

TRiO

STUDENT SUPPORT SERVICES

April & May 2019

THE OFFICIAL NEWSLETTER OF THE VISIONS AND RX PROGRAMS

IN THIS ISSUE

Spring to the End

by Gaurav Khanna,
Director of the Visions and Rx Programs

Even though you can feel the nip in the air it's great to see more sun and the feeling of spring (fingers permanently crossed because we're talking about New England weather ☺). We hope all of you had some time to rest and recharge over spring break and are ready to deliver the finishing kick you need to successfully get to the end of the school year. Time moves inexorably and finals will be here before you know it. If you need help with your classes, projects, life or anything else, come in and let us try to connect you with resources that will help.

The end of this semester marks the end of an era for the TRIO Programs at Mt. Wachusett Community College. Joyce Kulig, who started with the Visions Program in 1998 is putting aside her copy of the college catalog and logging off the advising systems to head towards a well-deserved retirement. Check out her short note on page 6 about her experience at MWCC.

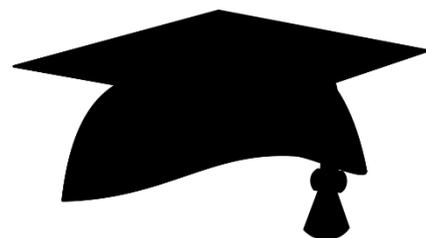
At the end of March, Sara Williams and I were able to go to Washington D.C. to meet with Massachusetts Congressional representatives to advocate for continued funding for TRIO Programs so we can continue to provide

funding for Visions and Rx students. All the offices we visited showed strong support for our programs. It is heartening to see that our elected leaders support programs like TRIO that expand access to education from middle school to grad school!

Registration should be near the top of your to-do list for April. Registering early will get your classes locked in before new students begin registering. Students who went to school full time in the fall and spring will have the option to take two free summer classes to accelerate their path to graduation. Eligible students will receive notification via email. If you did not get an email and are eligible, make sure to check in with the office. See page 2 for more details on registration.

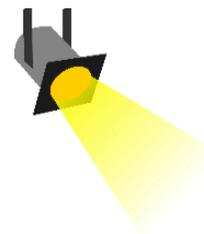
We will be here to support you through the end of the semester and graduation as well as the summer. If you have a family member or friend coming to MWCC in the fall who could use some support, make sure to bring them over and introduce them to us—we love referrals!

Good luck with finals!



Are you graduating?

Check out our list of students who are graduating on page 5. Make sure to let us know of your plans!



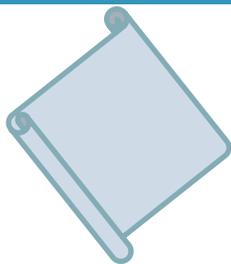
Student Spotlight

Learn about Yasmine Quartey and her amazing journey on page 6!

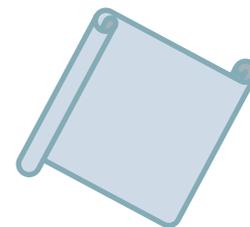
Rx Program

VISIONS
Program

 **Mount Wachusett
Community College**



You're Invited Summer and Fall 2019 Registration



by Emma Lynch
Visions Academic Advisor

WHEN:

April 8-19 for continuing students. What does this mean? Current, continuing students have registration priority—new students have to wait! You can register after the 19th, but beware, you may not get all the classes you need at the times you want.

WHERE:

The **TRIO Complex!** Sign up sheets will be outside each advisor's door, so sign up for a registration appointment with TRIO Advisors who are able to help you get the best schedule and figure out classes you should take for transfer

or to be on time to graduate. You *could* do this on your own, but why not sit with a friendly face?

HOW TO PREPARE:

Look at your progress in **DegreeWorks**, an app available in your iConnect. See what classes are recommended for your major, and then click on the course code and/or number to see a course description and prerequisites.

Then, use the **Course Listing** feature to search for classes by semester, part of semester, campus, subject area, or instructor. Access the Course Listing from the

MWCC Homepage, under the "Academics & Continuing Ed" tab, or the WebConnect app in iConnect. Once you have a schedule in place, you can finish registering through WebConnect or with a TRIO Advisor.

