

CMCC TRIO News

Central Maine Community College TRIO Student Support Services Newsletter

Fall 2018



New TRIO Staff Ready to Assist You

Introducing our TRIO Student & Professional Staff. We are here to serve your educational goals and help you reach success. TRIO staff members, both new and returning, participated in

two trainings this summer. The first occurred in July, led by nationally recognized trainers from the Paradigm Shift company. Students and staff learned to meet incoming participants in unique ways to better connect with students and strengthen their tutoring and mentoring skills.



CMCC TRIO— Your Bridge

Pictured left: “Wrocket Writing” participants Malvika Gelder and Madison Hopping; “Algebra Aptitude” participants Sara Couture and Toni Kendrick.

to Success. CMCC TRIO hosts two summer bridge programs that are designed to help students score into credit-bearing courses. In June, TRIO offered “Wrocket Writing” with the assistance of instructor Katherine Woodbury. Later in July, TRIO provided “Algebra Aptitude” with the assistance of instructor Scott Bryant, and



imbedded tutoring with recent CMCC graduate Micayla Hill and current Education student

Monique Collins. We are proud to say that many of the students registered in these programs become active TRIO students. Students who continue directly on to college level math will be in a shared section with supplemental instruction support. Their success will truly demonstrate TRIO works!

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Pictured above LEFT: Front row: Ouseiny Ousmane, Rachel Chretien, Kyle Knowlan, Grace Hayes, Micayla Hill, Paige Chase, Sarah Dudley-Taylor, Jessica Moore, Monique Collins, Tiahna LaBrecque, Domonique Givans, Terry Charlton. Back row: Charlie Spring, Abdullahi Daud, Chris Thoma, William Rolfe, Brooke Thomas, Jannie Durr, Crystal Stearns, and Donna Alexander.

Pictured above right : Front row: Kayla Thayer, Donna Alexander, Paige Chase, Domonique Givans, Terry Charlton, Ouseiny Ousmane, Brooke Tracy, Grace Hayes, and Jannie Durr. Back row: Rachel Chretien, Sarah Dudley-Taylor, Jessica Moore, Crystal Stearns, Monique Collins, Myrna Morisseau, and Charlie Spring.



TRIO Pride

A Note from the TRIO Director

This year marks the 50th year of TRIO Student Support Services in our nation. I am proud to serve students in this distinguished program, first started by President Lyndon B. Johnson in 1968 with the goal of seeing that “no American talent is wasted.” As Maine and the country move towards progress we acknowledge the need for an educated workforce to lead our country.

The theme of our Open House on Tuesday August 28 is celebrating 50 Years of Student Support Services 1968-2018. Please join us from 1 –3 for refreshments, music, and fun! Get to know CMCC TRIO better.

As we all look forward to this school year, let’s commit to excellence. Let’s be timely, motivated, focused on learning, achieving our goals, and let’s show our caring and respect for each other every day in many ways. TRIO Student Support Services works at maintaining a positive climate amongst staff and students. We genuinely relish each of your achievements. Our strength is in your success.



Terry Charlton, CMCC TRIO SSS Director

The CMCC Honors Lists for the summer semester recognized the talented and hard working students of TRIO Student Support Services. In total, twenty-one TRIO students earned summer honors. We are proud to list the following students on the Summer 2018 TRIO Honor’s List:

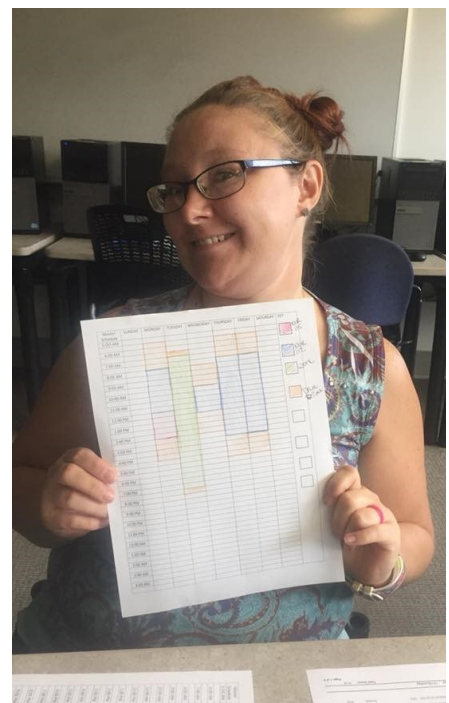
President’s Honors: Sadio Aden, Aicha Ali, Jennifer Burr, Sara Chaput, Cathy Gray, Jennifer Hatch, William Rolfe, Jared Rubin, and Kayla Thayer.

High Honors: Savannah Creasy, Randa Farah, Darlene Gardner, Cheryl Hicks, Penny Michaud, Jeremy Mitchell, and Zeinab Mohamud

Honors: Mary Britton, Amber Lewis, Kassie Schmidt, Charles Smith, and Fancy Spaulding



Nursing Bootcamp Marches into Fourth Year CMCC TRIO hosts Nursing Bootcamp to help launch nursing students into success through seminars that help prepare them to manage their time, finances, academics, and establish relationships as peers. Pictured: Amber Lewis, nursing student, showing her color-coded schedule.



Facebook.com/CMCCMaineTRIO



Pictured left to right: Jordan Flynn with St. Joseph's College, Monique Collins with UMO, & Ifrah Assoweh with USM.

