TRiO’s Cans for Cupcakes is a Huge Success!

As part of the nationwide celebration of National TRiO Day on February 23rd, TRiO held its first “Cans for Cupcakes” Food Drive on February 21st.

Students and faculty, alike, were asked to donate a non-perishable food item to help disadvantaged SUNY Canton students.

All the collected items, 113 in total, were donated to the Student Food Pantry, managed by Director of Diversity, Lashawanda Ingram.

On the 21st, 100 cupcakes and fruit punch was available for students to enjoy as a part of the celebration.

“It’s been a great success,” said Assistant Director Mark Millward. “The purpose of National TRiO Day is to invite TRiO students to give back and thank the college community. The outpouring of support from our students has been overwhelming.”

The picture shows Mark handing over the items to Lashawanda.

In thanking TRiO for its donation, Lashawanda did have a concern. “I think our biggest problem is going to be finding enough space to store all of the items!” If that is the only issue, it sounds like the whole event has been a great success!

In the Spotlight: Sheila Peo

Starting in the Fall 2012 semester, Academic Counselor Sheila Peo has been a new addition to “Team TRiO”. After a hectic fall semester, SCOOP! recently sat down with her to find out more about her role.

Sheila, what is your role in TRiO?

I provide academic and personal counseling to students who need help. I also track TRiO students and provide suggestions for improvement if I see a student struggling in a particular class. I team-teach the Freshman Seminar class with Brenda Miller & Mark Millward. I cover study skills, time management, note-taking skills, and reading textbook skills.

Wow...sounds hectic but very interesting. What do you love most about your job?

I love how friendly the students are and I love being able to get to know them. I have had many students that I hated to say goodbye to!

Being able to love your job has much to say about who you work with. If you are with people who look at the glass half-empty all of the time, it can really bring you down. We are always having fun in the TRiO office, we really work well together and are always willing to help one another out. My team has been nothing but very friendly, encouraging and extremely helpful to me with learning my new job. I am able to come to work and feel “at home”!

What do you see as TRiO’s role with students?

I really think if a student is eligible to join TRiO, they should use it to their full advantage. TRiO can connect students to answers for most, if not all, problems that they might experience; from tutoring, how to approach their teacher, ask for help, or to learning how to study.

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CSTEP — Collegiate Science and Technology Entry Program

SUNY Canton’s Collegiate Science & Technology Entry Program (CSTEP) is a scholars program designed to prepare minority and economically-disadvantaged students for careers in scientific, technical, engineering, mathematical, health-related and licensed professions. The program, which is part of a statewide effort to address the issue of minority under-representation in the STEM and licensed professions, emphasizes academic preparation and achievement, and career awareness. Sponsored by the New York State Education Department, SUNY Canton’s program is one of 49 that exists on college campuses throughout New York State.

CSTEP provides students with a unique college experience that combines academic services and activities with a variety of networking and career-advancement opportunities. Participants share invaluable social interaction and congenial support with fellow students, as well as receive customized strategies for success in both professional and personal aspects of life.

Students are encouraged to apply during their first year, but may do so at any point during their college career. Once accepted, students are expected to participate in academic and career activities, and maintain academic excellence.

Eligible students must be:
• in good academic standing and enrolled full time in an undergraduate or graduate program
• a New York State resident
• planning to study in the fields of Science, Technology, Mathematics, Engineering or Licensed professions
• economically disadvantaged (as determined by the Financial Aid Office) or African American, Latino, Native American, or Alaskan Native.

If you are invited to be a part of CSTEP, some of the benefits include:
• academic, career and personal counseling
• one-on-one and group tutoring
• enrichment workshops
• paid Internships or research activities
• licensure preparation
• financial assistance with Licensing fees
• trips/tours, including conference opportunities
• social activities
• employment, scholarship or educational references
• financial assistance with Graduate school applications
• graduate school exam preparation
• recognition awards
• meet new people and become part of a family

TRiO Students Inducted into Chi Alpha Epsilon National Honor Society

Eight TRiO students, Patrice Brown, Ashley Butterworth, Yaslin Fajardo, Amber French, Lisa Lawton, James Muenster, Erica Russell, and Tracy VanBrooklin, will be inducted into the Chi Alpha Epsilon National Honor Society on May 2nd at 12pm in the Kingston Theater.

The Society’s purpose is to promote continued high academic standards, to foster increased communication among its members, and to honor academic excellence achieved by students. The honor society’s motto is "The tassel is worth the hassle."
Handling the Stress of a Bad Midterm Grade

Don’t settle! Just because you have a B in a class at midterms doesn’t mean you shouldn’t aim for that A. Even with strong midterm grades, there may still be room for improvement. Aim high!

You love some grades, but hate others
Reflect on the courses that are going well. What is helping you achieve the high grades? How have you been preparing for those exams? Why is the material coming easily to you?

Now, try to apply those principles to the courses that are not going so well. If you are doing well in some of your courses, chances are you already have some positive study skills. Now it is a matter of applying them to the courses that do not interest you as much, include more complicated material, or more difficult exams.

It’s also time to start utilizing professors’ office hours to get some extra help to bring up the low midterm grades. If you haven’t already stopped by, make it a point to do so and bring a list of topics or past test questions that have been unclear. Professors can get lonely in their offices all alone... after all, they need friends, too.

