

LHU TRIO SSS Scholars

Fall 2021 Events

TRIO

STUDENT SUPPORT SERVICES

Welcome to the semester!

If you are unable to attend an event in person,
please e-mail triosss@lockhaven.edu for a Zoom link.

TRIO SSS Scholars who attend at least two events each month and who meet with TRIO faculty and Peer Mentors are considered active in the program. Active first-year and sophomore students are eligible for the TRIO SSS Scholarship if they are receiving a Pell Grant. All students are encouraged to participate widely.

We hope to see you at many events!

AUGUST 2021

26 Five Key Study Strategies, with TRIO SSS Director Dr. Rachel Epstein, Thursday, 1:00 - 2:00 p.m., in Raub 307 In this workshop, you will learn five tips for balancing the demands of the college workload. There will be something for everyone in this selection of tried and true strategies for efficient and effective studying.

30 Map Your Semester, with PMs Jennica and Mynnette, Monday, 6:30 - 8:00 p.m., in Raub 307 Your course syllabus is your best tool for mapping out the semester of assignments and understanding your professor's expectations. Join your Peer Mentors for guidance on how to interpret each syllabus and convert its information into semester plans. You will also learn about the Course Audit, which will help you stay on top of your academic plan.

SEPTEMBER 2021

2 Two Events:

Workforce Recruitment Program (WRP) Information Session, with Director of Center for Career & Professional Development MaryJo Campana and Director of Disability Services for Students Tulare Park, Thursday, 12:15 p.m., in Robinson 115 The Workforce Recruitment Program (WRP) connects federal and private-sector employers nationwide with highly motivated college students and recent graduates with disabilities who are eager to demonstrate their

abilities in the workplace through summer or permanent jobs. Learn more at this information session!

TRIO Block Party, with the TRIO SSS Team, Thursday, 6:30 - 8:00 p.m., at the University Commons Come one, come all! Meet people, see old friends, have some snacks, relax, and play yard games at this welcome-back event. New and returning SSS Scholars are encouraged to attend. We will be handing out the paper fall event calendar, and there will be prizes for games!

7 Two Events:

Note-Taking Hacks, with TRIO SSS Director Dr. Rachel Epstein, Tuesday, 1:00 - 2:00 p.m., in Raub 307 Do your class notes set you up to be prepared for tests and exams? Are they efficient? Are they clear? Join Dr. Epstein to learn some ways to take notes to save you time and help you focus on important information.

Summer 2022 Program in Italy Information Session, with Center for Global Engagement, 12:45 - 1:15 p.m., in PUB Room #2 Learn about this short-term study abroad trip to Italy for the course PHYS108: Galileo: The Father of Experimental Science. Meet. Dr. Cullin, the faculty leader; learn more about his course and program itinerary; and grab some Italian food!

Reminder: Last day to apply for Graduation for December 2021.

8 FAFSA Completion Workshop, with Office of Financial Aid, 7:00 p.m., in the Raub Hall Computer Lab If you still need to complete the 2021-22 FAFSA, please plan on attending this event. Financial Aid staff will be on hand to answer questions.

9 Academic and Professional Communication: Emails and Announcements, with TRIO SSS Writing Specialist Dr. Carl Sell, Thursday, 1:00 - 2:00 p.m., in Raub 307 Learning to communicate effectively is vital to your success, not just in college, but in life after school as well. Emails might seem simple, but there are a lot of parts that have to work together just so to make them truly effective. And what happens when you get one in response? What is the proper response time? What does a response look like? What about things that aren't emails, like D2L announcements, or Band and GroupMe reminders? Do these require follow-ups? What if a Peer Mentor or faculty member calls or texts me? Should I respond? When and how? These are all questions we will hope to answer in this workshop! Join Dr. Sell in learning how to communicate in a professional manner early in your college career!

10 Sports Night, with PMs Daiya and Adriana, Friday, 6:30 - 8:00 p.m., in the Rec Center Join us at the Rec Center to unwind with badminton, basketball, volleyball, dodge ball, and more!

13 Tie Dye, with PMs Adriana and Derrick, Monday, 6:30 - 8:00 p.m., on the University Commons Lawn Join the TRIO family, coming together to listen to music, chat, and do some tie-dyeing. All materials provided, including t-shirts.

