

TRIO STUDENT SUPPORT SERVICES

Newsletter

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Director's Corner

It is the end of our 2022-2023 year, and it has been a time filled with the excitement of continuing to educate and work with students in a face-to-face format. We served 166 students last fiscal year and remained strong during a year unlike any other that we have experienced. We had 88% of our students in good academic standing, a persistence rate of 80%, and a graduation rate of 64%.

Program goals are to increase student retention rates, increase student grade point averages, and increase graduation rates. Every programmatic activity is designed with these goals and objectives in mind.

During the 2022-23 year, students participated in the following workshops: Knowing Your Major/Program; Resume Building; Stress Relief During Midterms; FAFSA Overview and Assistance, Preparing for Advising and Registration; and Staying Motivated to Finish the Semester Strong. In collaboration with Athletics, Samantha Heltzel of Telamon in Martinsburg, West Virginia, presented Money Matters and Housing to students on April 18 and 19.

Congratulations to our 2022-2023 graduates. We celebrated 31 graduates on April 20 in the



Cynthia Copney

Director, TRIO Programs

Storer Ballroom. Graduates received certificates and graduation cords, and their support systems of family and friends were there to share their joy. Andrew Moseman was honored as the TRIO student with the highest grade point average and Valerie Martinez-Ramos received the most active TRIO participant award. Keynote speaker Michelle Enjoli spoke with the students about Becoming the CEO Of Your Career.

Thank you to all University staff and faculty that worked with students to make their educational dreams a reality. Working together, we can make a tremendous difference in the lives of our students. ■

Cynthia Copney

Director, TRIO Programs

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TRIO *Day*

In 1986, a congressional resolution declared that Saturday, February 28, 1986, should be designated as National TRIO Day to commemorate the annual achievements of the federal TRIO programs in communities across the country. Since then, National TRIO Day has been celebrated annually on the last Saturday of February.

We celebrated our TRIO Day early to coincide with Joshua Rashaad McFadden visiting Shepherd University. On February 9, we held an artist talk with McFadden where he displayed his photography and discussed the inspiration and story behind his artwork.

After the artist talk, we held a Current Students and Alumni Mixer. Four TRIO Student Support Services alumni attended the event and were part of an alumni panel. Alumni discussed how TRIO helped them succeed in college and offered advice to current TRIO students on how to best utilize TRIO's resources. After the panel, students enjoyed a catered meal and were given the chance to mingle with alumni. ■



Pictured left: (top) Joshua McFadden presenting at National TRIO Day; (bottom) Alumni panel.

Student Leadership Conference

TRIO Student Support Services (SSS) students attended the 22nd Annual Student Leadership Conference in Flatwoods, West Virginia, in February 2023. This year's theme, "The Domino Effect," focused on how one minor change can create a continuous impact on other areas of a person's life. It also focused on how students can develop their leadership skills and abilities through networking and communication. Students attended sessions that included

information on communication, networking, and Robert's Rules of Order. Students also had the privilege of listening to the Director of Alumni Relations of the Council for Opportunity in Education Tommy Walls share his personal story about how TRIO helped him as a high school student. TRIO SSS student Xavier Hersom was awarded the Dr. Anne Crum Award at this year's conference. ■



Pictured above: (left) Students attending the Leadership Conference; (right) Xavier Hersom, winner of the Dr. Anne Crum Award, and Assistant Director Tajmarie Rowe.



Pictured above: TRIO students during workshops and other events.

Workshop Highlights

- **Graduate Application** focused on researching, preparing for, and applying to graduate schools.
- **Welcome Back** provided lunch for students and gave them the chance to meet Tajmarie Rowe before she started one-on-one meetings with students.
- **Mental Health** explored ways to manage stress, anxiety, and depression and offered healthy coping mechanisms and stress relief tips.
- **Program/Major Session** delved into program requirements that students must fulfill to graduate.
- **Preparing for Advising** introduced students to helpful tools and resources that helped them prepare for advising and registration.
- **Valentine's Day Goodie Bags.** Students created Valentine's Day-themed goodie bags and cards that were donated to the local nursing home.
- **Resume Building with Director of Career Services Matt Hoffman** walked students through formatting and building professional resumes, and provided guidance and tips on making resumes stand out.
- **Stress Free Zone** helped relieve students of their final exam stress by providing a quiet and relaxing space for them to study and focus on preparing for exams. We provided students with necessary study tools as well as breakfast, lunch, and snacks. ■



Pictured above: (left) Andrew Moseman with his TRIO award; (right, top): Valerie Martinez-Ramos receiving an award from Cynthia Copney; (right, bottom) TRIO graduates.

