FALL 2016

THE TRIO

Student Support Services

NEWSLETTER

Director’s Corner
Corine Ackerson-Jones

Season’s Greetings TRiO Scholars,

I cannot believe another semester is about to come to a close. It seems like yesterday we had our big kickoff. This has been a busy time not just with your classes but, it has been great seeing you taking advantage of the seminars TRiO has offered you this fall semester.

Speaking of spring semester, I am happy to see that most, if not all of you, have been advised and have taken advantage of priority registration! Doesn’t it feel good to have the opportunity to register before most students on the campus? As promised, “active” TRiO scholars have privileges and priority registration is one of them! If you are yet to be advised, please contact your “primary” advisor as soon as possible. If you are not sure who that is, contact the TRIO office.

Another privilege offered to “active” scholars is Grant Aid. To date more than $15,000 has been awarded in Grant Aid. Armstrong has “free” money just waiting to be applied for and claimed by you. All you need to do is complete a scholarship application.

The deadline for scholarship applications is February 17, 2017. If you apply by January 6, 2017, you are eligible to be entered into a drawing for a $250 book scholarship. The drawing will be held live on Facebook, January 9, 2017. Three students will receive a $250 book scholarship. Being early can “pay off”! If you have questions, contact David Henry the Scholarship Coordinator.

Armstrong’s TRIO Student Support Services will be represented at the Wanda Hendricks-Bellamy Student Leadership Conference, January 13 – January 15, 2017 in Myrtle Beach, S.C. by six “active” TRiO scholars. They are T’Keyah Sutton, Adalis Ball, Kendrick Johnson-Burney, Shavon Harris, Melajah Armstrong, and Nia Skelton. These scholars were chosen by the staff and must have exhibited leadership qualities, actively participated in seminars and expressed an interest in strengthening leadership skills. Scholars who have the opportunity to connect with other TRiO scholars, professionals and alumni. They will also attend a variety of workshop blocks and end with an outstanding nationally recognized keynote speaker, Mr. Keith Brown. We are excited to have these scholars represent us in Myrtle Beach. We are looking for other opportunities to have scholars participate in conferences like this in the future. As always, scholars who have been “actively” participating will have priority in going on these trips.

Finally, congratulations to our freshmen and transfer scholars who weathered your “first” semester and to returning scholars who continue to persevere! I wish you a happy and safe holiday and look forward to seeing you in the New Year! Plan to come back with the same tenacity and drive to continue to be the best that you can be personally and academically!

As I reflect on my experience as an undergraduate, I remember my days being filled not only with the fun and excitement of just being in college, but also being filled with feelings of being overwhelmed and stressed out. Trying to juggle work, classes, and a social life was not always easy. As a college student, everything did not always go according to plan. There were late nights, tears, and fears, which sometimes caused me to question my academic abilities.

Ultimately, I had to decide whether I wanted to sink or swim. I realized that I had come too far to give up so I decided to swim. Was it easy? No. Was it worth it? Absolutely! Was it too far to give up so I decided to swim. Was it easy? No. Was it worth it? Absolutely! Would I do it all over again? You bet! It’s true that what doesn’t kill you, only makes you stronger. Those experiences made me stronger and without them, I would not be the person I am today. Yes, the going may get tough, but don’t give up! Just keep going!

Encouraging words from Mrs.
Andrea Willingham
Retention Specialist

Mrs. Harvey Williams encouraged, empowered and ignited TRiO Scholars at the first annual Fall Kick-off. The theme was “Aspire to Inspire Before You Expire”

Yvonne Harvey Williams
Motivational Speaker, Author

TRiO Fall 2016 Kick-off

“It’s not how you start; it’s how you finish...so finish BIG!”

Yvonne Harvey Williams is an Entrepreneur, Author, Speaker, and Television Personality. For more than 20 years, Yvonne continues to use her life experiences having to “overcome tremendous adversity” such as dependency, poverty, hopelessness, depression, abandonment & homelessness as a platform to encourage individuals to “be all that they can be” her past and future success has inspired millions of people. She has DEDICATED her LIFE to INSPIRE others. Born and raised in Paterson, NJ, she is now the author of five books, three of her books are in Barnes & Noble. She is the CEO & founder of Speak2inspire LLC, a consulting business that allows her to travel & speak all over the country/world. She is the CEO/founder of “i-inspire”, an inspirational clothing & product line sold all over the world. She has also launched the “i-inspire Stop-Bullying” campaign to raise awareness and help end bullying in all age groups. She has been named one of 2014/2015 “Top 100 influential people in the Southeast” being named among Presidents, Educators, Military & Entrepreneurs from the southeast making a consistent impact in communities, cities, states & beyond.

