

## TRiO Presents FOUNDATIONS in PERSONAL FINANCE\* college edition

Learn to manage your finances in an interactive program by **Dave Ramsey!**

- Required to receive TRiO Support Services Scholarship Award for PELL eligible students
- Date: April 8th 1:00-2:30PM in Becht 332
- RSVP by emailing mlaird@clarion.edu

Are your thoughts helping you or hindering you? During this program you will be introduced to various mindsets and thinking patterns/theories. You will be able to identify your personal thought patterns, learning preferences and whether you have a healthy mindset or not. We will work through practical, useful ways to change unhealthy patterns in our minds...in our lives. Together, we will think, learn and SUCCEED. Won't you join us! Let your Academic Counselor know if you are interested. (Books will be purchased by TRiO SSS-no charge to you.)



This is a series completed throughout the semester. 4/4, 4/15, and 4/25. RSVP to Lisa Standfest at lstandfest@clarion.edu



### Make Your Mark!

TRiO Student Support Services is taking a field trip to 9 Worlds Axe Throwing and YOU ARE INVITED!

We will discuss how you can Make Your Mark! So, please join us for some fun, goal-setting activities and food!

When: Friday, March 25th @ 2:00PM  
Where: 1130 E. Main Street Clarion, PA 16214-walking distance

## 2022 Spring

## Important Dates

Class Withdrawals .....	Wed. Jan 26- Fri. March 25
Credit No Record .....	Mon. Jan 31 – Fri. Feb 18 8:30-4:30 pm
Summer 2022 Schedule of Classes Available.....	Wed. March 16
Fall 2022 Schedule of Classes Available.....	Wed. March 16
Summer 2022 Registration Begins .....	Mon. March 28
Fall 2022 Registration Begins .....	Mon. March 28
Last Day to Withdraw from ALL Classes.....	Mon. May 2
Final Exams.....	Tuesday May 3-Friday May 6
Spring Commencement .....	Saturday, May 7

### The following students were named to the Fall 2022 Dean's List:

Jeniah Allen	Aimee Haslet*	Coleman Milligan*	Lauren Stucke
Brianna Barger*	Kaitlynn Henninge*	Alexes Miranda*	Abbie Thompson
Dustin Barnett	Christine Hine*	Kayla Page	Madison Trimbur*
Madison Bizzak*	Cecelia Hite*	Sarah Peace	Amanda Venesky
Taylor Boots	Anastasia Hlumyk*	Alyson Peters*	Brooklynn Veronesi*
Orion Burgos*	Alyssa Horner*	Justice Peters	Melissa Waldron
Joanne Case*	Zoey Howell	Sarah Probst	Nyshae White
Felicia Colwell	Ruth Jolon	Kaia Rearick*	Elizabeth Wilson*
Emily Cross	Gileyla Jones	Mekhi Reynolds	Ciarra Yarger
Emily Disque	Taylor Kimble	Evie Richard	
Alexis Doolittle	Dashaiylah Konik	Marcus Ryan	*Students who
Rory Duso	Madellyne Kruse*	Lucas Santiago	received a 4.0 in the
Olivia Eiswerth	Gabrielle Kutchma*	Robert Shotts	Fall 2021 Semester
Nicole Enterline	Jamie Lappe	Megan Stahlman	
Daniel Fox	Landon Libreatori		
Ethan Gausman	Emily Lodge*		
Quinn Gillen	Abigail Lonjin*		
Michelle Gilliland*	Kaylie Lutz*		
Jenna Gould	Trent Maines		
Victoria Gregory	Hunter Martin*		
Alexis Halvin*	Alayna McGovern		
Victoria Harmon	Jada McMasters		

### Fall 2021

## Graduates

Aimee Haslet  
Aleks Hunt  
Coleman Milligan  
Ripley VanHoosier

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MARIA AIELLO, DIRECTOR  
MEGAN LAIRD, ACADEMIC COUNSELOR  
LISA STANDFEST, ACADEMIC COUNSELOR

