

TRiO

STUDENT SUPPORT SERVICES

March 2019

THE OFFICIAL NEWSLETTER OF THE VISIONS AND RX PROGRAMS

IN THIS ISSUE

March On!

by Gaurav Khanna,
Director of the Visions and Rx Programs

It seems like the semester just started yesterday but here we are—it's March and the mid-point of the spring semester. Time to ramp up your work for your classes and set up a plan to get it done well in time!

We have been receiving your four-week assessments from your faculty. In the assessments, faculty can give feedback on classroom preparation and participation in addition to grades and attendance. These assessments are vital tools in building good academic habits throughout the semester. Make sure to check your email or stop by the TRIO Complex to see if your four-week assessments have been returned!

We're happy to announce that we have filled the Visions Transfer Counselor position. Sarah Pingeton will be filling the role starting March 11, 2019. We are very excited to have Sarah in this role. Please stop by and say hi, chat about transfer, or get paperwork taken care of if you are planning a move this semester.

We have an exciting March lined up for you as well! There are transfer visits to UMass Amherst and Salem State. Our Etiquette Luncheon with a three course meal will be on March 8. This event has limited space so please RSVP to hold your spot). In addition, for the first time we will be hosting a career conference over spring break. The conference will cover overviews of the job market, what employers want, and the opportunity to do a mock interview to polish your skills.

Spring break is also a great time to apply for scholarships! The MWCC Foundation Scholarships are a great opportunity to apply for scholarships with just one application. Stop by the TRIO Complex if you need help or want someone to read over your application materials.

This newsletter is packed with great information. Take a few minutes to review what is useful to you. If you need help with anything, come on down to the TRIO Complex—we always love seeing you!



Career Conference

Learn more about our first career conference on pg. 2



Student Spotlight

Abigail Bernklow shares her education and her path to success on pg. 4!

Rx Program

VISIONS
Program



Mount Wachusett
Community College

Spring Break Career Conference

by Mary Roth

Visions Professional Writing Tutor

Spring break is right around the corner, and Visions and Rx students are invited to attend our first Career Conference. Students will have the opportunity to prepare for the upcoming MWCC College Job Fair and for job search after graduation.

The Conference will kick off with an informal networking session, where students will have the opportunity to meet and chat with professionals. The morning seminar will focus on how to conduct a successful job search, the importance of networking and practical tips for navigating a job fair. After a working lunch, the afternoon seminar will include opportunities to develop and refine cover letters and resumes and to learn and practice key interviewing skills. In addition, students will be able to have their resumes reviewed and critiqued by professional volunteers and practice interviewing skills through mock interviews. Whether you are about to graduate and pursue your first professional job or looking for a summer job opportunity, the Career Conference will provide you with the tools you need to prepare for your job search.

Visions & Rx Career Conference

Wednesday, March 20, 2019

10:00 a.m. – 2:00 p.m.

North Café

Schedule

9:30-10:00 a.m.	Registration & Networking with Professionals
10:00-10:45 a.m.	Welcome & Keynote Speaker
10:45-11:00 a.m.	Break
11:00-12:00 p.m.	Job Searching and the Importance of Networking
12:00-12:30 p.m.	Working Lunch
12:30-1:30 p.m.	What not to say on a resume, cover letter or interview
1:30-2:00 p.m.	Individual resume review or mock interview

Upcoming Career Events

<p>Dress for Success Event</p> <p>Wednesday, March 27, 9:00 a.m.-2:00 p.m. South Café</p> <p>Sponsored by Parent Support Group (PSG)</p>	<p>Nothing priced over \$1</p> <p>Free Hair Styling & Make-up Guidance 10:00 a.m. – 2:00 p.m.</p> <p>Free Professional Headshots 10:00 a.m. – 12:00 p.m.</p> <p>You will be enter to win an HP Printer or Google Home for simply attending!</p>
<p>Preparing for the Job Fair: Resume & Presentation Tips</p> <p>Monday, March 11 12:30-1:30 p.m. RM 072</p>	<p>Learn about the importance of preparation for this great opportunity to connect with potential employers at the MWCC Job Fair on April 3 in the South Café.</p>

Transfer Talk for May Graduates & Beyond

by Alaina Lucchetti

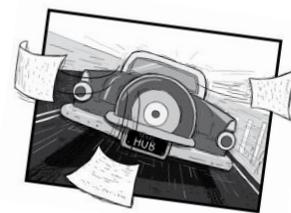
Rx Transfer Counselor

For many of you, this spring means the last semester here at MWCC. So, what's next for those of you graduating in May? A lot of you might already be thinking ... time to transfer, I am good to go!

