

TRiO

STUDENT SUPPORT SERVICES

March 2022

THE OFFICIAL NEWSLETTER OF THE VISIONS AND RX PROGRAMS

Welcome March

by Gaurav Khanna

Director, TRIO SSS Programs

As I write this on a 60 degree day in February, I can't help but wish for the thermometer to stay here, for spring to come forth and summer soon after. But my mind knows that the cold will be back tomorrow and even some snow! That's a little bit how things stand for the semester as well. We wish everyone had smooth sailing from here to finals, but we know that there will be bumps along the way--let us help you when that happens! Let's use March to set you up for success in May!

Some highlights:

Career Conference

During spring break on Tuesday, March 15, we will be hosting our third career conference. Like last year, it will be held virtually via Zoom. We have been working hard to line up sessions focused on different aspects of entering the job market and presenters who are knowledgeable on their subject matter. Look for an email

with information and instructions on how to register and choose sessions.

Mid-Semester Reviews

Faculty are sending in their four-week assessments with valuable feedback on your work. These assessments provide feedback on classroom preparation and participation in addition to grades and attendance. If you have not already done so, please contact us ASAP to schedule a review and make sure you have the tools and information to perform well for the rest of the semester.

Academic CPR

Maybe you didn't get off to the greatest start this semester. You still have two months to get things on the right track! Get some CPR for your classes and turn your semester around! This seminar will be offered twice on March 3 and March 7 in the Virtual Office!

Mid-semester Gatherings:

This is one of my favorite events of the year because it's hosted by students! Come join us virtually and support your fellow Rx and Visions students who plan and run this gathering as part of their work in the Rx & Visions Leadership Program.

In addition, we also have our regular programs on TEAS prep, a financial literacy seminar on how to plan to own a home and many others. Keep an eye on your email, and we'll keep you posted! Seeing all of you, even if it is online, is one of our favorite things, so come join in, and let's make a success of this semester!



Active Study Habits

by Amy Moury
Rx Retention Specialist

College students are expected to remember a significant amount of material during the course of a semester. But how do you do that in an efficient and effective way? Let's first talk about how we recall information.

In education, there is a framework of teaching and learning called Bloom's Taxonomy. Bloom was an educational psychologist who worked on classifying how students learn information. He showed that if students were to truly master a subject, they need to be able to analyze, create, and evaluate material as opposed to just recalling or describing.

The tips below are based on this – what can you do to master a subject?

INSTEAD OF: Jumping from task to task

TRY THIS: Set a goal for a study session: create outline for chapter 3, create flashcards for new terms, preview chapter 4. This will help you focus on what needs to be done today and what can wait until next time.

INSTEAD OF: Rereading lecture notes

TRY THIS: Rewrite your notes from class in a way that makes sense to you, including main topics, descriptions, summaries, and connections to other course material. Explain the material in your own words. Write down questions you still have.

*Different note taking techniques include the [Cornell Method](#), [mapping](#), [outlining](#), [charting](#), and the [sentence method](#).

INSTEAD OF: Reading a chapter from start to finish

TRY THIS: Pre-read the chapter looking for headings and bold words. Then read one section at a time, stopping at the end of the section to write notes and summarize what you've read. Read the next section, write notes, summarize, and make connections back to the first section. Repeat throughout the chapter. Use the study questions at the end of the chapter to quiz yourself.

INSTEAD OF: Reviewing PowerPoint slides

TRY THIS: Print out the slides and write possible exam questions in the margins to quiz yourself on the information. Create a new outline from memory. What can you remember?

INSTEAD OF: Watching lecture videos from start to finish

TRY THIS: First watch a video from start to finish without taking notes. Then go back to the beginning, play a minute or two of the video, pause, and then write your notes and summarize what was said. Play another 1-2 minute segment and pause again. Do this until you get to a natural break in the video. Finally, re-watch it once more to make sure you didn't miss anything or if you want to hear it again.

Your Visions and Rx counselors are here to work with you on these strategies. Let us know if you want to meet to discuss further.

Visions and Rx Mid-Semester Gathering

Hosted by your friends!

