

# TRIO TRIBUNE



From start to success...

TRIO/SSS is with you every step of the way!



## Inside this Issue:

Welcome Back.....	1
Fun Facts.....	2
TRIO Info .....	3
Nuggets of Wisdom.....	4
Did you know?.....	4
What's a deli?.....	5
TRIO Info.....	6
Meet the Staff.....	7-8

Dear TRIO students,

I hope the start of a new fall semester has been smooth and you are getting back into the groove! It is so nice to have the hustle and bustle of people on campus! Summer is awesome, but I miss seeing students. You have been missed and I am so happy you are back!

For those of you who took the summer off, I hope you enjoyed a change in pace and got some much-needed *R & R*. For those of you who pressed onward and took classes over the summer, well...what can I say? Summer session is over!! ☺For those of you who are new, welcome! I am glad you ALL are here!

How can I/we help you? Remember...the TRIO staff is here for you so let us know how we can help. Our doors are always open and we welcome visitors at any time! In fact, the best part of my job is getting to know you, and supporting you in all that you do.

Our new motto states, "*From start to success...TRIO/SSS is with you every step of the way!*" and I can honestly say we are and will be with you every step of your journey until you reach success. No matter what you go through, the good, the bad, and the ugly, we are here for you.

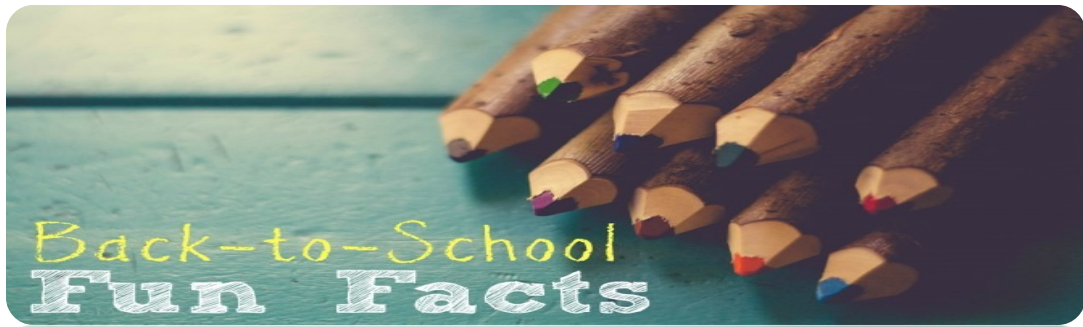
*Something to ponder: If you continue to think the way you've always thought and go in the direction you've always gone, you'll continue to get what you've always gotten.*

Sincerely,  
*Emily Garrison*

**T**rusted  
**R**esources  
**f**or  
**I**nfinite  
**O**utcomes



*TRIO is a federally funded program providing academic and personal support to students for their successful completion of college courses of study.*



1. Each standard graphite pencil has enough graphite to draw a line 35 miles long or write 45,000 words.
2. You can't really get lead poisoning by being stuck with a pencil.
3. In the US, the oldest school was Boston's Latin School. It opened April 23, 1635. Five people who signed the Declaration of Independence attended the school: Benjamin Franklin, John Hancock, Robert T. Paine, Samuel Adams, and William Hopper.
4. Originally Crayola Crayons came in packs of 8, but now they come in packs up to 120! The most popular color crayon is blue and the average child wears down 720 crayons by age ten!
5. If your pencil sharpener gets dull you can wrap your pencil in aluminum foil and it will sharpen the blades for you.
6. If you chew the same flavor of gum you chewed while studying for a test for five minutes before taking the actual test, it can improve your memory and your results significantly. Note: Chewing it during the test actually works against you.
7. In Armenia, all children aged 6 and up are taught chess at school, it is a mandatory part of their curriculum.
8. Knitting is taught in Icelandic schools.
9. Students in China receive the most homework in the world. They complete about 14 hours a week.
10. In Finland, children do not start school until they are 7 years old and they have one of the most successful education systems.

