



# TRiO Student Support Services Spring 2017

## 2017 WA State TRiO Civic Leadership Conference

On March 3, 2017 we had the opportunity to take 10 students from both Omak and Wenatchee to the 2017 Washington State TRiO Civic Leadership Conference. Previously hosted in Olympia, this year's conference was hosted at Central Washington University in Ellensburg to

provide greater accessibility to programs located in central and eastern Washington. The goal of the annual event is to educate students in becoming self-aware of the impact they have within their community. Students were able to attend the workshops of their choice and connect with TRiO participants from across the state. The conference focused on four concepts; empowering activism, building leadership tools/skills, talking about issues in our communities, bridging issues in our global world. The keynote speaker for the conference was Hoan Do, a student success coach, author and competitor on American Ninja Warrior. Hoan delivered an engaging presenta-

tion on overcoming the negative self-talk that often discourages us from accomplishing our goals. We also heard from

empowered to seek opportunities to impact their community.



*"It was inspiring to hear others' success stories and how much of an impact TRiO has had on so many students across the state."*

*—Daisy Garvais*

Yakima City Counsel member, Avina Gutierrez and Poet/Storyteller Jordan Chaney. Our students reported favorably on their experience, highlighting that they felt equipped and

We are excited to share that Wenatchee Valley College will be hosting the 2018 Civic Leadership Conference!

### In this Issue

- Winter Recaps
- Meet our new tutor
- Student Spotlights
- Congratulate our 2016-2017 graduates
- Spring News & Events
- What can TRiO do for you?
- TRiO Trivia
- April is Alcohol Awareness Month



Irvin Lugo, Ramiro Garcia and Roger Benjume hear from motivational speaker Hoan Do



**Front row (Wenatchee):** Teresa Bendito, Emma Barerra, Roger Benjume, Ramiro Garcia, Irvin Lugo, TJ Boteilho. **Back row (Omak):** Feather Monaghan, Daisy Garvais, Retention Specialist-Stella Columbia, Jose Alvarez, Sandra Warriors Pistol-Bullet

## Wenatchee Welcomes Tutor, Jesse Lopez



Jesse Lopez, TRiO Tutor

Jesse Lopez is currently pursuing an Associates of Science Transfer degree here at Wenatchee Valley College. Upon graduation, he plans to pursue a Bachelor's degree in applied mathematics and hopes to work in the engineering field in order to build real systems. Jesse is a first-generation college student and a participant in our program.

He is currently tutoring math, science, and Spanish. During tutoring sessions, Jesse expects

students to come prepared. This means bringing your study material, bringing your book, and bringing questions. Jesse encourages students to use outside resources such as Kahn Academy, MIT videos, and YouTube videos. Collectively, these resources will best prepare students to succeed in their classes.

Currently, our tutoring services operate on a one-on-one

session format; however, Jesse encourages walk-ins whenever possible. We are also exploring

tutor/study groups based on the needs of our students.

If you are in need of tutoring, please stop by the TRiO Office and schedule an appointment.

Spring Tutor Hours:

Monday 10am-1pm

Tuesday 10am-2pm

Wednesday 10am-2pm

## Meet Program Participant, Irvin Lugo

Irvin's dad is his mentor. A business man himself, he is always encouraging Irvin to work hard to pursue his goals. Irvin reports that the most useful TRiO services have been the transfer services, especially completing applications and writing his personal statement. Irvin hopes to attend UW's School of Business and get his degree in business administration.

Irvin has already been accept-

ed to WSU, WWU, CWU and EWU! He is now "patiently" waiting for a letter from the University of Washington. He will be graduating after summer quarter and transferring to university in the Fall.

His advice to students would be to begin applying early. Don't wait until the last minute, especially when you're trying to decide which school to go to. He says, "Ask for help!" The advisers can help

you think of things you may not have thought of. For example, he was going to take a quarter off and start at university winter quarter but Ivan helped him see the benefits of starting in the fall as to be on pace with the rest of the cohort. Now that Spring is here, Irvin plans to enjoy his hobbies, playing soccer and longboarding.



Irvin Lugo

## TRiO is Accepting New Participant Applications

TRiO SSS provides academic support services to students who are low-income, first-generation, and/or have a documented disability. The program provides comprehensive services and positive educational experiences to eligible students so they may successfully navigate college, complete their chosen degree, and launch meaningful careers.

TRiO SSS collaborates with college instructors, student services and community-based organizations to provide educational opportunities for students.