15 OKAY Boomer Skills, with PMs Mynnette and Madison, Wednesday, 6:30 - 8:00 p.m., in the PUB Eagle Wing Here are tips and tricks for college students on some basic life skills: Sewing, writing a check, balancing a checkbook, writing in cursive, and couponing and saving money. As a bonus, attendees will write a letter to their future self!

16 Two Events:

Virtual Graduate School Visit: Temple University, with Graduate Admissions, Thursday, 1:00 - 2:00 p.m., in Raub 307 or on Zoom: Meeting ID: 943 4427 2560 Passcode: Temple Thinking about applying to graduate school? Interested in hearing more about graduate degrees and what they might entail? Join TRIO for introductory virtual visits with representatives from graduate schools from the surrounding areas. Each visit, you will learn more about a different graduate school's programs, application process, campus(es), funding opportunities, and so much more! Join us this week for a representative from Temple University.

London Program 2022 Information Session, with Center for Global Engagement, 12:30 - 1:30 p.m., in PUB Room #2 Join the Center for Global Engagement for a study abroad information session to learn details of studying in London in the short-term course ENGL499 with Dr. Stephen Hicks. Food will be provided.

17 *Reminder: Deadline to complete coursework to convert Spring and Summer 2021 Incompletes to grades.*

20 Plant Party, with PMs Mykhala and Katherine, Monday, 6:30 - 8:00 p.m., in the University Commons Pavilion Decorate jars and plant succulents so you can take home a little something to brighten up your living space.

21 Healthy Dorm Room Snacks, with Michelle Richard, MS, RD, LDN, Tuesday, 1:00 - 2:00 p.m., in Fairview Suites: Meet at the back entrance Come learn about healthy eating options, how make better choices, and how to avoid the "freshman 15." Join Michelle Richard as she helps us examine the ways in which we can help ourselves make good eating decisions on and off campus.

22 TRIO Café, with PMs Derrick, Angel, and Mykhala, Wednesday, 6:30 - 8:00 p.m., in the PUB Eagle Wing Come have a hot drink, and sit down for some conversation with our Peer Mentors. Cocoa, tea, and coffee provided! September topic: Welcome to the TR'amily.

27 Journaling, with PMs Mynnette and Madison, Monday, 6:30 - 8:00 p.m., in the PUB Eagle Wing Journaling isn't as difficult it may seem. Join mentors as they give prompts for reflective writing, starting a process to gain a deeper understanding of college life and beyond. Discussion and feedback will be included. Both experienced and new writers are welcome!

28 Virtual Graduate School Visit: Indiana University of PA, with Graduate Admissions, Tuesday, 1:00 - 2:00 p.m., in Raub 307 Thinking about applying to graduate school? Interested in hearing more about graduate degrees and what they might entail? Join TRIO for introductory virtual visits with representatives from graduate schools from the surrounding areas. Each visit, you will learn more about a different graduate school's programs, application process, campus(es), funding opportunities, and so much more! Join us this week for a representative from Indiana University of Pennsylvania.

30 Goal Setting, with TRIO SSS Director Dr. Rachel Epstein, Thursday, 1:00 - 2:00 p.m., in Raub 307 We all have goals: personal, academic, professional, social... What are the best ways of building plans to fulfill our goals? How can we create accountability so that we follow through? This interactive workshop will introduce some effective practices for goal setting and give you the opportunity to do some reflection and some nuts-and-bolts planning. Your goals are

important! Picking up some new techniques can help you keep them in view and meet them with pride.

OCTOBER 2021

1 Fall Fest, with PMs Derrick, Jess, and Mykhala, Thursday, 6:30 - 8:00 p.m., in the PUB Eagle Wing Come out and celebrate the fall weather with pumpkin painting, leaf balloons, apple cider, and more. Wear fall flannel if you have it! UGG boots & PSLs encouraged...

5 Financial Bootcamp Session #1, with Mr. Regis Bingham, Financial Professional, Tuesday, 1:00 - 2:00 p.m., in Raub 307 In these interactive workshops, learn skills such as budgeting and investment as well as techniques for wisely handling credit, loans, and major purchases.

6 Walk the Levee, with PMs Laurel and Madison, Wednesday, 4:30 - 5:30 p.m.: Meet in front of Bentley Take a break from campus, and join us for a leisurely walk along the river on the levee to see the scenery and the wildlife.

