



# The Westmoreland Wire

Spring 2019

***Happy 2019!***

**We wish you a  
Happy New Year and  
a successful Spring  
2019 semester!**



Visit the TRIO office for a Open House event **Wednesday, January 16** and **Thursday, January 17!** There will be TRIO water bottles, bags and school supplies, as well as a limited number of Westmoreland t-shirts!

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## **TRIO Changes**

*There have been changes in TRIO since our last newsletter!*

**Abigail Welch** has accepted a full-time position at Westmoreland as the College Learning Center Office Support Clerk. Stop by the CLC to say hi!

**Carol Miller** joined TRIO in October as our new TRIO Clerk! Stop by the TRIO front desk to say Welcome!



**Daisy**, TRIO Counselor, celebrated a wedding in November! You can reach Daisy Schropp at her new email: [schroppd@westmoreland.edu](mailto:schroppd@westmoreland.edu)

**TRIO TIP:** The 2019-2020 FAFSA is open! Complete the FAFSA now to avoid missing deadlines and available grants! Visit [fafsa.ed.gov](http://fafsa.ed.gov) to get started.

## Important Dates

Classes Start	<b>Thursday, January 10</b>
All Tuition and Fees Must be Paid	<b>Thursday, January 10</b>
Due Date for Health Professions Application	<b>Saturday, January 12</b>
MLK Day (College Closed)	<b>Monday, January 21</b>
Last Day Bookstore Charges with Financial Aid	<b>Wednesday, January 23</b>
Last Day to Drop for a Full Refund (15 week classes)	<b>Wednesday, January 23</b>
Last Day to Drop (15 week classes)	<b>Wednesday, January 30</b>
Last Day to Submit a SAP Appeal	<b>Wednesday, January 30</b>
12 Week Classes Begin	<b>Thursday, February 14</b>
National TRIO Day	<b>Saturday, February 23</b>
Summer Internship Applications Due	<b>Monday, February 25</b>
Transfer Fair	<b>Wednesday, March 6</b>
ATC Career Fairs	<b>Monday, March 18 &amp; Tuesday, March 19</b>
Faculty Development (No Classes)	<b>Tuesday, March 26</b>
Health Careers Fair	<b>Friday, March 29</b>
Spring Break (No Classes)	<b>Wednesday, April 17 - Saturday, April 20</b>
Final Exams	<b>Thursday, May 2 - Wednesday, May 8</b>
Commencement	<b>Thursday, May 9</b>

## Student Activities

Coffee & Company with CAB	<b>Thursday, January 10</b>
New Year, New You Welcome Back Event	<b>Wednesday, January 16</b>
New Year, New You Welcome Back Event	<b>Thursday, January 17</b>
Art Gallery Reception	<b>Wednesday, January 23</b>
Club Rush	<b>Wednesday, February 6</b>
Club Rush	<b>Thursday, February 7</b>
<a href="#">Ed Mabrey</a> (Spoken Word Poet)	<b>Monday, February 11</b>
Valentine's Day Party	<b>Thursday, February 14</b>
<a href="#">Brandi Denise</a> (Adult Comedy)	<b>Wednesday, February 20</b>
Mardi Grad Mocktail Mix Off	<b>Tuesday, March 5</b>
Student Trip to Cleveland, Ohio	<b>Saturday, March 23</b>
Spring Carnival	<b>Monday, April 1</b>
American Red Cross Blood Drive	<b>Tuesday, April 16</b>

## TRIO Cultural Trips

You won't want to miss a TRIO Cultural Trip this semester!

Keep an eye on your college email and remind.com text alerts for more information and to RSVP!

[The National Aviary](#) - Friday, March 8, 2019

[University of Pittsburgh](#) Tour + Visit to Pittsburgh - Friday, March 15, 2019

[Carnegie Science Center](#) - Friday, April 26, 2019

## Student Success presents: 3-Part CashCourse Financial Workshop Series

It doesn't matter how much money you have!  
What's more important is what you do with your money!

### Part 1: "Your Spending"

**Tuesday, January 22, 2019 • 2:00 pm - 3:00 pm • Founders Hall 745**

Topics include knowing what motivates your spending, plugging spending leaks, creating a spending plan, and managing your credit and debt.

### Part 2: "Your Savings"

**Wednesday, February 20, 2019 • 2:00 pm - 3:00 pm • Founders Hall 745**

Topics include tips for using a checking account, setting financial goals, growing your savings, and protecting your savings and investments.

### Part 3: "Your Future"

**Thursday, March 21, 2019 • 2:00 pm - 3:00 pm • Founders Hall 745**

Topics include tips for saving for emergencies, using insurance to protect you and your loved ones, planning for retirement, and keeping good records.