Disclaimer: I do not claim nor have I attempted the action, experimental fun facts above; therefore, I cannot say with 100% assurance they are accurate. Simply Fun Facts!



## TRIO Participant Requirements:

1. Don't forget check-ins with a TRIO staff member!  
This is a vital part of your success!

1<sup>st</sup> year TRIO Students – must have a face to face monthly check-in  
2<sup>nd</sup> year and beyond – twice per semester check-in (email or phone call, unless otherwise requested)

2. Workshops are also important to your growth and development as a student and a person. Check-out the Cobra Calendar for Grab-n-Go workshops in the LRC and others around campus.

1<sup>st</sup> year TRIO students – must attend 4 (2 per semester)

3. Get involved! Whether involved through TRIO, or another club/organization, find your niche!

ALL TRIO students – must participate in at least one TRIO experience, volunteer activity, etc per semester.

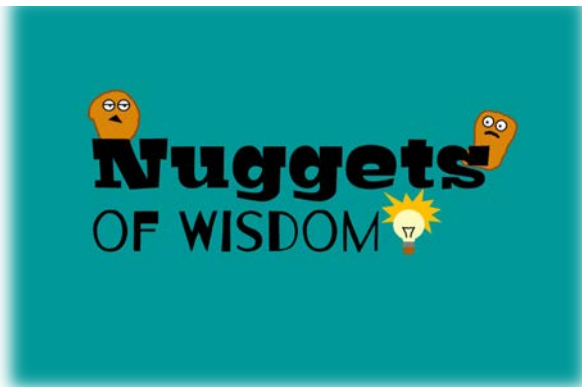
**POSTER CONTEST**



There is something special about being first...first date, first dance, first child, first kiss, first time riding a bike, etc.

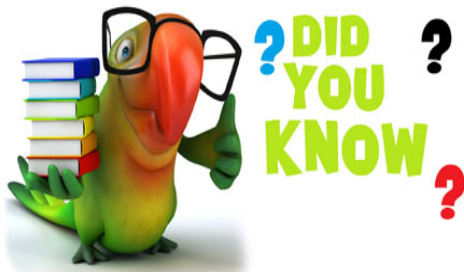
There is no difference with being a first-generation college student...that is special too! A first-gen college student is paving the way, breaking the mold, and setting a new standard for generations to come. That's HUGE! In November, we celebrate being FIRST! To prepare for this celebration, we are going to have an "I'm First" poster contest. This poster will be used to advertise across campus. Get your creative juices flowing and be on the lookout for more details!





The importance of regular class attendance cannot be overemphasized. When you skip classes, you miss out on lectures, notes, class discussions, and tips on what may appear on exams. It's tempting to miss a class, particularly when you have an instructor who doesn't seem to notice, or when the subject just isn't your cup of tea. However, do not kid yourself into thinking that missing a

class won't make a difference. Plus, your grade may be partially based on your attendance. And even if it's not, an instructor isn't likely to cut you any slack if you are often a "no show."



*The Foundation of CCC&TI* offers scholarships for students. It's easy to apply! Click the link and then click "Online Scholarship Application." Complete the form and submit. The deadline for spring semester scholarship applications is October 20<sup>th</sup>!

<https://www.cccti.edu/Scholarships/Default.asp>

### CCC&TI CobraCare Clinic

Monday through Thursday: 8 a.m. to 4 p.m.

Friday: 8 a.m. to 12 noon

Wednesday: The clinic is closed every second Wednesday of the month for off-site staff meetings.

The Clinic is located on bottom floor of E Building and is closed for lunch from 11:30 a.m. to 12 p.m. Monday to Thursday.

Click the link for more details.

[www.cccti.edu/CobraCareClinic/Default.asp](http://www.cccti.edu/CobraCareClinic/Default.asp)

### CHECK US OUT ON MOODLE!

- ✓ IMPORTANT INFORMATION
- ✓ IMPORTANT DATES
- ✓ IMPORTANT RESOURCE





Emily: Well...I am glad you asked.

TRIO delis are FREE lunches for TRIO students! Due to COVID, we are going to have smaller delis and there will be limited number of seats available. Delis this year will be topic specific and students will learn something new!

