

# TRiO

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## STUDENT SUPPORT SERVICES

# November & December 2019

THE OFFICIAL NEWSLETTER OF THE VISIONS AND RX PROGRAMS

IN THIS ISSUE

## Year-End Edition

by Gaurav Khanna,  
Director of the Visions and Rx Programs

Welcome to the November/December edition of the newsletter. Even though the end of the semester seems far away, it will be here before you know it in a few weeks. Make sure to use this time carefully to map out the work you need to do to complete the semester successfully. A few tutoring slots are still available if you need them.

In addition to this semester, it's also time to prepare for winter intersession and spring 2020! Inside you'll find helpful guidelines to planning and registering for next semester. Make sure to stay on top of your course requirements and **register early** so you get the classes you need! Meet with us if you need help registering or just want to double check your own work. Visions will also host open labs on Monday, November 4 and Tuesday, November 5 if you want to register with back up handy.

As in the past, we will be offering supplemental instruction sections with tutors in classes. We will have a section of

ENG102, A&P I – BIO203, MAT092, and MAT143. If you need any of these classes, please let us know while discussing registration, and we can place you appropriately.

If you are graduating this semester, please make sure to let us know what you are planning for the future. It's not too late to transfer to a four-year school but you'll want to touch base with Sarah or Alaina ASAP to get the process started.

Last but not least, join us for the End of Semester Gathering on December 3 at 12:30 p.m. in the South Café. Rx and Visions students will celebrate completing yet another semester and a step towards their academic goals. As always, we are in your corner—let us help you on your journey to academic success!



### Steps to Registration

Catherine provides a step-by-step description of registering for spring 2020 classes on pg. 2.



### Success Strategies

Learn tips that will help you complete your semester on pgs. 3& 4.



### Student Spotlight

Read Celina's story and learn about her personal growth on pg. 6.



**Mount Wachusett**  
Community College

# REGISTER FOR SPRING COURSES - ALREADY?

by Catherine Maddox-Wiley  
Rx Retention Specialist

Yes, it's true. Spring Registration begins on Monday, November 4. If you have ever missed out on courses, dates and times that you wanted, you know the impact that a late registration can have. Therefore, before the big day arrives, start the prep work to get the schedule that works for you. Use the process below to your advantage!

## Use Degree Works

- Review Degree Works to determine the courses you need.
- You can also see the course listings in Degree Works.

## Review Course Listings

- If you prefer, go to iConnect to review the course listings for spring.
- You can also create a draft of your spring schedule. Be sure to write down the CRNs.

## Make an Appointment with Your Advisor

- Meet with your Visions or Rx advisor to discuss your choices.
- Sign up sheets for these appointments are posted on their doors.

## Register through WebConnect

- The process begins on Monday, November 4.
- If you need help, attend the Open Registration Labs on Monday, November 4 or Tuesday, November 5 at 12:30 - 1:30 p.m. in Room 240
- You can also schedule a time with a TRIO advisor for one-on-one assistance.

## Check Your Financial Aid and Bill

- Go to your WebConnect page to check your spring financial aid and bill.
- Will your bill and books be covered?

## Congratulations and....

- Good job!

# How to Manage End of the Semester & Holiday Stress

by Alaina Lucchetti

Rx Transfer Counselor

While most people think of the holiday season as a time to relax and unwind with family and friends, for college students, it is also a time of end-of-the-semester stress. So how do you manage the stress of final exams, balancing a holiday budget, and a busy schedule? By following these guidelines:

## Step 1: Manage your Mindset

With the accumulation of end-of-the-semester responsibilities along with holiday stressors, it can be easy to lose control over your positive mindset. It is worth the time to focus on *how* you are managing your stress and make changes when needed. Think of what you would say to a friend who was feeling the way you are. What advice would you give to them? Now focus on all of the things you

can accomplish and the tools you have to help you reach your goals.

