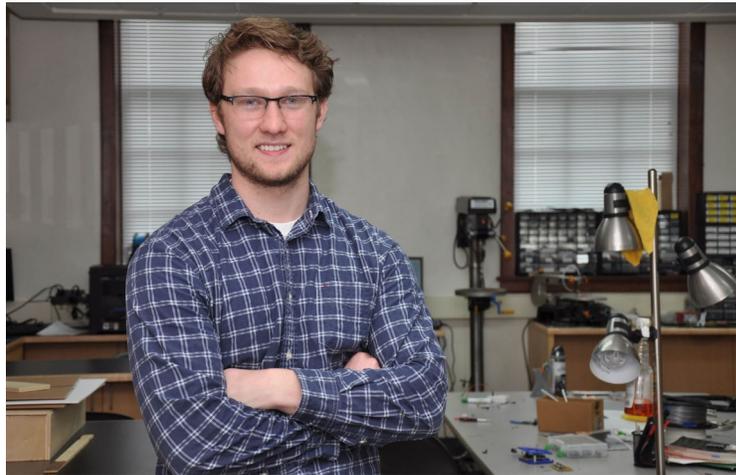
Every year, the Multicultural Student Affairs office at Shepherd University awards full-time, undergraduate, degree-seeking students a scholarship through the Multicultural Leadership Team (M.L.T.). The team was established in 1991 for the purpose of developing an effective group of multiracial and multicultural student leaders, who demonstrate leadership qualities and a commitment to improving race relations, enhancing cultural diversity, and promoting multiculturalism.

This year, one of our very own TRiO/SSS students earned the opportunity to be part of the Multicultural Leadership Team. Daisy Bautista will be entering her sophomore year in fall 2017 and has been a part of TRiO since she began at Shepherd during the 2016-2017 academic year. Bautista stated that “being accepted into the Multicultural Leadership Team at Shepherd University is an honor, and I am very excited for this new adventure. I was thrilled upon my acceptance. I believe being apart of this team will give me the opportunity to fight for my beliefs, and advocate for social justice issues that students encounter on campus. Being a Latina student at Shepherd, it was hard for me to get involved in my first year and be part of the community because I could not relate to anyone. I hope to be able to change that and help other students feel more welcome on the campus.” Bautista is also the Co-Chair of Alianza, the Hispanic Student Association at Shepherd University and a member of the Shepherd University Women’s Soccer team. Bautista also stated, “I believe that being a part of the M.L.T. will also allow me to use my creative skills and make connections with people who could potentially help me later on in my career. Being a part of a team is great because you learn and grow with your teammates and it helps you become a better person”. Bautista is excited about playing a major role with M.L.T. and strongly insists on every students being a part of making the Shepherd University campus a place of acceptance. Bautista commented, “Finally, I encourage every TRiO students to apply for the M.L.T. next year”.

“Leadership and learning are indispensable to each other”.

— John F. Kennedy

TRiO Student earns Robotic Cybersecurity Fellowship at National Institute of Standards and Technology



Shepherd University TRiO Student Support Services' very own Christian Burns has earned the opportunity to serve as a Fellow with National Institute of Standards and Technology (NIST) in Gaithersburg, MD. Christian has been a participant with the TRiO SSS program since fall 2016 when he transferred from Hagerstown Community College. As a NIST Fellow, Christian will gain experience working with cybersecurity industrial robots through the Summer Undergraduate Research Fellowship (SURF) program. To describe the work that he will be doing in the SURF program, Burns stated, "I'll be implementing different cybersecurity controls into robotic arms and analyzing them to determine how effective they are and how much a load they can put on overall processes that the robots conduct".

Burns, said that the offer from NIST will allow him to conduct research from May 22 through August 4, 2017. In addition to his passion for computers, Burns is also expressed gratitude for being a participant in the TRiO program. Burns discussed how much he appreciates the support that he receives from TRiO. He reflected on his first meeting with his TRiO Academic Retention Specialist by saying, "I really appreciate the advising services that TRiO offers. In my first meeting with my Academic Retention Specialist, she asked me a simple but blunt question, "What is your 5 year plan?" Burns said that he thought about that questions before, but he never really had an answer until she showed him how to set objectives and think about the steps that he needed to take to achieve them.

A Computer Engineering major, Burns is also a member of the Shepherd University Robotics Club and Institute of Electrical and Electronic Engineers and he is serving as the Leader of the Drone Club. As his TRiO Academic Retention Specialist Baker said, "Christian is a very intelligent, hard worker and I enjoy working with him. He has been on the Dean's List, earned the Honors of Excellence Award, S-Stem Scholarship, and a NASA Space Grant. It is truly a pleasure to work with this incredible young man".

TRiO Students provide feedback after attending the Spring 2017 Workshops

Financial Aid Workshop

The Financial Aid workshop was great. As an independent student juggling multiple life areas, I sometimes find it hard to get everything done. This gave me an opportunity to fill out the required forms with help from both TRiO and the financial aid office. My questions were answered immediately and it accelerated the time it normally takes me to answer these questions. Plus, since it was especially for TRiO students, I felt special and prepared as I always do. I would recommend that Financial Aid workshop be offered next year!



*Lyvon Campbell,
TRiO Participant*

“It is not often that a man can make opportunities for himself. But he can put himself in such shape that when or if the opportunities come he is ready.”

