

CMCC TRIO News

Central Maine Community College TRIO Student Support Services Newsletter

Fall 2019



Climate Day participants: Li Goff, Cue Mitima, Ian Britton, Alyssa Ford, Christopher Thoma, Kacie Simpson, Brianna Leach, Ahmed Hameed, Sean Monteith, Monique Collins, Dominique Cyr, Veydah Ray, Shadia Abdullahi, Donna Alexander, Josslyn Jalbert, Brianna Doyle, Ben Doherty, Jannie Durr, Amber Getchell, Katharine Lualdi, Micayla Hill, Connor Ward, Terry Charlton, Haley Santerre, Odilia Silveira-Harmon, Chancel Diazenza, Katharine Gergosian, Alyse Kearns, Doucine Kazirukanyo, Hillary Pimentel, Judi Moreno

World Climate Day Heats Up at CMCC Central Maine Community College TRIO Student Support Services (SSS) program hosted its first annual *World Climate* simulation on July 16. This free STEM (Science Technology Engineering and Mathematics) program was made available through a National Science Foundation grant in collaboration with the Council for Opportunity in Education, an advocacy group for first generation and low income students. The simulation supports student skill development and retention as well as increases STEM engagement in college students. The event included fifteen students from Central Maine Community College and fifteen students from Southern Maine Community College TRIO programs. Students learned about challenges and possible solutions to climate change. Students assumed the role of United Nations delegates to broker deals and trade carbon units in an attempt to slow global warming. The day long simulation develops global knowledge, 21st century (story continues on page 3)

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"TRIO has been a huge part of my success and a great experience...the advising and the tutoring have been the two biggest aspects of the program that have helped me accomplish my academic goals..."

— Tim C. TRIO student
2019



A Note from the CMCC TRIO Director

Welcome Back to CMCC TRIO! Please join us for our TRIO Open House on Tuesday, August 27, from 1 p.m. to 3 p.m.



Terry Charlton, CMCC
TRIO SSS Director

Many new TRIO students attended summer TRIO orientations. You can see their orientation photos on our TRIO Facebook page and posted in the TRIO lobby. We also had our fifth annual nursing boot camp for new nursing students on August 8. In July, we had a brand new summer bridge STEM (Science Technology Engineering and Mathematics) event on climate. (See page 1 story).

Over the summer we have heard from or contacted most of our students at least once. If we haven't reached you, please come and see us or give us a call or email. It is important to remain *active* in TRIO.

This year we are setting the theme of achieving our goals. As we all look forward to this school year, let's commit to setting and achieving new goals. Let's step out of our comfort zones, take some bold steps, and be even more focused and motivated on leadership and learning. Let's show our support of each other every day in TRIO with positive self-talk, kindness and support for our fellow TRIO students and staff. Let's maintain our positivity despite whatever challenges we face. We, at TRIO, genuinely relish each of your achievements.

TRIO staff, too, are committed to growth and setting and reaching our goals. As you may know, Jannie Durr, TRIO transfer advisor, recently completed a New England Educational Opportunity Association leadership course last year. Jannie has sought and received a new opportunity for her professional growth. I hope you will join me in congratulating her on her new position as Director of Student Life at Kennebec Valley Community College. Jannie will be leaving us before the school year begins. We will be appointing a new transfer counselor very soon. In the meantime, Jannie's advisees will be reassigned temporarily to Donna Alexander or to me. Those students will receive notification of that change before the semester starts, and will see it reflected on CM Connect.

Our strength is in your success!

Terry Charlton, TRIO SSS Director

TRIO

Pride

CMCC TRIO proudly announces our Summer Semester Honors Lists.

Presidents List:

Aicha Ali, Kayla Berkey, Cynthia Bright, Zeinab Mohamud, Jessica Moore, Morgan Theriault, Rusty Young.

High Honors:

Sadio Aden, Najmo Ali, Jessica Gauthier, Gavin Hanson, Melinda Parker.

Honors:

Victoria Hazzard, Josslyn Jalbert, Kaylee Martin, Sarah Scott

TRIO WORKS!