And some of you might be contemplating "Is it too late to start thinking about transferring in the fall?" The answer is: Absolutely not! While there are institutions with March/April

application deadlines for a fall start, there are still many out there operating on rolling admissions or accepting applications well into the summer months.

So what does this mean for you as a May graduate who has just started to think about transfer? First things first—come see us! As your transfer counselors, we are here to help you through this process!



Not graduating in May? It is never too early to start thinking about your transfer options!

For more information join us on Wednesday, March 6 for the Transfer Seminar or attend one of our Spring Transfer Trips.

Got Plans for Spring Break? If not, you've got options!

By Emma Lynch

Visions Academic Advisor

STAY NEAR At MWCC:

TRIO Career Development Conference, Wednesday, March 20, 10 a.m.-2 p.m.

Learn more about networking, job fairs, resume and cover letter writing, and participate in mock interviews!

Habitat for Humanity Build in the Community, Wednesday, March 20

Contact Shelley in the Brewer Center for Civic Learning and Community Engagement for more information or sign up:

Room 152 (Gardner Campus)

978-630-9187

Community@mwcc.mass.edu

Local Massachusetts Events

Drop-in Knitting Club at the Levi Heywood Memorial Library in Gardner, Monday, March 18, 10 a.m. -12 p.m.

No registration required, but bring your own materials and join a meeting of knitters, crocheters and quilters who meet to work on their current projects and share ideas.

Preschool Playgroup/Literacy/Story & Craft time at the Stevens Memorial Library in Ashburnham, Monday, March 18, 1 p.m. -2 p.m.

– This is a free activity for young children who are accompanied by their parents or caregivers.

Murder Mystery Night: Solve a Murder Mystery at the Leominster Public Library, Tuesday, March 19, 6 p.m.-8 p.m.

– For adults ages 18 and up, summon your inner Sherlock Holmes and work in a group to “Hunt a Killer.” Each month the Leominster Library receives a subscription box with new mysteries to solve if you want to include this event in your regular schedule!

In Massachusetts:

Create a Fundraiser for NEADS (Dogs for Deaf and Disabled Americans)

Based in Princeton, MA, you can apply to

host a fundraiser for NEADS and explore your creative side. Organize your own garage sale or car wash to raise funds for this awesome organization. Look here for more information and fundraiser ideas: <https://neads.org/get-involved/donate/raise-funds-for-neads/>

Visit the Pioneer Valley — Hike all or part of the Seven Sisters, an 8-mile long trail in the Mount Holyoke State Park. Check out the Emily Dickinson Museum, located in Amherst Center, which also has lots of little shops and restaurants. Go to nearby Northampton for an even quirkier Pioneer Valley experience with more to explore, such as Smith College’s Botanic Garden.

Tour the Mohawk Trail – If you enjoy driving and want to take in some excellent Massachusetts scenery, consider doing a driving tour of the Mohawk Trail. Take some hair pin turns through the Savoy State Forest and see the Berkshires, or check out Williams College in Williamstown or Mass MoCA in North Adams. For more information: <http://www.mohawktrail.com/driving-tours.html>



Visit Boston – The Commuter Rail offers \$10 unlimited tickets on the weekends (until June 30, 2019). Save on gas and parking in the city and ride into North Station, where you can walk to the North End, Faneuil Hall, and Quincy Market. Head to any number of museums, galleries, music events, restaurants that the city has to offer. Get an idea of what

you can do on Eventbrite: <https://www.eventbrite.com/>

GO FAR:

Road Trip! – Take advantage of gas rewards programs and go with a couple of friends to split the cost, and you don’t have to spend a lot of money to take a road trip. If you have credit card points, see if you can redeem those to save money on travel purchases. Around 300 miles south (eight hour drive) will take you to Ocean City, Maryland, a popular summer beach town. You can find hotels for around \$60-\$80* dollars a night. Take a couple of days and go a little farther south to the Carolinas in search of warmer weather. Stay outside of any cities to save money on hotels, or use a map radius tool to see where else 300 miles (or more) might take you: <https://www.mapdevelopers.com/draw-circle-tool.php>

Explore a U.S. Territory – For around \$275* you can fly to San Juan, Puerto Rico, where you can snorkel, see a bioluminescent bay, explore castles and Old San Juan, and so much more. You can use U.S. currency and you won’t need to think about an international cell phone plan. The weather in March is an average high of 81 degrees with a low of 75 degrees. Expect a little rain, but overall, not bad, huh?

Fly Overseas – Get your passport (\$145 for first time passport book applicants) and take an overnight flight to Europe, where for as little as \$350* you can buy roundtrip flights for the week to Dublin, Ireland. For a little more money, you can see the United Kingdom before they leave the European Union (and witness history!), or check out Iceland or Paris. Stay in a hostel to save money and most European cities offer free walking tours to get you acclimated to the sights.

*These prices are accurate for March 18-23 as of writing and may fluctuate over time.

Student Spotlight: Abigail Bernklow

By Dawn Babineau

Visions Learning Specialist

This edition of our TRIO Student Highlight introduces you to our friend and fellow scholar Abigail Bernklow.

Abby is in the final stretch of completing a LAEL (Liberal Arts with focus on Elementary Education) Associates degree. After high school, she says it wasn't really a question of whether or not to go to college, but rather a deliberation over where would be the best college for her to start out. Like many students just transitioning out of high school, Abby said she really wanted to center her studies at a college with smaller class sizes and the ability to be fully involved in the college community. Initially, she didn't think she was ready for the larger four-year institutions and focused her thoughts on a community college. After some research she found MWCC and connected with several clubs and organizations such as Visions. The ride for her each day is long, but she reports a feeling of having made the right decision. She feels her time here at MWCC was well spent and she is now ready to make the transition to a larger institution to finish her studies.

Abby has a special reason for choosing LAEL as her major. Her professional goal is to be a teacher for children with special needs. Assisting students with learning challenges and obstacles holds personal

meaning. Abby herself has a physical disability that, at times, has impacted her school work. Abby was born with Bicuspid Aortic valve of her heart. This heart condition requires monitoring, multiple levels of diagnostic testing, and on a couple of occasions, surgery. In fact, this past year, Abby had open heart surgery during the academic semester. She is such a dedicated student that in the off time while waiting for doctors and nurses in the hospital to wheel her off to surgery, she was emailing back and forth with her academic advisor about her coursework. She did not miss a beat with her work or her course pathway. Abby wears her surgery scars, some which encroach up to her collar bone, with pride. She says she does not try to hide them and encourages people to ask her about them. She hopes to be able to have the students she will eventually work with realize there is no reason to feel uncomfortable if they have scars or health issues. She shares that these are just a representation of something she has experienced.

In addition to her academic classes, Abby also enjoys social activities both at home and on campus. She is a very active member of the Visions Program. She is secretary of the Art Club and a new member of the Astronomy Club. She was



a girl scout for many years. In her free time, she enjoys drawing, painting, listening to music and reading a good book. She has a part-time job working on the dementia unit of a nursing home that she really enjoys. She says she feels passionate about helping others with disabilities.

When asked one thing people might be surprised to know about her, her response was that she can be really outgoing. Sometimes people do not realize this because she seems like such a quiet person, but she says once she gets to know you, that all changes. She also reports that she is known to be really competitive when playing games. Additionally, Abby likes structure and likes to know in advance when things are happening.

When asked her final words of advice for other students, she shares how important it is to stay ahead of your schedule and to use your resources.

Keeping Your Credit History Positive

By Joyce Kulig

Visions Retention Specialist

Your credit history is an important factor in determining your financial future. Your credit history may be reviewed by potential employers, landlords, utility companies and insurance companies. Mortgage lenders, credit card companies and student loan lenders will review your credit history.

