

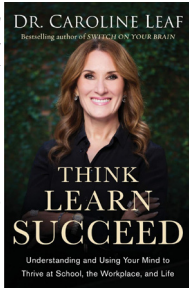
## TRiO Presents FOUNDATIONS in PERSONAL FINANCE® college edition

Learn to manage your finances in an interactive program by **Dave Ramsey!**

- Required to receive TRiO Support Services Scholarship Award for PELL eligible students
- 5 series program includes 3 this fall and 2 in the spring, Spring events TBA
- RSVP by emailing mlaird@clarion.edu

Are your thoughts helping you or hindering you? During this program you will be introduced to various mindsets and thinking patterns/theories. You will be able to identify your personal thought patterns,

learning preferences and whether you have a healthy mindset or not. We will work through practical, useful ways to change unhealthy patterns in our minds...in our lives. Together, we will think, learn and SUCCEED. Won't you join us! Let your Academic Counselor know if you are interested. (Books will be purchased by TRiO SSS-no charge to you.)



This is a series completed throughout the year. 9/10, 9/24, 10/15, 10/22, 11/11, 11/19, Spring 2021 dates TBA. RSVP to Lisa Standfest at lstandfest@clarion.edu

### Registration 101

When: Wednesday, October 20, 2021 @12:00PM and 5:00 PM. Choose one session. RSVP to Maria Aiello at maiello@clarion.edu.

### Dinner and a Show

Friday, December 2, 2021. We will leave campus at 4:00PM. For more information check your email and/or reach out to Maria Aiello at maiello@clarion.edu. Please RSVP and turn in your \$5.00 REFUNDABLE deposit by Monday, October 11, 2021 in Becht 419.



## 2021 Fall

## Important Dates

Class Withdrawals	Tues. Aug. 31 - Fri. Oct. 29
Credit No Record	Tues. Sept. 7 - Fri. Sept. 22
Winter 2021 Schedule of Classes Available	Mon. Oct. 4
Spring 2022 Schedule of Classes Available	Mon. Oct. 4
Winter 2021 Registration Begins	Mon. Oct. 25
Spring 2022 Registration Begins	Mon. Oct. 25
Last Day to Withdraw from ALL Classes	Fri. Dec. 3
Final Exams	Monday, December 6 - Friday, December 10
Winter Commencement	Saturday, December 11

## The following students were named to the Spring 2021 Dean's List:

Lauren Achinger	Gracie Felmlee	Gileyla Jones	Dereck Pritchard
Jeniah Allen	Breana Finch	Kayla Karg	Sarah Probst
Cooper Aubele	Sydney Fitzgerald	Joelle Klein	Kaia Rearick
Brianna Barger	Lexi Fosburg	Dashaiylah Konik	Cortney Renninger
Levi Bequeath	Jenna Gammon	Elizabeth Korbeck	Evie Richard
Madison Bizzak	Lauryn Geisewite	Emily Lodge	Adelynn Rosner
Abigail Blake	Thomas George	Trent Maines	Rachel Sandala
Taylor Boots	Michele Gilliland	Lauren McCleary	Hannah Shaffer
Maci Bowen	Jenna Gould	Lynne McCune	Megan Stahlman
Madison Buchanan	Gage Gray	Erin McGillis	Abbie Thompson
Orion Burgos	Alexis Halvin	Coleman Milligan	Madison Trimbur
Anthony Cap	Kendra Harper	Alexes Miranda	Ashlee VanGuilder
Jaiden Carson	Aimee Haslet	Dylan Neiswonger	Ripley VanHoosier
Felicia Colwell	Breanna Hauser	Rachael O'Neil	Logan Wadding
Gabriella Delzangle	Kaitlynn Henninge	Kayla Page	Melissa Waldron
Emily Disque	Christine Hine	Sierra Patterson	Nyshae White
Rachel Dressler	Jenessa Houk	Alyson Peters	Kaitlin Windt
Nicole Enterline	Zoey Howell	Justice Peters	Nicodemus Zock
	Ruth Jolon	Samantha Pirrung	

