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Director's Message

I am delighted to welcome our new TRIO Student Support Services Scholars and welcome back our returning Scholars for the 2017-2018 academic year! We are excited to work with you this year! By now you have settled into your classes, and hopefully your fall study and life routines. Amid all the chaos of starting a new semester, please be sure to check in with your TRIO Advisor. As always, if something pressing comes up, call or stop by our office. We are available for you and we don't want you to wait if we can help it.

Just a few words of advice for this semester:

Show Up & Participate: You can't reach your goal if you are not willing to show up. Woody Allen famously said, "Showing up is eighty percent of life," but showing up is only part of being successful. Being physically present is not enough; you must be prepared for the task at hand and maintain the desire to accomplish the goal you have identified.

Get to Know Faculty: Make an effort to speak to your professors outside of class. Attend their office hours at least once a month to ask questions about difficult concepts you don't understand from class, tests or homework. Get to know your professors by asking about their areas of interest and what motivated them to pursue their current careers. If office hours don't work with your schedule, you can email professors to arrange a time or go to class early with enough time to ask questions.

Prepare Yourself to Learn: The reason you are here is to learn a skill and obtain knowledge that you may not have had previously. It is okay if you do not know everything. However, remain open to changing bad habits and learning new skills. Remember, successful students ask questions—of their instructors, of their advisors, of their peers. So, ask!

Practice Self-Management: It is easy to fall behind. Use a planner or phone, anticipate deadlines and test dates, major meetings or commitments. Work in advance of your deadlines. Shift your reading assignments to be prepared for class before class, and come prepared with questions to ask your instructor. Work on writing assignments well in advance and ALWAYS get someone to review what you have written before you hand it in!

Have a Clear Goal & Plan: You came to Tri-C for a reason, but we understand interests, plans and goals may change. When they do, make sure you are making informed decisions on how to adjust your plan accordingly. Need help and don't know where to start? Stop in to talk with your Student Advisor about changing your major, barriers or other circumstances that may have caused you to want to adjust your goal.

On that note... Meetings with TRIO/SSS Advisor: Although we say that you should meet with us twice a semester, make it a point to check in at least every month. We like to know your accomplishments, successes, experiences and life changes. Enough said.

Finally, we all know the best-laid plans can get interfered with by unexpected events, so have a back-up plan and communicate: Think about the "what ifs"- If I get sick, my car breaks down, I don't get the grade I want on a test, etc. Who needs to know this and how do you want to address these issues? Your TRIO/SSS Advisor can help generate the answers to the "What ifs". Stuff happens; it's life. The resilient students (that's you!) regroup, recover, ask for help, and keep going.

Zyanya Torres

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New Team Members



Hi, my name is Robin Adelman. I am a first year student here at Tri C Metro. I have a previous Associate's Degree in Information Technology from Bryant and Stratton, but I chose to go back to school at age 37 to concentrate on script writing and film. I intend to transfer to Cleveland State in two years. I am a transgender woman and have linked up with Tri C to assist in facilitating their Safe Zone educational seminars for students and teachers to learn about LGBT issues. I look forward to working with everyone and making the office run smoothly and pleasantly.



Greetings, my name is Shakitha Day. I am currently enrolled at Tri-C and looking forward to graduating this Fall with my Associate of Arts degree. I plan to transfer to CSU in Fall 2018 to pursue my Bachelor degree in social work. In my free time I do volunteer work. I love the feeling of helping others and being able to give back to the community with my time. I enjoy writing poetry and scrap-booking. My dream career would be to practice social work internationally because I love to experience different cultures and meeting new people.



My name is Christen Overby. I am currently attending Tri-C to receive my Associate of Arts. Broadway has always been a dream of mine and what I aspire to achieve. Being that I was born and raised in Cleveland, starting my dreams here feels fantastic. Some of my favorites are: the color blue, soul food, R&B music and sour candy!



My name is Tiffany Stotts and I have been an active student at Tri-C, Metro Campus for one academic year. The college environment is very adaptable and friendly. My teachers and advisors have been more than supportive as I obtain my small business management associate's degree. I gained employment as a work study student that is helps me juggle the responsibility of school and work. Thank you Tri-C for this opportunity.



