DEANS LIST SPRING 2022

Lauren Aichinger  
Dustin Barnett*  
Jenna Biggie  
Madison Bizzak*  
Samantha Booth  
Taylor Boots  
Orion Burgos*  
Joanne Case*  
Felicia Colwell  
Emily Cross  
Gabriella Delzangle  
Emily Disque  
Alexis Doolittle*  
Brendan Dorosiev  
Rory Duso  
Olivia Eiswerth*  
Antonia Fenice*  
Daniel Fox  
Michelle Gilliland  
Danielle Goehring  
Jenna Gould*  
Victoria Gregory  
Alexis Halvin*  
Kaitlynn Heningne*  
Erin Herzog*  
Megan Hill  
Christine Hine  
Cecelia Hite*  
Anastaisa Hlumyk*  
Alyssa Horner*  
Elise Jenkins  
Ruth Jolon*  
Gileyla Jones  
Madellyne Kruse*  
Gabrielle Kutchina*  
Samantha Leasure*  
Landon Libreatori  
Emily Lodge*  
Abigail Lonjin*  
Kaylie Lutz  
Trent Maines  
Hunter Martin*  
Lauren McCleary  
Alayna Mc Govern*  
Jada McMasters  
Alexes Miranda*  
Dylan Neiswonger  
Kayla Page*  
Brianna Patterson*  
Sierra Patterson  
Sarah Peace  
Alyson Peters*  
Justice Peters*  
Sarah Probst  
Donald Rawley  
Kaia Rearick*  
Evie Richard  
Marcus Ryan*  
Rachel Sandala  
Lucas Santiago*  
Hannah Shaffer  
Chanze Shearer  
Alexis Shifflett*  
Sara Shock  
Robert Shotts  
Hayden Siegel  
Megan Stahlman  
Abbie Thompson  
Sarah Tovar  
Madison Trimbr*  
Miguel Vazquez  
Amanda Venesky*  
Brooklyn Veronesi  
Nyshae White  
Graci Whitfield*  
Markayleh Williams  
Ciara Yarger

* Constitutes a 4.0 GPA

SPRING/SUMMER 22 GRADUATES

Laura Bilger  
Taylor Boots  
Nicholas Coleman  
Jon Jakob Dorty  
Tristan Fanks  
Lexi Fosburg  
Daniel Fox  
Lauryn Geisewite  
Morgan Gibson  
Donald Granda  
Breanna Hauser  
Kaitlynn Henninge  
Ruth Jolon  
Bridget Kent  
Alexis Kriston  
Sarah Murray  
Caillt O'Hara  
Kaia Rearick  
Marcus Ryan  
Nicole Stewart  
Nyshae White
Starting the Day Right

What does a healthy breakfast during a busy week include? Eggs with a side of turkey bacon and two pancakes with extra syrup, orange juice and a granola bar? In the article, College Student Eating Habits by Heidi Zwart stated, “Busy class schedules and late nights often lead to inconsistent college student eating habits. Without time to eat, meals are often skipped, especially breakfast.” How many times during a busy week do you eat breakfast? Two or three times within a week? In reference to myself, I try to have a “real breakfast” besides a bagel three times within a busy week. My trick to making breakfast is planning out my meals before the week begins and waking up an hour earlier than I usually would to make sure I have time to cook. Also, making sure I have enough food to last me during the week is crucial.

In the study, found in the National Library of Medicine journal, “Skipping Breakfast and its Association with Health Risk Behaviour and Mental Health Among University Students in 28 Countries” provided the following statistics about consistent breakfast consumption: 13.8% of university students had rarely or never, 34.2% sometimes and 51.9% partook almost every day. I believe that many college students don’t eat breakfast daily due to limited time, money and a lack of prioritizing. We have all experienced long days filled with homework, quizzes and exams without eating our usual breakfast and it makes very difficult to be at our best but we must take care of ourselves by making the time for a healthy start by eating breakfast, the first meal of the day. I hope this inspires you to look ahead and prepare yourself by going grocery shopping to buy healthy ingredients for your meals-or to grab a few friends and go to the dining hall before you start your day.

By Nydirah Torrence

https://www.betteryou.ai/college-student-eating-habits/
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7443458/
https://sites.psu.edu/dzhunutr360/2017/03/26/healthy-breakfast-ideas-for-college-students/
Don’t Let Stress Get Your Best

Managing stress may seem like a very hard thing to do for the busy life of a college student. However, I have a few helpful tips for so you will feel as though you can get ahead of the stress. Some of those recommendations are: Pay attention to your body. When you’re tired, take a break. According to the American Institute of Stress, 4 in 5 college students experience frequent stress. This is due to procrastination and leaving too much to do before the deadline. Take your time with your work. Space out your workload and take breaks in between tasks. And don’t forget to find time to do something fun and rejuvenating.

