

PENNWEST CLARION

Deans List Spring 2022

Lauren Aichinger
Dustin Barnett*
Jenna Biggie
Madison Bizzak*
Samantha Booth
Taylor Boots
Orion Burgos*
Joanne Case*
Felicia Colwell
Emily Cross
Gabiella 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 Henninge*
Erin Herzog*
Megan Hill
Christine Hine
Cecelia Hite*
Anastaisa Hlumyk*
Alyssa Horner*
Elise Jenkins
Ruth Jolon*
Gileyla Jones

Madellyne Kruse*
Gabrielle Kutchma*
Samantha Leasure*
Landon Libreatori
Emily Lodge*
Abigail Lonjin*
Kaylie Lutz
Trent Maines
Hunter Martin*
Lauren McCleary
Alayna McGovern*
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*
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Lucas Santiago*
Hannah Shaffer
Chanze Shearer
Alexis Shifflett*
Sara Shock
Robert Shotts
Hayden Siegel

Megan Stahlman
Abbie Thompson
Sarah Tovar
Madison Trimbur*
Miguel Vazquez
Amanda Venesky*
Brooklyn Veronesi
Nyshae White
Graci Whitfield*
Markayleh Williams
Ciarra 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
Caitlin O'Hara
Kaia Rearick
Marcus Ryan
Nicole Stewart
Nyshae White



PENNWEST CLARION TRiO
STUDENT SUPPORT SERVICES
FOURTH FLOOR, BECHT HALL

MARIA AIELLO, DIRECTOR
MEGAN LAIRD, ACADEMIC COUNSELOR
LISA STANDFEST, ACADEMIC COUNSELOR
NANCY WOLBERT, ADMINISTRATIVE ASSISTANT



STUDENT SUPPORT SERVICES

WINTER/SPRING 2022

Important DATES

Winter Intersession

Classes begin
Monday, December 12

Last day to Drop

Tuesday, December 13

Christmas Holiday (no classes)

Monday, December 26

Last Day to Withdraw (11:59 p.m.)

Friday, December 30

New Year's Holiday (no classes)

Monday, January 2

Classes end

Tuesday, January 10

Final exam

Wednesday, January 11

Semester grades due from faculty (12 p.m.)

Friday, January 13

Spring 2023

Classes begin - 8 a.m.

Tuesday, January 17

Last day to Drop-Add

Tuesday, January 24

15th day of class

Monday, February 6

Spring break begins at close of classes

Friday, March 3

Spring break ends - classes resume at 8 a.m.

Monday, March 13

Last Day to Withdraw (11:59 p.m.)

Friday, March 17

Classes end

Monday, May 1

Final examination period begins

Tuesday, May 2

Final examination period ends

Friday, May 5

Semester ends

Friday, May 5

Spring Commencement

California Campus, Friday, May 5
California Campus, Saturday, May 6
Clarion Campus, Saturday, May 6
Edinboro Campus, Sunday, May 7

Semester grades due from faculty (8 a.m.)

Wednesday, May 10

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.berkeleye.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

<https://nam11.safelinks.protection.outlook.com/?url=https%3A%2F%2Ffoxfordsummercourses.com%2Farticles%2Fhow-to-motivate-yourself-to-study-at-home>

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