TRIO Student Accomplishments

Congratulations to TRIO's 2022 and 2023 graduates! This is a huge accomplishment, and TRIO could not be any prouder of you.

December 2022 Graduates

Anissa Benjamin
 Josie Bradford
 Sonia Chavez
 Luisely Doza
 Alexxus Gladden
 William Heschl
 Elisa Lemus
 Mia Nemser
 Rebecca Strunk
 Damoy Williams
 Krystalyn Yeakley

May 2023 Graduates

Sunshine Bennett
 Madison Candahl
 Mahayana Garci

Cherise Garrido
 Lindsay Heflin
 Elizabeth Langenstein
 Hailey Leonard
 Faiez Makri
 Valerie Martinez-Ramos
 Andrew Moseman
 Georgiette Naupac
 Michaela Partlow
 Maranda Robinson
 Marisa Robinson
 Christina Starr
 Elmar Talbot
 Kayla Valentine
 Amari Wooden

Summer 2023 Graduates

Baratou Bah
 Ana Hernandez

Spring 4.0 GPA

Congratulations to TRIO's 4.0 students! You have all worked extremely hard and performed exceptionally well.

Emily Baker	Nevaeh Kramerage
Madison Cover	Faiez Makri
Mahayana Garcia	Andrew Moseman
Cherise Garrido	Noora Mounib
Eli Hall	Alexi Ortiz
Aubrey Harris	John Palmer
Lindsay Heflin	Maranda Robinson
Mirian Hernandez	Kelsey Swick
Xavier Hersom	Kayla Valentine
Storm Jarrott	
Kambria Kosanic	

Dean's List

Congratulations to these TRIO students who have earned a spot on the Dean's List! Your hard work is paying off.

Thomas Abreu	Storm Jarrott
Emily Baker	Kambria Kosanic
Sunshine Bennett	Nevaeh Kramerage
Marisa Bringham	Elizabeth Langenstein
Raina Burton	Jade Lockley
Ayanna Butts	Valerie Martinez Ramos
Isabella Cameron	Andrew Moseman
Caitlin Carson	Angela Mullins
Aaron Cole	Tracy Nyamnjoh
Wendy Dillow	Alexi Ortiz
Lucas Driver	John Palmer
Zachary Feinstein	Maranda Robinson
Erica Foreman	Marissa Robinson
Cierra Foster	Midajah Rollins
Catherine Frey	Jessie Sigler
Mahayana Garcia	Ashley Stotler
Kaleigh Gray	Kelsey Swick
Laura Gray	Paul Teter
Eli Hall	Samantha Triplett
Aubrey Harris	Damien Valdes
Lindsay Heflin	Kayla Valentine
Jasmine Hernandez	Chloe Williams
Mirian Hernandez	Amari Wooden
Xavier Hersom	
Keely Humphries	

Introductions



Hello, my name is Tajmarie Rowe. I am your new Assistant Director of TRIO Student Support Services, and I am happy to be here to serve you. I am a first-generation graduate and a TRIO alum. I earned a Bachelor of Science in business administration from the University of Mary Washington in Fredericksburg, Virginia, and a Master of Business Administration from Shepherd University.

TRIO is near and dear to my heart because I have seen first-hand what the program does for those who truly utilize its services. Please know that I am here to support you the best I can, so please feel free to stop by and let me know if you need my help with anything.

With that I leave you with this quote of inspiration by Booker T. Washington, "I have learned that success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed."

Hello! I am Andrew Belcher, the new Academic Retention Specialist for TRIO. I went to West Virginia University (WVU) for my undergraduate degree in communication sciences and disorders and finished my Master's in Higher Education Administration in May! I am originally from Roanoke, Virginia, but moved to West Virginia and will stay here for a while.

Going to college was important, because I am a first-generation student, but I did it! While I have been working on my master's degree, I worked at WVU for a while, but I wanted to work with students more hands on and help them succeed. At WVU there was a TRIO/SSS Program, but I did not know about its benefits. During my time here I hope to spread the word more about TRIO and all the great benefits of being a part of TRIO.

I have loved getting to know everyone so far and look forward to knowing you all more! While I am not an alum of Shepherd University, I have absolutely fallen in love with the university, campus, and most of all students. I look forward to continuing my role within TRIO and learning all that I can!