## Spring 2021 Graduates

Levi Bequeath	Levi Hughes	Cortney Renninger
Abigail Blake	Kayla Karg	Elizabeth Jimenez-Santana
Daniel Cicolini	Joelle Klein	Renee Simpson
Rachel Dressler	Frank Lang	Felicia Smith
Gracie Felmlee	Yasmine Lewis	Joshua Thruston
Breana Finch	Dulce Navarro	Kaitlin Windt
Thomas George	Rachael O'Neil	Jenna Yetter
Ally Gillen	Carly Park	Jia Zhu

CLARION UNIVERSITY TRiO  
STUDENT SUPPORT SERVICES  
FOURTH FLOOR, BECHT HALL  
814-393-1696

MARIA AIELLO, DIRECTOR  
MEGAN LAIRD, ACADEMIC COUNSELOR  
LISA STANDFEST, ACADEMIC COUNSELOR

**TRiO**  
STUDENT SUPPORT SERVICES

# TRiO Student Spotlight

## Kaia Rearick

Hello! My name is Kaia Rearick, and I am a senior Molecular Biology/ Biotechnology and Medical Technology student at Clarion. In other words, I absolutely love and have an extreme passion for science. I have been a Clarion County native my whole life and grew up in a very small town called New Bethlehem. My future aspirations consist of getting into my clinical program to graduate with my Medical Technology degree. After this, I plan on getting into a Master's program to become a Pathology Assistant. Now, in my senior year, there has been a lot that I have accomplished and many wonderful opportunities I have been involved in during my time at Clarion. One of my proudest moments is making the Dean's List each semester while juggling my academic and extracurricular involvement on campus. Other opportunities I have had are becoming the lead student on my research projects, Supervisor for the Microbiology Prep Room, an Orientation Leader, the Vice- President for my sorority (Tri Sigma), and President of my research club (Translational Research Medicine Club). Recently, I have had the privilege of making the 2021 Homecoming Court, conducting my first public health symposium of HIV/AIDS Awareness, and was the chosen recipient of the Nancy Shaw Scholarship. Not only has Clarion helped me become a successful student, but the TRiO program has also helped me flourish tremendously. This wonderful program is what shaped me into the student I have always dreamed of becoming. I can wholeheartedly say that I would not be where I am today in my academic life without the help from TRiO. I will forever consider myself a proud Clarion and TRiO student. Wings up!



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## *Time Management* Stop Procrastinating and Start being Proactive!

Procrastination. The dreaded “P” word. It is 10:15 pm and you have a 5-page paper due in your 8:00 am class tomorrow morning, and have not yet started scouring the online journals at the library for credible information. Time management is HARD. It comes easy to some, but most of us have to work a little harder to make sure that we are staying on top of our tasks. Here are a few steps that you can follow to be successful in your quest for time management skills!

**1. WRITE IT DOWN!** Write down everything. Your due dates for assignments, test dates, study group meetings, sorority/ fraternity obligations, weekends you are going home, dinners you have planned with friends. No matter how small the task is – write it down!

**2. USE A PLANNER!** This will look different for everyone. Maybe you use a good old fashion paper planner. Maybe you use a giant whiteboard hanging on your wall, or maybe you use your phone. Use what works best for YOU. And do not be afraid to change it. If you find that one way is not working, try something else!

**3. BREAK UP LARGE ASSIGNMENTS!** If you are working on a large paper, do not try to do it all at one time. Write the assignment down and determine how many weeks you have until it is due. Assign yourself certain parts of the paper to work on and complete each week leading up to the due date. (Consider gathering sources one week, starting the introduction the next week, completing pages 2-5 on week three. Don't forget to give yourself time for proof reading and revision!). This is often referred to as the Chunk, Block and Tackle method. It will keep you on track! This also works for readings. Do you have one week to read 1 chapter in your textbook? Divide up the sections and read so many each day!

