I am very happy to say that Shepherd University’s TRiO/Student Support Services program has been refunded to another 5 years. I am giving a heartfelt thank you to all of the TRiO staff for their hard work and dedication to the students. It is because of your hard work that the program has been able to exceed our program goals of retention, helping students increase their grade point averages to remain in good academic standing with the University, and helping students graduate usually within a 4 year period.

Our first student cohort group graduated during the 2014-15 year and this was our largest graduating class since the program began. We have been contacted by some graduates that have been able to obtain jobs in their field of study and by students that decided to further their education by attending graduate school.

It truly has been a pleasure to work with these motivated students working hard to accomplish their goals of obtaining a bachelor’s degree. This is, indeed, the most effective way of transforming their lives and moving toward a bright future. Congratulations and good luck to all of our graduates.

We are happy that you chose to join the TRiO family here at Shepherd, and we wish for you all continued success in the future. TRiO is here to serve you, as we are designed to help you develop the competence and confidence that you need to achieve and earn a bachelor’s degree. We encourage you to make great use of our services, and help us to help you make the best of your college experience. All we require our students to do, is to ensure that you attend at least three TRiO activity/workshop per semester and to meet with your Academic Retention Specialist at least twice per semester. With our combined efforts we can attain our goals.
Hello! My name is Amelia Carte, and I am your newest TRiO Graduate Assistant! I graduated from Shepherd in 2013 with a degree in History. I was also an English minor, worked as a writing tutor in the Academic Support Center, and was involved in multiple volunteer organizations. Now, I am back at Shepherd pursuing my Master’s degree in College Student Development and Administration. I have already had a great Fall semester here at TRiO; I have loved working with and getting to know each of you. My biggest priority is helping you, so if you have any questions, or you need assistance with any writing assignment, I am happy to help! Also, if you have any ideas about what subjects would be most helpful for workshops and programs please pass them on, it would be great to hear from you.

Amelia Carte, 
TRiO Graduate Assistant

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New Face in TRiO

Trio Mentorship Program

At the beginning of the semester, I was not expecting TRiO to ask me if I was interested in being a mentor for new TRiO members. In all honesty I did not feel that I was qualified to be a mentor, because I am naturally a shy and introverted person, so becoming a mentor was way outside my comfort zone. However, I wanted to push myself and accepted the responsibility. At first, being a mentor was awkward because I did not know the two mentees I was assigned and sometimes it was hard getting a hold of them and having them open up to me. As I got to know them, being a mentor became easier, and I felt that I became more confident in the information and advice I provided. While at first I was hesitant, I am glad that I became a mentor, because it felt very rewarding to know that I helped in leading these new TRiO members figure out or deal with difficult situations. I would definitely suggest that old members of TRiO should consider becoming mentors, because it does not only help out those who are new to TRiO and to college, but it might also help the mentor in developing their own skills. By: Staci Sheffler, Mentor
A Mentee’s Experience

My first semester at Shepherd University had its challenges. Although I was a Junior transfer from Hagerstown Community College, it took sometime to acclimate with my new environment. Subsequently, TRiO had a mentor program and I was fortunate enough to be a mentee. My mentor Brittany, was very helpful in regards to my academia, resources made available on campus but most importantly, she was encouraging when I needed motivation. I feel privileged to have had this opportunity. The mentor program has assisted with my positive transition to this institution.

December 2015 Graduates

Jasmine Allanson—Redmon—English
Jason Carnes—Math
Yanira Diaz—Music
Christina Heard—RBA
David Ilnicki—Information Technology
Heather Ludwick—Recreation & Leisure
Staci Sheffler—English
Harlee Simon—Business Administration
Wesley Smith—Business Administration
Kirstie Wooten—Music
Madeline Ziemann—RBA
Trio Receives Laptop computers from Generous donor

TRiO Student Support Services sends a heartfelt thank you to Shepherdstown Community members, Valerie Smith and Ian Gibson-Smith, for the generous donation of two laptop computers. Smith and Gibson-Smith learned of the TRiO program at a reception in honor of Siriki Diabate, the recipient of Shepherd University’s Lowe Family Award hosted by Mr. Ken Lowe. In attendance was His Excellency, Ambassador Plenipotentiary Daouda Diabate, Cote D’Ivoire’s (Ivory Coast) chief diplomat to the United States. Siriki Diabate is originally from Cote D’Ivoire. When Smith and Gibson-Smith were made aware of TRiO and its needs, they contacted the TRiO program’s director and graciously offered contributions to help aid student success. Through generous donations like this, TRiO can continue to serve our students for years to come.

