

CMCC TRIO News

Central Maine Community College TRIO Student Support Services Newsletter

Spring 2019

TRIO Fall Transfer Trips Spanned the State of Maine. Join us for more trips this spring. Reserve your spot now with Jannie Durr!



Pictured: Rusty Brown, Jessica Moore, Alice Sherwood, Michelle LaChance at Portland Art Museum.



Pictured: Brooke Tracy, Kayla Thayer, Alex Cloutier, and Alice Sherwood at University Maine.

TRIO Pride

The CMCC Honors Lists for the fall semester recognized the talented and hard working students of TRIO Student Support Services. In total, 66 TRIO students earned fall honors. We are proud to list the following students on the fall 2018 TRIO Honor's List:

President's Honors: Sarah Bolduc, Timothy Campbell, Savannah Creasy, Sarah Dudley-Taylor, Jessica Gauthier, Cheryl Hicks, Monique LaBerge, Mason Morin, William Rolfe, Kayla Thayer, Leon Twitchell, Tina Vazquez, and Rusty Young.

High Honors: Abdirashid Abukar, Sadio Aden, Aicha Ali, Asha Ali, Najmo Ali, Jordyn Bennett, Erin Brackett, Samuel Brown, Jennifer Burr, Melissa Cyr, Abigail Fogg, Gabriel Hoy, Wila Idris, Michelle LaChance, Rachel Larrivee, Karissa Lavoie, Jeremy Mitchell, Kevin Mitchell, Messica Moore, Samuel Negron, Zainab Osman, Kyleigh Ouellette, Melina Parker, Megan Record, Kacie Simpson, Morgan Theriault, and Miranda Yanez.

Honors: Daniel Aiken, Cynthia Bright, Nicole Casavola, Sarah Chaput, Rachel Chretien, Benjamin Creznic, Kenneth Dickey, Amber Getchell, Alexa Hamatys, Grace Hayes, Josslyn Jalbert, Matthew Kinney, Kyle Knowlan, Brenda-Jo Lane, Dylan Latham, Jared Rubin, Sarah Scott, Charles Smith, Crystal Stearns, Kerry Stevens, Liam Stewart, Tracy Vis, Kayla Williams, and Laura Young.

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**TRIO
WORKS**



Central Maine Community College TRIO Student Support Services program receives 100 % of its funding through an annual US education grant in the amount of \$297,205.

Central Maine Community College is an equal opportunity/affirmative action institution and employer. For more information visit www.cmcc.edu.

We asked you for your input on the annual TRIO student survey, and we listened.

Students who replied to the annual TRIO survey suggested that they would like to see student presenters at our weekly seminars. We asked our student tutors and front desk agents to step up, and now we are opening it up to all students. Would you like to present or help present a seminar from our list? (See page 4 of this newsletter)



Cathy Gray, CMCC TRIO alumna, Leverages Prior Learning at CMCC and at USM to complete her degrees on the fast Track.

Cathy Gray, previously named CMCC 2018 Yes I can Award winner transferred to USM this fall, and will be completing her bachelor's degree later this year. She will earn an associates and bachelors degree in about 2 years.



TRIO students explore fall transfer fairs and visits.

TRIO Transfer counselor, Jannie Durr assisted many students in preparing their questions to make good use of transfer fairs and visits. She can help you too!

A Note from the TRIO Director—

I have a motivational poster in my office that reads, "Watch your thoughts, for they become words. Watch your words, for they become actions.

*Terry Charlton,
TRIO SSS Director*



Watch your actions, for they become habits. Watch your habits, for they become character. Watch your character, for it becomes your destiny." January is a time for self-examination and a recommitment to one's goals and dreams. You are at college. What are your goals and dreams? What are you thinking now that will feed those goals and dreams? What are the habits you have (or are creating) that will lead you towards those goals and dreams?

Here is a simple example of this kind of thinking: Perhaps you have the goal of improved dental health in 2019. You first need to visualize how you will be successful. This year you are going to floss every day! You are not going to dwell upon the countless times you did not floss, but instead you will picture yourself with a bright smile and in your mind, you will see yourself in the mirror flossing every evening. You will say your intentions to have good dental health to others. You will talk about how much better you are doing at following through. You will not focus on the time you missed a day, nor the previous poor pattern you may have had. As you leave your dental floss on the bathroom counter where it is easy to grab the next time, you will commend yourself for making the job easier. As you develop the habit of good oral health, you take pleasure in how your character is also developing. You are reliable and steadfast. As you gain confidence as a reliable, steadfast person, you see the many possibilities in life. Doors are open to those who keep trying. And *voila!* We have just examined the simple steps of developing the mindset that prepares us for success. This general framework can be applied to your larger goals of career, fulfillment, good health, or any other endeavor. Start with your thoughts and work towards your destiny. Have a marvelous 2019 as you journey towards your destiny.