## Step 2: Plan & Prioritize

It is the time to take out your planner and make a list of your final projects and exams that you have due. Now more than ever, it is important to plan ahead of time when you will be able to write your papers or study for your exams. Trying to balance school work with holiday parties, volunteer opportunities, and shopping for presents can easily get overwhelming if you do not plan ahead. Prioritize your schedule and try to balance your activities across each week and make sure to complete the most important tasks first.

## Step 3: Make time for yourself

Take breaks from studying, step away from the office gathering, and do something just for *you*. It is important not to get run down or overwhelmed. If you are running on fumes, you are no help to yourself or others. Break up long study sessions with short walks or pleasurable tasks. Never study for more than four hours at a time and try to give yourself goals or milestones to work towards, such as learning 20 new vocabulary words or writing two pages of your paper.



# Accommodations: What are they and who uses them?

by Dawn Babineau

Visions Learning Specialist

## What are accommodations?

Some examples of reasonable accommodations include, extended time for testing, low-distraction setting for testing, audio recordings of lectures, assistive technology, electronic textbooks, priority seating, ASL interpreting services and more.

## Who qualifies?

Any student who has ever attended a Smart Start and has listened to an advisor talk about support services on campus has probably heard us say, if an IEP or 504 in high school means anything to you... we need to talk. While that is very true, this is not where the qualifications end.

**Did you know**, other potential disability support service qualifiers include: ADD/ADHD, autism, deaf or hard of hearing and dyslexia? Also included are physical and emotional disabilities - such as anxiety, depression, and mobility issues. And, the one most

students are unaware of is the qualifier of a history of substance abuse and recovery. This list is just some of the more common qualifiers... and there are many more!

*From the Disability Support Services Website-* To begin services, a student must voluntarily disclose a disability and provide professional documentation. The Coordinator of Disability Support Services will review the professional documentation, and in collaboration with the student, reasonable accommodations will be identified that will support the student's academic success.

## So, who should I talk with for more information?

Disability Support Services and our TRIO programs are separate programs, but we work together in a unified manner. If you are part of the Visions or RX Programs, please feel free to see Dawn

Babineau, Paula Clapp or Stephanie Giguere whose offices are in our TRIO complex. Any one of these three advisors can give you basic information on disability support services and can then connect you to the proper next steps. If you would prefer, you can connect directly with Amy LaBarge or Ann Reynolds from Disability Support Services. Their offices are across the hall from the TRIO Complex in the Student Support Services Center.

If you would like to do some exploration on your own, please visit the Website <https://mwcc.edu/current-students/support/disability/>

In conclusion, the best advice is that even if you don't think you need to be associated with Disability Services right now, have your documentation in place so when you do need it, it will be quickly available.

# Sarah's Top Five Winter Break Transfer Tasks

by Sarah Pingeton

Visions Transfer Counselor

If you are planning to transfer next fall, or just want to know where to start, check out Sarah's transfer tips.

## Finalize your list of schools

You might have 10 schools you're interested in or just one! I recommend that everyone apply to *at least* two different institutions, even if you have guaranteed admission to your top choice school. You want to be able to compare and contrast once those acceptance letters start rolling in. If you have a long list of places you're considering, do some research to narrow it to approximately 5 schools.

## Know your application deadlines

You can find application deadlines on each school's website, or if you're using the CommonApp it will tell you the application deadline. It's important to have this information going into the spring semester because while some colleges and universities have deadlines as late as July and August, others will sneak up on you in February and early March.

## Complete (or update!) your FAFSA

If you haven't yet done your 20-21 FAFSA, winter break is a great time to do it! When you complete the School Selection section, you'll indicate the schools you're considering, even if you aren't ready to apply yet. If you've already completed FAFSA, great job! If your list of schools has changed, you can go in and update your list and remove or add colleges.

## Request letters of recommendation

If the schools you're applying to require letters of recommendation or recommendation forms to be completed by your professors, winter break is a good time to start work on this task. Ask faculty whose classes you have done well in or with whom you have good relationships if they would be willing to write you letters of recommendation. Make sure to give plenty of advance notice and follow-up with thank you notes!

