

# TRiO

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## STUDENT SUPPORT SERVICES

# September 2016

THE OFFICIAL NEWSLETTER OF THE VISIONS AND RX PROGRAMS

INSIDE THIS ISSUE

## Welcome and Welcome Back!

by Gaurav Khanna,  
Director of the Visions and Rx Programs

In the natural world, early spring is the time of renewal, but in college, the seasons do a 180, and it is the fall that marks a fresh start. Like a butterfly shedding its cocoon, our building is slowly emerging from the construction that has enveloped it for more than a year. You are sure to see new spaces, many of them expressly designed for students. As we wrap up the construction this fall, we are so excited to have all of you back on campus for a new semester! Seeing students return in the fall after the quietness of summer is always the highlight of our year. We look forward to student check-ins and updates and our new sections of FYE, math and biology classes. Our tutors are ready to once again support student success. For us, your return stirs us from our summer hibernation, and we are ready to spring to life once more.

### New Newsletter

Renewal also comes with change. As you may have noticed with the letterhead on this newsletter, the Rx and Visions newsletters have been combined into a TRIO Student Support Services newsletter so that we can foster more of a sense of community with all our TRIO students. The newsletter will continue to provide important information and reminders for all of our students in addition to highlighting students who we feel are good role models. If you would like to

nominate a fellow student to be profiled, feel free to let a staff member know!

### New Staff

This year we bid farewell to Todd Bennett who is spending the next year at sea, sailing the Caribbean with his family. We wish them calm waters, fair winds, and good luck. Taking Todd's place will be our new transfer counselor Tasia Cerezo. In addition, we will also welcome our new Visions Academic Counselor and a new Rx Math Tutor. Stop by to say hi or to set up an appointment to meet with any of them.

### New Opportunities

This fall can be a new opportunity for you as well. Every semester is a fresh start. We are ready to support you in your academic dreams with all the services we offer. Let us be your guides and your cheerleaders on your journey—as long as you are committed and dedicated, we stand ready to support you in any way that we can. Make this semester your best semester yet!



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### Visions Students Take DC!

Gaurav, Joyce and Sara took 18 Visions students to Washington, D.C. for four days. Visit page 3 for more about this great trip!

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### Thinking about Transfer?

It is never too early to start thinking about transferring to a four-year college or university. See our quick tips on page 2 for suggestions to get started.

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**Mount Wachusett  
Community College**

AA/EEO Institution

# Request Your Transfer Trips Now!

by Todd Bennett  
Visions Transfer Counselor

Every semester the Visions and RX programs offer 4-6 transfer visits to four-year schools. Where are we going in the fall of 2016? You will tell us. Our trips are scheduled based on requests from our students, so call, email, or stop in now to let the Visions or RX transfer counselor know where you would like to visit. These trips are completely free and include transportation, a campus tour, a meeting with a representative from admissions and lunch. It is wise to start the college search process early so you can determine the best transfer fit for you.

## Top Transfer Tips

by Lisa Naze  
Rx Transfer Counselor

The transfer process can be very overwhelming. Finding the right program is only part of the challenge. Below are some additional points to consider as you begin or continue to look at four-year colleges and universities.

### Required Classes for Admission

Many healthcare programs require courses such as medical ethics or abnormal psychology that you can take at MWCC before you transfer. Other programs may require that you have completed specific courses in order to be considered for admission.

### Job and Work Experience Requirements

Work experience can be a valuable consideration for admissions offices because it demonstrates real-life experience in the field. For instance, students who are considering RN to BSN programs, may be required to work for a least a year in the field.

### Cost of the Program

When investigating programs, it is important to consider the list price as well as financial aid options. Consider other options such as employer tuition reimbursement or local scholarships to cover the additional costs.

### Transferability of Credits

You work hard for your grades and want as many courses to transfer as possible. Check with a transfer counselor to ensure that you are in transferable classes and a degree program.

### Program Design

When considering different colleges and universities, it is critical to consider the manner of instruction and the location of the campus. Selecting a college that is two hours from home may not be a good option if you have to take classes on campus and not online.

### Staying Connected

For students considering nursing programs at four-year colleges and universities, there will be a transfer workshop on October 17 from 12:30 p.m. - 1:30 p.m. For students interested in other transfer options, there will be another transfer workshop on October 18 from 12:30 p.m. - 1:30 p.m.

Continue to check your email for the most up-to-date information about transfer tips, trips and workshops.

## “Fair Winds and Following Seas”

by Todd Bennett  
Visions Transfer Counselor

One of the best parts of working as a transfer counselor is getting to share in the excitement of hearing about your future goals, plans, and adventures. I have been inspired by the positive risks you have taken: pushing yourself in new subject areas, overcoming major personal obstacles, transferring to a four-year school, traveling to a new country or state, and in the process learning something about yourself and our world. College is a place to challenge yourself and take positive risks. It has been my pleasure to support you and encourage you in this process.



