

Fall 2018

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## *The Director's Corner*

It is hard to believe that we are in year 4 of our second five-year grant cycle and completing our Annual Performance Report for our 2017-18 year. Once again, Shepherd's hardworking students have surpassed their academic goals for that year. They completed the year with an 83.13% persistence rate, 90.36% students in good academic standing rate and a 61% cohort graduation rate.

We began our 2018-19 year, with a 3% increase in funding for both TRiO programs. We also had a 50<sup>th</sup> anniversary celebration for the TRiO Student Support Services program, and an end of the first-year celebration for our TRiO Upward Bound program. Our students are doing some amazing things. We are very proud of them and their accomplishments.

Our graduate assistants surveyed our students to get an idea about the workshop topics they want during the spring 2019 semester. New workshops for the spring semester include the following: networking, career building, presentation skills, and more community service projects. The students believe it is important to give back to a community that thoroughly supports them.

Congratulations to all TRiO students that accomplished their goals and congratulations to our fall graduates for their hard work and dedication. I extend a thank you to all of the University's staff and faculty that worked with the students to make their educational dreams a reality. Working together, we can make a tremendous difference in the lives of our students. Have a happy and safe holiday season.



Cynthia Copney  
Director  
TRiO Programs



## *A Reflection from Our Staff*



Michelle Ricketts,  
Assistant Director  
TRiO SSS

The Fall 2018 semester was another great semester for TRiO Student Support Services. We had an awesome 50<sup>th</sup> Anniversary Celebration for SSS back in September with great food, fun games, music and an opportunity to spend time with others in our program. Tayelor, Ayana and Da' Shawn did a great job organizing the entire event! Our Graduate Assistants also did a great job planning and presenting very informative and helpful workshops throughout this semester. We also have 26 Peer Mentors who helped to welcome and support our new first-year students in their transition to college. I really appreciate their efforts and all the time they spend with our new class. I also want to congratulate our December graduates, we are so proud of your hard work and perseverance to achieve this big goal! We hope to see you all at our TRiO Graduate Reception in the spring! Finally, as we wrap up this semester, I wish all of our TRiO students good luck on final exams and I hope you have a happy and restful winter break!



Tajmarie Rowe,  
Academic Retention Specialist  
TRiO SSS

This semester has been a very sentimental one for me. It is my first semester in the role of Academic Retention Specialist. I am very grateful and blessed to have been given the opportunity to be able to pass on my knowledge and experiences as a former TRiO student. I was able to help motivate my students by sharing my personal experience as a former TRiO student. I became the first in my family to graduate with two degrees; a Bachelors and a Masters. I really enjoyed being a support person to all of my students. I was very excited to see how many new incoming first year students joined TRiO. I can assure you that TRiO works. Joining TRiO helps you break the cycle, and allow you to set an example for those who may be doubting their possibilities. TRiO allows you to dream as if you will live forever. It was a pleasure to have met all of my students this semester, and I hope that they will utilize all the resources that the TRiO program has to offer and knowing that I am there for them throughout their academic journey.



*New Faces at TRiO*

Da'Shawn Long,  
Graduate Assistant  
TRiO SSS

Hello world. I hope this Newsletter greets you well. My name is Da'Shawn Long and I am the new Graduate Assistant in TRiO Student Support Services office. I am from Winchester, VA, and I graduated from Shepherd University in May of 2018. I am currently pursuing my Master's in College Student Development and Administration. While attending Shepherd University, I was extremely involved in everything from Treasurer of the Student Government Association, to President of the InterFraternity Council in Greek Life. Now I have the great honor of being the Graduate Assistant of this AMAZING program. TRiO WORKS! And, that is why I come into this office with great excitement each and everyday looking forward to how I can be used to help make a difference in the lives of students. I look forward to an amazing 2018 – 2019 academic year with the TRiO SSS Program.