## Write your essays

Some applications will require that you write essays or answer questions. Winter break is a good time to get started on these essays before you get busy with the semester!

## Upcoming Transfer Visits

Friday, Nov. 1  
**Bridgewater State University**

Monday, Nov. 11  
**Smith College**

For more information and to sign-up, see Sarah or Alaina.

If you are interested in visiting a specific college or university in the spring, make sure to talk with Sarah or Alaina.

# Study Skills for Success

by Kayla Coates

Staff Assistant, TRIO SSS Programs

The end of the semester for anyone can become so hectic and at times, pretty stressful. All your assignments are due within days of each other and the feeling of wanting to be done with classes sets in. Here are four strategies that you can use to help you finish out the semester on a high note.

## Using index cards or writing quotes in a blank word document

When writing essays, using index cards to keep track of all the scholarly quotes

and information that you need to add into a paper is so much easier than having to look back and forth at the book or scholarly article that you're reading from. Having everything all in one place also helps the writing process feel not as stressful. If you're not an index card person, then using a blank word document can be helpful too.

## Set aside extra time

Life can get pretty busy and sometimes, unexpected things can come up. If you're able to, setting a little extra time aside to finish a project

or essay will help alleviate stress and you won't have to pull an all-nighter.

## Write down your goals

Writing everything down that you have to get done can be overwhelming. If you set daily goals for yourself and plan out which assignments need to be done first, this will help you be able to focus and prioritize.

## Don't be afraid to ask questions!

When you start to work on assignments, sometimes you need clarification on what the professor expects from you. Sending an email to your professor or seeing if they have time to set up an appointment can help you stay on track and earn the best grade possible.

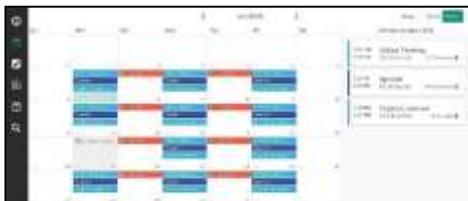
# Technology Spotlights

By Lauren Clifford

Visions Retention Specialist

There are an overwhelming number of technology based resources out there to help you be successful during your time in college. How do you even go about finding the good ones and weeding out the ones that aren't so great? Well, in technology spotlight I'll highlight a couple of resources each month that I think are worth checking out.

**My Study Life-** An app for IOS, Android & the web! This app is a combo of a to-do list and calendar that helps you keep your work and school life organized. If the calendar app that came with your phone isn't doing it for you, this might be a good option!



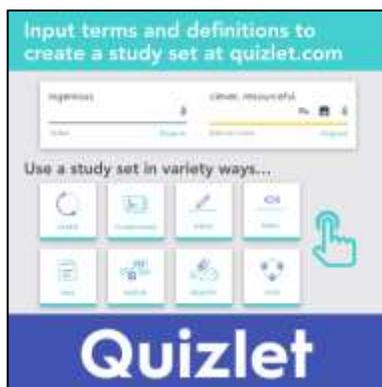
**YouTube-** Yes I know you've used YouTube plenty, but have you used it to help with your classes? Need to re-watch someone explain a math equation? Go to YouTube. Need to see Shakespeare acted out to help you understand it? Go to YouTube. Need a visual aid to go along with your Biology class? Go to YouTube! Though it's not a replacement for tutoring or office hours, when you're stuck and can't access help I hope you'll consider giving it a try!

**Google Drive-** If you're not familiar with using Google Drive, I strongly suggest you give it a try! It allows you to save your documents (word documents, spreadsheets, presentations, & more) and then access them again on any computer where you have access to the internet. This is also awesome for group projects because you can each add your contributions and make comments. Unlimited drive

storage is included with your MWCC email account!