**TRiO**  
STUDENT SUPPORT SERVICES

# *Tips to help manage anxiety & stress*

When managing general anxiety and stress during college, it is important that you practice some healthy habits to stay on track with your education and success. If you experience anxiety and stress on a daily basis, it is necessary that you figure out how to help cope with these obstacles. First, it may help calm your nerves if you take time out from activities and perhaps do something such as yoga, listen to music, learn relaxation techniques, meditate, or get a massage. Stepping back from an issue can also be helpful to clear your head when you are overwhelmed or stressed. In addition, eating meals that are well-balanced can help boost your energy, giving you a better outlook on the day. You may not have been aware, but things like alcohol and caffeine can actually aggravate anxiety and may trigger panic attacks, so if you are able to avoid these things it may help with unwanted anxiety and stress. Getting enough sleep at night also has a great effect on stress levels and anxiety. In order to get well-rested, it is important to aim for at least 8-10 hours of sleep per night. Exercising not only has physical benefits, but it also can help keep your mental health at a good level. Getting 15-30 minutes of exercise a day can help you keep a healthy mind and could also benefit your ability to sleep better at night. Other than the methods that are already listed, things like taking deep breaths and counting when having anxiety or stress can help calm your nerves and emotions. Doing your best to deal with these roadblocks is important, but it is also essential to understand and accept that you can't control everything. Things like laughing and having a positive attitude can not only boost your mood, but they can also replace negative thoughts with more positive ones. Trying to get involved with the community can help create a social network and can help to meet new people that you have things in common with. Lastly, learning what triggers your stress and anxiety is key to tackling these hard feelings and frustration. Talking to friends and family can help to control anxiety and stress and improve your life in numerous ways.

Sources: <https://adaa.org/tips>

Submitted by Alexis Doolittle

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# *How to Work Well in Groups*

At some point in college, we will all encounter the dreaded group project. But if you approach it the right way and follow these steps, it may not be so dreadful after all. First, you will need to start the project on the right foot. Most of the time when you work in groups, the groups are assigned by the professor, and you do not know your groupmates. By taking a second to introduce yourselves and break the ice it will enable you to have more trust in the group. Second, you should designate a group leader. This person will be the one to enforce deadlines, hold communication, and overall keep the group in line and on task. This person should be responsible and have the time to manage the group on top of all their other schoolwork. Next, you should be open and honest with your team members about your strengths and weaknesses as a good group ideally has each member working on a section that is complimented by their strengths. If you are assigned to a section that is confusing to you, it is going to be hard for the group to be successful. Another thing each group should implement is strict deadlines that you all stick to. This could be something as simple as the group has half of the project done in x amount of time. This will hold everyone responsible and act as a good checkpoint for the group to see everyone's progress and input. This leads into the task of having regular meetings to check in on the group. If this project is long-term, these meetings may be once a week to see what everyone worked on that week and make sure each person's part looks good and is approved by the rest. If it is more of a short-term project, it is still important to check in regularly, but it will probably be more in the form of texts or emails. Communication is key when working in a group, so everyone is on the same page at all times! By following these steps, you are more likely to be successful and an asset to your group in all your future group activities.

Source: <https://www.saintleo.edu/blog/7-tips-more-effectively-work-group-projects>

Submitted by Bri Barger

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# *Balancing Academics and a College Sport*

Balancing schoolwork is already hard enough, but when you add a college sport to the mix it changes everything. Missing many classes due to competitions can be difficult. You have to rely on others that are willing to share missed course work with you. Although, you can find many that are willing to help you, it isn't the same as being present for class. I have learned that your professors are your best option. If you have any questions you need to see them as soon as possible. One important tip I have to share with other student athletes is: Before you leave for your competition get everything accomplish that you can so that you are not worrying about it and can keep you head in the game! Lastly, take your work with you so you can work on it on the road if you are able.

Submitted by McLain Alt

# TRiO Student Spotlight

## Marcus Ryan Sells the Bus!

(Continued from Fall 2021 Newsletter)

Marcus Ryan has accomplished a great feat of redoing an entire bus, 40 feet in length. Going to class, working a full-time job, and finding 8-10 hours a week to work on the bus demonstrates the hard work Marcus put into this incredible project. Marcus stated,



“The way I was able to accomplish this task was by working full-time, and not allowing COVID to stop me. This was key-large amounts of persistence with no room for procrastination.” Since completing the bus, a woman from San Francisco has purchased it. As of now, Marcus has no plans of meeting the woman but hopes to see the bus again sometime in the future.