TRIO Front Desk Agent Slots Still Available

Contact Terry Charlton
tcharlton@cmcc.edu 207-755-5238



[Facebook.com/CMCCMaineTRIO](https://www.facebook.com/CMCCMaineTRIO)



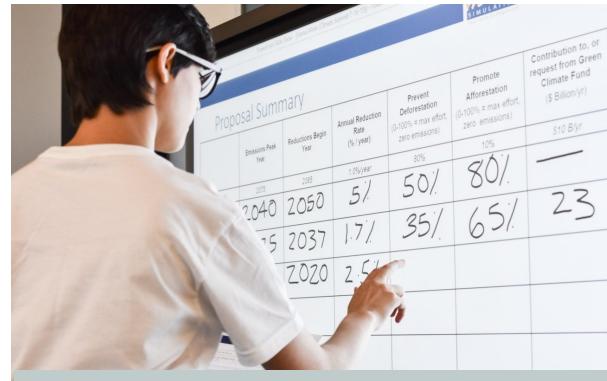
Ahmed Hameed and Ben Doherty present their nation's carbon reduction proposal at the mock UN Assembly on TRIO Climate Day

to experience such excitement and enthusiasm evinced by these students. They are ready to take on the challenges of world climate and college."

As part of the activity, students examined the ways in which leadership values are expressed by different cultures and nations. Students with an interest in communication, international business, and world culture also found a rich experience in the activity.

Representatives from the Maine Campus Compact and VISTA participated in the event and made a brief presentation to the students encouraging them to enlist in a paid internship to assist local residents in making their homes more energy efficient. The group explored other opportunities on the CMCC and SMCC campuses and communities for students to get actively involved in STEM-related and environmental work. Charlton pledged to bring back this activity next year and to involve more colleges and students.

skills, and communication skills, while using climate and sustainability as a STEM-rich topic. This innovative and engaging learning experience provided a "summer bridge" event to prepare students for active engagement at college and in the TRIO program. TRIO SSS Director Terry Charlton proclaimed the day a success, "far exceeding any expectations we had for student engagement." She added, "I felt hopeful by the end of the day



Micayla Hill tracks the group's progress towards their carbon reduction goals.



The India delegation carefully considers their carbon reduction strategy.

Transfer News



Mark your calendar for the fall transfer fairs at CM:

Wednesday, Oct. 2, 2019, 10:30 am-2:00 pm, Jalbert Hallways

Tuesday, Nov. 19, 2019, 10:30 am-2:00 pm, Jalbert Hallways

UPCOMING WORKSHOPS

WELCOME BACK RECEPTION

Aug. 27 • 1:00 - 3:00

Understand more about how to utilize TRIO services for your success!

NAVIGATING CM CONNECT

Aug. 28 • 12:30-1:30 Led by Eric Meader.

NAVIGATING HAWKE'S LEARNING

Aug. 29 • 11:00-12:00 Led by Chris Thoma and Hawkes staff.

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.

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. 9 • 12:30-1:30 or

Oct. 10• 4:30- 5:30

Getting your mojo back.

PRIOR LEARNING CREDIT

Oct 23 • 12:30-1:30 or

Oct. 24 • 4:30- 5:30

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

GOT TECH?

Oct. 30 • 12:30-1:30 or

Oct. 31 • 4:30- 5:30

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

TRANSFER STARTS HERE

Nov. 6 • 12:30-1:30 or

Nov. 7 • 4:30- 5:30

Help to avoid common pitfalls: Get a road map to your ultimate success.

GROUP REGISTRATION

Nov. 13 • 12:30-1:30 or

Nov. 14 • 4:30- 5:30

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

UNDERSTANDING YOUR EQ

Nov 20 • 12:30-1:30 or

Nov 21 • 4:30 - 5:30

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

STRESS LESS

Dec 4 • 12:30-1:30 or

Dec 5 • 4:30 - 5:30

Relax with us and just breathe.

Nursing Boot Camp Forges Ahead into Fifth Year

CMCC TRIO hosts Nursing Boot Camp in collaboration with CM Nursing Department 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: Sarah Bolduc shows off her beautiful schedule.