**These workshops will include pizza, drinks, and a raffle to win a \$25 gift card!**

**RSVP to:** Renae Sever: [severr@westmoreland.edu](mailto:severr@westmoreland.edu); 724-925-4000 ext. 3359; BIC 4401



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## STUDY SMART WORKSHOPS

### EFFECTIVE NOTE TAKING

**Tuesday, February 5, 2019 from 2:00 pm - 3:00 pm Commissioners Hall, Room 2104**

### DEVELOP A USEFUL STUDY PLAN

**Tuesday, March 5, 2019 from 2:00 pm - 3:00 pm Commissioners Hall, Room 2104**

### TEST TAKING TIPS

**Tuesday, April 9, 2019 from 2:00 pm - 3:00 pm Commissioners Hall, Room 2104**

**To register for the above events, please contact Rebecca Price at [pricer@westmoreland.edu](mailto:pricer@westmoreland.edu) or 724-925-4186**

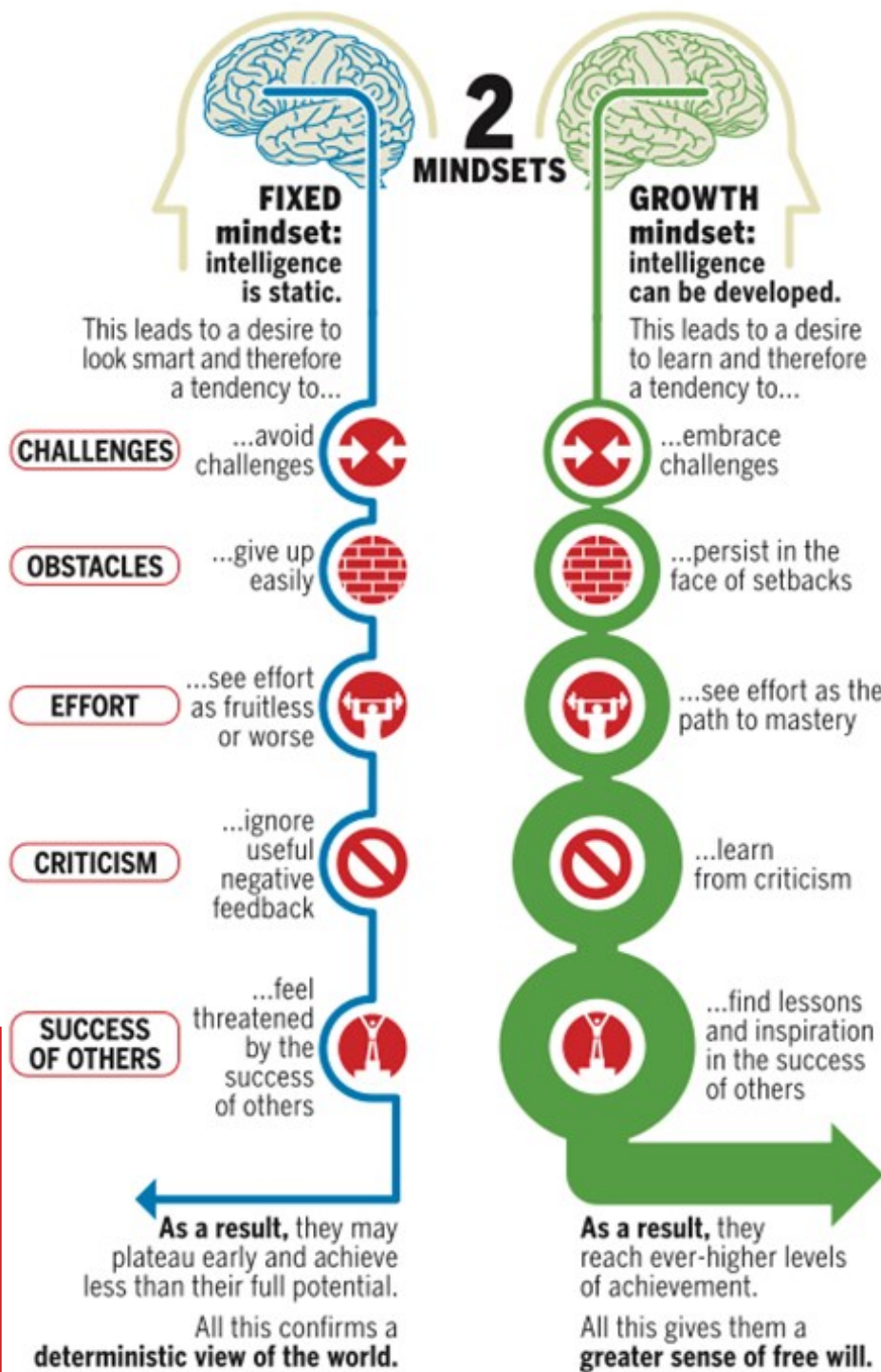
**Light refreshments, including fruit smoothies, will be served!**