Wednesday, March 23
12:30-1:30 p.m.
Zoom

March Checklist

- Continue to **go to class, communicate with your instructor and complete your school work.**
- Review Four-Week Assessments**
- Attend at least one TRIO event.**
- Complete your 2022-2023 FAFSA.**
- Apply for MWCC Foundation Scholarships.**
- Schedule your registration appointment. Priority Registration Begins April 4**
- Check your email daily!**

Beat the Midwinter Blues

by Angela Snyder

Visions Counselor Specialist

Don't forget about your mental health! These dreary winter months can leave us all feeling a little sluggish. Make sure you have the habits and practices in place to keep you mentally strong so you can thrive through the final weeks of this New England winter.

Here are some things to keep in mind to keep you feeling your best:

Maintain your connections

Let's face it—we are social creatures by nature. We are meant to exist within a tribe, and when we're cut off from our people, we can feel the difference. You are at a point in the semester where your work load is full throttle and life outside of school certainly isn't slowing down. But, making time for meaningful connections is necessary. You read that right; social connections are a NECESSITY for your mental health. Whether you plan phone dates with your closest friends, or sneak in a study break with a classmate, make sure you're making time for real life connections. Something as simple as a planned Facetime call on your calendar can lift your spirits and give you something to look forward to. Anticipatory pleasure is a key stage of happiness which comes when you have something to look forward to. Call your friends and get that hangout planned, even if it's not for a few weeks or months. Having something

FUN to look forward to is good for your mental health. If you needed an excuse to schedule that outing, you're welcome.

Listen to your body

It's no secret that taking care of our physical body needs to be a top priority to live a healthy life, but did you know that your physical health and your mental health are practically inseparable? While this might not be news to you, you might not know that taking care of your body gets to be easy. That's right; you do not have to start a strenuous workout regimen and fast for half the day (in fact I strongly discourage you from anything like that). Instead, I would invite you to tune in to your body. We are intelligent beings; your body will tell you what it needs. When your body tells you to rest, guess what? You should rest!

We need to be mindful of our **sleep habits** and how they affect our overall health. What are the habits you have around sleep? Do you zone out scrolling on your phone for hours before bed? We can all be guilty of this sometimes, but studies show that the prolonged exposure to blue light from our screens disrupts our sleep long after we've put the phone down. Experts recommend putting your phone down an hour before you actually intend to sleep. If that seems like too much of a stretch, aim for 10

min of phone-free time before bed and gradually work your way up.

Hydrate! Don't forget to drink your water. Aim for half your body weight in ounces of water a day. If that seems like too big of a stretch from where you are currently, start by adding in a glass right when you wake up, and then add another before bed.

Movement! Build some movement into your day. That could look like some chair stretches, a quick walk around the block at lunch or a quick dance break. Never underestimate the power of a good ol' dance party! There are no rules here. Your body needs to move to perform its best. Don't forget this crucial part of your health, and give yourself permission to make this FUN! Moving your body shouldn't feel like punishment. Remember, tiny changes create big impact.

Get outside! Give yourself the gift of getting outside! Fresh air can work wonders for shifting our mindset. Even 5 minutes outside is a great reset. Have you been outside today?

While this list is not exhaustive, we hope it's a good reminder of some simple things you can do to improve your mindset during a season when you might need an extra boost.

As always, if you need help, please reach out. We're here to help you!

Disability Accommodations

If you haven't yet connected with Disability Support Services for your accommodations and plan to use them this semester, please email Amy LaBarge at a_labarge@mwcc.mass.edu.

Commonly Asked Transfer Application Questions

by Sarah Pingeton
Visions Transfer Counselor

If you're planning to transfer to a 4 year school in the fall, now is the time to be working on your applications! **Many schools have deadlines in March and April**, and even schools without set application deadlines may be able to offer you more financial aid or a better chance at acceptance if you apply now!

If you're working on applications, you'll probably have a few questions. Here are answers to the most commonly asked questions:

Can I apply before I finish all of my classes?

Yes! You can and you should! If you are planning to transfer for the fall, even if you are going to take summer classes, the best time to apply is right now! You'll send your transcripts as they are now with your classes in progress, and then send another transcript to the school of your choice once you have your final grades. Some applications may have you list which classes you're currently taking and any classes you plan to take over the summer.