WHAT ELSE:

Make sure to file for **Financial Aid** for next year, and look for your award information and your bill in June to make sure everything is in order. While you do this, **waive your health insurance** fee, if applicable, so that you don't have an additional \$1,900+ charge on your account.

Get the Perfect Schedule!

Priority Registration for
Continuing Students

Begins April 8th

Schedule your one-on-one
advising appointment
today!



Want to know more about summer courses?

The Summer Semester can be a great opportunity to accelerate your journey to your degree!

If you are interested in summer classes, make sure to discuss your other responsibilities with your Visions or Rx academic advisor.

Open Lab Registration

Monday, April 8th
Tuesday, April 9th

12:30-1:30 p.m.
RM 250

The Visions staff will assist students in self-registering for classes, answer questions and review schedules.

The Rx staff recommend one-on-one appointments for healthcare students.

Symptom: TEAS Anxiety

Prescription: TEAS Workshop

By Catherine Maddox-Wiley
Rx Retention Specialist



Are you soon to be a PN, RN or Rad Tech applicant? Then you probably know that the Test of Essential Academic Skills is required prior to applying for admission to those three selective programs. The test evaluates your academic knowledge from kindergarten through college pre-requisites and covers four skills areas: reading, mathematics, science and English language usage.

Pre-requisite grades carry a lot of weight, and so does the TEAS. To be eligible to apply to your program of choice, you must pass the test. Therefore, take the TEAS seriously and in a timely manner.

Consider these pointers to relieve some of the pressure you may be feeling:

Preparation is key. Treat your study sessions like a course in which you are the professor. Set aside specific days and times for reviewing the four subjects.

Study all four subjects. Most students give more time to biology and math but fail reading and English.

Take the test a couple of months prior to the application date or immediately after you have completed the required English, biology, and math courses. This is to ensure that:

- You can secure a test date. The TEAS dates at MWCC fill up quickly.
- You have time to retake the test if necessary.

Students are only allowed to take the TEAS three times within 365 calendar days. Most students need two attempts. If you don't take the test and pass it by the application date, you won't be able to apply to the selective program until the following year. Yikes!

Save for the cost of the test which is approximately \$100. Retakes cost the same.

For more detailed information, attend a TRIO TEAS Workshop which will focus on the registration process, targeted test dates, the testing format, the time allotted for each of the four sections, the required scores and scoring method, study strategies, and study resources. The upcoming workshop dates are:

Wednesday, April 3 at 12:30 - 1:30 p.m. in Room W11 or

Tuesday April 9 at 12:30 - 1:30 p.m. in Room 202

The test is computerized, so review and practice with a variety of TEAS study materials, i.e. study manuals, online apps, and computer-based instruction.

MWCC often offers TEAS courses in the summer that provide a review of the four subject areas for a cost of approximately \$60 for each course or subject area. Watch for course listings and announcements from the Rx Program.

Your coursework has prepared you, so try to be confident when you review, take practice tests and take the real thing. A few nerves are okay; outright anxiety is not. Visualize your success! You've got this!

TEAS Workshops

Wednesday, April 3
12:30-1:30 p.m.
Room W11

&

Tuesday, April 9
12:30-1:30 p.m.
Room 202

Joyce's 5

IMPORTANT REASONS TO CHECK YOUR MWCC EMAIL OVER THE SUMMER

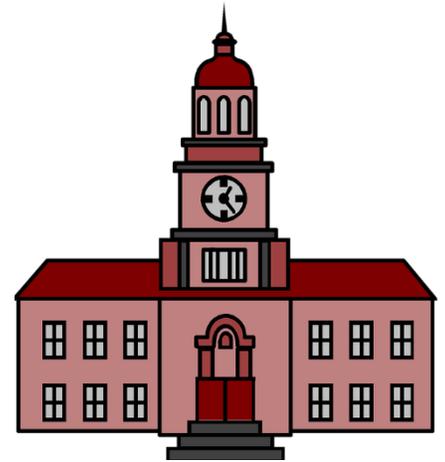
1. Financial Aid will contact you regarding additional forms they may need from you before an award can be made for the 2019/2020 school year.
2. If you are taking a summer class, this is how faculty will contact you.
3. Bills for the fall will be sent via email in early August. You will want to make sure your bill looks correct.
4. If a class is dropped from the summer schedule, you will be notified via email.
5. The TRIO Programs (Visions & Rx) will also be sending notices to you throughout the summer.