Russell Goodacre,  
Graduate Assistant  
TRiO Upward Bound

Hello! My name is Russell Goodacre, I am from Ijamsville, Maryland and I am the new Graduate Assistant for the TRiO Upward Bound Program. I was in TRiO SSS for my undergraduate and I graduated back in May with a degree in Recreation and Leisure Studies with a concentration in Sport Communication. SSS helped me tremendously with getting through my undergrad and I couldn't be more thankful to the staff for the the help and advice along the way. I am currently working on my masters as I am trying to obtain a Sport Management certificate. I am very excited to be working with TRiO because there are a lot of hard working people who do a great job helping the students in the program. I'm glad I can help the Upward Bound Program continue to grow and help students in Berkley County have a chance to reach and achieve their dreams.

In Spring 2018, Russell was chosen to do an Internship at Walt Disney World ESPN Wide World of Sports Complex. There he did Guest Operations and he loved it. He tells us how it was a great experience and he would love to do it again. He says that the experience was a once in a lifetime experience.

## *TRiO Fall 2018 Workshops*

### *Welcome Back Orientation Workshop*

TRiO students came together as a family, welcoming each other back from a long summer break, throwing a festival of all sorts to start off the party. We played a trivia game trying to guess stuff about the founding of TRiO and Shepherd University. We also played fun games and got to know each other better. After all the fun activities we ended the day by singing and dancing to Drake's "In My Feelings." I had a blast and can't wait for next year!



Cheyann Beck,  
TRiO SSS Participant

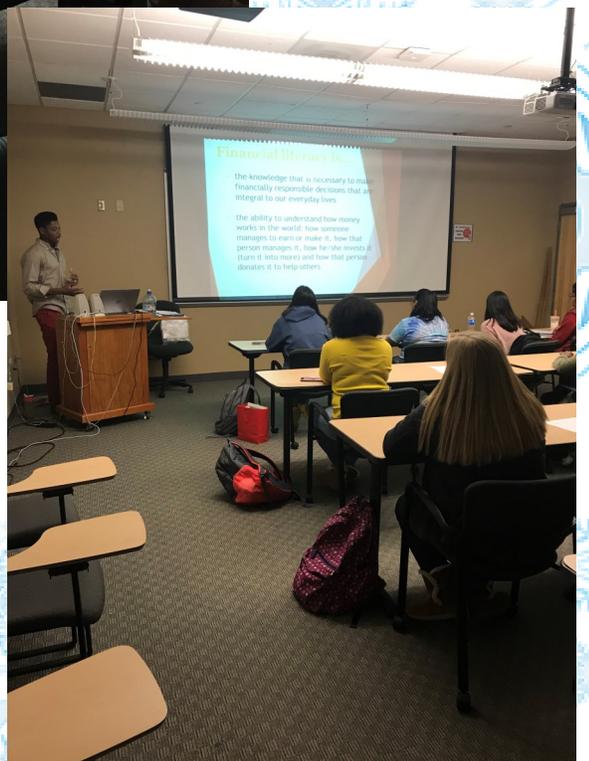
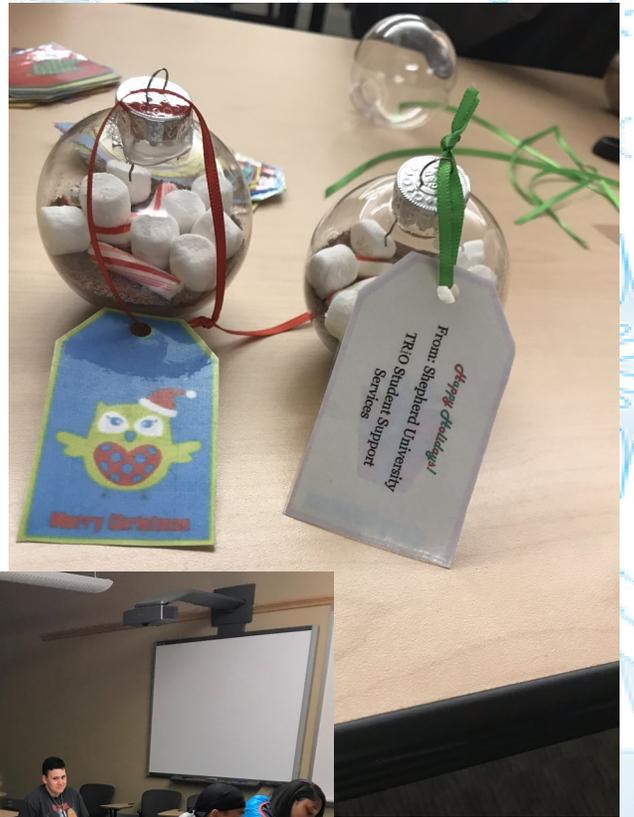
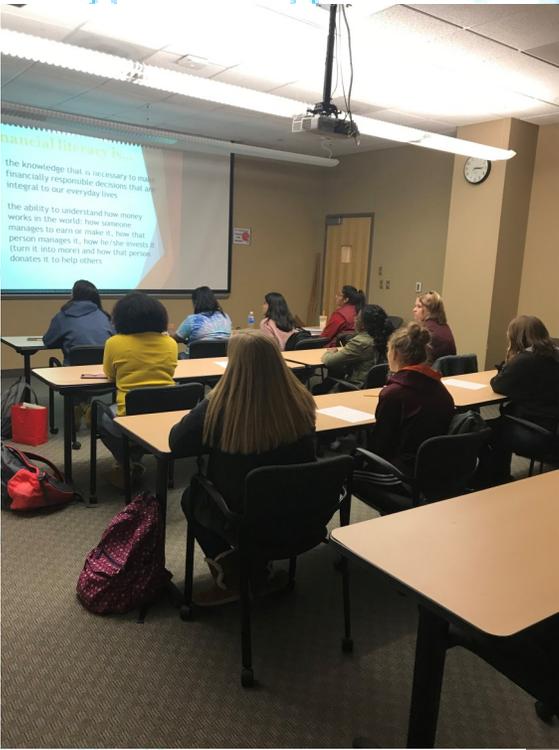


