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Career and Academic Support Service

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411

Career & Academic Support Services

Educating and Empowering Lifelong Learners

Issue 2, Spring 2015

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TRiO Students visits the US Capitol



One of the goals of Student Support Services/TRiO is to focus on the needs of young people aspiring to improve their lives. Exposure and opportunities to gain cultural awareness is one of the main focal points of TRiO. As a result, April 8-11, 2015 twenty students in the LU TRiO program visited our US Capitol in Washington D. C.. According to one of our students, Diante Graves, 'The trip was nothing short of great and I was honored to be able to attend. This was sort of like a dream come true for me. I felt like a kid in a candy store, looking left and right at the eventful sights of Washington D.C. and the surrounding areas. I benefited both culturally and personally and wouldn't mind going back. This trip was well worth the 15-hour drive and I would personally like to thank Student Support Services for having me as an attendee. Thanks again.'



A Day in the Life of a TRiO Director....

"Of course, I knew you could do it," I say in praise to a student who finally goes to tutoring and makes an 86% on a biology test. This encounter happens on the sidewalk, where many of my impromptu meetings with students happen. Waiting for a student to show up for a Success Coach visit is an iffy dependence on the circumstance. If they make the time, if they remember, if they check their email to read the reminder that was sent out to them the previous day. A lot of "ifs" in the life of students, as distractions from academic engagement can vary from the mundane to the outrageous.

Encouraging the SSS staff to continue to sow the seeds is important, even when we do not immediately see the potential for a ripe harvest. Our students do germinate, much like seeds, and some of them sprout faster than others. Some will sprout and bloom and pollinate others; we just don't always have the time to witness the transformation. We, the professionals, are focused on persistence, retention, and graduation, and we want it to happen in four years.

Our students often come from backgrounds where life is not lived in discrete planning stages. They also have difficulty seeing what success may look like. We think we know and are tasked with giving them a glimpse of that reality.

We do that in a number of ways, and sometimes we witness the "ah ha" moment. I think SSS staff live for the moment when the student finally engages and make the choice to be a successful student. We often want success for the student more than the student wants it. And that is okay because we have to remain engaged in the fact that what we do matters.

We wade through the obstacles that our students bring to the learning process, helping them to become equipped to navigate those barriers and embrace the college experience.

"You simply must go to class if you want to be able to pass your exams," I say patiently to a second-semester freshman. It seems clear to me, but the student explains that he works until midnight and have

difficulty waking up for an eight o'clock class. I know that I will have to help the student figure out how to set priorities, balance time and a few other things. We may not get it right this semester, but the student will learn some valuable things about self. The student leaves me wishing I had a magic wand to wave and make this transition to college easier for our students.

And then, as the Spring semester comes to an end, I realize that many of the students who came four years ago are readying themselves for graduation. They persisted, matured and they mastered this job of being a successful student. They are different than when they came in and have broken the legacy of the first generation status. Soon these students will be college graduates, poised to have a brighter more secure future. The four years (okay, for some, a bit longer), has been an investment in patience, hope and knowing that programs that support the growth of students are necessary and important. TRiO continues to work!

Ruth Canada

TRiO Students Touring Georgetown University, Washington, D.C.



Tutoring Can Help You Succeed - Reasons to Start Early

Amy Miller, Learning Specialist

One of the major areas of focus for college students is academic success. As a student, you want to learn. You want to get good grades. You want to take the appropriate courses to be able to find a good job or get into a good graduate program.

Working with a good advisor will help you make the course and schedule choices that are appropriate. Learning in those courses and achieving good grades includes many factors. Some of the most successful students may be those who have mastered three important skills. They understand the [differences between high school work and college level work](#); they have learned the skill of good time management; and they [seek the support](#) or help that they may need early in the game.

One important source of help in a course is the Professor. Students who work at [making an out-of-class connection with their professor](#), perhaps during office hours, can receive some of the help and guidance that they need. Another important source

of support, often overlooked until too late, is the help of a tutor – for a specific subject or for several subjects.

