

# TRiO

## STUDENT SUPPORT SERVICES

# October 2017

THE OFFICIAL NEWSLETTER OF THE VISIONS AND RX PROGRAMS

INSIDE THIS ISSUE

## Bringing In Fall

We've had a great start to the fall semester and are looking forward to an exciting October! Below are the highlights:

### Checking Four-Week Assessments

Every semester, we ask your professors to evaluate your progress. We can then share that feedback with you to make sure that you are on the right track! Check your email for notifications that yours are in and then stop by the TRIO Complex to review them!

### Filing FAFSA in October

Starting October 1, you will be able to file your FAFSA for the 2018-2019 academic year using your 2016 taxes. Filing early is a great way to maximize your financial aid eligibility and provides you with plenty of time to complete any additional paperwork. We are available to help you with the FAFSA in one-on-one sessions.

### Studying Smart

The middle of the semester is full of exams and papers. Set a schedule that will allow you to accomplish it all by first identifying your study habits. If you need a quiet space, reserve a study space in the lower-level of the library. Check-in with the tutors to ask them to review math concepts or your final essay draft. If you need help with time management, stop by the TRIO Complex for one-on-one assistance.

### Getting Engaged

There are many great ways to be involved in the Visions and Rx Programs as well as the MWCC community. Attending seminars and participating in activities are just two examples, but you can also join a club or start your own! Check your email for the most up-to-date notices on program and campus happenings.

### Staying Focused

Keep your momentum by continuing to build healthy habits. Scheduling time to relax, exercise or spend time with family can be just as important as maintaining your work and homework commitments. When juggling a busy schedule, packing your lunch or bringing a healthy snack can help you stay energized while saving time and money.

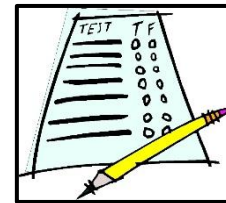
### Welcoming New Staff

Three new professional staff have joined our team! Stephanie Giguere is a Visions writing tutor, Amy Moury is an Rx math tutor and Ashley Dill is a Visions evening academic advisor. Visit page 3 to read more about their experiences. Come by and introduce yourself to these great new additions!

As always, the TRIO team is here to support and encourage you. We invested in your success so stop in and see us.



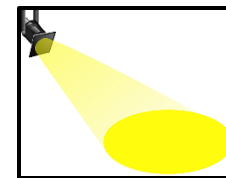
978-630-9297  
Room 134  
mwcc.edu/support/trio



### Testing Strategies

Lisa shares some great advice for preparing for and taking the TEAS

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### Student Spotlight

Meet Jennifer Fitzpatrick, a continuing Visions student.

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## Mark Your Calendars!

### Visions Mid-Semester Gathering

Monday, October 23, 2017

12:30-1:30 p.m.

North Café

### Rx Mid Semester Gathering

Wednesday, October 25, 2017

12:30-1:30 p.m.

North Café



**Mount Wachusett  
Community College**

AA/EEO Institution

# TEAS Strategies to Succeed

by Lisa Naze

Rx Transfer Counselor

If you are interested in nursing or Radiologic Technology, this acronym is certainly something you may be familiar with. The TEAS VI test is the Test of Essential Academic Skills and tests competency in reading, math, English and science. Many students dread taking standardized tests and often put off taking the test. Many are surprised to find that seats fill up quickly and often scramble to find an available test date, which adds to increased anxiety. To avoid becoming a cautionary tale, keep these tips in mind:

## Plan early

We recommend students take their TEAS with ample time to schedule a re-test if needed. The PN application deadline is

September 1, so we recommend students schedule a test in the summer before the application deadline of the year they wish to apply. The application deadlines for Rad Tech and the RN program are December 15<sup>th</sup> and January 15, respectively. We recommend students schedule the exam for summer to early fall before the application deadline of the year they wish to apply. You can check the MWCC testing center website for available dates and click on the ATI link to register.

## Have a base knowledge

While we encourage students to schedule their test early, it is recommended that students have completed course work in

math, English and at least one semester of science, preferably A & P I.

## Prepare

We recommend students prepare for the test as you would for a class. Set up study times, use study guides and TEAS apps. The Rx Program also offers TEAS prep software. Stop by the office to learn more.

## Save

The TEAS VI is \$95 + tax. The more you prepare you can hopefully eliminate the need to re-take the test and spend an additional \$95 per test.

## Learn more

Attend a TEAS workshop. The Rx program offers TEAS workshops twice in a semester. Our next workshop will be on **Wednesday, October 11 at 12:30 p.m.** in room 202. We will discuss how many times you can take the TEAS test, content areas on the test, as well as planning and preparation.