Hello, My name is Thalia Arias. I'll be working with TRIO's social media and tutoring in Spanish this Fall. Currently I'm working on my Associate of Arts and planing on transferring to Kent State after I graduate.

From the Department

Participation Agreement

Our office hopes you are doing well this fall semester. We look forward to working with each of you to create new goals, discuss your progress towards graduation, chat about transferring, review your financial aid, and most of all to provide support for you so that you can achieve success. We encourage you to set up your appointments early so that we can discuss your needs in the beginning rather than the end of the semester.

The Participation Agreement you signed specifies the program requirements that include:

1. Meeting with a Student Advisor at least twice during the fall and spring semesters.
2. Attend at least 2 TRIO Sponsored or TRIO Approved events

during the fall and spring semesters. We want to encourage you to complete one financial literacy session per semester. If you cannot make it to campus during our event, you can complete this online through Cash Course.

We highly encourage you to utilize the comprehensive services we offer in our program to be more successful. This program works based on your active participation. Your signature affirmed your desire to join this program and to join us in partnership in the realization of your academic goals so please schedule your appointments and be on time.

Wishing each of you a successful semester!

TRiO SSS Metro Staff



Staff TRIO Student Support Services Metro Campus



From Left to right:

- Dyonne Smith.....Program Assistant
- Mary Ann Meaker.....Student Advisor
- David Karban.....Student Advisor
- Alex Fuentes.....Technology Tutor
- Zyanya Torres.....Program Director
- Gerry Nemeth..... Math Instructional Assistant
- Manpreet Sangha.....Science Tutor
- Bleranda Musai.....Math Tutor

Academics Tri-C Calendar

Fall | Winter 2017

Tri-C calendar

Date	Description
August 28, 2017	Fall Semester (16 Weeks) Full Term and Session A (First 8 Weeks) Begin
September 4, 2017	Labor Day - College Closed - No Classes Scheduled
September 11, 2017	Session O (14 Weeks) begins
September 11, 2017	Last Day to Withdraw from Full Term (16 Weeks) and Session A (First 8 Weeks) with NO RECORD
September 25, 2017	Last Day to Withdraw from Session O (14 Weeks) with NO RECORD
October 6, 2017	Last Day to Withdraw from Session A (First 8 Weeks) Course with a "W" Grade
October 8, 2017	Last Day for students to submit incomplete work from Spring Semester 2017 and Summer Session 2017.
October 13, 2017	Roll Spring and Summer 2017 Incomplete grades to F
October 22, 2017	Session A (First 8 Weeks) Ends
October 23, 2017	Session B (Second 8 Weeks) Begins
October 24, 2017	Session A (First 8 Weeks) - Final Grades Due
October 27, 2017	Academic Progress Reporting for Full Term (16 Weeks) Due
November 6, 2017	Last Day to Withdraw from Session B (Second 8 Weeks) with NO RECORD
November 10, 2017	Veteran's Day Observed - College Closed - No Classes Scheduled
November 11, 2017	Veteran's Day - College Closed - No Classes Scheduled
November 17, 2017	Last Day to Withdraw from Full Term (16 Weeks) Course with a "W" Grade
November, 22, 2017	Last Day to Withdraw from Session O (14 Weeks) Course with a "W" Grade
November 23-26, 2017	Thanksgiving Recess - College Closed - No Classes Scheduled
December 1, 2017	Last Day to Withdraw from Session B (Second 8 Weeks) Course with a "W" Grade
December 11-17, 2017	Final Exam Week - Full Term
December 17, 2017	Fall Semester Full Term, Session B (Second 8 Weeks) and Session O (14 Weeks) End
December 19, 2017	Final Grades Due - Full Term, Session B (Second 8 Weeks) and Session O (14 Weeks)
December 19, 2017	Commencement
December 22, 2017 - January 1, 2018	Christmas Recess - College Closed

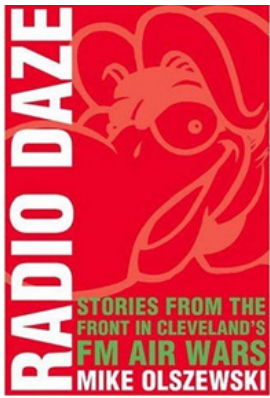


In Case You Missed It

TRIO SSS Rocks & Rolls

Seventeen Tri-C students and employees took part in the Rock & Roll event at Tri-C's Metro campus on Wednesday morning, July 26, 2017.