**Facebook.com/
CMCCMaineTRIO**

Pictured left, Jesse Moore discusses transfer options at UMaine with UMaine admissions representative, Sharon Oliver.

TRIO TUTOR SPOTLIGHT

TRIO Tutoring has a new Professional Tutor, Tracey Martin

Tracey joined the TRIO tutoring team this fall. She brings a wealth of professional and personal experience to TRIO. She is an adjunct professor at CMCC. She has a degree in nursing and another in business. She loves to teach and tutor, and she is focused on student success. You can see her in the TRIO Success Center tutoring Medical Terminology, Anatomy and Physiology I and II, Accounting, and Business Math.



Returning TRIO Tutor, Marilyn Smith

Marilyn has tutored in TRIO for several years. Marilyn is an adjunct instructor at the college for both Anatomy and Physiology and Microbiology. Marilyn has professional experience in the medical field and has a second degree in Adult Education. Marilyn is one of our most popular tutors. Students love her clarity and positive attitude.

Spring semester is underway and so is tutoring! TRIO is offering both individual and group FREE tutoring



Donna Alexander,
Tutor Coordinator

sessions with enthusiastic professional and peer tutors. Math, Science, Social Sciences, and computer skills are a few of the topics presented. Don't wait until you fall behind. To schedule, or for more information,

contact : Donna Alexander, 755-5209,
dalexander@cmcc.edu

Student Tutor, William Rolfe has been a tutor and mentor in TRIO this fall.



Will graduated in December, and he is continuing to tutor in TRIO this spring

before he transfers to University. Will, 2017-18 CMCC Student of the Year, always has a minute to help a fellow student and inspire them to strive for excellence. He offers support and encouragement to many in science, social science, writing, and other courses. Many enjoy his dry humor and political wit.



"I have met many great colleagues and friends through this program. TRIO SSS has provided me with an honest, open, supportive community. I know that I am not alone through the struggles of college. ... There are a ton of perks that come with being a part of TRIO SSS. As many students like to say, "TRIO is my home away from home."

— Rusty Y class of 2019

UPCOMING WORKSHOPS

TRIO Open House Welcome Back

Jan. 22 • 1:00-3:00

HAWKES LEARNING PLATFORM FOR MATH

Jan. 23 • 11:00– 12:00

Math Instructor and Tutor Chris Thoma will help you navigate the math courseware.

SCHOLARSHIP SEARCH

Jan 29 • 12:30-1:30 or

Jan 30 • 4:30 - 5:30 and Feb 1 Scholarship Lab

Let TRIO staff help you apply for scholarships.

MONEY MANAGEMENT: Igrad RESOURCES

Feb. 5 • 12:30-1:30 or

Feb. 6 • 4:30- 5:30

LOW BUDGET LIVING HACKS with FAME

Feb 12 • 12:30-1:30 or

Feb 13 • 4:30- 5:30

Learn how to stretch those dollars.

CREDIT SCORES: HOW TO IMPROVE YOURS

Feb. 19 • 12:30-1:30

Understand how credit scores work and their potentially far-reaching impact on your economic life. Presented by FAME.

TRIO SCHOLARSHIP TEA

Feb. 26 Time and place to be announced

Join us to celebrate your fellow TRIO students' success. Light refreshments.

TRIO GROUP REGISTRATION

Feb. 27 & MAR 5 • 12:30-1:30 or

Mar. 6 • 4:30- 5:30

Sign up for summer and fall classes following your individualized academic plan.

FAME BUDGETING FOR YOUR CAREER

Mar 12 • 12:30-1:30 or

Mar. 13 • 4:30 - 5:30

Presented by FAME (Finance Authority of Maine) Join us for fun, facts, and bling!!!

RESUME WRITING

Mar. 26 • 12:30-1:30

Find out about different formats, and the basics of resume writing.

INTERVIEW SKILLS

Apr 2 • 12:30-1:30

Learn and observe interview skills for landing that first big job.

MOCK INTERVIEWS

Apr. 9 • 12:30-1:30

Practice those skills in a safe and supportive environment.

EQ- Emotional Intelligence

Apr. 16 • 12:30-1:30 or

Apr. 17 • 4:30 - 5:30

The skills that most matter in the workplace.

STRESS LESS

Apr. 23 • 12:30-1:30 or

Apr. 24 • 4:30 - 5:30

Learn how to breathe and de-stress with us.

HONOR OUR TUTORS

Apr. 30 • 12:30-1:30 or

May 1 • 4:30 - 5:30

Join in the thank-a-tutor project.

Money Tip from Igrad: Spend in cash. Spending with a credit card takes away the pain of paying, making it easier to spend more. If you can't afford something in cash, it is better to skip the purchase entirely. Igrad is the new financial literacy program provided to you by CMCC. Sign up for a free account and get advice specific to you and your needs. Try it today! And of course, it is FREE. (www.igrad.com)