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Shepherd University TRiO Student Support Services Newsletter

The Director's Corner

We are at the end of our spring 2014 term, and our TRiO/Student Support Services graduates are moving on to the next phase in their lives. I want to congratulate all graduates on accomplishing their goal of earning their bachelor's degree. This accomplishment has laid the foundation for a successful future for them. Some graduates will enter the workforce, while others will enter graduate school. They have options that would not have been available to them without this degree.

The students have made friendships that will last a lifetime and provide a strong network of support for future endeavors. Graduation day will be filled with excitement, but it will also be a day filled with emotions of saying goodbye to friends as you move to different parts of the country. Hopefully, you will remember these days as some of the most enjoyable and important days of your life. Remember to thank your professors for the wonderful advice they gave you while pondering your important decisions.

The best part of my job is working with the students, and watching them transform into the people that they are



*Cynthia Copney, Director,
TRiO / Student Support Services*

at graduation. The road is never easy, but the benefits outweigh any obstacles that you have had to overcome. Graduates, take pride in the fact that quitting was never an option for you. Your strong work ethic, dedication and perseverance will serve you well in the future.

We will miss you, but know that you are accomplishing great things. I expect to read about your wonderful successes in articles and publications and think, I knew them when. TRiO Works!

Siriki Diabate Invited as Guest Speaker for Hood College Event



On February 27, 2014, Siriki Diabate, TRIO/SSS student of Shepherd University was invited as a guest speaker to Hood College in Frederick, MD at 6:30pm for the French reading exam award ceremony of the Alliance Francaise de Frederick called in french: L'Alliance Francaise de Frederick Distribution des prix a l'occasion du Concours Litteraire 2014.

Siriki's topic was: Ivory Coast (Côte d'Ivoire) (as one of the French speaking countries). He spoke about the country, its people, its culture, its language and its culinary arts. He also emphasized the Ivory Coast's unique and interesting qualities and positive attributes. The audience, which was mostly Americans, really learned a lot about the culture of Cote d'Ivoire. Moreover, Siriki even did some steps of a famous dance performed by Ivorians in Cote d'Ivoire called Coupe Decale. Coupe Decale is a dance where you raise your right or left hand above your head and move your body forward and backward. The audience liked this and gave a big round of applause to their guest speaker's performance that night. It was just simply great!



We Make the World Go Round: TRiO Student Promotes Diversity

Siriki Diabate is many things. He is a Shepherd University Political Science major, a TRiO/SSS participant, and a student who is dedicated to helping his campus and community understand diversity. According to Siriki, "Our campus would benefit a great deal from learning about different parts of the world." Siriki worked diligently to bring a piece of his birth country's culture to the SU campus on March 26, 2014. With diligence, Siriki was able to setup a meeting with the U.S. Ambassador for Cote d'Ivoire (Ivory Coast), Daouda Diabate who agreed to visit Shepherd's campus. Ambassador Diabate was happy to talk about his country and share native Cote d'Ivoire cuisine with the Shepherd community. Siriki's efforts to organize Ambassador Diabate's visit were well received because it comes at a time when Shepherd University is creating a more global campus. The Shepherd University TRiO/SSS program is happy that Siriki is persistently trying to obtain his undergraduate degree and make the Shepherd campus a global gateway that merges classroom lessons with real life experiences.

Senior Sentiments...

My journey at Shepherd has been a long one. Being a fifth year senior, I am ready to start the next chapter in my life. But being at Shepherd has given me so much experience with my job at the Shepherd University Bookstore along with all of the opportunities to learn new things along the way. I became a member of TRiO in my sophomore year and it was a blessing. I not only had a great academic advisor but great TRiO counselors as well! The last two years have been so much more organized and I've noticed my grades improving because of the help of my TRiO

Counselor, Michelle. Without her help and all of the resources provided through TRiO such as, the computer lab and being able to meet with my counselor regularly, I would not be where I am today. Choosing to attend Shepherd and becoming a member of TRiO were two of my best decisions to date and both have helped prepare me for my future.



*Mia Rann,
TRiO/SSS Graduating Senior*

TRiO/SSS Graduate School Tour



On March 28th our students had the opportunity to tour American University in Washington D.C. Our goal was to provide our students with a graduate tour experience to help enable them to apply for graduate programs upon completion of their undergraduate degrees. We felt that American University was a great example of that. Not only did our students get to tour the campus, they were also able to speak with a panel of graduate students from the institution about their successes in graduate school as well.

Our staff and students were impressed with the campus, the students, and hospitality that American University, so graciously, gave to us. Two of our students: Jordan Redman and Siriki Diabate were students who attended the graduate school tour and found it to be extremely helpful and informative. Each of these students openly shared their experience. Jordan Redman stated: "I appreciated the time the graduate school students took to come out and speak with us and answer our questions. It was very important and it opened my eyes even more. Hope they know how much it helped me" Siriki Diabate stated: "I really liked the graduate tour. It helped me look into my MBA program even further. I would like to say thank you to TRiO for their constant love and support. TRiO has given me so much to look forward to and I'm so grateful."