When asked if he felt accomplished that he did this he responded: “Not in particular, I just basically want people to know if you really want something you can get it done with a lot of persistence.” To complete a task this large persistence is the most important factor that leads to a successful and beautiful project.

## Nursing Study Tips

Every student wants to be successful in college classes, especially in classes that lead to their future career. The road to success for nursing students involves studying and mastery of class material. Knowing the material to your best ability will not only help you on exams, but also within your future job. Each student has different study techniques that work best for their learning type. It is recommended that if you have not already, take the VARK, this will show you the type of learner you are. Nursing professors are also a great source on study techniques and advice.

### Effective Study Tips:

- Flash cards
- Concept maps
- Doing end of chapter questions in the book
- Reading the textbook!
- Reviewing notes
- Online practice quizzes
- Making charts
- Diagrams
- Tutoring
- Study Groups

Using a combination of these techniques will lead you to having a successful career in nursing and doing well in school. Study hard and good luck!

Submitted By Zoey Howell

# Relationships 101 With Hunter Martin

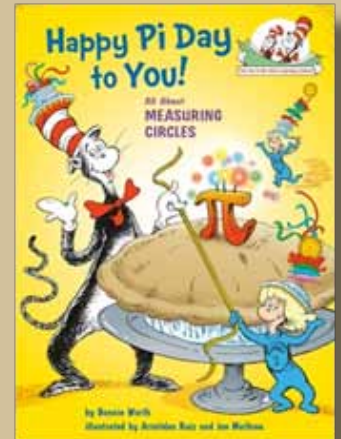
Are you struggling within your relationship? Here are some easy ways to have a strong relationship while in college. Here are some key points to remember:

- Long-distance relationships are not easy. (Who said they were?!)
- Love is not enough to have a functioning relationship. Both of you have to be committed to open communication, avoiding drama, and respecting each other's situation. For example, being a busy college student.
- Lastly, 1/3 of college relationships involve dating violence. Be aware of the red flags and seek out trusted counsel from family and friends.
- Everyone wants to have a safe and healthy relationship to reach this goal start with a solid friendship.
- Healthy relationships are built upon trust!

## TRiO to Celebrate Pi Day!

Pi Day was founded in 1988 by Larry Shaw. Larry Shaw was an American physicist and artist that mostly worked in San Francisco at the Exploratorium. The Exploratorium is a science museum that explores all the different sciences with its variety of exhibits. Pi Day's date was selected using the first 3 digits of pi (3.14). In celebration of this day, many participate in a range of activities such as eating pies, partaking in math competitions, smashing pies in others' faces, and so much more!

Trio will be hosting its own celebration for Pi Day on March 14th from 2-4pm in Becht 332. So please come out and celebrate with us! There will be different types of pie- apple, pumpkin, and sweet potato pie! There will be board games, competitions, simple algebra or multiplication table problems, and more! Hosted by Jeniah Allen and Nydirah Torrence. RSVP is required: please email Nydirah Torrence at [n.d.torrence@eagle.clarion.edu](mailto:n.d.torrence@eagle.clarion.edu) by Friday, March 4th.



The Student Support Services Newsletter is published periodically by the Student Success Center, Clarion University, 840 Wood Street, Clarion, PA 16214-1232. Articles within the publication reflect the philosophy of the center and do not necessarily represent the official position of Clarion University. It is the policy of Clarion University of Pennsylvania that there shall be equal opportunity in all of its educational programs, services, and benefits, and there shall be no discrimination with regard to a student's or prospective student's gender, gender identity, race or color, ethnicity, national origin or ancestry, age, mental or physical disability, religion or creed, genetic information, affectional or sexual orientation, veteran status, or other classifications that are protected under Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, the Americans with Disabilities Act of 1990, and other pertinent state and federal laws and regulations. Direct inquiries to the Title IX Coordinator, Clarion University of Pennsylvania, 103 Carrier Administration Building, [sfenske@clarion.edu](mailto:sfenske@clarion.edu) or phone 814-393-2351, or the Director of Social Equity, 210 Carrier Administration Building 16214-1232; Email [asalsgiver@clarion.edu](mailto:asalsgiver@clarion.edu) or phone 814-393-2109. Inquiries may also be directed to the Director of the Office for Civil Rights, Department of Education, 330 Independence Avenue, SW, Washington, DC 20201.

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