7 Human Trafficking Awareness, with Adriana Bumbarger, Thursday, 1:00 - 2:00 p.m., in Raub 307 Slavery was eradicated in 1865, wasn't it? But did you know that modern-day slavery still exists in the 21st century? This workshop strives to educate you on the complexities of human trafficking, debunk common myths, expose traffickers' tactics, and reveal the signs that someone is being enslaved. Come find out what you can do to play a role in fighting this evil. This is an interactive workshop, so you can learn how to keep those around you safe.

11 Two Events:

Letters to Survivors: Writing to Survivors of Human Trafficking, Tuesday, between 11:00 a.m. and 1:00 p.m., East Campus Entrance We can offer some hope and encouragement to survivors of human trafficking: Stop by East Campus to write a note of solidarity.

Zen Gardens, with PMs Jess and Katherine, Tuesday, 6:30 - 8:00 p.m., in the PUB Eagle Wing Join Peer Mentors Jess & Katherine to destress by making a Zen garden. Materials provided with participation.

12 Financial Bootcamp Session #2, with Mr. Regis Bingham, Financial Professional, Tuesday, 1:00 - 2:00 p.m., in Raub 307 In these interactive workshops, learn skills such as budgeting and investment as well as techniques for wisely handling credit, loans, and major purchases.

14 Two Events:

Critical and Analytical Reading: Choose Your Own Academic Adventure, with TRIO Writing Specialist Dr. Carl Sell, Thursday, 1:00 - 2:00 p.m., in Raub 307 Join PMs Adriana and Annaliese

to listen to two short mystery podcasts, followed by discussion. Everyone is welcome to make some hot chocolate and popcorn and curl up with a blanket while listening!

Letters to Survivors: Writing to Survivors of Human Trafficking, Tuesday, between 4:30 and 6:30 p.m., Bentley Entrance We can offer some hope and encouragement to survivors of human trafficking: Stop by East Campus to write a note of solidarity.

19 Financial Bootcamp Session #3, with Mr. Regis Bingham, Financial Professional, Tuesday, 1:00 - 2:00 p.m., in Raub 307 In these interactive workshops, learn skills such as budgeting and investment as well as techniques for wisely handling credit, loans, and major purchases.

Reminder: Instructors submit midterm grades by this date.

20 TRIO Café, with PMs Derrick, Angel, and Mykhala, Wednesday, 6:30 - 8:00 p.m., in the PUB Eagle Wing Come have a hot drink, and sit down for some conversation with our Peer Mentors. Cocoa, tea, and coffee provided! October topic: Fall Favorites.

21 Virtual Graduate School Visit: Bloomsburg University, with Graduate Admissions, Thursday, 1:00 - 2:00 p.m., in Raub 307 or on Zoom: Meeting ID: 935 9347 6021 Passcode: Bloom Thinking about applying to graduate school? Interested in hearing more about graduate degrees and what they might entail? Join TRIO for introductory virtual visits with representatives from graduate schools from the surrounding areas. Each visit, you will learn more about a different graduate school's programs, application process, campus(es), funding opportunities, and so much more! Join us this week for a representative from Bloomsburg University.

25 Journaling, with PMs Mynnette and Madison, Monday, 6:30 - 8:00 p.m., in the PUB Eagle Wing Journaling isn't as difficult it may seem. Join mentors as they give prompts for reflective writing, starting a process to gain a deeper understanding of college life and beyond. Discussion and feedback will be included. Both experienced and new writers are welcome!

26 Two events:

Financial Bootcamp Session #4, with Mr. Regis Bingham, Financial Professional, Tuesday, 1:00 - 2:00 p.m., in Raub 307 In these interactive workshops, learn skills such as budgeting and investment as well as techniques for wisely handling credit, loans, and major purchases.

Movie Night, with PMs Angel and Katherine, Thursday, 6:30 - 8:30 p.m., in the Ulmer Planetarium Join Angel, Katherine, and friends for a a study break watching a movie and relaxing. October: Halloween theme.

28 Haunted Haven Tour, with Local Historian Mr. Lou Bernard, Thursday, 6:30 - 8:00 p.m.: Meet in front of Bentley Join the Ross Library's Mr. Lou Bernard, Lock Haven's resident paranormal investigator, for a ghost tour. You will hear the history of ghosts and cryptids of Lock Haven and see some prime haunted locations in our very own Central Pennsylvania. Ghosts may or may not be in attendance.