Transfer Out Event

By Alaina Lucchetti
Rx Transfer Counselor

Are you transferring to a four-year college in the fall? If so, let us help you make the transition as easy as possible! **The first step is to let us know!** Whether you have worked with a transfer counselor throughout the process or tackled it on your own, we want to hear from you! We want to know where you will be transferring in the fall. Please stop in, email, or call to share your exciting news with us!

As a transfer student, you will be invited to our annual Transfer Out Luncheon event. During the Transfer Out luncheon, you will have the opportunity to hear from a panel of previous MWCC transfer students and to ask questions regarding the transition to a four year school. Once all of our transfer students have been identified, you can expect a formal invitation to this event.



Meet Sarah Pingeton

Visions Program
Transfer Counselor

Sarah is excited to be the new Transfer Counselor in the Visions Program. She comes to Visions from Advising at MWCC and is looking forward to getting to know all of the students in the program. Sarah has a BA in English Literature from Emmanuel College and an MA in School Counseling from Assumption College. She has lots of experience in education and behavioral health. When she's not at work, you can find her training for a race (she's a runner), crocheting, or binge-watching Netflix. Let her know your favorite Netflix show when you meet her!



Did you know that Sarah Pingeton and Alaina Lucchetti, Visions & Rx Transfer Counselors, are available to take you to visit four-year schools? If you want to transfer next semester or next year and would like to take a college tour, stop by the office to let them know!

JOIN



US

Worcester State University
Friday, April 12

Fitchburg State University
Friday, April 19

During each visit, we will take a campus tour, meet with a representative from admissions, and have lunch in the dining hall. As always, transportation and lunch are provided. Sign up with Sarah or Alaina today!

Let's Celebrate Our Graduates

The following students are December 2018, May 2019 and August 2019 graduates

In total, these students have earned **24 certificates** and **74 associate degrees**

Visions Students	Rx Students
Kaitlyn Aube Natasha Austin Allyna Baker Abigail Bernklow Ismael Berroa Meredith Brown Cassparina Carlson Tyler Charland Josefina Coursen Erika Cruz Alyssia Cutler Lisa Daniel Brittany Dennis Roger Dirth Jessica Dodge Chynna Donahoo Summer Fagerstrom Lisa Ferrara-Caron Tyler Fougere Kristty Galarza Eugenio Garcia Conner Garrity Caitlin Goodbrake Connor Harris James Huff Daniel Hurst Maria Javien Christopher Jerszyk Cyleste Johnson Keith Kidder Sean Krieger Jacqueline Lane David Licqurish Mercedes Linnell Ryan Lyesiuk	James Mahoney Aaron Makela-Watson Makenna Mancuso Kelsey March Felisha Martin Jammie Mascitti Arthur McDonald Sarah Mello Zachary Mitchell Alisa Nano Christopher Ouellet Riya Patel Sarah Payson Nathan Preville Yasmine Quartey Holly Ramsaran Florencia Rivas Kiana Rivera Shayna Rolon Hannah Roseberry Darlene Rossi Courtney Rouse Todd Russo Alexa Russo Ryan Satterfield Isabella Serrano Leigh Snow Amber Staiti Nathaniel Stockbridge Danielle Talarico Luz Torres II Garcia Jason Vezina Haley Visconti Nicole Wetherby Lydia Abankwah Nadege Aguy Jessica Boutell Danyelle Bushee Tammy Coughlin Bailey Culver Catherine Ddiba Priscilla DePaula Amy Dugan Stephanie Fuller Brittany Gale Robyn Gintner Erin Jones Tatiana Mesa Alessandra Moriarty Brittany Orsalock Justine Pottinger Bryan Rios Stephanie Roy Donna Songer Jessica Sutton Renee Tenney Cassandra Tessier Chloe Wiseman **This list is based on information available at the time of printing.