## Fall Transfer Trip Schedule is Posted!

by Todd Bennett

Visions Transfer Counselor

Have you toured a four-year college before? Have you seriously considered continuing your education and earning your bachelor's degree? Trips are a great way to explore transfer options and learn about continuing at a four-year school. All Visions and Rx students are encouraged to participate in our transfer trips. All trips are free and include transportation and lunch. Sign-up sheets are posted on Todd's door. Individual transfer advising appointments are also available with Todd or Lisa. They will be happy to help you identify schools that fit your needs. They will also help you navigate the process of applying for admission and aid at a four-year school. Students have successfully transferred to colleges near (Fitchburg) and far (California) and everywhere in-between.

### Current Schedule

|               |                            |
|---------------|----------------------------|
| Fri. Oct. 6   | Fitchburg State University |
| Fri. Oct. 27  | UMASS- Amherst             |
| Fri. Nov. 3   | UMASS- Lowell              |
| Tues. Nov. 7  | Westfield State University |
| Thurs. Nov. 9 | Mount Holyoke College      |
| Fri. Nov. 10  | Smith College              |

## The Renegades: A Story of Persistence

by Dawn Babineau

Visions Learning Specialist

On **Wednesday October 11** (North Café), **12:30-1:30 p.m.**, Student Life and Delta Alpha Pi (DAPI) are presenting a very special screening of the movie, **The Renegades: A Beep Ball Story**. All are encouraged to attend, so bring a friend.

The film is about the sport of Beep baseball in which blind and visually impaired athletes hit baseballs and dive headlong into buzzing bases. Beyond the game, it is about the people and their stories. The film looks at hope, heartache and what it means to play as a team. Mixed in is a fierce New York/Boston rivalry.

The coach and one of the players from the team are expected to attend the MWCC showing and will be available after the film for a meet and greet opportunity. It will be a fun time!

**PS:** Delta Alpha Pi (DAPI) is an academic honor society founded to recognize high-achieving students with disabilities who are attending colleges and universities as undergraduate students. For more information on DAPI, please see Amy LaBarge, Coordinator of Disability Services or see Dawn in the TRIO Complex for a referral.

## MWCC Financial Literacy Fair Taking Credit for Your Future

Tuesday, October 5, 2017  
MWCC Gardner Campus  
Commons Area  
11:30 a.m. - 1:30 p.m.

Financial Literacy Skills = A Lifetime of Financial Well-being

Attend a workshop and/ or chat with area banks and agencies.

### Multi-Purpose Room 115

|   |                           |
|---|---------------------------|
| <b>Credit Cards</b>                           | 11:30 a.m.-<br>12:00 p.m. |
| <b>Credit Score &amp; Establishing Credit</b> | 12:15 p.m.-<br>12:45 p.m. |
| <b>Budgeting</b>                              | 1:00 p.m.-<br>1:30 p.m.   |

### Murphy Room S105

|   |                           |
|---|---------------------------|
| <b>Financial Aid</b>                                      | 11:30 a.m.-<br>12:00 p.m. |
| <b>SALT® Planning, Paying &amp; Repaying College Debt</b> | 12:15 p.m.-<br>12:45 p.m. |
| <b>Federal Student Loans</b>                              | 1:00 p.m.-<br>1:30 p.m.   |

Sessions will be live streamed at the Leominster Campus

# Student Spotlight: Jennifer Fitzpatrick

by Mary Roth

Visions Professional Writing Tutor

## What motivated you to attend college?

My motivation to return to school was not only for myself, but for my daughters. Due to a life changing event, I thought this was the best path, not only to find a new career but to make a better life for my children.

## What has surprised you most about being a college student?

The most surprising thing for me returning back to school was how much I actually enjoy it. Due to being an older student and being out of school for many years, I was very intimidated with many factors, such as being the oldest in my class, not being able to keep up with my classes or failing.

## What is the most helpful or interesting thing you have learned?

The most interesting thing I have learned about this experience is that I can do it.

## What are kinds of challenges you have faced as a college student and how have you overcome them?

Some of my challenges that I have faced are time management with homework and balancing my children's schedules. I have learned to set a certain time of the week for myself with no distractions to make sure I can get my work done as well as study to prepare myself for class.

## How do you keep yourself motivated toward your goals?

To keep myself motivated, I just think of my daughters and showing them that no matter your age or your situation, you can always achieve your goals, and no matter how hard it is, I do not want my daughters to see me quit.

## How has the Visions Program helped you?

The Visions Program has been an amazing support system, not just with tutoring but with emotional support, as well. Coming to



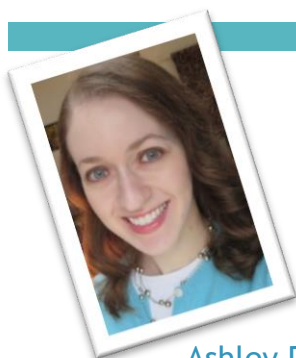
school, I was not sure what path I wanted to take with my career choice and the Visions Program guided me down the right path.