Some things that cause stress among college students are finances, homesickness and new levels of independence, living among strangers, cohabitating with roommates, coursework and exams, home life, work schedules and more. We all have things in our lives as college students that makes us stress. To manage this stress, have people that you can talk to regularly. You should consider making new, healthy habits part of your everyday life like: exercising, getting enough sleep, and creating a healthy diet and friend group.

By: Jeniah Allen
https://www.bestcolleges.com/resources/balancing-stress

Some Ways to be a “Pro Athlete”

Being a college athlete can be hard sometimes but you have to keep your head up and work hard if you want to reach your goals. There are many resources available to student athletes. However, you need to take responsibility and seek out the opportunities that these “built-in” PennWest-Clarion support offices offer. Some examples of these resources are academic advising, career development, tutoring, athletic training support AND TRIO STUDENT SUPPORT SERVICES. These resources are at our fingertips-student athletes should be visiting one or more of these offices regularly and especially reaching out when they need it the most. Asking for help is a large part of athletic and academic success. If you have any questions about support services on campus, please ask your TRIO Academic Advisor for more information.

By McLain Alt
https://asc.berkelye.edu/saresources

How to Understand Your Financial Aid Package

Understanding your college financial aid can be tough. Especially if you do not have someone who has gone to college before to guide you through the process. I am going to break down the types of financial aid you may receive to try and guide you through the process. I will be covering four types of aid: grants, scholarships, work-study, and loans.

*Grants: This type of aid is usually based on financial need, such as the Pennsylvania State Grant. A grant does not need to be repaid, but you must continue to meet the requirements for it. For example, if your grant requires a 3.5 GPA and your GPA falls below that, the grant may be taken away.

* Scholarships: This type of aid is typically given based on financial need or academic achievements. Scholarships do not need paid back. Scholarship opportunities can be found on the homepage of your MyPennWest account under the “apply for scholarships” tab.

* Work-Study: This is part-time employment while in college through the federal government. You can be paid directly to your bank account or have the money go towards your tuition. Some examples of work-study jobs on our campus include working at the library or dining hall.

* Loans: Loans are borrowed money to pay for school, which you must pay back. On top of the loan amount there is also interest added. There are federal loans and private loans. Federal loans are offered to undergraduate students if they complete the FAFSA and typically have lower interest rates. Also, they do not need to be repaid while in school. Private loans are sought out by the student, can have higher interest rates, and may have to be repaid while you are in school.

I hope this information makes your financial aid package clearer. If you have more questions, the PHEAA and FAFSA websites are great tools. If you cannot figure out the information on your own or something doesn’t seem right, I encourage you to visit the Financial Aid Office.

By Abigail Lonjin
www.pheaa.org
www.fafsa.ed.gov
How to Stay Motivated

When discussing motivation, it is important to know a few key things that are necessary in order to stay motivated while in college. To start with, it is very crucial to have a designated study space in order to allow yourself to make the switch into “working mode”. By having one or two designated places to study or do work in, allows your brain to know what the objective is in this specific space, rather than getting side-tracked with watching tv or hanging out with friends. In addition to a specific study space, it is also important to make a study schedule for yourself and know when you are going to get work done throughout your week. You may think that getting everything done at once is effective, but studies actually show that giving yourself small breaks while studying actually improves your accuracy and work ethic.

Instead of having impossible goals set for yourself, it is actually more beneficial to set smaller goals leading up to your larger goals, this way, you have a more realistic path to get to your long-term goals. It is always a good idea to review your goals as well and see the progress you have made in order to keep on track and stay motivated with your academic path. As college students, we are constantly on technology for many different reasons and it is important to use technology as an advantage, rather than a distraction. By using technology to our advantage, we might be able to find many different sources of help as well as software and applications that keep us on track.

While many people know what their learning style is, it is also important to incorporate other learning styles in order to figure out which combination might work best for you individually. Please speak with your TRIO Advisor if you want to explore learning styles.

It is also significant to exercise on a daily basis in order to keep your body moving and staying active. Studies actually prove that staying active while in college not only boosts your physical health, but it also gives your mental health a positive boost as well. While discussing positivity, it is also crucial to be surrounded by uplifting individuals and support systems that want you to do your best and thrive throughout college! Whether your support system is through friends, family, tutors, or even TRIO, make sure you are getting positive feedback and support from your peers and mentors. By using these methods, you will find that it is easier to stay motivated throughout school. An added bonus to implementing these motivational tips, is that you will also be reducing stress and anxiety associated with a busy schedule.

By Alexis Doolittle