Our special guest Rock & Roll speaker was Mike Olszewski. He came off the bench to pinch hit for Plain Dealer music journalist Chuck Yarborough and did a splendid job! Mike was a DJ on WMMS 100.7 FM during their glory days and is the author of several Rock & Roll related books. He has interviewed dozens of Rock & Roll artists including the Beatles Paul McCartney. He gave a very interesting talk about the history of Rock & Roll in Cleveland and took questions from the audience.



Metro Trio SSS students and staff outside the Rock Hall

Next up was Gerry Nemeth emceeing two Jeopardy games. The first game was for the baby boomer contestants and featured pictures and sound clips of various classic Rockers. Grace Banda from the Access Program won that game handily. The second game was for the young folks, featuring more recent artists. Prizes were awarded, and everybody had a great time. Mike spoke

Who am I?	R & R Hall of Fame	R & R Hardware	Beatles	Rock Groups	Cleveland Rocks
\$100	\$100	\$100	\$100	\$100	\$100
\$200	\$200	\$200	\$200	\$200	\$200
\$300	\$300	\$300	\$300	\$300	\$300
\$400	\$400	\$400	\$400	\$400	\$400
\$500	\$500	\$500	\$500	\$500	\$500

during the games whenever one of the Rock artists featured in a Jeopardy clue triggered an interesting story or memory.



From left to right: Grace Banda, Mike Olszewski, Gerry Nemeth, Dr. Joseph Arendt

Then it was off to the Rock & Roll Hall of Fame and Museum in an air-conditioned van. There were several new displays at the facility including a tribute to the 2017 Rock Hall inductees and a tribute to the Dick Clark American Bandstand TV show. As a reminder, admission to the Rock Hall is free for Tri-C employees and students with a current ID.

Botanical Gardens

This was a wonderful trip. The opportunities that I receive through the Trio program are invaluable. The relationships I have developed with the individuals I have met in the program, help shape my college experience. I have lived in Cleveland, Ohio my entire life and had never been to the Botanical Gardens. It was amazing! My favorite part is a hard choice between the butterflies and the Japanese gardens. I wish to go back soon with my family so they too can experience the awesome opportunities that we have in our own back yard in Cleveland, Ohio.

Lunch with my fellow scholars was a great fellowship gathering. We were with the West Campus Trio, and I had the chance to network with other scholars. The restaurant itself was pretty cool. It was on the Case Campus, so to have a chance to experience the atmosphere was encouraging for transferring. Last but not least, the Trolley ride: again, something I had not experienced while living here in Cleveland. On the ride, we had the pleasure of touring Cleveland and I learned things I never knew. For example, I never knew I could have so much fun in a cemetery. On the tour, the trolley rode through the Lakeview Cemetery. We had the chance to view a temple designed by Louis Comfort Tiffany's Studio and see where the remains of President Garfield and his wife are placed.

I did not want the day to end. Thank you again for the great experience!

Kimberly Armbruster





My favorite part of the trip was lunch time. Not because of the food, although that was a good part of it, but because that was the moment we sat down and actually got to talk and get to know the rest of the students and faculty that were on the trip. The botanical garden was amazing, the green-house with all the butterflies in it and the little hiking path that led to the Japanese garden are beautiful. Those are my favorite parts of the botanical garden.

Thalia Arias



My favorite part of the trip was the rain forest. I had the opportunity to encounter flying butterflies, small bugs, a waterfall by the rock. I really had fun!

Briana Nichols



TRIO SSS Metro Boot Camp

This Summer, TRIO SSS put on a series of pre-semester Bootcamp sessions for students. During the week of August 22nd, we held a variety of workshops touching on Financial Aid, Biology, Math, and a number of other subjects. Students who attended were able to fully interact with our tutors and advisors in preparation for the Fall. Students were also able to attend Lunch and Learns, where they were provided a free meal and were able to learn about something new. We will be hosting this event again in January, so get ready to attend some incredible workshops.

Featured Tri-C Program

Mandel Scholars Academy

The Scholars Academy provides an innovative environment for developing highly informed, well-rounded students who are prepared to transition directly into four-year institutions and who have the knowledge and wisdom to become civically and ethically responsible citizens and future leaders.

