

Winter 2017

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Get a S.M.A.R.T. Start to the New Year

The New Year is a great opportunity to set new goals. Setting goals is easy but achieving them takes dedication and hard work. It is important to set goals for yourself through the quarter and year.

A **SMART** goal is specific, measurable, attainable, realistic and time based. It should be clear and easily understood.

Specific: What is to be achieved. Who? What? When and Where?

Measurable: How much, how often and how many?

Attainable: Believe you can do it. Make sure your goal is realistic and possible to achieve.

Realistic: Set a goal you can attain with some effort. Stretch beyond your normal routine and regular abilities but allow for likely success.

Time-based: Set a time-frame to complete your goal. This will prevent you from procrastinating because you are working toward a deadline.

Additionally, an Individual Success Plan (ISP) gives you the opportunity to set goals that are important to you. You can focus on personal, professional or academic goals.

Completing an ISP helps with the following:

- Meeting deadlines
- Organization
- Accountability
- Completion of short and long term goals
- Tracking TRiO SSS events and opportunities

Schedule your quarterly meeting with your TRiO SSS advisor.



What is the Dual Admission Program at CWU?

Are you interested in transferring to Central Washington University? If so, consider applying for the Dual Admissions program! The Dual Admissions program provides a smooth and successful trans-

sition from WVC to Central Washington University. If you qualify, you can be conditionally admitted to CWU and have the \$50 admission application fee waived. For further information, visit the

CWU-Wenatchee office in the Higher Education Center or schedule a meeting with Ivan from TRiO SSS via email at trio@wvc.edu, call 509-682-6978 or stop by the office in Wells 1074.

Attend our
Transfer Workshop
to learn more

-or-

Sign up for our next
transfer visit to CWU!
(See Page 4 for details)

Steps for Admission

1. Browse through the CWU website and/or schedule a meeting with Ivan to determine if you want to transfer to this institution.
2. Review the CWU Dual Admissions Program website to determine if you are eligible for the program: <https://www.cwu.edu/admissions/dual-admission-program>
3. Apply to CWU which requires submission of all official or unofficial transcripts to the Office of Admissions. You will also have 90 days to complete the application process: <http://www.cwu.edu/admissions/your-future-waiting-apply-now>
4. Submit official transcripts once you have completed your DTA or applied/technical degree.



THE MOST
IMPORTANT THING
ABOUT GOALS IS ...
having one

Welcome Our New Retention Specialist

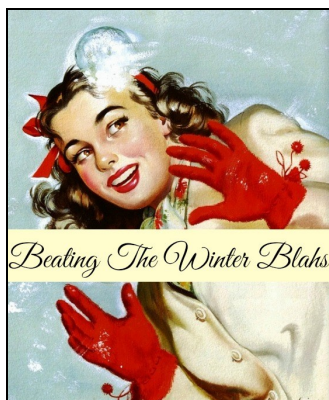
Ivan Valdovinos joined our team at the beginning of this winter quarter. He hails from Soap Lake, WA, which is a small town in central Washington. Ivan graduated from Washington State University (WSU) with a bachelor's degree in English and a Washington State teaching certification in English Language Arts. While at WSU, Ivan was a student in the CAMP and TRiO SSS programs. He also had the opportunity

to study abroad in Madrid, Spain and Sasebo, Japan. Ivan's passion for education and serving underrepresented students led him to pursue a Master of Education in Education Policy and Management at Harvard University. At Harvard, Ivan worked on numerous projects ranging from developing ESL learning modules for an app to working with high school seniors on their college applications. In his spare



**Ivan Valdovinos,
Retention
Specialist**

time, Ivan enjoys playing competitive volleyball, spending time with friends and family, and traveling to new places.



Try these tips to beat the winter blahs:

Get outside! Even just a 5 minute walk will energize you and refresh your senses.

Add color! Spruce up your wardrobe with splashes of lively colors, add a vase of fresh flowers to your table or get a color book and bright markers.

Be social! It's tempting to curl up inside and hibernate, but studies show that reaching out for social support will help beat those winter blues.

Scholarships Available

Student Access Scholarship

This scholarship is based on need and not GPA to help with a little extra to those students who need it the most.

The TRiO team will be nominating 2 students from our program both in Omak and Wenatchee. We will consider nominating students who have expressed a need and have maintained active in the program. If you would like to be considered please come meet with one of us in the office.

Attend our
Scholarship Workshop
to learn more
(See Page 4 for details)

WVC & Foundation Scholarships

Wenatchee Valley College (WVC) awards scholarships to approximately 200 students annually. Amounts vary up to full tuition. New for the 2017-2018 year, scholarship applications may be completed online at AwardSpring.com. The application deadline is **January 30, 2017**.

The online application will require registering for an account which will be used each year. Review [application instructions](#) before you start the application.