### *Financial Literacy Workshop*



Abigail McClung,  
TRiO SSS Participant

Ever since I joined TRiO a few weeks ago, the staff has been extremely helpful to me and my career as a student. This workshop was no exception. The topic of Financial Literacy sounded extremely relevant and important for college students, many of whom are learning how to take care of themselves and manage their money for the first time. The introduction and explanation of ideas like budgeting, saving, and the different kinds of interest was extremely valuable for me and the rest of the group. I'm sure we all feel more confident in our own financial literacy after this workshop.

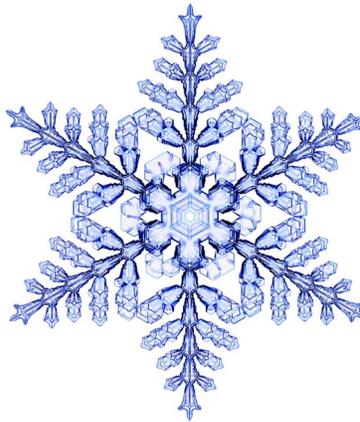


## *Read Faster, Read Smarter Workshop*



Kiera Batts-Anderson,  
TRiO SSS Participant

This workshop was very informative—everyone should know how to improve their reading skills. I learned that reading isn't always the smartest easiest thing to do, but there are some simple techniques to use in order to make it smarter, such as, using sticky notes or highlighting key words. I also learned that you should use/read the clues, subtitles, and helpful notes that the book may provide to help you better understand as well. Everyone should definitely use these resources if you need help!