NOVEMBER 2021

2 Internships: Finding and Making the Most of Opportunities, with Internship Navigator Mr. Nikki Wible, Tuesday, 1:00 - 2:00 p.m., in Raub 307 Why are internships important? How do I find and secure an internship? How do I make the most of your experience at an internship? How does this all translate to my resume and work experience? If you have ever found yourself asking these or similar questions, this workshop is for you! Join Nikki Wible and TRIO SSS on a journey through the intricacies of internships and how and why they should work for you.

4 Two Events:

Virtual Graduate School Visit: Edinboro University, with Graduate Admissions, Thursday, 1:00 - 2:00 p.m., in Raub 307 or on Zoom: Meeting ID: 916 8534 9087 Passcode: Edinboro Thinking about applying to graduate school? Interested in hearing more about graduate degrees and what they might entail? Join TRIO for introductory virtual visits with representatives from graduate schools from the surrounding areas. Each visit, you will learn more about a different graduate school's programs, application process, campus(es), funding opportunities, and so much more! Join us this week for a representative from Edinboro University.

Snack & Paint, with PMs Jennica and Angel, Thursday, 6:30 - 8:00 p.m., in the PUB Eagle Wing Join us for a fun & social evening of snacking and painting.

5 Letters to Veterans, with PMs Jennica and Laurel, Friday, between 11:00 a.m. and 1:00 p.m., at the Bentley Entrance This is an opportunity to personally thank veterans for their service. All are welcome to stop by East Campus to write a note of appreciation.

8 Letters to Veterans, with PMs Jennica and Laurel, Friday, between 11:00 a.m. and 1:00 p.m., at the East Campus Entrance This is an opportunity to personally thank veterans for their service. All are welcome to stop by East Campus to write a note of appreciation.

9 Course Registration for Spring 2022, with TRIO SSS Director Dr. Rachel Epstein, Tuesday, 1:00 - 2:00 p.m., Raub 307 This session will help you prepare for your registration meeting with your advisor. We will discuss General Education requirements, how to add/drop courses in myHaven, how to obtain registration clearance, and course selection for spring semester. Bring your major checklist and four-year semester sequence of courses for a head start!

10 Annual First Generation Panel, with LHU Professionals, Wednesday, 6:00 - 7:30 p.m., Location TBA Did you know that many of the professionals you encounter at LHU were first-generation students? In this panel, staff, professors, and administrators will speak about their experiences making their way through college and setting out on their careers. This is an excellent opportunity to learn about how successful people overcame barriers. Bring your questions and invite your friends!

11 Citing Your Sources and Using Library Resources, with TRIO SSS Writing Specialist Dr. Carl Sell, Thursday, 1:00 - 1:45 p.m., in Raub 307 "Should I cite this?" is one of the most

common questions we ask ourselves while writing an essay. We have probably been taught how, what, and why to cite things before, but sometimes knowing is easier than doing. Join Writing Specialist Dr. Sell on a whirlwind tour of quoting, paraphrasing, and, yes, citing your sources in research papers and other forms of writing. This workshop will include tips for using the Purdue OWL, as well as a tour of LHU's library resources with Prof. Elsa Winch! This workshop will be useful for any student at any stage in their degree progress!

16 Two Events:

Setting Healthy Boundaries, with Counselor Emily Powell Hodges, MEd, LPC, CTMH, NCC, Tuesday, 1:00 - 2:00 p.m., in Raub 307 As both final exams and the holidays approach, it is important to know what you need to do to stay focused and healthy. This workshop will offer strategies for setting and maintaining personal boundaries that will keep you grounded through stressful times.

Movie Night, with PMs Angel and Katherine, Tuesday, 6:30 - 8:30 p.m., in the Ulmer Planetarium Join Angel, Katherine, and friends for a a study break watching a movie and relaxing. November: Thanksgiving theme.

17 TRIO Café, with PMs Derrick, Angel, and Mykhala, Wednesday, 6:30 - 8:00 p.m., in the PUB Eagle Wing Come have a hot drink, and sit down for some conversation with our Peer Mentors. Cocoa, tea, and coffee provided! November topic: Holiday Traditions.

23 *Reminder: Thanksgiving Break, Nov. 23 - 26*

29 Journaling, with PMs Mynnette and Madison, Monday, 6:30 - 8:00 p.m., in the PUB Eagle Wing Journaling isn't as difficult it may seem. Join mentors as they give prompts for reflective writing, starting a process to gain a deeper understanding of college life and beyond. Discussion and feedback will be included. Both experienced and new writers are welcome!