**4. PRIORITIZE YOUR TASKS!** Another effective strategy is to make a list of everything that you need to accomplish. Rate all of your tasks “A” (must do today), “B” (should do today but could wait), or “C” (can wait until tomorrow). Then make your daily to do list with all of the items on your “A” list, and rank them from highest priority to lowest. Cross the items off as you complete them and whichever items you do not complete, move them on to the top of your list for the next day!

**5. GIVE YOURSELF FREE TIME!** We would all go crazy if all we did was work, work, work. We need time for ourselves, to destress and unwind. Allow yourself that time. When you look at your planner, schedule yourself an hour here, or maybe 30 minutes there, to go for a walk, catch up with friends, or Netflix and chill!

Please do not panic if you are having trouble getting down a time management system that works for you. That's why you have TRiO! Megan, Lisa and Maria are always available to sit with you (and your planner!) to help you construct a schedule that will work for you. Frustration never helps, so we want to make certain that your schedule works for you; not against you.

Submitted by: Megan Laird and Lisa Standfest

# TRiO Student Spotlight

## Marcus Ryan

My name is Marcus Ryan. I am currently a junior at Clarion University. My major is Business Management with a minor in International Business. I will be graduating a year early in May 2021. Upon graduation I am enrolled in the Master's program in Business Administration at Clarion University.



September 23, 2020, at the age of 19, I purchased a 40 foot, standard-sized Bluebird school bus. A lot of times people ask me, "Why did you decide to do this?". Originally, I had hopes of traveling

the United States seeing much of the country with it. Sadly, due to Covid-19 and the restrictions, this became difficult. On top of that, finishing this project was no easy task. Along with working on this bus, I was also working full-time, and still in college with maxed out credits including 2 winter classes, and 3 summer classes during all three summer sessions. Despite this, and with zero prior experience in construction, electrical work, plumbing, or interior design, I decided to take on the task of converting this bus into a fully off grid motorhome. After countless of hours of research, on August 14th, 2021, I completed my build.



So, what will I do with the bus now? Today, I have the bus up for sale, with the hopes of this sale paying for my graduate school tuition, as well as a down payment on a new Tesla. The 11-month process of completing this project would never have been possible without the support and help of my family and friends. I am so blessed to have had the opportunity to do a project of this size, as well as forever grateful to those who supported me along the way. I am very happy with the way this project has turned out and would love to show it to anyone who would like to see it. The bus will be on campus and available for viewing the week of the Autumn Leaf Festival on October 6th, 2021 from 9AM-1PM. The tentative location is Payne Street, which is between Tippin Gym and Marwick-Boyd. I hope to see, meet, and share my story with anyone interested. (TRIO will be receiving a tour at noon that day. Please join us. There will be an invite sent to your email soon.)



# *Staying Healthy* The CU Center for Wellness is a great resource!

Mission Statement: The Clarion University Center for Wellness promotes the holistic well-being of our students and enhances their university experience by providing health and counseling services, preventative education, and recreation and co-curricular programs through collaboration with others.

**\*Center for Wellness: 256 Becht Hall (814)393-2121**

Health Services include:

Treatment of illnesses and injuries

Physical Exams

Women's Health

Screening for sexually transmitted infections

Immunizations (Tetanus, Flu, etc.)

Allergy Injections

(A \$5.00 fee is required when seeing a provider. This charge will be made through the Student Accounts Office.)

**\*Counseling Services: Ralston Hall Ground Floor (Temporary location) (814)393-2255**

**\*Drug and Alcohol Services 256 Becht Hall (814)393-2121**

For additional Wellness Services and comprehensive list of local resources follow this link:

<https://www.clarion.edu/student-life/health-fitness-and-wellness/wellness-assistance/wellness-services.html>

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 [asalsgiver@clarion.edu](mailto:asalsgiver@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.

**CLARION  
UNIVERSITY**

Student Success Center  
Clarion University  
840 Wood Street  
Clarion, PA 16214-1232  
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