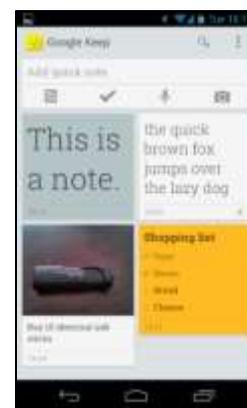
**Quizlet-** There's a good chance you used Quizlet in High School, I'm here to remind you that it's a great tool and that you should still be utilizing it. It's a great tool for classes that have a lot of terminology to learn. Don't forget you can collaborate with your classmates and share your flashcards.



**Grammarly-** Writers of all levels can benefit from Grammarly. Though there are some paid for features, you can start out with their free option to up your writing game right away. Many college classes require a great deal of written work, and it's easy to lose points for spelling and grammar. If you don't have someone you trust to look over your work, try using Grammarly to keep from losing those precious points off your papers!



**Google Keep-** This app/site can be used from your phone or from your computer and is a great way to keep track of all the little things going on in your head that you're worried about forgetting. You essentially are creating digital post-its for yourself, then you can use the draw feature, upload photos, or keep bulleted lists. I DO NOT recommend this for keeping track of homework, but it's a great way to keep track of your grocery list.



## Student Success Tip

### Begin building a resource portfolio.

You can save helpful websites in a folder under favorites in your browser or you can organize helpful apps into a folder on your phone or tablet.

There are so many free apps that will help you to stay organized and manage your time. Try out these sites and apps to see how they can work for you!

## Student Spotlight: Celina Guitare

By Sarah Pingeton  
Visions Transfer Counselor

### Nothing but Personal Growth for Celina!

Celina Guitare graduated from Monty Tech in 2016 and wasn't sure what would come next. She registered for classes here at MWCC that fall and intended to be an Audio Engineering major. Celina was interested in so many things that it was hard to choose, so even though she loved her audio classes, she changed her major to Liberal Arts for a period of time while she figured things out. Eventually, Celina realized that not only was she enjoying her Psychology, Sociology, and Human Services classes the most, she felt *at home* in those classes. She is now on track for graduation in May with her Human Services Degree and has learned a lot along the way.

Like a lot of people, when Celina started here she was confused about her path, classes, and college in general. She even wondered why she was in college at all a few times, especially when she didn't have a clear goal. But that was back before Celina was comfortable asking for help or taking control of her studies. Not only was she not always sure of herself, but she's also introverted and spent her

first couple of years here avoiding social activities.

Then, something changed. A little while after Celina settled on Human Services as her major, she looked into Work-Study and was placed at the HOPE after school program in Gardner. There, Celina works as a mentor and a tutor to elementary school children with academic and social needs. Celina believes that working at HOPE was meant to be for her, and she's grown a lot as a person and student in her time there. After experiencing that success, Celina was looking to become more involved on campus, and an opportunity to participate in the TRIO Leaders Program came at just the right time.

After participating in Leaders, Celina has become even more involved. She's now part of the Human Services club, is actively engaged in Visions (notably as a regular on our transfer trips!), and even went on the Washington, D.C., trip this past May. While doing all of this, Celina also increased her course load and sped up her timeline to graduation. It was a big spring for Celina, and she says she gained a totally



different perspective and would do it all again in a heart-beat.

Celina says she's built success and a strong foundation at MWCC and is so glad she started here and had the chance to explore her interests and mature a little bit before venturing out. She found Visions to be a safe space where she could try new things and grow as a person.

Celina is, again, not too sure what will come next for her. She knows she wants to transfer and is exploring her options, and doesn't quite have a dream job in mind yet. Celina believes that helping people is her destiny and passion in life.

I'll leave you with her advice to other students who are just starting out: "This isn't a rush or a race; you'll get where you're going eventually. Take advantage of Visions and get involved!"

## Learning to Lead

By Sara Williams  
Program Manager, TRIO SSS Programs

When we think of leadership, we often picture an outgoing person who is standing in center stage and delivering a dynamic and inspiring speech to motivate the audience. However, good leaders may never play this role for their group or organization. Instead, they recognize the talents of others in their team and encourage them to use them as they work towards a common goal. Good leaders value communication and understand when to make decisions on behalf of the team and when to seek consensus.