## *TRiO Cares Workshop*

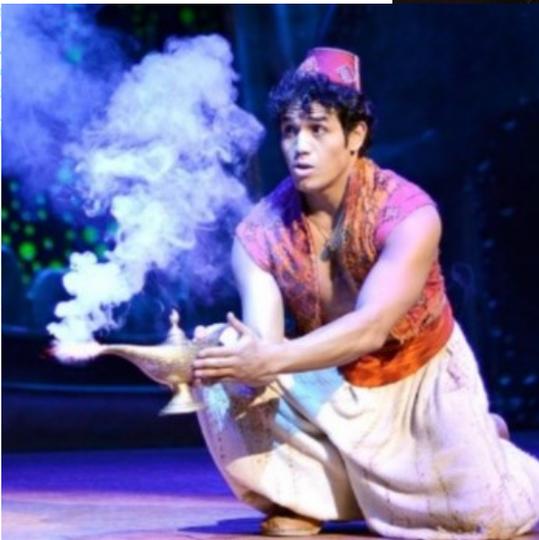
TRiO Cares Workshop was an amazing experience to be apart of because it is a sweet gesture to the people of Canterbury who cannot see their families on the holidays. I had a ton of fun knowing that the ornaments we made will make these people happy. I loved making the crafts, and I will love hand delivering the ornaments and visiting them. I think this was one of the more fun workshop to do and give back on this holiday season.



Mariah Rick,  
TRiO SSS Participant



# *Summer Fun Aladdin on Broadway*



## *50th Anniversary Celebration*



**Megan Hughart – Full time Jefferson County writer for the Martinsburg Journal  
English: creative writing major; journalism minor  
Attended Shepherd from 2011-2012 then 2013-2018.**

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. Despite starting Shepherd University and joining TRiO in 2011, I am just now a Shepherd graduate as of August 2018.

When I began Shepherd I didn't take college seriously. I had my first taste of freedom since I moved four and a half hours away from home to attend college. I didn't have my mom to wake me up and annoy me until I finally was awake enough to get ready for and attend classes.

I didn't utilize TRiO the way that I should have and because of no fault but my own, I was put on academic suspension. I left Shepherd and TRiO for an entire year. I returned to Shepherd in the Fall of 2013 and TRiO graciously accepted me back into the program. I met with Evora often and I made sure to attend TRiO events. I took part in academic workshops, which helped me learn time management. 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.

I became a family member to fellow TRiO students and the advisors at TRiO. I learned how to approach my teachers and ask questions. I took advantage of everything that I possibly could and it paid off. My first year back was just one of the many successes TRiO has helped me achieve. I earned a spot on the Dean's List, I raised my GPA, I branched out and joined clubs. I discovered a passion for journalism and with a lot of pushing from TRiO counselors, I pursued that passion by joining the student newspaper. My entire life changed within that one year.



Markia Daniels  
 Alex Hale  
 Emily Hernandez  
 Stacy Mummert  
 Blake Scott  
 Kevin Turner  
 DJ Wells



## Dean's List Recipients

MJ Acevedo  
 Bridgette Aguilar-Dishman  
 Stanton Askew  
 Keandre Batson  
 Daisy Bautista  
 Josie Bradford  
 Katlyn Brantner  
 John-Paul Bronzi  
 Brittney Brossart  
 Laura Castro-Vargas  
 Gianni Childs  
 Abigail Cleary

Shannon Cosner  
 Brian Crutchley  
 Darnethia Cunningham  
 Lacey Emry  
 Sarah Flesher  
 Vivian Flores  
 Kelsey Greene  
 Brandon Hagen  
 Mitchell Haines  
 Mackenzie Halterman  
 Cristyn Helmick  
 Tania Hernandez  
 Lindsey Jackson

Bianca Ison  
 Nikiala Johnson  
 Matthew Lacy  
 Elizabeth Langenstein  
 Emily Link  
 Savannah Maguire  
 Hailey Mauzy  
 Abigail McClung  
 Devin Moore  
 Stacy Mummert  
 Ja Seng Nsang  
 Sofia Prado  
 Alyssa Pritt