College tutoring is not necessarily a remedial function, but rather like having an **academic personal trainer**. Good students know how to take advantage of the possibilities of good tutoring – early in the semester before trouble starts.

Why not wait for tutoring until trouble happens?

Getting help with course work is always a good idea – no matter when it happens. Even when it occurs at the last minute, getting help with a paper, or help understanding important concepts, or help studying for a test, can make a difference. However, starting early to work regularly with a tutor – especially for a difficult subject – can make a significant difference. Here are twelve reasons why starting tutoring early can help your college student.

1. Real learning takes time. Starting with a tutor early in the semester gives your student a chance to learn concepts slowly and solidly.

2. Early work with a tutor helps students to **grasp foundational concepts** on which more difficult work may be build. Getting the basic building blocks early can prevent difficulty later in the semester; it's a proactive approach.

3. Beginning early with a tutor means that there is **time to change tutors** if that is necessary. All tutors are not alike. If the match-up isn't right, there is time to make changes before crunch time occurs.

4. Beginning early means that you and your tutor will have **time to get to know one another**. You will have time to establish the rapport that can make a difference in how you work together. The more the tutor works with you, the more they will get to know your strengths, weaknesses, and learning styles. This means that the tutor will know best what areas need to be addressed and what style of approach will work best.

5. Early work will mean that early **homework assignments will be done correctly**. This translates to a higher grade average and less jeopardy occurring later in the semester. It lowers the stakes for one major event such as a [midterm](#) or [final exam](#).

6. A tutor will **hold you accountable** for completing work. This will help you with time management skills and will also mean that you may simply be spending more time with the material than you would otherwise.



CASS Tutoring Team
Page Library



TRiO Day



Dr Kevin Rome, LU President; Dr. Said Sewell, Provost & VPAA; Ms. Ruth Canada, CASS Director; Senator Mike Kehoe, Missouri 6th District; Diante Graves, TRiO Student/MC

Students, staff and faculty enjoyed encouraging stories and word of encouragement from Senator Mike Kehoe, TRiO Alums and active TRiO members. Others speakers included Mr. TRiO Allan House, TRiO Alum Tammy Nobles and TRiO Alum Rikketta Franklin.



TRiO Day Keynote Speaker Senator Mike Kehoe



The TRiO Day Keynote Speaker was Senator Mike Kehoe. Senator Kehoe spoke to the students about his life growing up as a boy just blocks from Ferguson, Missouri.

Senator Kehoe candidly spoke of his childhood where he was reared in a single parent household. Senator Kehoe shared several stories about the challenges he faced

as a boy growing up in poverty. He encouraged the students to take advantage of the many opportunities available to them at Lincoln University.

Senator Kehoe was presented an Honorary Doctorate Degree from Lincoln University during the 2014 Commencement Ceremony. He also served as the Commencement Keynote Speaker.

Born in St. Louis, Senator Kehoe and his wife, Claudia, have lived in mid-Missouri more than 20 years and are the proud parents of four children, ages 15 – 23.

What is TRiO Day?

According to the 1986 Congressional resolution, National TRiO Day is meant to focus the nation's "attention on the needs of disadvantaged young people and adults aspiring to improve their lives, to the necessary investment if they are to become contributing citizens of the country, and to the talent which will be wasted if that investment is not made."

Why is TRiO important?

The United States needs to boost both its academic and economic competitiveness globally. In order to foster and maintain a healthy economy as well as compete globally, the United States needs a strong, highly-educated, and competent workforce. To be on par with other nations, the country needs students, no matter their background, who are academically prepared and motivated to achieve success.



Time Management

Do you manage time? or, Do you manage activities and/or events?

Congratulations!!

Today you have won the Lincoln University Blue Tigers Sweepstakes: \$86,400. There is only one rule, you have to spend the entire amount of \$86,400 each day. Any amount not spent will vanish.

We are all given 86,400 seconds each day.

What will you do with your daily allowance of 86,400 seconds?