Employers value leadership skills because it encompasses these traits and more. As students, now is the time to begin to cultivate these leadership skills, and the TRIO Leaders Program is one way to build these skills. Through a series of workshops, students will learn about crucial components to leadership that will culminate in the opportunity to lead the spring Mid-Semester Gatherings.

To learn more and to apply, stop by the TRIO Complex in December!

### TRIO Leaders Program Spring 2020

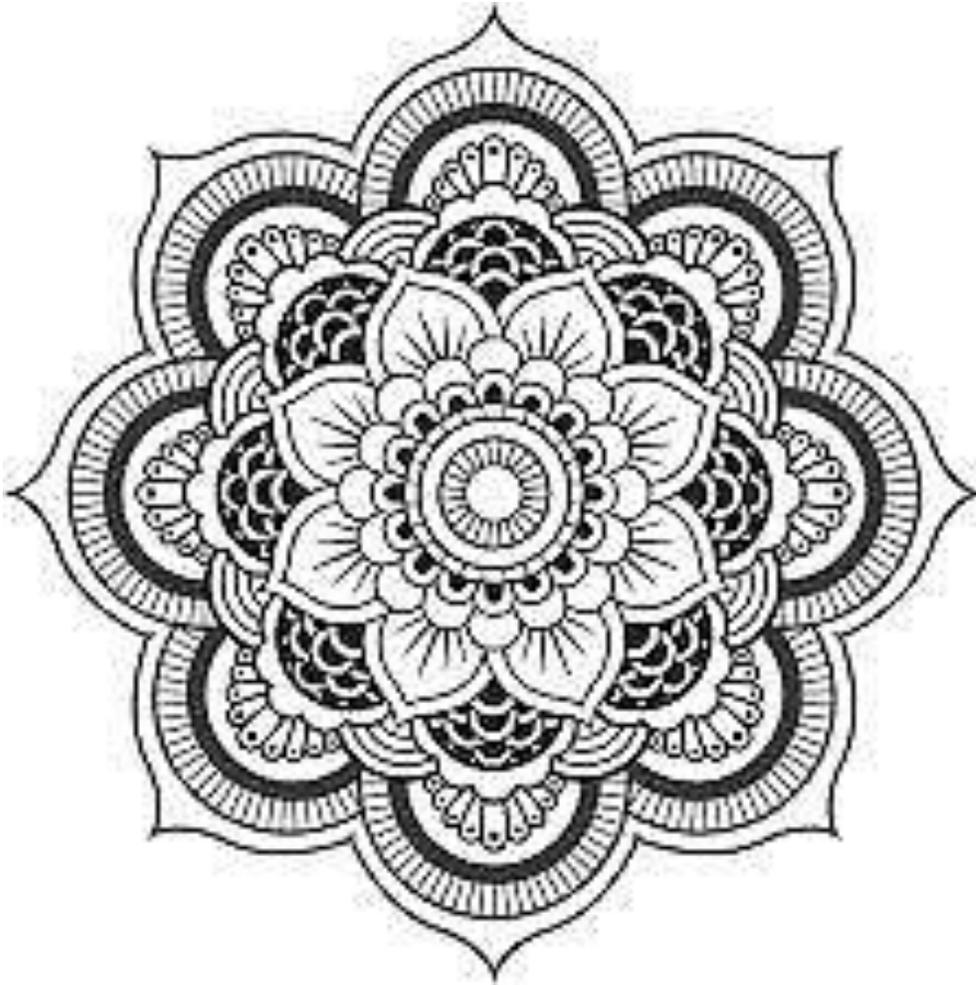
**Join** a small team of motivated, enthusiastic students who are committed to meeting for eight sessions in the spring semester.

**Develop** new skills and perspectives.

**Learn** to become an effective leader and presenter.

**Lead** the Mid-Semester Gatherings in March.

Watch your email for more information about applying for this great opportunity!