We're Recruiting

Don't see your name ?

If you are planning to graduate in May or August 2019, it is not too late to file your petition to graduate! Submit your petition by April 15th to have your name listed in the Commencement Program !

TRIO students have above average graduation and transfer success and this year is no exception!

With these students moving on to new adventures, we find ourselves with the unique opportunity to accept new students.

So, if you have had a great experience with our TRIO programs, remember to tell your friends so they can join too!!

Also, if a friend or neighbor is graduating from high school and coming to MWCC, please make sure they know about us.

Student Spotlight: Yasmine Quartey

By Sarah Pingeton

Visions Transfer Counselor

Yasmine Quartey is in her last semester of LAHP (History/Political Science) here at MWCC and is planning to attend UMass Amherst in the fall! If I had to sum Yasmine up in two words or less it would be "Goal Oriented".

Yasmine graduated from high school in Ghana and moved immediately to Massachusetts to live with her father and take advantage of the opportunity to continue her education here. Yasmine says that she believes education is extremely important and that she could not miss the opportunity to study in Massachusetts, which she knew as the education hub of the United States. Making the decision to leave home was difficult, and it was tough to leave her friends, but she had the support of her mother to make the move.

Yasmine made the most of her time at MWCC by participating in the Commonwealth Commitment. In fact, that's how I first met her almost two years ago! Yasmine came to me with her research all done asking how to sign up

for the Commonwealth Commitment. She has stayed on track with the Commonwealth Commitment, meeting and exceeding the GPA standards and the graduation timeline laid out for her, and is about to take advantage of guaranteed admissions at UMass Amherst as a result. She says the rigorous standards (and great benefits!) of Commonwealth Commitment pushed her to study more and stay on track knowing she had something to achieve. See, I meant it when I said she was goal oriented!

Commonwealth Commitment wasn't the only thing Yasmine jumped right into. She also joined SGA in her first semester, but she quickly became overwhelmed by her full time course load, adjusting to school and life and CLIMATE in Massachusetts, and club membership. By the start of the next semester, she submitted her application and joined Visions and immediately did better with the support she found here. You can regularly find her in Joyce's office or



stopping in to have a quick question answered. You might also see her at the SGA booth on campus, participating in fundraisers, or at her Work Study job. In her limited free time, Yasmine likes to design her own clothes and sew!

Now, back to Yasmine's goals. Yasmine wants to be a Human Rights lawyer. She says the world is changing and people need someone to speak for them. She's known she wants to be a lawyer for as long as she can remember, and her ultimate dream is to work for the UN. So keep your eye on her, because I'm sure she'll make it there. Next step: Bachelor's in Political Science!

Yasmine's words of wisdom? "You only live life once, so why not take a chance? If it goes poorly you can always learn from the mistake."

Twenty-One Years with TRIO

By Joyce Kulig

Visions Retention Specialist

On May 29th I will walk out of my office for the final time. Excitement and fear tug at my heart. I think in many ways I am feeling like our students who graduate and move on to a four-year school or enter the world of employment. MWCC has been my go-to place. Co-workers have become friends. Best of all are the students who make coming to work every morning worthwhile. My students have made me smile and laugh; have

made me learn; have made me try new things; and have made me cry.

I have learned much about myself because like many of our TRIO students I am a first-generation college student. This is what I know now that I wish I knew when I was back in college so many decades ago:

Successful students really do use services more. They set high standards for themselves and reach their goals by seeking the support they need.

Persist. I have stopped prejudging students because I have seen students jump over obstacle after obstacle to complete their degree, walk in graduation and then transfer to a 4-year university.

Meet deadlines.

Enjoy learning and critically think about everything you learn.

Do not be afraid to try something new. Even if it is chicken feet for lunch.

My final thoughts are to say thank you. Thank you to the college staff, to my TRIO co-workers and my students.