The term Time Management is a misnomer. You cannot manage time; you manage the events in your life in relation to time. You may often wish for more time but you only get 24 hours, 1,440 minutes or 86,400 seconds each day. How you use that time depends on skills learned through self analysis, planning, evaluation, and self-control. Much like money, time is both valuable and limited: it must be protected, used wisely, and budgeted.



Time Management Tips For Students

The time management skills and disciplines that you develop as a student can help you for the rest of your life. Do something today that your future self will thank you for. Here are some tips to help you develop good time management skills.

A. Create good study habits

1. Study at the same time each day so that it becomes a habit.
2. Plan for weekly reviews.
3. Set aside blocks of study time (about 45 minutes each).
4. Keep your study area just for studying and get rid of distractions.
5. Write down assignments in every class including the DUE DATE and then check off items as you complete them.

B. Plan Properly for Peak Performance

1. Set up a school-year calendar to get a big picture of your semester—don't include too much detail at this point. Block out time for papers, projects, readings, meetings, exams, holidays etc.
2. Make a Daily To-Do List. At the end of each day organize and schedule your next day.

C. Follow your plan

1. Don't let peer pressure or the quest for short-term gratification dictate what you consider important.
2. Focus on the goals you've set for yourself and follow up on your true top priorities.

D. Set priorities: There's always more to do than you have time for

1. Be mindful that the actions you take today will plant the seeds for your long-term success or failure.
2. Think of the possible actions you can take today that will contribute to your success.

E. Overcome procrastination

1. Without a date, you'll procrastinate. Whenever you get an assignment, set a goal for when you're going to start. Once you're given a due date on an assignment, count backwards from the due date to establish a start date.
2. Remember the riddle, "How do you eat an elephant?" The answer: "A bite at a time." If it's a big assignment, break it into small steps.



CASS say Goodbye to Kathy



Kathy Narens

I want to take this opportunity to wish everyone a fond farewell. I will be leaving at the end of June for a much anticipated retirement life. Although I will think of all of you daily for some time I'm sure, I also know it is time for a change of pace. I have enjoyed getting to know all of you, I am hoping in some small way I have been able to assist you at your time at Lincoln. I wish you all the very best in life and always remember that nothing is out of your reach. Be the best you can be at whatever it is you do.



Updates from LU Career Center

A student involved in the TRiO Student Support Services program is encouraged to become active in career exploration very early. Students have the opportunity as freshmen to gain work experience through work study or departmental hires. This experience is in a supervised work setting and students can learn crucial work behaviors such as timeliness, follow-through and the dress codes of an office setting. Additionally, students feel more connected to the University and gain support and mentoring from professionals in higher education. This greatly aids in retention of students.

As students' progress to the second year, they are then better prepared for internships, defined as non-credit work experiences lasting 1-4 weeks throughout the semester. In these internships, students work a few hours per week in the local community, and on campus in select areas to gain experience in a field closely related to their major. This helps students to gain major confidence in their field of

study and allows their professional image to be enhanced. As students' progress to their senior year, they are then ready for a cooperative education opportunity where they can earn 6 credit hours while working off-campus in a paid work situation.

While the reality is that many TRiO students need to work during the early years of college, working on campus provides tremendous support to help them overcome some of the barriers to academic engagement.



Financial literacy also helps students to see the value of working on campus. Gaining workplace professionalism on campus enhances the transition for off campus employment, and makes transition to the world of work smoother.

All students are encouraged to visit the Career Services Center located in Page Library, Ste. 232A.

Workshops are held throughout the academic year to assist students with targeted job searches, financial literacy, resume writing and interviewing preparation.

2015 TRiO Day tour of the Missouri State Capitol with Carolyn Lothen, Senator Kehoe's secretary



Missouri Senate Hearing Chamber



Missouri House of Representatives



Missouri House Lounge come to life with vibrant paintings by Thomas Hart Benton. His paintings covers the entire room.

TRiO Students visit the US Capitol Washington D.C.