Mariah Rick  
 Kylie Riggelman  
 Richard Robinson  
 Hannah Rose  
 Donna Sage  
 Blake Scott  
 Michaela Sencindiver  
 Michelle Spears  
 Allyson Spinks  
 Rita Torres  
 Kevin Turner  
 Diana Villalobos  
 Hannah Warner

## 4.0 GPA

Daisy Bautista  
 Abigail Cleary  
 Brian Crutchley  
 Lacey Emry

Brandon Hagen  
 Mitchell Haines  
 Bianca Ison  
 Abigail McClung  
 Stacy Mummert

Richard Robinson  
 Hannah Rose  
 Allyson Spinks  
 Hannah Warner

## December Graduates



Kevin Turner,  
TRiO SSS Participant

As my final semester of undergrad comes to a close, I tend to look back on my four-year journey to see just how far I have come. From a freshman who had left home for the first time and didn't know what he wanted to do with the rest of his life, to a senior who just recently decided what he wants to do with his life. I would not be the person I am today if it were not for my support system that I have built over the years here at Shepherd. A big part of my Shepherd University support system is TRiO Student Support Services. This is a phenomenal program to be a part of and I'm so honored to be a TRiO student because it isn't just a program, it's a family. When you come to college at first, it is a scary experience. Through TRiO, I've had access to a massive resource that many don't use to its full potential. Academic advising an easier process to master by sophomore year. They offer many workshops that helps you understand essentials they even offer scholarships that you can apply for if you are a member of the program! I even had the opportunity to be a mentor for three years and a tutor for almost a year through this program which was a fulfilling and wonderful experience. You also meet many great people through the program and build a sense of community with your fellow TRiO peers and staff. I can say with almost certainty that without Michelle Ricketts and other members of the TRiO staff, I wouldn't be where I am today.



Markia Daniels,  
TRiO SSS Participant

I joined TRiO in 2014 and it has been one of my best decisions as a student at Shepherd University. Before I joined TRiO, I wasn't the best student. I struggled with time management and focusing on my classes. Since, I started working with Michelle Ricketts, my TRiO counselor, not only have I learned time management, but I have also learned self-control, responsibility, and handling my priorities first (even when I don't want to). TRiO has helped me in so many ways, and honestly, I don't know if I would have got to this point without them. They have been very supportive in every way. They have been there for me emotionally, academically, and mentally. I have grown so much as a person and I have to give a lot of thanks to my TRiO family. They have never given up on me and always pushed me to do better. And even though I'm about to enter the next chapter of my life, I will never forget the life lessons TRiO has taught me. I love my TRiO family, and I will never forget the amazing people that work there that helped me through my journey!

## *Upcoming Spring 2019 Workshops*

### Tentative Schedule

DATE	WORKSHOP	TIME	LOCATION
Thursday January 17, 2019	Student Orientation/ Welcome Back	5:00pm-7:00pm	Storer Ballroom
Wednesday January 30, 2019	Applying for Graduate School	1:00pm-2:00pm	Library Room 307
Wednesday February 6, 2019	Communication Skills for Success	1:00pm-2:00pm	Library Room 256
Tuesday February 12, 2019	Sharing Love on Valentine's Day Cards	5:00pm	Library Room 307
Tuesday February 19, 2019	FAFSA Workshop	2:00pm-4:00pm	Library Room 307
Tuesday March 5, 2019	Resume Workshop	5:00pm-6:00pm	TRiO Lab
Wednesday March 20, 2019	DIY Mugs	4:00pm-6:00pm	Library Room 256
Monday April 1, 2019	Tips on having a Great Presentation	3:00pm-4:00pm	Library Room 307
Tuesday April 9, 2019	DIY Fun Workshop	4:00pm-5:00pm	TRiO Lab
Wednesday April 24, 2019	Stress Free Workshop	1:00pm-2:00pm	Library Room 256

*Happy Holidays!*