Contact us to learn more about our program and get the support you need to accomplish your goals. To apply, please visit our office in

**WELLS 1074**

**509.682.6978**

**trio@wvc.edu**

### Eligibility Requirements:

Be a U.S. citizen or permanent resident

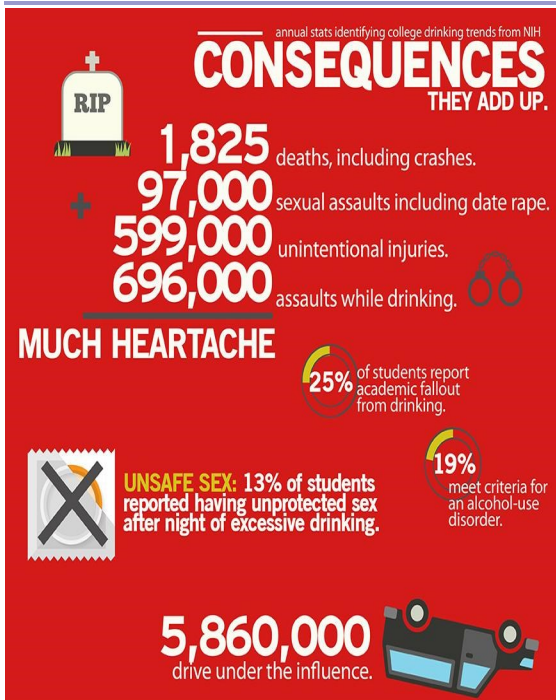
Have a high school diploma or GED certificate

Be enrolled at Wenatchee Valley College in a college-level program

Intend to transfer to a four-year college or university to pursue a bachelor's degree

Be a first-generation college student (neither parent earned a bachelor's degree, OR low-income, OR have a documented disability)





## April is Alcohol Awareness Month

Did you know that April is Alcohol Awareness Month? Its purpose is to increase public awareness and understanding, reduce stigma, and encourage local communities to focus on alcoholism and alcohol-related issues. Underage college drinking is a significant public health problem that is present on many campuses across the United States. Alcohol use by young people is directly associated with traffic fatalities, violence, suicide, educational failure, alcohol overdose, unsafe sex and other problem behaviors.

According to the National Institute on Alcohol Abuse and Alcoholism, many college alcohol related problems are related to binge drinking. Binge drinking is described as consuming enough alcohol to bring your blood alcohol concentrate (BAC) to or above .08 in a relatively short amount of time, usually within two hours. In addition to the consequences pictured, binge drinking over a long period of time can cause permanent and irreversible damage to your liver and other vital organs.

For more information regarding alcoholism and to learn more about substance abuse, please visit the National Institute of Alcohol Abuse and Alcoholism website: <https://www.niaaa.nih.gov/>.

## 2016-2017 Graduates

\* Brent Bleakney \* Monique Bourgeau \*

\* Jose Alvarez \* Maria (Alejandra) Alvarez \*

\* Philip Lamers \* Rene Melendez \* TJ Boteilho \*

\* Emma Barrera-Lopez \* Salvador Diaz \* Lorena Guizar \* Jennifer Perez \*

\* Adi Arce \* Kathryn Garcia \* Selena Enciso \* Roger Benjume \*

\* Reyna Diaz \* Lorena Anaya \* Caleb Barahona \* Julie Perez \*

\* Alexis Anaya-Portillo \* Dania Contreras \* Karen Gonzalez \* Marina Guerrero \*

\* Tania Duenas \* Irvin Lugo \* Richard Newlun \* Kristina Ramirez \*

\* Marixza Ortiz \* Jennifer Salazar-Rodriguez \* Jesse Lopez \* Myrna Alvarez \*

## Fun Facts About Spring



Spring fever is a real thing! When the outdoor temperature rises, your blood vessels expand. As a result, blood can be carried to the body surface where heat can be lost quickly, giving some people an energetic “spring” in their step. (chiff.com)



Each year, 58 million Americans fall prey to seasonal allergic rhinitis, more commonly known as hay fever. (WebMD)

## Meet Program Participant, Falon (Miri) Lammers



Falon (Miri) Lammers

Falon travels to Olympia on March 23<sup>rd</sup> to attend a ceremony honoring students who have been nominated to the All-Washington Academic Team.

The Omak Nursing student decided to become a nurse after caring for two family members who required care after hospital stays. Falon has been working

at North Valley Hospital, attending classes and taking care of children in the family while maintaining a high GPA.

When she completes her degree at WVC she plans to earn her BSN. Her first choice is the program being developed here at WVC.

## Meet Program Participant, Monique Bourgeau



Monique Bourgeau

WVC at Omak TRiO member Monique Bourgeau was given the honor of the Transforming Lives Award this year at a banquet in Olympia along with the other four top award winners in the state. She credits the Mourning Dove Symposium with turning her life around. As a result of the symposium, she

immersed herself in language program and a deeper understanding of herself and her culture. She literally transformed from a lost young woman to one with goals, purpose and drive. She graduates this spring from WVC and will transfer to EWU, then plans to move on to law school.