Transfer News

Keep some dates in mind for Fall 2018. CMCC hosts two transfer fairs:

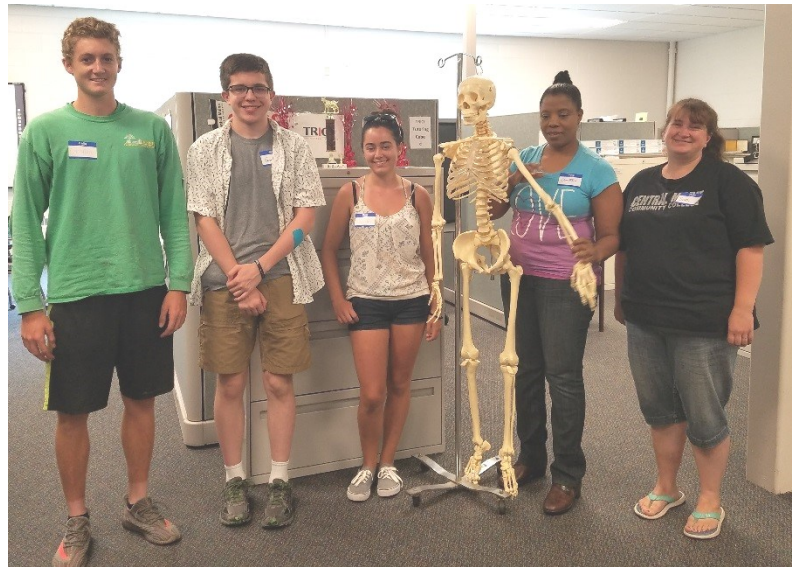
Tuesday, October 2, 10:30 am– 2:00 pm

Wednesday, November 14, 10:30 am– 2:00 pm

Join us in TRIO to brainstorm questions you might ask or how you might best prepare. Jannie Durr can also make an introduction for you or join you through your exploration. These are perfect opportunities to explore your transfer options.

Find Your Direction with TRIO Orientation

This summer, TRIO welcomed over 45 new students to the TRIO family! They explored what it means to **BE ACTIVE IN TRIO**, met their TRIO advisors, and excelled at the payback challenge! They all got a photo opportunity too! Check out our TRIO bulletin board or our Facebook group to see all of the orientation groups.



Pictured: Christian Booker, Gavin Hanson, Cassandra McAllister, Anastasia Cargill, and Sara Couture. Also includes Bucky the skeleton!

Don't forget to share your success with TRIO! We love to celebrate you!



Pictured: Kayla Thayer, excited about her exam results!

TRIO Tutoring Slots Still Available

Contact Donna Alexander dalexander@cmcc.edu or 207-755- 5209

UPCOMING WORKSHOPS

BEAT THE CLOCK— TIME MANAGEMENT

Sept. 4 • 12:30-1:30 or

Sept 5 • 4:30 - 5:30

Gain tricks to set priorities and save time.

READY! SET! NOTES!

Sept. 11 • 12:30-1:30 or

Sept 12 • 4:30 - 5:30

Note-taking made easy. There's a method to the madness!!

2 + 2 = ANXIETY

Sept. 18 • 12:30-1:30 or

Sept 19 • 4:30 - 5:30

Develop new strategies to decrease homework and testing anxiety in math.

GET CREDIT: TRANSFER TIPS

Sept. 25 • 12:30-1:30 or

Sept. 26• 4:30- 5:30

The path to transfer to a 4-year school.

FAFSA IS A PIECE OF CAKE!

Oct. 2 • 12:30-1:30 or

Oct. 3• 4:30- 5:30

Join us for our FAFSA filing celebration.

MOTIVATION

Oct. 16 • 12:30-1:30 or

Oct. 17• 4:30- 5:30

Getting your mojo back.

TRANSFER STARTS HERE

Oct. 23• 12:30-1:30 or

Oct. 24• 4:30- 5:30

Help to avoid common pitfalls: Get a road map to your

ultimate success.

PRIOR LEARNING CREDIT

Oct 30 • 12:30-1:30 or

Oct. 31 • 4:30- 5:30

Get college credit for what you already know. Here is how.

GROUP REGISTRATION

Nov. 6 • 12:30-1:30 or

Nov. 7 • 4:30- 5:30 and Nov 15 • 4:30 –5:30

Nov. 13 • 12:30-1:30 or

Nov. 14 • 4:30- 5:30 and Nov 15 • 4:30 –5:30

Get registered for spring classes with a TRIO advisor! Individual appointments or small group sessions are available.

GOT TECH?

Nov. 28 • 12:30-1:30 or

Nov. 29 • 4:30- 5:30

Come for free and/or inexpensive electronic resources to help reading, writing, and study skills.

EMOTIONAL INTELLIGENCE

Dec 5 • 12:30-1:30 or

Dec 6 • 4:30 - 5:30

Know your EQ (like IQ for emotions). Undeveloped social intelligence is a leading cause of job failure.

STRESS LESS

Dec 12 • 12:30-1:30 or

Dec 13 • 4:30 - 5:30

Relax with us and just breathe.

Scholarship News:

In June, TRIO celebrated their TRIO students who were honored with Next Generation Personal Finance (NGPF) Scholarships. These TRIO students wrote essays describing their experiences communicating with their

families about finances and budgeting following an online collegiate simulation called “Payback Challenge.” TRIO encourages all students to test out their budgeting acumen by taking this online Payback Challenge simulation. TRIO is proud that NGPF included our

students as the first collegiate recipients of this scholarship in the nation.



Pictured : Kayla Thayer, Kelly Pinette, Amber Lewis, William Rolfe, Micayla Hill