Giving our students these opportunities is so important because it assists them in their growth and furthering their education. TRiO is designed to allow our students to be expressive and to help them expand their brand. Knowing that our students enjoy the assets TRiO provides them gives us even further clarification that TRiO works.

Graduate Assistants Lead March Workshops

In the month of March the TRiO Graduate Assistants, Darrell Johnson and Annie Lewin, each organized and presented a workshop in Shaw Hall for TRiO/SSS students where the TRiO Living Learning Community is located. The workshops focused on two areas that the GAs felt were useful and essential for students to succeed in their undergraduate career and in life as well. During the Stress Management and Life Balance Workshop students discovered different methods to handle stress in college and life, including breathing and meditation

techniques, as well as the importance of organizing and prioritizing responsibilities to balance life challenges. In the Goal Setting Workshop students learned the significance of planning ahead and understanding that they must maintain focus as they prepare for the future and develop their own personal direction. This was the first time that the Graduate Assistants created and presented their own workshops for the TRiO students and both GAs are looking forward to new ideas to encourage student development and participation in the coming fall semester!

We would like to send a special Thank You to our Graduate Assistants, Annie Lewin and Darrell Johnson, for all their hard work this year!



New TRiO/SSS Peer Mentor Program

Starting in the Fall 2014 semester, TRiO/SSS will be implementing a new Peer Mentor Program initiative at Shepherd University. With this program, all new TRiO/SSS students will be paired with a peer mentor who is a more experienced student already established in the TRiO/SSS program here at Shepherd.

These Peer Mentors will assist our new students in their transition to both Shepherd University and our TRiO/SSS program. Through these relationships, our Peer Mentors can assist students with meeting new people on campus, getting involved with TRiO events and acclimating to the college environment. Jordan Redmon, TRiO/SSS student, will be serving as the Peer Mentor Coordinator for the 2014-2015 year.

TRiO/SSS Peer Mentors 2014-2015

- Martina Adams
- Chris Berg
- Jason Carnes
- Shayla Evans
- Mark Guessford
- Mandy Holben
- Tara Paugh
- Ashley Simmons
- Harlee Simon
- LaShawn Tolson
- Sarah Turkson
- Katelyn Turner
- Morganne Unger
- George Wait
- Brittany Waltz

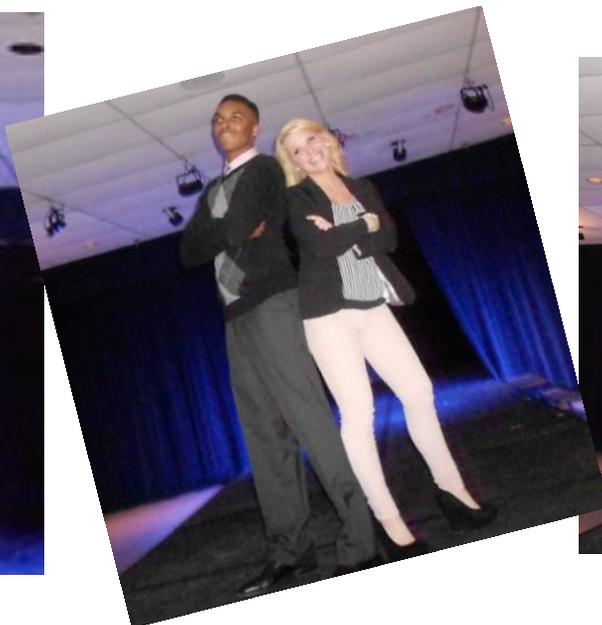


Jordan Redmon,
TRiO/SSS Peer Mentor
Coordinator

TRiO/SSS Dress for Success Fashion Show

On Wednesday April 23rd, TRiO/SSS hosted their first ever Dress for Success Fashion Show in the Storer Ballroom. For this event, TRiO/SSS students strutted down the catwalk to showcase their business casual and professional attire. This event was a fun, exciting way to education other students on appropriate styles for the work and interview settings.

The fashion show was just one part in a larger Career Planning Series offered by TRiO/SSS throughout the month of April. This series featured a workshop about resume writing as well as a Professional Clothing Drive. For the Professional Clothing Drive, TRiO/SSS gathered donations from all over campus from faculty and staff members. The donations benefitted any TRiO/SSS student in need of professional attire for job, internship or graduate school interviews.



Business as Usual: TRiO Student Becomes Entrepreneur

Cecilia Bynoe, a Shepherd University TRiO student, is treading new waters as an entrepreneur and business owner of Jade's Beauty Supply & Wigs. Jade's opened in August 2013 and is located in downtown Martinsburg, WV. Jade's offers its customers a wide variety of products, which include wigs, combs and brushes, small appliances, shampoo and conditioners, and other health and beauty aids. Cecilia remarked that, "Shepherd University's TRiO/SSS program has been a major influence on my decision to open a business and to become an entrepreneur in general. Having supportive staff at TRiO who actually listen and analyze challenges in my life, I saw that I had what it takes to be a business owner. TRiO has helped to prepare me for the world by giving me the tools I needed to perform research and enhance my organizational and leadership skills and qualities."