Baby trio: FREE FOOD! I love FREE FOOD! What am I going to learn?

Emily: Well...I'm glad you asked. We are going to have special guests such as faculty, staff, or maybe people from the community. They will share and talk to us about specific topics such as...a Writer's Workshop, Telling Time (time management), Beginning a Business, De-Stress, and much more.

Baby trio: How do I sign up to get this free food and learning?

Emily: I am so glad you asked....TRIO staff will send out a Google form for you to sign up. Due to Covid, there will be limited seats available at each deli we host. So, sign up early to get a seat at the table.

**MORE deli DETAILS TO COME!**





## Planning to transfer to a 4-year university?

Let us know! We are beginning to schedule college campus tours and want to make sure you are included. See a TRIO Staff member for details.



### August Birthdays

Jordan Stinson

Grasoina Banner

Meloday Reeves

Happy  
Birthday

### September Birthdays

Kristina Miller

Treva Hector

Joshua Wolfe

Leslie Olavarria

Amari Thomas

Christian Teniente

Abigail Mejia-Villa

*Your TRIO  
family  
wishes you  
the happiest  
of  
birthdays!*

## **TRIO Tutors!**

**That's right, we offer tutoring.  
Before it's too late, see us for help!**



## Meet the TRIO Staff

Hi! My name is Becky Boone, and I am the TRIO/SSS counselor. I am from Hudson, and I feel like CCC&TI is as much my home as Hudson is. I absolutely love CCC&TI, TRIO, and our TRIO students. I look forward to meeting with you and getting to know you better, whether you are on the Hudson campus or the Watauga campus. I am here to help you with the small questions like where to find something on campus, and the bigger questions like how to get to the next stage in your life. I will be your TRIO advisor and your TRIO counselor if you need it. I help with advising and registration, financial aid, campus/community volunteer activities, any ideas you have, or anything you feel may be in the way of your success. You can always start here; we're with you every step of the way.



Welcome back to campus! I am Julie Parsons, TRIO Academic Specialist and I have been with TRIO for almost seventeen years. We are looking forward to another somewhat normal yet exciting year. We are also looking forward to working with you and supporting you to reach your goals. If there is anything I can do to support you through tutoring, offering a listening ear or a soft nudge please let me know! Best of luck for a successful year.

Hi my name is Diane Mazza and I work on the Watauga campus. I have been here for 13 years now, working with some of the most resilient students there are. Watching TRIO students rise above so many obstacles and come out on top is the most rewarding part of my job.

I myself was a TRIO student when I decided to go to college at the age of 40, so I have firsthand understanding of what it's like to push through a challenging endeavor such as being a first-generation college student. It is one of my most proud accomplishments and one that showed my children the value of higher education. Now you are setting that same example for future generations in your family.

You've taken the first step, and I am so proud of you for that. Now myself and the rest of the TRIO staff are here to help you finish.

~ Diane



Hello everyone! My name is Emily Garrison and I am the TRIO Director. I have been in education for 20 years, experiencing all levels: elementary school teacher, school administrator at elementary, middle, and high school, and now CCC&TI/TRIO for the last 6 years. It is an absolute pleasure to serve you, support you, encourage you, and watch you succeed. If you need anything do not hesitate to ask; if I don't know the answer I will find it. I am eager to get to know you and work with you this year. When I'm not at work I am very busy with my family. My husband and I have four children at four different schools and four different levels: kindergarten, 6<sup>th</sup> grade, 10<sup>th</sup> grade, & freshman at ASU. AND a fur baby Scarlett Jo. (I feel like I should say...*and a partridge in a pear tree.*) I enjoy exercising, creating and building projects, and love sports! I am a graduate of Wingate University (I can talk small schools any day and don't want anyone to ever discount the opportunity to attend a small private school.) I also have a master's degree from ASU. I hope to complete a doctorate degree in the near future, I need ya'll to push me and encourage me to do that. Again, let me know how I can help and never hesitate to ask!