30 Two Events:

Five-Day Study Plan for Finals, with TRIO SSS Director Dr. Rachel Epstein, Tuesday, 1:00 - 2:00 p.m., in Raub 307 Learn how to study smarter with time management, preparation, and review strategies for final exams. You are encouraged to bring along your final exam schedule if you have it.

Movie Night, with PMs Angel and Katherine, Tuesday, 6:30 - 8:30 p.m., in the Ulmer Planetarium Join Angel, Katherine, and friends for a a study break watching a movie and relaxing. November: Thanksgiving theme.

DECEMBER 2021

2 Virtual Graduate School Visit: West Chester University, with Graduate Admissions, Thursday, 1:00 - 2:00 p.m., in Raub 307 or on Zoom:

<https://wcupa.zoom.us/j/4387823959?pwd=T0k3aEhnSmdCR0x1L1pLbGdOYWJNQT09>

Thinking about applying to graduate school? Interested in hearing more about graduate degrees and what they might entail? Join TRIO for introductory virtual visits with representatives from graduate schools from the surrounding areas. Each visit, you will learn more about a different graduate school's programs, application process, campus(es), funding opportunities, and so much more! Join us this week for a representative from West Chester University.

3 *Reminder: Fall Semester Classes End; Last Day to Withdraw from Full Semester Course*

6 Winter Wonderland, with PMs Jennica and Daiya, Monday, 6:30 - 8:30 p.m., in the PUB Eagle Wing Take a study break, and join us for an evening of cookie decorating, crafts, hot cocoa and snacks, and festive music. Wear an ugly sweater if you have one!

Reminder: Final Examination Period, Dec. 6-9

***** You did it! *** Best wishes for the holiday break. We will see you in Spring 2022. *****

TRIO SSS SCHOLARS - SEMESTER-LONG ACTIVITIES

ADVISING: Daily, M-F 9:00 a.m. - 4:30 p.m. by appointment in Ulmer 204, **Dr. Rachel Epstein**, SSS Director. Contact: ree850@lockhaven.edu or 570-484-2324.

ACADEMIC SUPPORT: Daily, M-F 9:00 a.m. - 4:30 p.m. by appointment in Ulmer 204, **Dr. Carl Sell**, SSS Writing Specialist. Contact: cbs24@lockhaven.edu or 570-484-2870.

CAREER PATHWAYS COACHING AND ADMINISTRATIVE ASSISTANCE: Daily, M-F 8:00 a.m. - 4:00 p.m. by appointment in Ulmer 204, **Marianne Guinter**, SSS Program Coordinator. Contact: mcg1046@lockhaven.edu or 570-484-2409.

TRIO SSS PEER MENTORING

Contact peer mentors at your convenience for guidance and assistance:

Adriana Bumbarger (amb477@lockhaven.edu), **Polly Cañete** (arf1344@lockhaven.edu), **Derrick Cheeks** (dsc5325@lockhaven.edu), **Jennica Deavor** (jld9716@lockhaven.edu), **Laurel Fogleman** (lmf6609@lockhaven.edu), **Mynnette Kell** (mmk9322@lockhaven.edu), **Madison Leister** (mal9395@lockhaven.edu), **Angel Mandoza** (alm2696@lockhaven.edu), **Jessica McDermott** (jam8735@lockhaven.edu), **Mykhala Richner** (mrr4887@lockhaven.edu), **Daiya Stokes** (dds1474@lockhaven.edu), **Katherine Tadros** (kgt6773@lockhaven.edu)

Peer Mentors are in the 24-Hour Study Room in Stevenson Library for Study Hours at the following times:

Monday 8:00 a.m. - 9:00 p.m.

Tuesday 8:00 a.m. - 1:00 p.m., 2:00 p.m. - 9:00 p.m.

Wednesday 8:00 a.m. - 9:00 p.m.

Thursday 8:00 a.m. - 1:00 p.m., 2:00 p.m. - 9:00 p.m.

Friday 8:00 a.m. - 4:00 p.m.

TRIO SSS TUTORING

COMPOSITION (ENGL100-17): Tuesday and Thursday 2:00 – 5:00 p.m. with **Breanna Hanley** (bkh7406@lockhaven.edu). Contact Bre for the tutoring location.

#TRIOworks – We hope you have a wonderful semester.