— Theodore Roosevelt

Motivation Workshop



*Tania Hernandez,
TRiO Participant*

The Motivation Workshop was very convenient and useful for me at the beginning of the semester because as a student, I can relate to the feeling of uncertainty and nervousness almost every student experiences the first weeks of class. It also helped me become more aware about how important it is to maintain a goal-setting environment not only for myself, but also for those who support me. I believe that their constant support should not be overlooked. Therefore, this workshop taught me that I must continue to take personal responsibility for my education, my future, and everything I do.

“Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time”.

— Thomas A. Edison

Stress Management Workshop



By: Kendra Coffey,
TRiO participant

I attended the TRiO Stress Management Workshop this past March. While there, I had the opportunity to learn about stress and the different factors that lead to it. I also had the opportunity to learn about different coping techniques and was then able to put them to use. At the workshop, soft, relaxing music was playing in the background. Puzzles and coloring stations were also set up for students to interact with. In all, learning to cope with stress is important in both the academic and professional field. Stress can lead to serious health factors, so taking the time to take a step back, analyze the situation and then go back to it can be the difference between a positive or negative outcome.

“Being in control of your life and having realistic expectations about your day-to-day challenges are the keys to stress management, which is perhaps the most important ingredient to living a happy, healthy and rewarding life”.

—Marilu Henner

Public Speaking Workshop



By: Kiera Batts-Anderson,
TRiO participant

On April 3, 2017, I attended the Public Speaking Workshop, which was very informative. In the beginning of the workshop, we had to show the class how we would normally give a two-minute speech about any topic of choice; and we struggled a little. You could tell we were a little nervous because of how fast we were speaking and how many awkward pauses we had. This exercise was obviously just to see how comfortable we were with giving public speeches. Then, the instructors showed examples of how NOT to speak publicly - such as facing the board while speaking, being underdressed, laughing and fooling around while presenting. They showed us the right way to give a public speech, which leads me to say, that this workshop helped a lot! The right way to speak, dress, connect with the audience, to set up a PowerPoint and to be able to support what I am saying in front of my peers was covered. I'm going to leave you all on this note.... Just do NOT forget to practice what you are going to say before hand, and you will do just fine when it is actually time to present your speech.

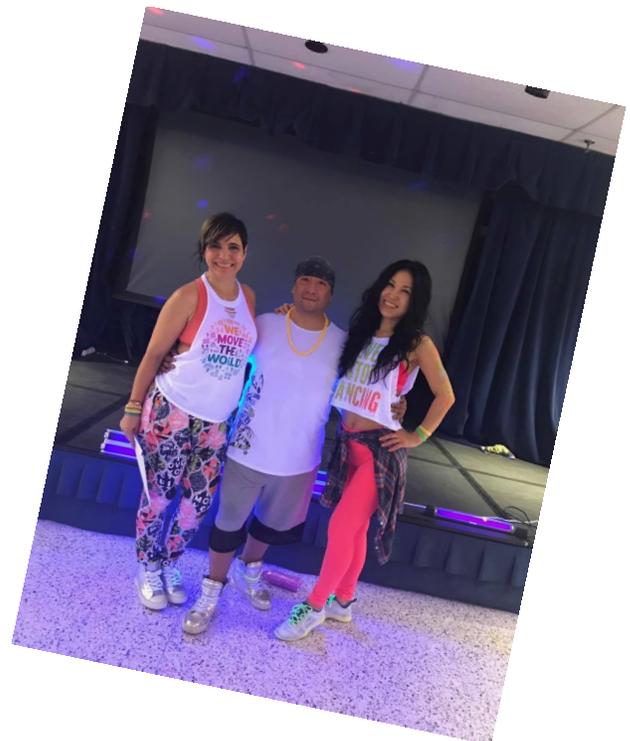
“Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen”.

— Winston Churchill

TRiO SSS Zumbathon



On February 16, 2017, TRiO organized their first Zumbathon event to raise money for the Student Emergency Funds. The Student Emergency Fund is an idea implemented to help students in need purchase textbooks, supplies, software and other small items necessary for their success. The event was a collaboration between the TRiO Student Support Services Program and Certified Zumba Instructor Ineabelle Ferreris. Mrs. Ferreris invited other Zumba Instructors to join the party: Jay Medina and Seol Harrelson. 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 survey conducted at the end of the Zumbathon revealed that attendees were very satisfied with the event and looked forward to the next Glow Zumbathon.



Upcoming Fall 2017 Workshops

Tentative Schedule			
DATE	WORKSHOP	TIME	LOCATION
Thursday 8/31/17	TRiO Orientation	5:30PM-7:00PM	TBA
Monday 9/11/17	Shepherd Technology	3:00PM-4:00PM	Library room 307
Thursday 9/28/17	TRiO Retreat	5:30PM-7:00PM	Storer Ballroom
Monday 10/2/17	FAFSA Workshop	2:00PM- 3:00PM 3:10PM- 4:10:PM	Library room 307
Tuesday 10/24/17	Mindfulness/Mental Health	12:00PM– 1:00PM 3:00PM– 4:00PM	Cumberland
Monday 11/6/17	Cultural Development - Study Abroad & Global Engagement	3:00PM– 4:00PM	Library room 307
Tuesday 11/14/17	Social Media Dos and Don'ts	1:00PM-2:00PM 3:00PM-4:00PM	Library room 307
Tuesday 11/28/17	Study Skills & Test taking skills	11:00AM- 12:00PM 2:00PM- 3:00PM	Library room 307