As encouraged, "tough, but don't give up! Just keep going!

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TRIO Spotlight
Shining light on our very own TRiO Scholars and Near Peer Coaches

TRIO Scholar
Ben Vaughn
Radiation Therapy

The TRIO Experience: Ben’s Thoughts

TRIO has provided a safe and comfortable learning space for me. It has also helped me succeed academically due to the additional learning support and tutors that the program offers. I also enjoy going to the seminars because they are very informative and I can use the information gained in my academic career as well as my personal life.

For me, the most beneficial part of TRIO is the exclusivity, the personable staff, and the personal touches. I feel as if all of my needs are being met and that I am important. TRIO makes everyone feel like they are important and that is what I like about it.

The best part of TRIO is the Lounge because it provides a quiet space for studying and you can be comfortable while doing it. There are not many places on campus that have these qualities. (Lounger for Life)

If you meet any of the requirements, GO FOR IT! It’s so beneficial. It’s so much help and you can definitely notice the difference.

Near Peer Coach
Faith Douglas
Master of Arts and Teaching in Secondary Education
Emphasis in History

Behind the Scenes: Near Peer Coaching

I wanted to become a Near Peer Coach because of the experiences I had as a Peer Counselor and Student Orientation Leader in my undergraduate program at Savannah State University. I enjoyed the experiences I had with my students and wanted to continue to work with others. I believed it was important to share my advice based on my experiences as an undergraduate student.

The best part of being a Near Peer Coach is that I enjoy mentoring TRiO Scholars and watching them succeed. It is rewarding to see them grow not only academically but also socially and emotionally.

For TRiO Scholars, the best academic advice is to stay focused and avoid distractions. In the beginning, start strong, have a solid academic plan, strive for perfection, and build healthy relationships with your professors and advisors. Also, do not be afraid to network within your department or to ask for help. IT IS BENEFICIAL!!

The key to a successful semester is to have a strategic plan in the beginning. I believe that everyone should have a planner or notebook for scheduling. Finally, it is important to avoid procrastination. It is best to finish assignments on time or even early. My favorite quote is “Start by doing what’s necessary; then do what’s possible; and suddenly you are doing the impossible.” - St. Francis of Assisi

Want to become a Near-Peek Coach?
Call Andrea Willingham at 912-344-3343.

TRIO Salutes Veteran Scholars

During the Veteran’s Day holiday, TRIO honored and saluted our veteran scholars. We are appreciative of them and their families for the great service and sacrifice they have given to our country. Our Veteran Scholars include the following: Ben Vaughn, Deyoun Johnson, Johnny Sumner, Juan Rojelio, Nehemiah Kiryu, and JoFrank Peregrina. We thank you!

TRIO Honor Scholar
Jameisha Porter
Bachelor of Science in Nursing

TRIO Scholar, Jameisha Kenshaya Porter, is a sophomore BSN Major from Sandersville, GA in Washington County. On November 11, 2016, Jameisha was inducted into Phi Eta Sigma National Honors Society. Founded in 1923, at the University of Illinois, Phi Eta Sigma is the nation’s oldest and largest honor society for first-year college and university students in all disciplines. Membership in Phi Eta Sigma is reserved for students with a GPA of 3.5 or higher. In high school, Jameisha was an active member of Beta Club.

She is involved in the ASU community as a member of the Anointed Voices, Navigating Leader, COHP Summer Camp Counselor, and currently works as a Staff Assistant for TRIO Student Support Services. Jameisha has been accepted to and will start the nursing program in the fall of 2017.

Congratulations to TRIO Scholar Da’Jah Moore Austin on recent nuptials on November 19th to Joshua Austin.

TRIO Near Peer Coach Natasha Lambert Conducts Vision Board Workshop

The idea to “write your vision and make it plain” is something I believe in and wanted to share with others, therefore, I wanted to create a workshop.

I hosted a Vision Board Workshop on November 29, 2016 at 1:30pm in Ashmore Hall Room 119 to make a vision board. A vision board is a tool used to help clarify, concentrate and maintain focus on a specific life goal. Literally, a vision board is any sort of board on which you display images that represent whatever you want to be, do or have in your life.

My intention for the Workshop was to have the event before the semester ended so that everyone’s vision could be established and realized for the new semester and New Year. The supplies we used were poster board, glue sticks, magazines and newspapers. The event was successful!

The Armstrong Student Support Services Project is a U.S. Department of Education TRIO Program and is supported from 2015-2020 by $226,589 (100%) in Federal funds each year.