Where do I apply/what application do I use?

You'll apply online using either the CommonApp or the MassTransfer Application in most situations. The CommonApp will

allow you to use one application to apply to multiple schools and can be found at commonapp.org. Not every school uses CommonApp, and it can be cumbersome to complete, so I recommend it only if you're applying to 3 or more schools who accept that application. The MassTransfer Application will be used if you are completing an Associate's degree and transferring within a degree pathway to a Massachusetts State University or UMass. You can find the link to the MassTransfer application you may be looking for here: <https://www.mass.edu/masstransfer/azb/application.asp#links>.

What do I need to include in my application?

In general, you'll need to complete the application form and answer all of the questions and send your official transcripts from MWCC everywhere you're applying. The steps to get your official transcript are available on the MWCC website here: [Transcript Request](#). You may need to include an essay or personal statement, an academic letter of recommendation, and a mid-term and college report. Each school's individual application will make it clear what is needed. If you're applying to an art program, you will likely need a portfolio or audition as well.

Some 4 year schools will require high school transcripts or proof of equivalency. For that, contact your high school!

What next?

It typically takes about a month to hear back once your application is completed. You'll want to make sure you include any schools you're applying to on next year's FAFSA so you can get an accurate financial aid award quickly. Once you hear back from wherever you apply, if you're accepted you'll start getting lots of information. One of the most important pieces of information is a transcript review that will walk you through how your classes are transferring and what you'll have left to complete.

Can I get help with this?

Yes. You can get help through every step of the way! Just reach out to your transfer counselor (Sarah Pingeton or Alaina Lucchetti) for whatever you need! Many times we can also help you get waivers for application fees!!



Spring Break Career Conference

Tuesday, March 15, 2022
9 am - 3 pm
On Zoom

Take this time during Spring Break to *complete many of the steps in the career preparation process all in one day*. Join guest speakers from *MassRehab (MRC)*, *Workforce Board (MIB)*, *MassHire*, and professionals from various departments across the college to understand the ins and outs of today's job market. You will be thankful that you made this investment in yourself during a quieter time of the semester.

The day will begin with a keynote address from Ken Reagan, VP of Sales, Marketing, and Retail for State Garden. At 11am we will have a *Regional Resources Panel* with representatives from MRC, WIB, and MassHire who will discuss their services, their work in the community, and current trends. After a short break, you will head to the *first round of breakout sessions* that you selected during preregistration. You can then choose to have lunch independently or join a *networking lunch*.

The afternoon continues with a *second round of breakout sessions* so you can hone the skills you want to focus on the most. At that time we will wrap up for the day with Handshake, a one-stop career portal for college students.

Registration is required: <https://bit.ly/SBCC2022Registration>

We hope to see you there!

Career Conference Schedule

9-10—Keynote Speaker: Ken Reagan, VP of Sales, Marketing, and Retail for Olivia's Organics

10-11—Regional Resources Panel

11-11:15—Break

11:15-12:15—Breakout Sessions

12:15-1:00—Lunch break/ Networking Lunch

1:00-2:00—Breakout Sessions

2:00-3:00—Closing/ Wrap-Up



Calendar of Events

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

March 2022

		1	2	3 Academic CPR 12:30 p.m.	4	5
6	7 Academic CPR 10:00 p.m.	8	9	10	11	12
13	14	15 Career Conference 9 a.m.-3 p.m. Registration is Required	16	17	18	19
Spring Break: No classes All Campuses, day and evening						
20	21 First day of Cycle 2 classes	22	23 Visions & Rx Mid-Semester Gathering 12:30 p.m.	24 Financial Literacy: So, You want to Buy a House? 12:30 p.m.	25	26
27	28 Last day to withdraw From Full semester courses	29	30 TEAS Workshop 12:30 p.m.	31		

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

The Visions & Rx Programs are funded by TRIO Student Support Services grants through the U.S. Department of Education

Join Us on Zoom

All workshops, seminars and events will be hosted on Zoom. See your weekly e-letter for the Zoom links for upcoming events.