

2019 Fall TRiO Events

Registration 101

When: Thursday, Oct. 24th 4-5:30 PM
Where: Becht 332

Academic Day: Test-taking Strategies and Final Exam Preparation

When: Thursday, Nov. 21st 4-5:30 PM
Where: Becht 332

Staying Well: It's an "Essential" Component of Student Success

Wellness can be considered in many ways. Typically, when people hear the word wellness, they think of the physical aspect. Although physical wellness is a big influence on other aspects of wellness, it is not the only one. There are areas of wellness that include (of course) physical, mental, emotional, and spiritual well-being. Each of these categories affect one another.

When considering your wellness, it is okay to be a little selfish. Physical wellness seems simple enough; exercise and eat right and you're off to a good start. Not only does exercise build confidence and may help you reach goals, but it causes the release of endorphins, a hormone that generally makes you happier.

The other aspects are beneficial to strengthen as well. Practicing mindfulness is an effective way to increase your mental wellness as well as staying disciplined in your responsibilities. Emotional wellness can be improved by surrounding yourself with those who truly care about you. Spiritual wellness has benefits, such as, conversing with others and looking inward to develop your beliefs.

The most important idea, when considering your personal wellness, is to take time for yourself. It can be hard in this busy world, especially as a student. Don't be afraid to walk off the beaten path in order to do what is best for you.

By: LEVI BEQUEATH, TRiO AMBASSADOR

ACADEMIC Achievements

Nine students received their bachelor's degrees at the Spring 2019 graduation ceremony:

Blythe Bryner	Maggie Morici
Matthew Cavanaugh	Amber Stull
Ivana Chambers-Bennett	Gina Zingaro
Melissa Evans	Kaela Zingaro
Tyler Harlan	

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The following students were named to the Spring 2019 Dean's List:

Nicholas Allis	Breanna Finch	Lydia Letavish	Nicholas Shiner
Mickenna Ansell*	Brandy Ford	Trent Maines	Montiya Smith
Dawn Badtorff*	Lexi Fosburg*	Lynne McCune	Kaitlynn Stasko*
Zoe Berkheimer	Lauryn Geiswite	Nicole Miller	Amber Stull
Laura Bilger	Victoria Harmon	Andrew Moore	Marissa Sunderland
Austin Blauser	Aimee Haslet*	Maggie Morici	Abbey Uebelacker*
Kayce Bobnar*	Breanna Hauser	Hali Murray	Amanda Venesky*
Blythe Bryner	Kaitlynn Henninge	Allie Myers	Jhayda Washington
Taliyah Carter	Levi Hughes*	Caitlin O'Hara	Emily Weis
Matthew Cavanaugh	Aleks Hunt	Samantha Peters	Nyshae White
Ivana Chambers-Bennett	Elise Jenkins	Dereck Pritchard	Jia Zhu*
Rachel Dressler*	Kayla Karg	Haley Pszyk*	Gina Zingaro
Melissa Evans	Elizabeth Korbeck	Ry'Shaan Reynolds	Kaela Zingaro*
Emily Evers	Sarah Kosack	Elizabeth-Santana-Jimenez	
Gracie Felmlee*	Tiara Lamb*	Morgan Secco*	*Signifies a 4.0

2019 Fall Important Dates

Classes begin - 8 a.m.	Monday, August 26
Labor Day Holiday	Monday, September 2
Mid-semester break begins - 10 p.m.	Thursday, October 3
Mid-semester break ends - 8 a.m.	Monday, October 7
Friday classes meet in place of Tuesday classes	Tuesday, November 26
Thanksgiving holiday begins - 10 p.m.	Tuesday, November 26
Thanksgiving holiday ends - 8 a.m.	Monday, December 2
Classes end - 10 p.m.	Friday, December 6
Final examination period begins	Monday, December 9
Final examination period ends - 10 p.m.	Friday, December 13
Semester ends - 10 p.m.	Friday, December 13
Winter Commencement	Saturday, December 14

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MARIA AIELLO, DIRECTOR
MICHELE PEDLOW, ACADEMIC COUNSELOR
MEGAN LAIRD, ACADEMIC COUNSELOR

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Taking Care of Your Mental Health in College

by Mickenna Ansell, TRIO Ambassador

College can be a wonderful time of personal and educational growth, but, unsurprisingly, it can also be incredibly stressful. Between classes, homework, clubs, and social lives, it can be hard to find time to devote to yourself, but selfcare is an extremely important part of staying healthy, both mentally and physically. Not paying attention to your mental health can lead you to feel burned out or even physically ill. Nearly 32% of college students state that being overly stressed negatively affects how they do in their studies (Altaher & Runnerstrom, 2018). This article will focus on a few small adjustments students can make in their day to improve their mental health, even if they do not have much free time during the semester.

