

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
- 5 series program includes 2 this fall and 3 in the spring, Spring events TBA
- RSVP by 9/10 by emailing mlaird@clarion.edu

Fall Programs Schedule:

***Tuesday, September 29, 2020**
 12:00PM-1:30PM: Academic Day 1: Learning Styles Assessment (VARK)
 RSVP to Lisa Standfest, Istandfest@clarion.edu

***Monday, October 5, 2020**
 9:30AM-11:00AM and 4:00PM-5:30PM, Foundations in Personal Finance Session I (Dave Ramsey) (You only need to attend one of these sessions.)
 RSVP to Megan Laird, mlaird@clarion.edu

***Thursday, October 22, 2020**
 4:00PM-5:30PM, Registration 101: First year Students
 RSVP to Maria Aiello, maiello@clarion.edu

***Monday, November 9, 2020**
 9:30AM-11:00AM and 4:00PM-5:30PM, Foundations in Personal Finance Session II (Dave Ramsey) (You only need to attend one of these sessions.)

***Monday, November 16, 2020**
 12:00PM-1:30PM: Academic Day 2: Finals Preparation/Test-taking Strategies
 RSVP to Lisa Standfest, Istandfest@clarion.edu

2020 Fall *Important Dates*

Class Withdrawals	Tues. Aug. 25 - Fri. Oct. 23
Credit No Record	Mon. Aug. 31 - Mon. Sept. 21
Apply for Graduation	Mon. Oct. 5
Winter 2020 Schedule of Classes Available	Mon. Oct. 12
Spring 2021 Schedule of Classes Available	Mon. Oct. 12
Winter 2020 Registration Begins	Mon. Oct. 26
Spring 2021 Registration Begins	Mon. Oct. 26
Last Day to Withdraw from ALL Classes	Mon. Nov. 23
Final Exams	Monday, November 30 - Friday, December 4
Winter Commencement	TBD

The following students were named to the Spring 2020 Dean's List:

Lauren Aichinger	Danielle Goehring	Emily Lodge	Alexis Shifflett
Mickenna Ansell	Victoria Gregory	Kimberly Lopez	Nicholas Shiner
Cooper Aubele	Victoria Harmon	Zachary Loutsion	Rebecca Shirey
Dawn Badtorff	Kendra Harper	Kaylie Lutz	Sara Shock
Jenna Biggie	Aimee Haslet	Trent Maines	Robert Shotts
Laura Bilger	Breanna Hauser	David Marterella	Renee Simpson
Catelynne Boehme	Mylena Hernandez	Lynne McCune	Montiya Smith
Maci Bowen	Megan Hill	Devin McGrath	Kaitlynn Skasko
Tyler Breslawski	Christine Hine	Kylee Miller	Nicole Stewart
Orion Burgos	Zoey Howell	Sarah Murray	Kayla Temple
Jaiden Carson	Levi Hughes	Savannah Nealon	Sarah Tovar
Daniel Cicolini	Jennica Hunter	Dylan Neiswonger	Ashlee VanGuilder
Felicia Colwell	Timothy Irons	Rachael O'Neil	Ripley VanHoosier
Erica Czachowski	Shamyia Johnson	Carly Park	Miguel Vazquez-Ortiz
Rachel Dressler	Ruth Jolon	Carmen Pastor	Amanda Venesky
Emily Evers	Kayla Karg	Sierra Patterson	Logan Wadding
Tristan Fanks	Bridget Kent	Autumn Perrin	Emily Weis
Gracie Felmlee	Jekai King	Alyson Peters	Nyshae White
Breana Finch	Madison Kissling	Sarah Probst	Claire Woods
Brandy Ford	Elizabeth Korbeck	Kaia Rearick	Jenna Yetter
Lexi Fosburg	Sarah Kosack	Cortney Renninger	Jia Zhu
Kelly Fuller	Jamie Lappe	Marcus Ryan	
London Fuller	Samantha Leasure	Rachel Sandala	
Lauryn Geisewite	Dylan Lecates	Elizabeth Santana-Jimenez	
Thomas George	Lydia Letavish	Faith Santiago	
Michele Gilliland	Yasmin Lewis	Morgan Secco	