## Relieve Stress with Coloring

Mandalas have been used in art therapy to reduce anxiety, tension and stress. Take a few minutes to color this mandala and bring it in to show us!

### TRIO SSS End of Semester Gathering

Tuesday, December 4  
12:30-1:30 p.m.  
South Café

Join the Visions & Rx staff in celebrating the end of the semester!

Pizza, salad, prizes and fun!

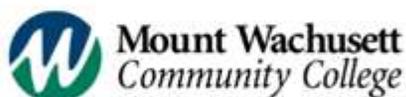
## Favorite Foods

'Tis the season for eating!

Find the following favorite foods in the word search

Bacon	Fries
Cake	Hummus
Cannoli	Pasta
Cheese	Pizza
Cheesecake	Potatoes
Chickpeas	Soup
Chocolate	Tacos
Cookies	Turkey

I	C	Z	P	I	Z	Z	A	U	E
P	O	S	O	C	A	T	P	K	N
U	O	P	T	Y	O	R	A	E	K
O	K	A	A	B	A	C	O	N	A
S	I	S	T	Y	E	K	R	U	T
C	E	T	O	S	U	M	M	U	H
X	S	A	E	P	K	C	I	H	C
R	A	E	S	E	I	R	F	T	E
C	H	O	C	O	L	A	T	E	K
C	A	N	N	O	L	I	N	L	Z



444 Green Street, Gardner, MA 01440-1000

## End of Semester Checklist

- ✓ Study for exams
- ✓ Finish papers & projects
- ✓ Eat & sleep well
- ✓ Connect with friends & classmates
- ✓ Register for Spring 2020 (or let your TRIO advisor know your plans!)
- ✓ Check your email daily

## November/December 2019 List of Important Dates

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

<i>Friday, November 4</i>	<b>Transfer Trip to Bridgewater State University</b> *Sign-up with Sarah or Alaina	<i>Tuesday, December 3</i>	<b>Cycle 2: Last day to withdraw</b> <b>End of Semester Gathering</b> 12:30-1:30 p.m. South Café
<i>Monday, November 4- Friday, November 15</i>	<b>Current Student Registration</b>	<i>Tuesday, December 10</i>	<b>Financial Literacy Seminar</b> 12:30-1:30 p.m. Multipurpose RM 115
<i>Monday, November 4</i>	<b>Spring 2020 Registration Open Lab</b> 12:30-1:30 p.m. Room 240	<i>Monday, December 16- Thursday, December 19</i>	<b>Fuel for Finals</b> All day, TRIO Complex
<i>Tuesday, November 5</i>	<b>Cycle 2: Last day to add classes and drop classes with 100% refund</b> <b>Spring 2020 Registration Open Lab</b> 12:30-1:30 p.m. Room 240	<i>Monday, December 23</i>	<b>Full Semester &amp; Cycle 2: Last day of classes</b>
<i>Thursday, November 7</i>	<b>Full semester: Last day to withdraw</b>	<i>Tuesday, December 24</i>	<b>Campus offices will close at 12:00 p.m.</b>
<i>Monday, November 11</i>	<b>Veterans Day celebrated: No classes all campuses, day and evening</b> <b>Transfer Trip to Smith College:</b> *Sign-up with Sarah or Alaina	<i>Wednesday, December 25</i>	<b>MWCC Closed</b>
<i>Tuesday, November 12</i>	<b>Cycle 2: Last day to withdraw with a 50% refund</b>	<i>Tuesday, December 31</i>	<b>Campus offices will close at 12:00 p.m.</b>
<i>Tuesday, November 19</i>	<b>Living Frugally</b> 12:30-1:30 p.m. Multipurpose RM (115)	<i>Wednesday, January 1</i>	<b>MWCC Closed</b>
<i>Wednesday, November 27</i>	<b>Campus offices will close at 12:00 p.m.</b>		
<i>Wednesday, November 27- Saturday, November 30</i>	<b>Thanksgiving Holiday: No classes all campuses, day and evening</b>		
<b>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</b>			