While devoting time to academics is incredibly important in college, students must also remember to devote time to their social lives. One of the most important things that students can do to curb the effects of stress is to develop a strong support group. This includes making time in your day to go to lunch with friends or call a trusted guardian. It can also be helpful to get involved in an on-campus organization, like academic clubs and intramural sports groups, because they help temporarily distract students from everyday small stressors that can become overwhelming after long periods of time (Altaher & Runnerstrom, 2018).

Eating healthy in college can be difficult, especially when fast-food and pizza are so readily available on campus. The last thing that most students want to do after a long day of class is make a healthy meal before bed but doing so can make a major impact on their mental health. In a longitudinal study, researchers found a correlation between eating greasy, sugary, and generally unhealthy food, and the development of mood disorders like depression and anxiety (O'Neil, Quirk, Housden, Brennan, Williams, Pasco, Berk, & Jacka, 2014). Healthy eating on campus does not have to be as complicated as it seems. It can start with making small healthy choices, like drinking water instead of soda or choosing baked potatoes instead of French fries. Also, eating healthy does not mean giving up ice cream and chocolate forever, it just means making healthy choices more often than splurging on high-calorie treats.

Along with developing healthy eating habits, college students should also develop an exercising regimen. Not only is exercising good for physical health, but aerobic exercise has been associated with relief of stress and depressive symptoms (Gordon, McDowell, Hallgren, Meyer, Lyons, & Herring). Spending as little as 30 minutes a day three days a week increasing the heartrate can lead to multiple health benefits. The good news is that students who pay activity fees on campus can access the recreation center and all its equipment for free during the semester. If students prefer to not utilize the gym, Clarion has plenty of beautiful walking trails in the forests that are great for hiking and biking when the weather is nice.

References:

- Altaher, Y., & Runnerstrom, M.G. (2018). Psychological Restoration Practices Among College Students. *Journal of College Student Development* 59(2), 227-232. doi:10.1353/csd.2018.0019.
- O'Neil, A., Quirk, S.E., Housden, S., Brennan, S.L., Williams, L.J., Pasco, J.A., Berk, M., & Jacka, F.N., (2014). Relationship between diet and mental health in children and adolescents: A systematic review. *American Journal of Public Health*, 104(10), e31-e42. <https://doi.org/10.2105/AJPH.2014.302110>
- Gordon, B. R., McDowell, C. P., Hallgren, M., Meyer, J. D., Lyons, M., & Herring, M. P. (2018). Association of efficacy of resistance exercise training with depressive symptoms: Meta-analysis and meta-regression analysis of randomized clinical trials. *JAMA Psychiatry*, 75(6), 566-576. <https://doi.org/10.1001/jamapsychiatry.2018.057>

TRIO Ambassador Student Spotlight

TRIO is happy to have a new addition to the TRIO Ambassador staff for 2019-2020. Cortney Renninger has joined the team and she is busy tutoring and mentoring students in various math courses. If you are looking for a tutor or study buddy, please be sure to reach out to your Academic Counselor so you can begin meeting with Cortney, or one of the four TRIO Ambassadors.

My name is Cortney Renninger. I am a Secondary Education Mathematics major. My home is in a small, quaint town, Wellsboro, Pennsylvania. Wellsboro is home to the Pennsylvania Grand Canyon, which brings in a lot of people during the fall. It also hosts Dickens of a Christmas every year in December. I am so glad that I chose to come to Clarion University because it has become my second home-my second family.



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How to Study Well for Math and Science Courses:

By Jia Zhu and Cortney Renninger, TRIO Ambassadors

Math and science tend to be two subjects that students struggle with the most. Many people say too quickly that they're not good at math and/or science. Is this really why they struggle? Most likely, the answer is "no". We improve as we learn and understand. In addition, the word "good" is a very vague description; it does not evaluate one's ability/level of understanding. It is true that it takes some people more time and effort to understand math and/or science, but this does not show that those people are not proficient in these subjects. So, why do people struggle with math and science? The most probable answer is that they haven't found the study strategies that work best for them.