- Immerse yourself in a distinctive academic experience in the humanities
- Expand your critical thinking capacity
- Develop essential leadership skills
- Contribute to your community
- Complete your degree in two years

Mandel Scholars will take a core set of courses that will develop the ability to apply the knowledge and skills of the liberal arts to help meet the community's challenges and opportunities.

They will take a broad range of courses in the humanities disciplines that will introduce them to the basic concepts across

many fields: English, Humanities, Philosophy, Religious Studies, Women's Studies and courses in the Creative Arts that offer historical and cultural surveys of their art forms.

Scholars will work in teams in collaboration with community organizations on projects that apply their learning.

In addition to coursework, Mandel Scholars will have access to a range of leadership development opportunities through workshops, visits with leaders from the region, and special presentations. Each Scholar will be assigned a mentor who has completed Tri-C's Jack, Joseph and Morton Mandel Leadership Development Program.



Our Students

Metro Student Headed to Fisk University

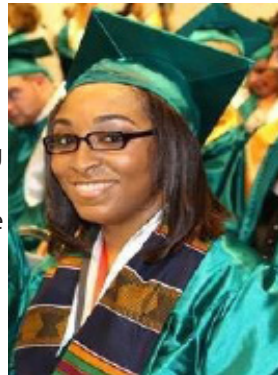
Brittany Holmes is a Spring 2017 Metro TRIO SSS alum and Tri-C graduate who will be attending Fisk University starting in the fall. Brittany was a strong presence on the Metro Campus. She was the President of the Circle K Club and worked in both the Financial Aid and Transfer Center departments throughout her time on campus. Brittany completed her Associate of Arts degree and is transferring her credits to Fisk University, a selective HBCU institution in Nashville Tennessee.



While at Fisk, Brittany plans on studying communications with a possible minor in psychology. Her ultimate goal is to work with individuals on career development. Metro Campus wishes Brittany nothing but the best!

Coach Briana

Metro Campus welcomes Ms. Briana Nichols as the Metro Campus, Americorps College Completion Coach. Briana is a 2017 graduate and a Metro TRIO SSS alum who is currently pursuing her Bachelor's Degree in Social Work at Cleveland State University. Briana will be providing support to new students. She is located in MSS G03, Special Services.



Welcome, Briana.

Classroom, Community, and Athletics

TRIO's own Heidi Hubbard was among the seven All-Ohio Community College Academic Team, which awards scholarships to recognize student excellence in academics, leadership and community service.

Tri-C sprinter and Metro TRIO SSS scholar Naleta Andrews broke a 16 year-old school record in the 200-meter dash with a time of 25.42 seconds to help the Challengers claim the NJCAA Region XII Outdoor Track and Field Championship in May.

Congratulations to Metro TRIO SSS scholar Steven Rolland for being accepted into the Mandel Scholars program.

Great Work Carlton

This spring, Metro TRIO SSS alum Erick Carlton graduated from Tri-C with an Associate of Arts degree. For Carlton, completing his degree has been a lifelong dream – one that did not come easy, as he faced a variety of challenges along the way. Throughout Carlton's time on campus, he came to discover that he wanted to obtain a bachelor's degree in religion. With help from the Metro Campus Transfer Center, he was able to receive assistance in searching for the right four-year university, meet with



advisors for one-on-one review of his transfer credits and apply to Baldwin Wallace University. Carlton was meeting with Transfer Center staff when he found out that not only had he been accepted to Baldwin Wallace for the fall semester, but he would also receive \$12,500 in scholarships.



Words of Wisdom

“Prepare for your future now, so in the future you won't regret your past.”

