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

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.

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

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

TRiO Presents Foundations
in Personal Finance College Edition

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

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

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

TRiO
STUDENT SUPPORT SERVICES NEWSLETTER
FALL 2021

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

Spring 2021 Graduates
Levi Bequeath
Abigail Blake
Daniel Cicolini
Rachel Dressler
Gracie Felmlee
Brenna Finch
Thomas George
Ally Gillen
Levi Hughes
Kayla Karg
Joelle Klein
Frank Lang
Yasmine Lewis
Dulce Navarro
Rachael O'Neil
Carly Park
Cortney Renninger
Elizabeth Jimenez-Santana
Renee Simpson
Felicia Smith
Joshua Thruston
Kaitlin Windt
Jenna Yetter
Jia Zhu

CLARION UNIVERSITY TRiO
STUDENT SUPPORT SERVICES
FOURTH FLOOR, BECHT HALL
814-393-1896

The TRiO Student Support Services Program is funded entirely by a grant from the U.S. Department of Education.
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
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.)
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@claron.edu or phone 814-393-2351, or the Director of Social Equity, 210 Carrier Administration Building 16214-1232; Email 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.

**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

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