Cecilia insists that her journey at Shepherd has not been easy. When she first transferred to Shepherd, she had a very difficult time transitioning. As a single mother of a young child, Cecilia struggled to maintain a balance between parenting, work, and academics. She worked very closely with her TRiO Counselor to devise a plan for success and her diligence allowed her to increase her grade point average and persist until graduation. Over the years Cecilia has been very active in the Shepherd University TRiO program, attending workshops and cultural events, utilizing the computer lab and advising sessions, and meeting with her TRiO Counselor on a regular basis. According to Cecilia, "new and returning TRiO students should use all of the academic workshops to enhance their knowledge and learn new skills."

Cecilia said that she never thought she would go to graduate school, but after visiting different graduate schools with TRiO/SSS her eyes are now open to the endless possibilities. She said that her fondest memory of TRiO was attending a graduate school tour because it gave her the courage she needed to pursue a graduate degree. With the assistance of her TRiO Counselor, Cecilia is currently completing several graduate program applications. In the future, Cecilia would like to see her business grow and venture into other kinds of businesses. Cecilia's accomplishments have been an inspiration to all of TRiO and we look forward to seeing her pioneer future endeavors.

By: Evora Baker

*Cecilia Bynoe,
TRiO/SSS Student*



The Sky is not the Limit: SSS Student Interns at NASA



Erin Ammon, TRiO SSS Student, with her Internship Supervisor at NASA

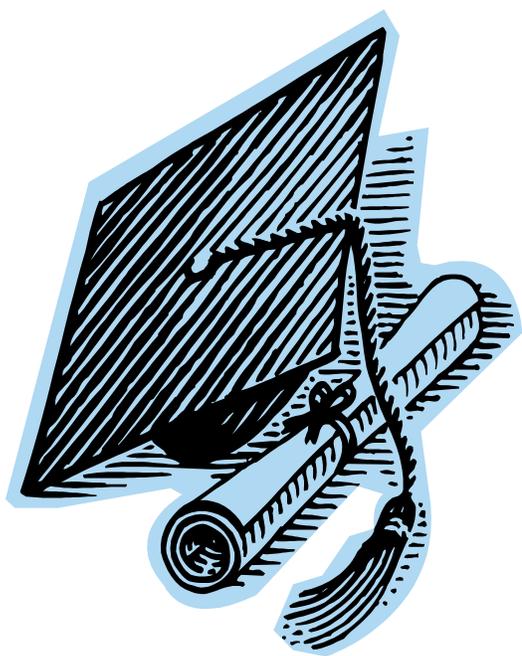
On January 7, 2014, Erin Ammon a TRiO/SSS participant started her journey as an intern with the National Aeronautics and Space Administration (NASA) History Program Office. Headquartered in Washington, DC, the History Program Office was established in 1959 and charged with the responsibility of documenting and preserving NASA's history. Thirty applicants applied to the internship and Erin was 1 of 2 applicants selected.

Her job responsibilities allow Erin to perform public outreach initiatives using social media (i.e., Flickr, Twitter, Facebook, iTunes, and podcasts) for the History Office's Communications Department. Although the internship is not paid, Erin said that "even though the internship being unpaid, it is totally worth it because I get letters of recommendation, amazing experiences, to meet important people, and treated with respect for the work that I do". Erin has had the honor of shaking hands with President Barack Obama, and meeting French President Francois Hollande, Charlie Bolden (the 1st African American NASA Administrator), and veteran astronaut Buzz Aldrin.

According to Erin the most interesting part of her internship is that she gets to meet astronauts and "I am forging my path and career and it is exciting". Having this experience with NASA has provided Erin with the direction she needed to start creating her career path. After graduation from Shepherd University next year, Erin is certain that she would like to pursue a career with the U.S. government in foreign affairs or the Department of Defense. At the Shepherd University TRiO SSS program, we push our students to first imagine possibilities and then create realities. We are very proud of Erin's accomplishments.

TRiO/SSS Hosts Graduate Reception

TRiO Student Support Services
Graduates 2013-2014



Theresa Barnes	Cheryl Kesner
Cecilia Bynoe	Hayley Madeira
Patricia Claude	Miranda Miller
Taylor Coplin	Dimitrios Mimaros
Taryn Delauney	Rebecca Morris
Kristi Edwards	Penny Mutton
Richard Goodman	Justin Myers
Rebecca Herbert	Bryan Olvera
Jennifer Hill	Mia Rawn
Justin Horn	Tawney Sampson
Robert Jackson	Jennifer Shriver
Scott Keifer	

TRiO Student Support Services hosted our 2nd annual Graduate Reception on Wednesday April 30, 2014 in the Cumberland Room of the Student Center. With an evening of food and fellowship, we honored 23 TRiO graduating seniors from Spring 2014, Fall 2013 and Summer 2013. The reception also featured a speech from Shepherd University TRiO graduate, Mr. Richard Goodman, who shared his experiences within the TRiO program and how it added to his overall college experience. Finally, the evening culminated with the presentation of stoles for the graduates. These stoles are in recognition of their accomplishments at Shepherd University and a reminder of their time with the TRiO program. It was a great event and we look forward to honoring more graduates in the future!