Shepherd’s TRiO Students made ALL-STAR Team

As one of four undefeated teams in the NCCA Division II, Shepherd’s TRiO Students Shaneil Jenkins, Allen Cross and Octavius Thomas were among other Shepherd football players who made the list for the MEC football awards.

Shaneil Jenkins, #9 Team Captain
A TRiO participant from Fall 2013, led the league in total defense (288.5) and scoring defense (16.9). Shaneil was named the MEC defensive player of the year and a Cliff Harris award finalist, a NFL Prospect as well as a FCA Leader (Fellowship of Christian Athletes).

Allen Cross, # 31
A TRiO participant from Fall 2012. Received recognition from the MEC football Awards. In 2014, appeared in 10 games with eight starts. Gained Second Team All-MEC honors as he rushed 142 times for 601 yards and eight touchdowns. Added 19 receptions for 213 yards and a score.

Octavius Thomas, # 55
A TRiO participant from Fall 2013. In 2014, appeared and started in all 10 games. Garnered First Team All-MEC accolades as he recorded 65 tackles (39 solo) with 9.5 tackles-for-loss (-45 yards) and four sacks (-34 yards). Added two pass breakups, a fumble recovery, and an interception.
Congratulations all TRiO members of the football team!!!

Phillip Rhoden, # 2
A TRiO participant since Fall 2011. Team Captain, 3 year starter. Appeared in a total of 40 games and started in 40. In 2014, recorded 14 tackles (9 solo) with 0.5 tackles-for-loss (-1 yard). Added four pass breakups, a fumble recovery, and an interception.

Conner O’Shea, # 73
A TRiO participant since Fall of 2013. He has been playing football for Shepherd University for 3 years now. He is a Red-shirt Sophomore on the football field and a junior in School. He is the Second String Right and left tackle. He has gotten good playing time and he loves playing football for the rams.

Tony Squirewell ,# 1

Russell Goodacre, Quality Control Coach
A TRiO participant since the Fall of 2014.
My name is Morganne Unger. I’m a junior majoring in Social Work. In August before the Spring semester started, I was given the wonderful opportunity by TRiO Student Support Services to go to “The Big Apple” with some of my fellow TRiO peers! This was an opportunity that would not have been possible for me if not for TRiO Student Support Services. As a group we had the wonderful chance to step outside of our comfort zone of little Shepherdstown, West Virginia and experience the amazing Broadway Musical “WICKED.” After, this incredible Broadway Musical we were able to walk the streets of New York City to Time Square. For many of us even myself this was the first time ever doing anything like this going to NYC, a Broadway show, and exploring Time Square. It was simply magical! Though, beyond the magic of the amazing day I learned something on the bus ride back to Shepherd University. That TRiO is and will forever be my family away from home. All those countless hours spent in the TRiO lounge doing homework and building friendships with all the wonderful staff members apart of TRiO. Even beyond the marvelous trip to NYC, they don’t do the things they do because they have to, but because they want to. They truly want us to succeed and prosper; TRiO Student Support Services is your family too we are all here to support one another through this journey we call college!

Public Speaking Workshop

College can be intimidating. Not only are you present in a new environment, but you are expected to maintain professionalism in every aspect of your work. One thing that every college student will experience before graduation will be to host a presentation for an audience. TRiO graduate assistants Richard Goodman and Amelia Carte devoted their time to host a workshop on public speaking with TRiO students, including myself. This workshop was incredibly useful. Rich and Amelia were both able to share their experiences in public speaking and offer firsthand advice on how to overcome this seemingly daunting task. Rich and Amelia also demonstrated proper presentation/professionalism skills through class involvement. Each student was able to critique the given examples and practice a short 1-2 minute speech for the class on a comfortable subject. These workshops are incredibly beneficial to TRiO students. To me, these workshops mean the difference in a TRiO student compared to a student not involved in TRiO. Thanks to the public speaking workshop, I feel more confident for when I present my senior capstone presentation in one year!
How to Graduate in Four Years Workshop