## Growth Mindset and Why it is Important!

“Students with a fixed mindset believe that their intelligence and talent are innate traits that don’t change. For example, they might say “I just can’t learn math.” These students typically worry about not looking smart, get upset by mistakes, and give up sooner on tough tasks. Students with a **growth mindset** believe that ability can change as a result of effort, perseverance, and practice. You might hear them say, “Math is hard, but if I keep trying, I can get better at it.” Students with a **growth mindset** see mistakes as ways to learn, embrace challenges, and persist in the face of setbacks. High-performing students and low-performing students may have either mindset.”

Studies show students with a **growth mindset**:

- Are more motivated and engaged, even when work is challenging
- Are more likely to review or revise their work
- Score better on math and verbal standardized tests
- Fail fewer classes and have higher GPAs
- Are more likely to persist in high school and college



**Take the Mindset Assessment to Learn More About Your Mindset:**  
<http://blog.mindsetworks.com/what-s-my-mindset?view=quiz>

## Celebrating First Generation Students!

On November 8, 2018, the TRIO program participated in an annual national celebration of first generation students. If you're a first generation student, you are not alone! Over **80 percent** of the students in the TRIO program have parents who did not complete four-year degrees.

Being a first generation student is definitely not easy. When you're the first in your family to attend college, you might be unsure about a lot of things, like how to apply, pick a major, and find the money to pay tuition. And once you get through those challenges, you might struggle with study skills, time management, and figuring out what to do next.



### From the "What I Wish I Knew...." First Generation Celebration banner (on display in the hallway outside of the CLC – check it out and add your own words of wisdom!)

It doesn't matter how old you are! You can be 40, or 50, with a degree or without.

That my dad believed and saw my true potential! I'm worthy.

Walking in the first time is the hardest part.

I wish I knew college wasn't as hard as I thought.

That I could go further than I'd ever imagined.

College isn't scary! Everyone is here to help!

That people would be as helpful as they are.

You're never too old to learn something new.

I wish I knew how many friends I'd make here.

What it really means to do active reading.

How willing others are to help. Just ask.

Be diligent and stay the course.

How nice everyone would be.

You always have help.

We goin' be alright.

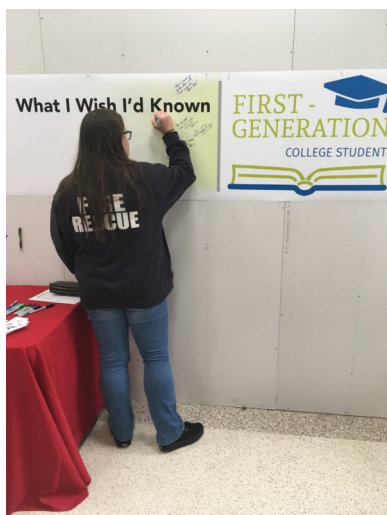
People will help.

You are not alone.

How to manage time.

What I wanted to do.

Life is a journey...not a destination.



## **The TRIO program is here to help!**

### **Here are some tips for success for First Generation students:**

#### **Tap into on-campus resources**

Take advantage of all the resources available to you! From computers to tutors to workshops, the College has many services available to help you thrive as a student and achieve your goals. See a list of [Student Resources](#) from the Westmoreland website.

#### **Work hard and work “smart”**

Balancing family responsibilities, work obligations, and everything else life throws at us can be hard, but studies have shown that some commonsense habits pay off! So if you want that “A”, go to class, understand the syllabus, do your homework, organize your assignments, study, avoid the temptation to procrastinate and, maybe most important of all, stay focused!

#### **Ask for help**

You don’t have to go it alone. Have questions? ASK! Ask your instructor. Ask your fellow classmates. Ask your TRIO counselor. Be persistent! Ask until you get what you need. The College faculty and staff are here to help you. Many of us are also first generation students and understand what you’re dealing with better than you might think!

#### **Discover your passion**

Take the time to discover what sparks your curiosity and brings you joy. Pursuing what you are passionate about opens doors to incredible opportunities. Need help figuring that out? Ask your TRIO counselor!

#### **Get a mentor**

Mentors are fantastic sources of information and knowledge. They may have overcome some of the same challenges that you’re experiencing and can offer useful advice. At the least, mentors offer an ear to listen! TRIO has a mentoring program for all TRIO students. Let your TRIO counselor know if you’d like to have a mentor or to be a mentor.

#### **Get involved**

Creating a social support system is extremely important. Meet other students who share your same interests, take on a leadership role, or support a cause dear to your heart. The College offers students the opportunity to participate in more than 20 clubs and organizations! Check out the list of [Student Organizations](#) at Westmoreland.