You hate your midterm grades
Your first step should be to talk to each one of your professors and determine the highest grade possible given the remaining assignments. This will help you to do two things. It will help you to set some goals for each course, and help to determine whether or not it is in your best interest to remain enrolled in the courses.

Stop by the TRiO office and/or the Tutoring Lab in the Library and set up tutoring for the classes with which you struggle the most.

Take a good, hard look at your attendance and study habits. Now is the time to commit to attending class regularly and getting caught up on your work (many times attendance is the culprit when it comes to poor midterm grades... just saying...)

Regardless of your situation, use your midterm grades as the mid-semester swift kick they are intended to be.

We have arrived at the halfway point. It is time to take stock, adjust your habits accordingly, and finish strong.

If you love your midterm grades
Congrats, you are off to a great start. Your focus should now be on maintaining these high marks. Resist the urge to let them slip... there will be more tests and papers in the second half than there were in the first.

Join TRiO on the 5k Roo Run/Walk

The annual 5k “Roo Run/Walk” (formally known as the President’s 5k Challenge) will be held on Thursday May 9 at 4pm. TRiO entered a team last year, and while, with the exception of Men’s soccer player Ashley Butterworth, none of the team members were stellar athletes, it was a very enjoyable event, and we all recorded some excellent times, despite the rain!

The course will include the scenic cross-country trails bordering the Grasse River. The race and the walk are free, but pre-registration is preferred. An online registration form will be made available closer to the day of the race, but if you want to be a part of “Team TRiO”, contact Mark Millward.

All participants will receive a free “Running to Success” TRiO T-shirt!
“There’s No Such Thing As A Stupid Question...”

“...the only stupid thing to do is not ask it!”

This was the subject of a speech that Assistant Program Director, Mark Millward, and Academic Counselor, Sheila Pea, recently gave at the 2013 Academic Improvement Awards ceremony sponsored by The Ogdensburg Kiwanis Club and held at Ogdensburg Free Academy.

Mark and Sheila spoke to a group of students who had been recognized as having shown great academic improvement during the school year. The students, their proud relatives, and representatives from the school administration at OFA were told that both Mark and Sheila had been helped significantly by one of their teachers when they were in school. They had been shown how to deal with the fear of asking what they thought was a “stupid” question. When they did speak up, they both found that many of their classmates would want to know the answer too, but were also too afraid to ask.

“It is something we tell our students every day” said Mark. “Once I tell them that there is no such thing as a stupid question, they soon start asking for help.”

Sheila gave some great advice about sitting at the front of the class. By doing so, you would also not be able to see other people in the room, and so would not feel so self-conscious when you asked a question. She also said that she had worked on a non-verbal solution to overcome her fear. “Just by looking at my teacher in a certain way,” said Sheila, “she would know that I needed help, and so would try and find a way to better help me understand the material.”

Sheila also talked about challenging oneself every day. By standing in front of the audience, she was doing something that was way out of her comfort zone. However, by facing these challenges, Sheila said that “...you will always find a way to overcome them, or you will know someone who will be able to help you deal with them. All you have to do is ask!”

Important Semester Dates

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<tr>
<th>Date Range</th>
<th>Event</th>
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<tbody>
<tr>
<td>Apr 6, to Apr 14</td>
<td>Spring Break - No Classes (Residence Halls Close 5 p.m. on Friday and Reopen 3 p.m. on Sunday)</td>
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<tr>
<td>Apr 22 to Apr 26</td>
<td>Pre-scheduling for Fall 2013</td>
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<tr>
<td>Apr 26</td>
<td>Last Day to Withdraw Without Penalty</td>
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<tr>
<td>May 1</td>
<td>Honors Convocation (at Roo’s House)</td>
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<tr>
<td>May 10</td>
<td>Instruction Ends</td>
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<tr>
<td>May 13 to May 17</td>
<td>Final Exam Week</td>
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<tr>
<td>May 18</td>
<td>Commencement (at Roo’s House, 10:30 a.m.)</td>
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<tr>
<td>May 18</td>
<td>Residence Halls Close - Students are expected to vacate residence halls 24 hrs. after completing their last final exam, unless they are a graduating senior. (3 p.m.)</td>
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<tr>
<td>May 23</td>
<td>Final Grades Available for Students Online (9 a.m.)</td>
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<tr>
<td>May 24</td>
<td>Semester Ends</td>
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Facebook Welcomes TRiO

TRiO can now be found on the internet, as it has its own Facebook webpage!

If you want to find out the latest news, receive reminders of important events and dates, or get general information about TRiO, follow us on Facebook.

Our group page can be found at:

http://www.facebook.com/groups/331638413538594/

We can also be found on Twitter by following @SUNYCantonTRiO

TRiO Student Support Services?

What is TRiO Student Support Services (SSS)?

A federally-funded TRiO grant program which provides enhanced academic assistance to eligible students. The aim of the TRiO program is to retain its participants and have many continue toward a baccalaureate degree.

Who is eligible?

Each year, approximately 200 new and returning students who meet federal guidelines based on first-generation college student status, income and/or documented disability are eligible.

How do they achieve it?

TRiO provides a variety of support services, including intensive assistance in math, writing, study skills, time management and academic counseling. TRiO participants take a 15 week, 1 credit hour course (BASK 060: Freshman Seminar) where all of this is covered.

Note: All services, resources and information within is applicable and available to current TRiO SSS participants only

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