- Tiffany Stotts



Financial Aid Info Corner

FALL into FAFSA	SUMMER PELL
<p>The 2018-2019 FAFSA will be available for you to complete on October first. Fill it out as soon as you can. You'll be using your 2016 income information, so you SHOULD NOT WAIT to turn in the FAFSA.</p> <p>Your Metro TRIO SSS program can help you with the FAFSA. We have FAFSA workshop days in October (see the calendar), or you can schedule a one-on-one meeting with Alex, David, Mary Ann or Zyanya. Be sure to bring your FAFSA ID and password!</p>	<p>Pell Grant awards may available for Summer! Please work with your advisor on your degree plan and discuss with him/her whether taking summer classes would be a good idea for you.</p>
<p>10/01/2017</p>	<p>Speak with your advisor</p>
<p style="text-align: center;">Be vigilant: Watch your emails and your My Tri-C Space for any changes to financial aid policies. For additional information regarding FAFSA visit the link below. https://fafsa.ed.gov/</p>	

Educational Opportunity

Ready, Set, Tour with the Tri-C Transfer Center

Join your fellow classmates and Tri-C's Transfer Center Staff on Fall 2017 transfer student tours of various four-year institutions. Click the links below for tour details and to register for the tours.

Bowling Green State University, Friday, October 6, 2017, 8 AM to 3:30 PM, departs from and returns to Metro and Westshore Campuses



John Carroll University, Friday, October 20, 2017, 9:30 AM to 2:30 PM, departs from and returns to West and East Campuses



Cleveland State University, Friday, October 27, 2017, 11:30 AM to 3 PM, departs from and returns to Metro Campus



Ursuline College, Friday, November 3, 2017, 9 AM to 2 PM, departs from and returns to Metro and East Campuses



Keep Calm and See A Tutor

Tutoring Hours Fall 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Math: 8:30am - 5pm English: 11am - 1:30pm	Science: 9:30am - 4pm English: 9:30am - 11:45am Math: 9am - 4:30pm	Math: 8:30am - 5pm English: 11am - 1:30pm	Science: 9:30am - 4pm English: 9:30am - 11:45am Math: 10am - 2pm	Science: 10:00am - 5pm Math: 9am - 3pm

Please make sure to schedule appointments for better one on one assistance.

Bleranda Musai: 216-987-4919 (Math)
Gerry Nemeth: 216-987-4925 (Math)
Manpreet Sangha: 216-987-6319 (Science)

Bro, Do You Even Know?

How well do you know Tri-C Metro Trio SSS staff?

Take this matching exercise, and turn it in to Gerry Nemeth before November 10th. Whoever has the highest correct number of answers will get a prize! If there is a tie, a random drawing will take place to determine the winner. We will try to do a similar exercise for the SSS work-study students in a future newsletter.

Below are the first names of the Metro Trio SSS employees. Look at the interesting facts, and match the fact to the name that you think it belongs to. Good Luck!

- | | | |
|----------------|----|--|
| Mary Ann _____ | a) | Has a son that is a Medical Doctor |
| Gerry _____ | b) | Has two young sons |
| Bleranda _____ | c) | Can speak two other languages |
| Dyonne _____ | d) | Recently earned a Master's Degree |
| David _____ | e) | Has a son who plays on the Lakewood High football team |
| Zyanya _____ | f) | Has run four 26.2 mile marathons |
| Alex _____ | g) | Is recently engaged to be married |
| Mickey _____ | h) | Has 13 nieces and nephews |

Stay Connected

Linking Your Tri-C Email to Your Personal Email

1. Start your browser: Internet Explorer, Chrome, Firefox
2. Log in to Office 365 (<http://studentemail.tri-c.edu>)
3. Click the settings icon (top right corner)
4. Select "Options"
5. Select "Forwarding"
6. On the bottom half of the new page (under "Forwarding"), enter the email address you want to forward your mail to, then click "start"



Use Remind app to connect with TRiO SSS

1. Using your smart phone go to rmd.at/tricsssm
2. Follow the instructions to sign up
3. You'll be prompted to download the app
4. If you don't have a smart phone text [@tricsssm](https://www.facebook.com/TricTrioSSS/) to 81010



Blackboard



1. Starting October 16th, ALL TRiO students will have access to a full resource library via Blackboard. Contact David Karban for more details!!

TRiO SSS Equipment Checkout

Each semester, the TRiO SSS office has equipment available for check-out, including: Laptops, Graphing Calculators, and Textbooks. These items are on a first-come, first-serve basis to current enrolled active TRiO SSS Scholars only. Stop by the TRiO SSS Office if you are interested in checking out equipment. Note: Lost or damaged items will result in a charge to the students account.

 Like us on Facebook <https://www.facebook.com/TricTrioSSS/>