Spring 2020 *Graduates*

Shantaea Jones-Allen	Erica Czachowski	Danielle Lippert	Ry'Shaan Reynolds
Mickenna Ansell	Samantha DiPippa	Zachary Loutsion	Morgan Secco
Kayce Bobnar	Brandy Ford	Nicole Miller	Rebecca Shirey
Austin Blauser	Sarah Kosack	Autumn Perrin	Kayla Temple
Tyler Breslawski	Lydia Letavish	Breanna Pietropaolo	Niache Williams

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



Adjusting to a Remote Learning Environment

As we move through our Fall 2020 semester, these are certainly unprecedented times. You might be here on campus, or living in an apartment, or even at home, but one thing is for sure: we are ALL trying to figure out this new remote world. Remote learning may come easy for some, but others may find it to be confusing, stressful, overwhelming and just down right hard. Although challenging, here are three steps that you can take to help you become a successful online learner.

1. Set a Schedule

Just as if you were engaging in face-to-face courses and going to class at specific times, it is important to set a schedule for yourself. This is especially true if you have courses that are not utilizing synchronous zoom. Pull out your desk calendar, or your planner, and USE IT! Schedule time during the week for each particular course, and the work that may be associated with the course for that week. Treat your courses as if they are your job. Get up, get ready, and get going!

2. Designate a Work Area

Finding a “space” to complete your work might be easier said than done. Are mom and dad working from home? Do you have siblings trying to navigate their high school career online? Competing for space (and bandwidth!) can be a challenge. Do your best to set up a space that is YOURS. The last thing you want to be doing is moving your textbooks every time your mom needs to set the table for dinner. Creating a space that is your work space will help you stay focused and keep all of your books and materials organized! It is helpful to create this space away from any distractions. Television, video games and even your phone are tempting when you are wanting to procrastinate. Keep these items for recreation and use your work space to WORK!

3. Be an Active Learner

This is going to look differently for everyone, depending on how your classes are structured. It is important to be an ACTIVE learner. Do your best not to turn your video off of ZOOM and lay in bed, listening to lectures. You want to engage with your classmates and participate in class discussions. This is also true for those with non-synchronous ZOOM courses. Participate and engage in your discussion boards. Take notes during class and ask questions when things do not make sense. You will get out of your courses what you put into them!

Follow the link to Northeastern University for more strategies on becoming a successful online learner!

<https://www.northeastern.edu/graduate/blog/tips-for-taking-online-classes/>

Submitted by Megan Laird

“Stand up straight and realize who you are, that you tower over your circumstances.” Maya Angelou

Zooming with Lisa Standfest

Hello! I hope you are all having a good semester. I have been “zooming” with many of you but still excited to meet you all “in-person.” I thought the newsletter would be a good way to say hello to everyone and introduce myself.

My name is Lisa Standfest and I am a new Academic Counselor in the TRiO program this year. I hold a B.S. in Psychology from Penn State University. I earned a Master’s degree from Edinboro University in Secondary School Counseling. Over the years, I have worked with students in various educational settings to help them keep on track in their academic program, offer study skills, or just manage the stress and other emotions that can derail us from success. It is at the core of my belief that each person holds special gifts they can offer the world. I love working with students to help them realize their dreams!

When I am not at work, most of my time is spent with my husband and three sons. They are a busy crew and we enjoy doing almost anything outdoors: camping, kayaking, hiking, skiing, riding bikes and whatever else helps to burn the energy of three young boys! I hope you are all finding ways to enjoy your “off” time and relieving some stress too. I can’t wait to meet all of you and learn more about you as well!



TRiO Student Spotlight

Hello! I am Sammy Hartman. I graduated in December of 2017 with a Bachelors of Science in Psychology and a minor in Social Work.

Growing up, school just wasn't my thing. I didn't study for tests nor do my homework when it was assigned. When applying for colleges came up, I didn't even want to think about it because I was convinced I wasn't getting in.

I took a tour at Clarion senior year of high school and from then on I knew I was meant to go there. I got my acceptance letter and was ready to go.

When I got to Clarion, it was such a culture shock. I started as an Elementary Education major but did not think I was fit for it. I also lived in the dorms my freshman year. I grew up as an only child, so having people living in my space was not something I was used to. It was such a whirlwind to be with so many people in once space, I made friends with people who would rather go out than study. I had a little too much fun my first semester that I was put on academic probation my second semester of freshman year. Then, I knew I had to change.