## Snow Days Create Challenges

Winter weather has been created interference with students' studies this winter quarter. Omak campus closed for three separate days due to severe weather conditions. Students found themselves trying to keep up and be prepared for tests. A busier-than-usual tutor center filled in for missed lecture time. Instructors carved out extra time to



help students with understanding new concepts.

The term "Snow Day" conjures up visions of hot cocoa and snowball fights, yet one student commented that he never thought he would be irritated that he couldn't go to school. Due to the M/W – T/TH scheduling of classes at the Omak campus, each missed

class day is the equivalent of two class days in a standard 5-day-per-week schedule.

Inclement weather also interfered with TRiO activities. Two scheduled TRiO workshops - *Scholarships* and *Transfer: Next Steps* - landed on those snow days. A van frozen into its parking space by berms of ice and prediction of freezing rain on the day of the CWU campus visit prevented the students of the Omak campus from traveling to Ellensburg.

The promise of spring never looked so good!

# Don't Forget!



## Sunday, April 16th

# HAPPY Mother's DAY



## Sunday, May 14th



## Monday, May 29th



## Sunday, June 18th

## TRiO Trivia

1. In what year was the TRiO Student Support Services launched?
2. In what Quarter/Year was TRiO Student Support Services launched at WVC?
3. True or False? TRiO SSS is only offered at community colleges.
4. Which is NOT a service provided by TRiO SSS at WVC?
  - A. Assistance filling out scholarship, university and financial aid applications
  - B. Assistance in course selection and degree planning
  - C. Assistance in how to train your dragon
  - D. One-on-one, peer and group tutoring



the way through to Ronald E. McNair Post baccalaureate Achievement program. 3. C, the answer is always C! 1. 1968 2. Fall 2016 3. False. TRiO offers 8 programs beginning in high school with Upward Bound and available to students all

## TRiO in Student Government



Pictured Left to Right: Sandra Warriors Pistol-Bullet, Event Coordinator; Jose Alvarez, ASB President; David Ratautas, Freshman Representative; Daisy Garvais, Freshman Representative (Omak)



Roger Bejume, Director of Administrative Affairs; Not pictured: Juan Carlos Lomeli Director of Co-Curricular Engagement (Wenatchee)

## Thank You to Our campus Partners!

\* Fran Moser \* Bob Gillespie \* Shelly Pflugrath \* Sompheng Batch \*

\* Andrew Behler \* Kerin Keys \* Lee Barnhill \* Susan Kane \* Karina Vega-Villa \*

\* Erin Fristad \* Rebecca Hargrove \* Livia Millard \*

\* David Lindeblad \* Vicki Turner \* and more... \*





## Wenatchee Spring Workshops & Events

Wenatchee Valley College  
1300 Fifth Street  
Wells Hall 1074

Phone: 509-682-6978  
E-mail: [trio@wvc.edu](mailto:trio@wvc.edu)

Reminder that your participant agreement requires you to meet with your Retention Specialist **TWICE** throughout the quarter.

**Schedule Today!**  
[trio@wvc.edu](mailto:trio@wvc.edu) or  
509-682-6978

### Transfer Workshop: I GOT IN! Now what!?

Wednesday, **April 12th** from 1:00-2:00pm in Wells 1026

### Understanding your award letter/Budgeting

Wednesday, **May 10th** from 1:00-2:00pm in Well 1026

### Soaring to Excellence End of year Luncheon

Thursday, May 25th from 2:00-4:00pm in the Wells Theater

## Omak Spring Workshops & Events

### Transfer Workshop: I GOT IN! Now what!?

Thursday, **April 20th** from 9:00-10:00am in Room 902

### Understanding your award letter/Budgeting

Thursday, **May 18th** from 9:00-10:00am in Room 902

**Campus Visits** - UW/WWU - See Staff for details

**Save the Date!** In the evening of Thursday June 8th we will have our End of the Year Celebration. Details to come.

## Campus Calendar



Spring Quarter 2017	
Tuition due for spring-quarter classes	March 20
Classes begin	April 3
Last day to register without instructor permission	April 4
Last day to apply for spring-quarter graduation	May 1
Advising for continuing/former students for summer/fall (no day classes)	May 16
Last day to withdraw/change to audit	May 19
Registration for continuing/former students for summer/fall	May 22-24
Memorial Day (Holiday) (No Classes)	May 29
Advising/Registration New Students for Summer/Fall begins	May 30
Tuition due for Summer quarter classes	June 12
Application deadline for Summer Quarter	June 12
Final exams	June 14-16
Wenatchee campus graduation	June 16
Omak campus graduation	June 17
Grades available for students (Kiosk / MyWVC Portal)	June 20