#### **Be persistent, but also have fun**

Stay focused, be disciplined, and don’t give up. Always keep working toward your goals. Earning a degree is a lot of hard work, but don’t get too caught up in the work! Being in college is an exciting and unique experience. Take the time to enjoy it!

#### **Be proud of yourself**

Remember to stop every once and while and look back at how far you’ve come. Take pride in everything you have accomplished so far while striving for that diploma!

### FREE TUTORING

Free tutoring is available to all Westmoreland students in the College Learning Center, BIC Room 4302. Tutoring is available as regular weekly sessions or single sessions. Tutoring staff includes professional, peer, and volunteer tutors who can provide assistance in most credit courses.

To request a tutor, complete an application in the CLC or at your Westmoreland center.

### NEW BUS STOP

[Westmoreland Transit](#) has added another bus stop at the Youngwood campus! The new stop is located outside of the Business and Industry Center (BIC), to the right of the building near the CareerLink entrance. We hope this new stop will be convenient for students who frequently use services located in BIC. The new stop is identified on the schedule as "CareerLink at WCCC."

Keep an eye on your email for an opportunity to win a Westmoreland Transit 10 trip pass.

### NATIONAL TRIO DAY

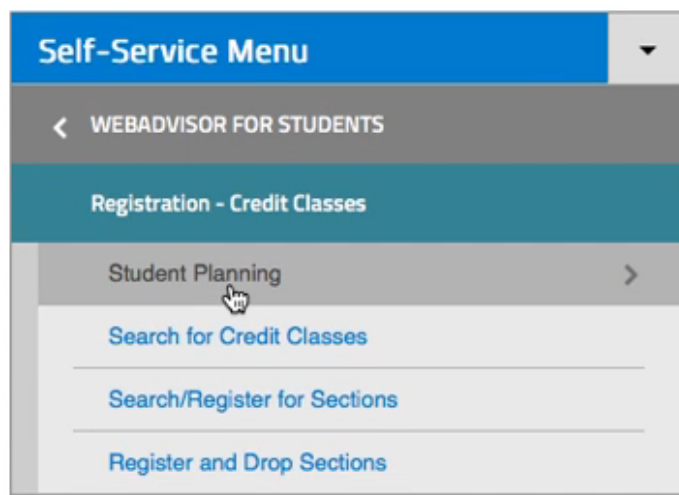
Saturday, February 23, 2019 is "National TRIO Day!" We celebrate to commemorate the annual achievements of the Federal TRIO programs in communities across the country. Show your TRIO pride and support this year by posting on social media (check out our [Facebook](#) and [Twitter](#)), using **#NationalTRIODay** and **#TRIOWORKS**. We also encourage you to share your support of TRIO with friends, family, classmates, instructors and more!



## Student Planning

Student Planning allows you to access your schedule, register for classes, check degree progress, request an advisor review and so much more!

1. Login to your Portal
2. Under "Self-Service" click on following:
  - a. WEBADVISOR FOR STUDENTS
  - b. Registration-Credit Classes
  - c. Student Planning



Check out these informational videos on how to navigate Student Planning:

Finding your Advisor: [https://youtu.be/Jj5\\_opPm--E](https://youtu.be/Jj5_opPm--E)

Navigating Student Planning: [https://youtu.be/RrJ2F-1rl\\_k](https://youtu.be/RrJ2F-1rl_k)

Registering for Classes: [https://youtu.be/sDO\\_iSo5dd8](https://youtu.be/sDO_iSo5dd8)

Adding an Educational Plan: [https://youtu.be/epJmwIDtR\\_o](https://youtu.be/epJmwIDtR_o)



**Westmoreland-Youngwood**  
**TRIO@my.westmoreland.edu**  
**Business & Industry Center (BIC) Room 4401**  
**724-925-4006**

**Julie Greathouse**, Director, Student Success  
**Vicki Walker**, Program Coordinator  
**Mark Harrison**, Counselor (Career Counselor)  
**Daisy Schropp**, Counselor (Transfer Counselor)  
**Renaee Sever**, Counselor  
**Carol Miller**, Clerk  
**Jill Albright**, Mathematics Specialist  
**Ruth McDonald**, Reading/Writing Specialist

*TRIO/SSS is a federally funded grant program that provides supportive services to help students reach their academic goals. TRIO/SSS strives to help students succeed in college.*

**Visit us online:** [westmoreland.edu](http://westmoreland.edu) or

 **Facebook:** [\*\*\*TRIO at Westmoreland County Community College\*\*\*](#)

 **Twitter:** [\*\*\*@TRIO WEST\*\*\*](#)

[Click here for the TRIO web page](#)

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