Do well and smile often.

Learning to Lead

By Alaina Lucchetti
Rx Transfer Counselor

Over the past eight weeks, a group of sixteen Visions and Rx students have participated in our 2019 Leadership Program. Together, they have attended weekly workshops, planned and presented warm-up activities for the group, and hosted both the Visions and Rx mid-semester gatherings. This group of students has demonstrated their

ability to commit to the program, work together, and utilize their new skillset.

Along with being presented material from Sara Williams and me as the 2019 workshop facilitators, each week, these students were pushed out of their comfort zones and tasked with thinking outside of the box. Through hands-on activities and personal reflection, each student has been able to hone their leadership skills which they can use in their daily lives.

Learning to lead is more than understanding philosophies, strategies, and skills. Learning to lead starts with an intention to



change and to work towards one's own goals. All of the students who completed this year's leadership program all have different strengths and goals, and by signing up to participate and showing up to learn, have taken one step closer to becoming the leader they want to be.



Snapshots

Spring Break Career Conference

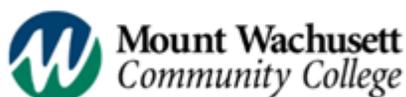
Students attended the Spring Break Career Conference on March 20th and enjoyed several presentations on networking and job searching. Staci Johnson and Scott Percifull from MassHire North Central Career Center shared how to use this resource. Shelley Nicholson, director of the Brewer Center discussed how to use service learning to connect with future employers. Patricia Brewerton, coordinator for career placement and planning shared strategies of how to make the most out of the job fair. Students wrapped up the day with presentations on cover letters and resumes by Catherine Maddox-Wiley and interviewing skills by Mary Roth before receiving one-on-one resume critiques or mock interviews.



Dining Etiquette for Rising Professionals

On March 8th, students were invited to participate in the Etiquette Luncheon. Carol McGuigan, a coach for business protocol and dining etiquette led the presentation.





444 Green Street, Gardner, MA 01440-1000



**Annual Awards
Ceremony**
Tuesday, May 21
12:00 - 2:00 p.m.
South Café

Every year, we celebrate the end of the academic year and recognize students who have demonstrated both initiative and progress throughout the fall and spring semesters. We also recognize our graduates and transfer students.

Watch your mail for your invitation and join us for this great event as we celebrate student success.

April & May List of Important Dates		Check your email daily for the most up-to-date information on program events and campus news.	
<i>Wednesday, April 3</i>	Full Semester: Last day to withdraw TEAS Workshop 12:30-1:30 p.m. RM W11	<i>Monday, May 13- Thursday, May 16</i>	Fuel for Finals TRIO Complex
<i>Monday, April 8- Friday April 19</i>	Priority Registration Begins for Summer and Fall	<i>Thursday, May 16</i>	Full Semester: Last day of classes
<i>Monday, April 8 & Tuesday, April 9</i>	Open Lab Registration 12:30-1:30 p.m. RM 250	<i>Tuesday, May 21</i>	Annual TRIO Awards Ceremony 12:00-2:00 p.m. South Café
<i>Tuesday, April 9</i>	TEAS Workshop 12:30-1:30 p.m. RM 202	<i>Thursday, May 23</i>	MWCC Graduation
<i>Thursday, April 11</i>	Out to Dinner at Chopsticks Sign-up Required	<p>May 26-May 29, 2019 TRIO Trip to Washington, D.C.</p> <p>Watch your email for more information</p>	
<i>Friday, April 12</i>	Transfer Trip to Worcester State		
<i>Monday, April 15</i>	Patriot's Day: No classes all campuses, day & evening		
<i>Wednesday, April 17</i>	Travel Breakfast: Summer Travel Sign-up Required		
<i>Thursday, April 18</i>	Monday Schedule (All Day Classes, all campuses)		
<i>Friday, April 19</i>	Transfer Trip to Fitchburg State		
<p>If you have a disability and require accommodations in order to participate fully in program activities, please contact the program director to discuss your specific needs. Affirmative Action/ Equal Opportunity Institution</p>			