The Washington Apple Education Foundation & College Foundation of North Central Washington

both offer a comprehensive list of available scholarships within the NCW and WA State. But hurry, the deadline for the 2017-2018 school year is **March 1, 2017**

Get more information:

www.cfncw.org/scholarships
www.waef.org/scholarships

Welcome Our New Program Assistant

Jenn Cawdery joined our team in November and is excited to jump in and help wherever she is needed.

Jenn completed her AA at Yakima Valley Community College and went on to graduate with honors from Central Washington University in 2008 with a degree in Interdisciplinary Studies-Social Sciences.

She was both a first-generation student and a low income student; as

well as a single mom of two. She appreciates the persistence required to accomplishing goals while balancing work, family, school and life.

Jenn is the proud mom of three fantastic kids. She and her husband, Micah, married in 2010.

For fun Jenn and her family enjoy camping as much as possible. And she loves the Seahawks! In 2014 she and her husband had the opportunity to travel



**Jennifer Cawdery,
Program Assistant**

to New York to watch the Seahawks beat the Broncos in Superbowl XLVIII.



Imagine
With all
Believe
your mind.
With all
Achieve
your heart.
With all
your might.

Try these tips healthy ways to increase energy:

Get up and get moving! Sitting for long periods of time decreases circulation so get up and get your blood flowing.

Sleep! Don't laugh! Even if you only have a short break, capture what you can and let your mind and body rest.

Low-Glycemic Snacks! Avoid sugary snacks that cause you to crash. Try yogurt, cheese sticks, trail mix, nuts or fruit.

Drink heavily! Water of course! Hydration is essential.



TUTORS NEEDED!

*****\$12/hour*****

Schedule around your classes!

**Are you strong in
Math? English? Science?**

**Pick up application in Wells 1074
Or with Stella in Omak**

Minimum Qualifications:

*2 quarters completed at WVC

*Completion of Math 90-146 -OR-
English 90-101 with "B" or better

*Or completion of entry-level science

Educational Benefits:

*Professional Development

*Strengthen Interpersonal Skills

*Teaching and Leadership Skills

Federal Government Intern Openings

Pathways Program Intern position the link for the position will be on USAjobs.gov and can be viewed via this link at this time: <https://www.usajobs.gov/GetJob/ViewDetails/458329900>

Current students must have completed at least one year of college to be eligible for this position.

There will be 3 positions available in Washington State, one at each of the following USDA Rural Development office locations: Olympia, Mount Vernon and Wenatchee.

Winter Quarter Checklist

- ☐ Attend the upcoming mixer and meet your TRiO SSS peers
- ☐ Complete your FAFSA
- ☐ Apply for Scholarships
- ☐ Quarterly check in with your TRiO SSS advisor
- ☐ Sign up for tutoring or to be a tutor
- ☐ Sign up to attend a workshop (or two!)
- ☐ Invite a friend to join TRiO
- ☐ Mid-quarter academic progress report



Wenatchee Valley College
1300 Fifth Street
Wells Hall 1074

Phone: 509-682-6978
E-mail: trio@wvc.edu

Reminder that your participant agreement requires you participate in a minimum of one TRiO SSS activity per quarter.

Schedule Today!
trio@wvc.edu or
509-682-6978



Stay up to date!
Like Us On
Facebook!
WVC TRiO SSS

Wenatchee Winter Workshops & Events

Transfer Workshop

Thursday, January 19th from 2-3pm in Wenatchi 2212

New Year Mixer – Thursday, January 26th

Noon-1:30 in Wells Theater 1068

Goal Setting Workshop

Wednesday, February 8th from 1-2pm in Wells 1056

Scholarship Workshop

Wednesday, February 8th from 2-3pm CAMP/TRiO Resource Room

CWU Campus Visit - See Staff for details

WA State TRiO Civic Leadership Conference

Friday, March 3rd at CWU Ellensburg, WA

Omak Winter Workshops & Events

Scholarship Workshop

Wednesday, January 18th from 9:30-11am in Room 902

Omak Jumpstart 2017! Mixer – Wednesday, January 25th

9:30-11am in Campus Events Room 902

Transfer Workshop

Wednesday, February 15th from 9:30-11am in Room 902

CWU Campus Visit - See Staff for details

Goal Setting Workshop

Wednesday, March 15th from 9:30-11am in Room 902

Important WVC Dates

Jan 16	Martin Luther King Day (Holiday) (No Classes)
Feb 16	Advising for Continuing/Former Students (No Day Classes)
Feb 20	Presidents' Day (Holiday) (No Classes)
Feb 21-23	Registration for Continuing/Former Students
Feb 23	Last Day to Withdraw or Change to Audit
Feb 27	Advising/Registration New Students Begins
Mar 1	Last Day to Apply for Winter Quarter Graduation
Mar 20	Tuition due for Spring quarter classes
Mar 20	Application deadline for Spring quarter
Mar 20-22	Final Exams
Mar 23-31	Spring Vacation
Mar 28	Grades Available for Students on MyWVC Portal