I think part of the reason I have enjoyed my job so much is because at my core I have a great love of travel and adventure. Every so often I get the internal itch and know that it is time to explore, and for me that time is now. I am going to be leaving my position at MWCC effective September 2. My family and I are going to spend the next year traveling down the east coast of the US and part of the Caribbean on our old sailboat. I look forward to spending time with my family, learning about other countries and cultures, connecting with the ocean and outdoors, meeting interesting people, and living a life that is somewhat detached from clocks and calendars. There will be joys and challenges and through this I hope to continue my growth as a person.

Working for the Visions Program has been my favorite job and that is because I have had the opportunity to work with an amazing group of students. I will miss all of you. I wish you good luck or as sailors often say 'Fair winds and following seas' as you pursue your life goals, dreams, and adventures.

### Guess the WHAT!?

Stop by the TRIO SSS Complex and guess the number of candies in the jar.

While you're in, make sure to complete your check-in, schedule tutoring and check out our fall events!



## Student Spotlight: Angelica De Los Rios

by Catherine Maddox-Wiley  
Rx Retention Counselor

Angelica is a practical nursing student who anticipates graduating in December 2016 and going on for a bachelor's in nursing. We asked Angelica about her motivation when it comes to her education.

### What has been the greatest challenge in attending college?

For Angelica, life goes on outside of school. She has children, bills, and other responsibilities. She has faced traumatic losses and health issues while attending MWCC. For a period of time, she was homeless and could only get to school by bus. Angelica has demonstrated the ability to stand strong under extraordinary circumstances.

### What has been the greatest challenge in pursuing nursing?

Angelica says dedication is a must have. It isn't easy. Nursing courses are nothing like the pre-requisites. They require a different way of learning, and students need to commit more time and be able to make sacrifices. Nursing courses rely on critical thinking – not memorization.

### What has been the greatest pleasure?

Clinicals! She enjoys taking care of the patients by making them comfortable and helping them when they can't help themselves. We live in a diverse world, and healthcare professionals must be able to adapt to everyone and think quickly on their

feet. Angelica has also maintained relationships with Rx and other nursing students by building connections and working with study groups.

### What advice does Angelica give aspiring healthcare students?

Utilize the TRIO programs. When you run into bumps, hills, and mountains, staff will talk with you and make you feel better. They will make you feel encouraged to keep going.

Angelica recently met a woman who said she was too old to be in school. Angelica's philosophy is "it's never too late, so never give up."



## Dawn's Study Tips

by Dawn Babineau  
Visions Learning Specialist

- **Study during a time that matches your biological clock.** For some of us, it is early morning, and for others late night works best. Some students need background noise, and others need quiet. Know your peak energy time and learning styles and utilize this time to the fullest.
- **Study at school between classes or before you go home.** Choose places like the library or the TRIO office. Utilize tutoring services and study groups.
- **Limit multitasking while studying.** Fragmented studying makes the information you are learning harder to remember later on, especially during tests.
- **Be mindful of how long you are able to concentrate before your mind wanders.** Study 25-30 minutes then take a short 5 minute break. Get up, move around and then be diligent about going back to study.

## The Visions Program Visits Washington, D.C.

by Sara Williams  
Management Assistant

For the counselors of the Visions and Rx Programs, traveling is one of our favorite forms of education. This summer, Gaurav, Joyce and Sara took 18 students to Washington, D.C. During this trip, students and staff visited George Washington University, the Supreme Court and the Capital and saw the improvisational comedy, *Second City*. They also walked the National Mall and visited iconic monuments such as the Washington Monument and Lincoln Memorial. Despite the high temperatures and miles of walking, students and staff enjoyed their time exploring the many attributes that our nation's capital has to offer.





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## September 2016 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 MWCC New Student Orientation	2	3
4	5 Labor Day No Classes	6 Fall Classes Begin	7	8 Visions Kick-Off 12:30-1:30 p.m. North Café	9	10
11	12 <b>Last day to add and drop classes with 100% refund</b> Rx Kick-Off 12:30-1:30 p.m. North Café	13	14	15	16	17
18	19 <b>Last day to withdraw from classes with 50% refund</b> TEAS Workshop 12:30- 1:30 p.m. Room 345 Automating Savings 12:30-1:30 p.m. TBD	20 Booting Up 12:30 – 1:30 p.m. RM 250	21	22	23	24
25	26	27	28 Time Management 12:30 – 1:30 p.m. RM 202	29	30	

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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