Learn about "Intro Credit" –a new program to establish credit--presented by **Athol Savings Bank**

DATE: Tuesday, March 12

TIME: 12:30 -1:30 p.m.

ROOM: W11

Pizza and \$50 scholarship provided by the MWCC Foundation.



Art! Paint! Road Trip!

By Catherine Maddox-Wiley
Rx Retention Specialist

TRIO is heading to WAM – not to be confused with WHAM! the 1980's musical group -- WAM as in the **Worcester Art Museum**.

We will start our adventure in an art studio where an instructor will introduce us to the techniques of landscape painting. With canvas, brushes and paint, we will create our own works of art!

While our paintings dry, a guide will take us on a one-hour tour of the Monet and Hiroshige exhibits. **Claude Monet** (1840 – 1926) was a French impressionist whose landscape paintings are easily recognizable because of his soft touch with color. Monet appreciated the works of **Utagawa Hiroshige** (1797 – 1858), a Japanese artist whose landscapes were created with subtle color.

Concerned that you aren't artistic? No worries! Art is about **self-expression, personal interpretation** and **enjoyment!** Disappointed that WHAM! isn't on the schedule? No worries! On the bus ride, Visions advisor Dawn Babineau will lead a sing-along of the duo's greatest hits!

Join us for this exceptional experience!



The Water Lily Pond by Claude Monet

Worcester Art Museum

Friday, March 29

9:00 a.m. Depart Gardner campus

10:00 a.m. **Paint!**

12:00 p.m. Lunch

(Not included: You are encouraged to bring your own. The WAM Café requires reservations, so there may not be adequate time to sit for a meal.)

1:00 p.m. **Tour!**

2:00 p.m. Depart Worcester

(Arrive Gardner campus at approximately 3:00 p.m.)

Notes: 1. Space for this event is limited, so sign up soon!
2. A \$5 deposit is required and will be refunded prior to boarding the bus.
3. Students are required to participate in both museum activities.

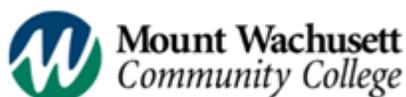
Snapshots: Spring Kick-Off & Lunch

Visions students had a great time playing extreme Rock-Paper-Scissors with Visions Academic Advisor Emma Lynch.

Rx Retention Specialist Catherine Maddox-Wiley led the Rx students in competitive games of bingo.

Make sure to join the Visions & Rx Leaders as they run the Rx Gathering on March 26 and Visions Gathering on March 28. Both events will be held at 12:30 in the North Café. Come and show your support!





444 Green Street, Gardner, MA 01440-1000

March Checklist

- ✓ Continue to **go to class, communicate with your instructor and complete your school work.**
- ✓ **Review Four-Week Assessments**
- ✓ Sign-up for **at least one TRIO event.**
- ✓ **Complete your 2019-2020 FAFSA.**
- ✓ **Apply for MWCC Foundation Scholarships.**
- ✓ Schedule your registration appointment. **Priority Registration Begins April 8.**
- ✓ Check your email daily!

March 2019 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 Transfer Visit to UMASS Amherst	²
³	⁴	⁵	⁶ Transfer Seminar 12:30-1:30 p.m. W11	⁷	⁸ Etiquette Luncheon Sign-up Required	⁹
¹⁰	¹¹	¹² Intro Credit 12:30-1:30 p.m. W11	¹³ Cycle 1: Last of classes	¹⁴	¹⁵ Transfer Visit to Salem State	¹⁶
¹⁷	¹⁸	¹⁹	²⁰ Career Conference 10 a.m. - 2 p.m. Murphy Room	²¹	²²	²³
Spring Break: No Classes All Campuses Day & Evening						
²⁴	²⁵ Cycle 2: Classes Begin	²⁶ Rx Mid-Semester Gathering 12:30-1:30 p.m. North Café	²⁷	²⁸ Visions Mid-Semester Gathering 12:30-1:30 p.m. North Café	²⁹ Trip to Worcester Art Museum Sign-up Required	³⁰
³¹						

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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