## What advice do you have for students who are just beginning their college experience?

The only advice I can give new students is to never quit, no matter how hard it is. Take on the challenge and make it a positive one and enjoy the experience.

## What are your plans for the future?

For my future, the plans I have will be to find a fun, rewarding career and enjoy watching my kids enter their college experience and pursue their future.



## Meet The New Staff

### Ashley Dill

Visions Academic Advisor

Ashley Dill is excited to start work as the Visions Program's new Academic Advisor. She has spent the last four years working in the Academic Support Center at MWCC as a writing tutor. She has a BA in English, Writing, and Mass Communications from Assumption College and a MS in Applied Communication from Fitchburg State University. In her free time, she loves exploring historic places and gardens, as well as going to the movies. She is looking forward to working with Visions students and helping them reach their full potential as MWCC students!

**Ashley will be available from 1:30-6:00 p.m. Monday-Thursday.**

### Stephanie Giguere

Visions Professional Writing Tutor

I am very excited to join the Visions Program as a professional tutor. You might recognize me from the MWCC's Academic Support Center, where I worked as a writing tutor since 2012.

I love to do yoga, run, and go rock climbing. I spend a lot of time at the Central Rock climbing gym and at nearby crags.

I graduated from Assumption College in 2012. I am in the last year of a special education master's program at Fitchburg State University. I also tutor at FSU in the afternoons. My office is 134B, so please stop in to say hello!

**Stephanie will be available from 8:30 a.m.-1:00 p.m. Monday, Tuesday and Thursday and 8:00-12:30 p.m. on Wednesdays.**



### Amy Moury

Rx Professional Math Tutor

I have a Bachelor of Science in marine biology from the University of Rhode Island and a Master of Education focusing on high school science from UMASS Lowell. Because of my science background, I have been exposed to a lot of math. This combined with my passion for education has led me here. I have been an adjunct math professor at MWCC for nine years, teaching mostly online classes in the past few years while raising my young family. The students I have met from my classes are hard-working and determined, and I am excited to have the opportunity to support them even more in my new role. In my free time, I like to read, cook, and bake anything sweet!

**Amy will be available 8:30 a.m. - 1:00 p.m. Monday-Thursday**



444 Green Street, Gardner, MA 01440-1000

### Extended Hours

The TRIO Complex is now open

Monday-Thursday  
8:00 a.m. – 6:00 p.m.

Friday  
8:00 a.m. – 4:00 p.m.

### TEXT TRIO

Have a question and don't feel like calling or emailing? You can now text the TRIO SSS staff at **507-400-TRIO (8746)**!

Add us to your contacts and give it a try!

## October 2017 Calendar of Events

Check your email daily for the most up-to-date information on program events and campus news

| Sunday | Monday  | Tuesday  | Wednesday  | Thursday | Friday | Saturday |
|--------|---|--|--|----------|--------|----------|
| 1      | 2<br><b>Healthcare Transfer Seminar</b><br>12:30-1:30 p.m.<br>RM 204              | 3<br><b>Transfer All Majors</b><br>12:30- 1:30 p.m.<br>RM 202          | 4  | 5        | 6      | 7        |
| 8      | 9<br><b>Columbus Day</b><br>No Class All Campuses<br>Day and Evening              | 10<br><b>Monday Schedule</b><br>All Day Classes All<br>Campuses        | 11<br><b>TEAS Workshop</b><br>12:30- 1:30 p.m.<br>RM 202   | 12       | 13     | 14       |
| 15     | 16<br><b>Retirement- Beginning Basics</b><br>12:30-1:30 p.m.<br>W11               | 17<br><b>Positive Living</b><br>12:30-1:30 p.m.<br>RM 202              | 18   | 19       | 20     | 21       |
| 22     | 23<br><b>Visions Mid-Semester<br/>Gathering</b><br>12:30- 1:30 p.m.<br>North Café | 24<br><b>Financial Literacy<br/>Fair</b><br>11:30-1:30 p.m.<br>Commons | 25<br><b>Rx Mid-Semester<br/>Gathering</b><br>12:30-1:30 p.m.<br>North Café<br><b>Cycle 1: Last day of Classes</b> | 26       | 27     | 28       |
| 29     | 30  | 31<br><b>Home Buying 101</b><br>12:30-1:30 p.m.<br>Murphy Room         |  |          |        |          |

If you have a disability and require accommodation in order to participate fully in program activities, please contact the program director to discuss your specific needs.

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