We don't all learn in the same ways; therefore, we may have a different approach than our peers. It is important to realize that there is no right, or best way to study. Following, are study strategies and resources that may help you find a successful study/mastery approach to math and science courses.

1. Reading the textbook before class and taking your own notes
2. Going over the in class notes, right after class
3. Doing the given practice problems
4. Go to office hours, the professors are there to help you
5. Use whiteboards to work out problems; write reactions, structures, or mechanisms
6. When given a type of word problem, write out the information given that is considered known

Online resources can also be helpful. Listed below, are ones that we have found to be high-quality and effective:

- Khan Academy: <https://www.khanacademy.org/signup>
- Great for all math concepts
- Helpful in Physics, Biology, and Chemistry!
- GeoGebra & Desmos are great for graphing and seeing concrete visuals.
- <https://www.geogebra.org/>
- <https://www.desmos.com/>
- YouTube
- Math:
Professor Leonard is great at explaining Algebra and Calculus.
<https://www.youtube.com/user/professorleonard57>
Paul Keser can help you with Precalculus and Calculus
- Chemistry:
Tyler DeWitt-Chemistry and Biology concepts
<https://www.youtube.com/user/tdewitt451>
- Biology:
Inspirit Learning is a wonderful YouTube channel that gives in depth details and is very helpful!
It is broken down into chapters.
<https://www.youtube.com/channel/UCrOSt2fv4y9A1on-jhAbCeA>



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Career and Professional Development

Going to college is a choice that comes with many decisions and responsibilities. Should I live on campus, or off campus? Which meal plan do I want? Should I join a fraternity or sorority? Not to mention the biggest question of all, what should I major in? Deciding which career path you want to take and what you may need to major in to be successful in that career, can be an overwhelming decision that can leave students, and their families, feeling anxious, frustrated, upset and unsure.

Thankfully, at Clarion University, the Center for Career and Professional Development is available to assist you with everything from deciding on a major, to preparing for that much-anticipated job interview. Listed below you will find several tools which the Center for Career and Professional Development has in place to help you make some of those important decisions.

Focus 2

Are you questioning your major? Focus 2 is a career and major exploration self-assessment, which can help you determine which Clarion University major would be a good fit for you. Academic strengths, work interest, personality and skills are just a few of the areas that this online assessment will evaluate. Once you have completed the assessment, a career coach will sit down with you to discuss the results and help you come up with a plan for success!

Handshake

The Handshake Career Management Network is an online career management system that is available to help you as you start preparing for your career. You are able to search for career fairs and see what employers are visiting campus. You can search current jobs, internships, graduate assistantships and volunteer opportunities. You are also able to make an appointment with your career coach.

Career Coach

The Center for Career and Professional Development also offers three Career Coaches on the Clarion campus. These Career Coaches will help you with job shadowing/field experiences, cover letters and resumes, portfolio editing, interviewing tips and strategies, customer service skills, financial responsibility/weighing job offers, graduate/professional schools and much more. Your Career Coach is determined by your major or your career interest.

The Center for Career and Professional Development is located in 419 Becht Hall. You can contact them at 814-393-2323 or careers@clarion.edu. All of the above information can also be accessed on their website: www.clarion.edu/careers.

Submitted Mrs. Megan Laird, TRIO Academic Counselor

The Student Support Services Newsletter is published periodically by the Student Success Center, Clarion University, 840 Wood Street, Clarion, PA 16214-1232. Articles within the publication reflect the philosophy of the center and do not necessarily represent the official position of Clarion University. It is the policy of Clarion University of Pennsylvania that there shall be equal opportunity in all of its educational programs, services, and benefits, and there shall be no discrimination with regard to a student's or prospective student's gender, gender identity, race or color, ethnicity, national origin or ancestry, age, mental or physical disability, religion or creed, genetic information, affectional or sexual orientation, veteran status, or other classifications that are protected under Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, the Americans with Disabilities Act of 1990, and other pertinent state and federal laws and regulations. Direct inquiries to the Title IX Coordinator, Clarion University of Pennsylvania, 103 Carrier Administration Building, sfenske@clarion.edu or phone 814-393-2351, or the Director of Social Equity, 210 Carrier Administration Building 16214-1232; Email asalsg1ver@clarion.edu or phone 814-393-2109. Inquiries may also be directed to the Director of the Office for Civil Rights, Department of Education, 330 Independence Avenue, SW, Washington, DC 20201.

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