The summer going into my sophomore year, I changed my major to Psychology. During winter break of that year, I made an appointment with a psychologist to get diagnosed with a learning disability. I always knew I had one, I just needed the diagnosis. They confirmed that I did have one and I got in touch with Ms. Aiello at Clarion right away. I was able to join the TRIO services and that is when my college life changed for the better. I took my tests in Becht Hall in the testing center, I developed better study habits, and I was genuinely enjoying what I was studying. Graduating college has my biggest accomplishment thus far.



Since December 2017, I have been working at Gymkhana Gymnastics while looking for jobs in my field. I landed a job in February 2020 as a long term substitute Paraprofessional at North Allegheny Senior High School (where I graduated from) in the Emotional Support Classroom. I was transferred this year to Marshall Middle School (still in the North Allegheny School District) as a full time Paraprofessional in the Autistic Support/Life Skills Classroom.

My biggest piece of advice is to pick a major that you enjoy. It doesn't matter what it's in because you will figure the future out when it gets there. You are taking these classes and studying for four years to get a degree, you might as well enjoy what you are doing. Don't pick a major that you'll get the most money in after graduation because it'll be a long college career if you are not passionate about your major. Always ask for help because people are there to help you.

GET TUTORING!!! There were classes I took that I went to tutoring every single time it was offered and learned more there than in the class itself. Also, find good quality friends in your major because chances are you'll have every major class with them and it is so much easier to do your homework with classmates who are your friends. Also, find friends that you can trust who are outside your major because they might become the best friends you'll ever have!

College is such a work hard/play hard mentality. Have so much fun in and out of the classroom. Make tons of friends because you will be friends with these people forever. I promise if I can get in and graduate college, you can too. Do your work, make friends, go to office hours, and have fun. You got this!!



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How to Have a Social Life in College When You are Online

It's maybe one of the biggest things many students look forward to; college social life. For good reason, meeting new people is a great way to broaden your horizons. You can learn about new places, different cultures, and gain a sense of belonging that can feel like home. A sense of community outside of class is critical for students' growth throughout their learning experience.

So what happens when it goes online? How do you find connection? How do you meet people "like" you and how do you develop friendships that you would have never anticipated? Sure, it can feel hard; it can even feel weird at first. But remember that all of your classmates are most likely feeling the same exact way! So what do you do? Take action!

Here are a few ways to create a social support system:

Join a student organization: Even when not on campus, students can still take advantage of the university's student organizations. A leadership position can be a great resume builder and being a member can help you connect with other students who share similar hobbies or passions. There are different kinds of clubs; some academic, some service oriented, and others around different sports or activities. Whatever kind of club, it is a great way to meet others, build connections and make the most of the online learning experience. You can type in "CU Connect" in the search bar of the Clarion.edu webpage to explore all the clubs and organizations that CUP offers.

Engage with course-specific communities: The more involved you are academically, the better the chance you will find success. As you juggle courses and classwork, it can be helpful to have classmates to turn discuss concepts or even timeline of due dates. Some students find it helpful to create groups online for a specific course or major. Some do this as a Facebook Group, some use Snapchat, some use texts or other discussion forums. Having a group of students who are juggling similar work and encountering similar challenges can provide support as well as brainstorming of solutions and ideas. If this is something you are interested in and have been having difficulty finding classmates, let your TRiO Academic Counselor know. We may have other students in the same major of class also looking for a classmate to buddy up with and our TRiO Ambassadors also do a great job as peer buddies and tutors. New students can also use CU Pals. This program is designed to assist all incoming students; first-year and transfer, who may have questions about transitioning into their college career and making connections with others.

Build an online community beyond graduation: If you are getting ready to graduate consider ways to become involved with the alumni association or alumni group. It is a great way to connect and network with others who have earned a similar degree or attended the same University. Getting connected to one of the alumni groups is a great way to give students support and pride as they move forward in a career.

So how can I create a social support system when college is online? Get involved with the online community. Explore your passions, interests, or coursework in a way that joins you with others. Remember, we are all in this together!

References: <https://www.usnews.com/education/online-learning-lessons/articles/2016-11-18/build-a-campus-network-as-an-online-student>

Submitted by Lisa Standfest

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 or phone 814-393-2351, or the Director of Social Equity, 210 Carrier Administration Building 16214-1232; Email asalsg1ver@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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