Rosa Parks, Civil Rights Activist



**Tomb of the Unknown Soldier
Changing of the Guard**



Martin Luther King, Civil Rights Activist



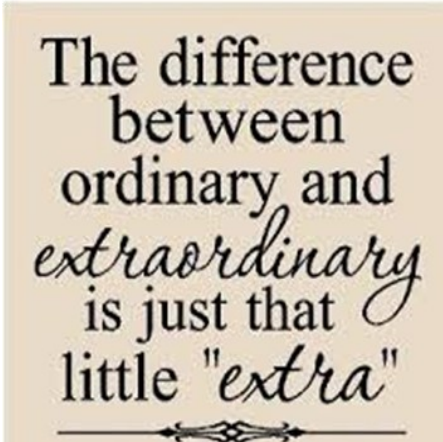
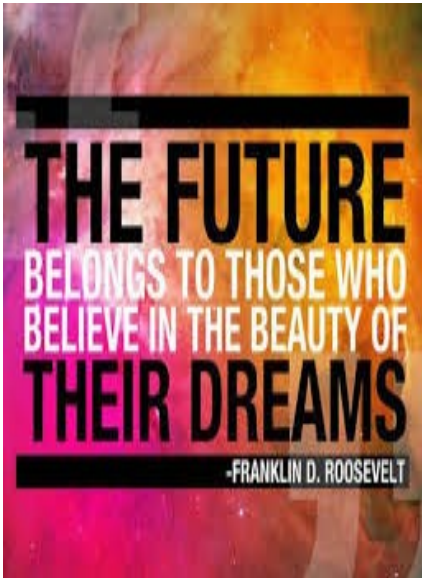
President J. F. Kennedy Gravesite



Lincoln Memorial

US Capitol Tour



May	June	July
<p>May 5 Advance registration for summer Session; fall semester ends</p> <p>May 7 Final examinations for May graduates</p> <p>May 8 Final examinations for May graduates</p> <p>May 8 Last day to apply for loans for the Spring 2015 semester</p> <p>May 8 Pre-finals study hall</p> <p>May 8 Finals Study Hours Friday 8 a.m. - 12 a.m. (midnight) Page Library</p> <p>May 9 Class work ends</p> <p>May 9 Finals Study Hours Saturday 8 a.m. - 12 a.m. (midnight) Page Library</p> <p>May 10 Finals Study Hours Sunday 8 a.m. - 2 a.m. Page Library</p> <p>May 11 Final examination begins</p> <p>May 14 Final examination ends</p> <p>May 16 Commencement 10 am</p> <p>May 21 Last day to submit FAFSA</p> <p>May 25 Memorial Day - HOLIDAY</p> <p>May 31 Residence Halls opens</p>	 <p>June 1 Advisement & registration for all students</p> <p>June 2 Class Work for Summer School begin</p> <p>Drop/Add day for current summer session</p> <p>Last day to apply for Summer 2015 session financial aid</p> <p>Last day to drop a class without financial/academic obligation</p> <p>Late registration for 1st 4-week and/or 8-week sessions</p> <p>June 16 Last day to drop 1st 4-week classes</p> <p>June 17 Last day for candidates to file for degrees for summer 2015</p> <p>June 29 First 4 week session class work ends</p> <p>June 30 First 4-week session final examination</p> <p>Last day to complete 2014-2015 FAFSA</p>	<p>July 1 Registration for 2nd 4-week session</p> <p>Second 4-week session begins</p> <p>July 2 Fourth of July - HOLIDAY</p> <p>July 9 Comprehensive exam for master's degree candidates</p> <p>July 15 Last day to drop 2nd 4-week or 8-week classes</p> <p>July 29 Class work ends</p> <p>July 29 Final examination</p> 



Congratulations!!

**The CASS Staff would like to congratulate the
TRiO Graduating Class of 2015**

Alonzo Allen
Deashanae Bailey
Donika Burrows
James Cheatham
Brandon Forrest
Arlicia Franklin

Precious Hardy
Brittney Harris
Kristal Longstreet
Debra McNeely
Jackeya Mitchell
Daryl Mullins

Roncia Otey
Shannon Powe
Princess Taylor
LaShundra Taliaferro
Tiyana Walters
Nahja West