When I attended the “How to Graduate in Four Years” workshop, I was already a senior looking at graduating in the traditional four year curriculum. The reasoning behind attending this workshop was that it took place in the building where I live, but also because I felt I would be able to give my thoughts on the information that was presented to those attending, which were mostly freshman. I felt the information that was provided – methods that would help organize a prospective class schedule for the following semesters; facts to help motivate students and let them know that it is possible to graduate in four years; and resources that would help them achieve their goals – is information that would have helped me greatly when I was a freshman. However, because I am a senior most of the material presented were things I had already been told or had discovered myself over the years at Shepherd. That being said, this workshop is one that I feel all freshmen, even sophomores and juniors, would benefit from attending, because it gave various ways of being successful in college.

By Staci Sheffler, TRiO Student

Research Workshop

I am returning to college after almost 20 years. Needless to say, the available research methods now are quite different than they were in the mid 90s. I was assigned a research paper for one of my classes and was just feeling completely lost on my own. When I saw TRiO was having a workshop on how to do research, I signed up right away and I’m glad I did. The information was presented in a way that was easy to follow and remember. It is definitely making my project easier now.
TRiO Student Support Services helped me in many different ways as I progressed through my higher education. I was accepted into the program in Fall 2011, the first year that the program was offered at Shepherd University. Since then, I have taken part in many TRiO events, such as cultural-educational trips, graduate school tours, and academic workshops. TRiO also helped me with steering my path to success by having great academic counseling. With this academic counseling also came the benefit of free printing and priority registration. This was key, especially in my earlier semesters at Shepherd University. It truly allows you to guide your academic career the way that you want without the fear of being stuck with a ridiculous schedule or without the classes you desperately need. When you are in the program, TRiO makes you feel like a family. They are all supportive and welcoming every time that you walk in the lab. For several semesters, I was also a tutor for TRiO, which allowed me to be a part of giving back to the other members of TRiO and helping my peers as they progressed through their own programs. All-in-all, TRiO is a great organization and they are there for the student! By: Jason Cranes, TRiO Student

TRiO Program Serves as an Example

On Wednesday, December 2, 2015, Liberian Ambassador Jeremiah C. Sulunteh visited the Shepherd University TRiO Student Support Services Office. Ambassador Sulunteh’s visit to the SU campus was coordinated by TRiO SSS Alumni Siriki Diabate, who is currently enrolled in the SU Masters of Business Administration program. During his visit, Sulunteh shared information about Liberia’s political system, economic development, and the country’s need for improving its education system and making higher education more affordable. After speaking with Ambassador Sulunteh about the TRiO program helping him navigate the complexities of college, Diabate decided that it was important for the ambassador to personally observe the services that TRiO offers students. Sulunteh was particularly interested to hear about TRiO programs because of the support that TRiO students are given because of their 1st generation status and lack of knowledge about the college going process. When asked, Diabate disclosed that as a Shepherd University and TRiO Alumni, he thinks that “it is very important for him to stay involved in the Shepherd community and to continue his mission to help the students gain knowledge from a global perspective”.

Prior TRiO participant, Siriki Diabate (middle) with His Excellency Jeremiah Sulunteh Ambassador of Liberia (left) and TRiO Retention Specialist Ms. Evora Baker (Right).
Fall 2015 Dean’s List

Christopher M. Berg
Crystal M. Brooks
Lisa M. Butler
Chelsy Calton
Yanira L. Diaz
Jasmin K. Duffy
Katelyn M. Gayman
Russell P. Goodacre
Mitchell C. Haines
Felicia J. Hall
Christina M. Heard
Melissa S. Horman
Lindsey E. Jackson
Heather K. Ludwick
Hailey Mauzy
Jacob T. Mellow
Christine M. Repp
Kylie N. Rorls
Jesus A. Ruvalcaba
Donna M. Sage
Brittany M. Waltz
Cassidy N. Watson
Kendra M. Wenner
Kirstie L. Wooten
Jacob A. Younker

CONGRATULATIONS !!!!!

TRiO Workshops & Cultural Activities

Cultural Diversity Workshop
TRiO Welcome Back Day for Students
TRiO Retreat
TRiO Retreat