THE TRiO TIMES
A NEWSLETTER BY
LANSING COMMUNITY COLLEGE TRiO STUDENTS
“EMPOWERING YOUR EDUCATIONAL JOURNEY”
Summer Edition

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Pomp and Circumstance is defined as “splendid celebration with ceremony and fuss.” (Wikipedia)

Well, for many of the TRiO students, they will be participating in “splendid celebration with ceremony and fuss” as they graduate from LCC on Sunday, May 17, 2015. They are ending one leg of a journey and starting another. Many are transferring to four-year institutions to continue their education in pursuit of their dreams. There are many lessons to be learned while achieving their dream; and, as parting “words of wisdom” to remember while on the next leg of the journey towards your dream, here are a few quotes from inspirational leaders of the past and present:

1. “Your time is limited, so don't waste it living someone else's life. Don't let the noise of others' opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. (Steve Jobs, 2005)

2. “It doesn't matter that your dream came true if you spent your whole life sleeping. So get out there and go for it, but don't be caught waiting. It's great to plan for your future. Just don't live there, because really nothing ever happens in the future. Whatever happens now, so live your life where the action is — now.” (Jeffrey Zucker, 2003)

3. “Do one thing at a time. Give each experience all your attention. Try to resist being distracted by other sights and sounds, other thoughts and tasks, and when it is, guide your mind back to what you're doing.” (John Walsh, 2000)

4. “You must have a high threshold for frustration. Take it from the guy who was turned down by every studio in Hollywood. You must knock on doors until your knuckles bleed. Doors will slam in your face. You must pick yourself up, dust yourself off, and knock again. It’s the only way to achieve your goals in life.” (Michael Uslan, 2006)

HAPPY GRADUATION TRiO STUDENTS!!

Mecha L. Crockett

Director of TRiO SSS Program
Lansing Community College’s (LCC) TRiO program is honored to present the success story of TRiO student, Janae T, who worked for the program from 2012 through 2014. Her story is an outstanding example of hard work, thoughtfulness, and maturity. While working for TRiO as Student Support Staff, she regularly engaged in peer tutoring activities. It was her stellar level of commitment and positive attitude that motivated many of her peers to stay fully dedicated to their dreams. At present, Janae has successfully completed her first semester at Grand Valley State University (GVSU) and is well on her way toward attaining a Bachelor of Science degree in Biopsychology. She plans to continue her education to medical school.

Janae is a first generation college student and has made a successful transition into a four year university. She believes that being a TRiO student greatly helped her to both identify and learn academic and life skills that suit and serve her well. For Janae, belonging to the TRiO community gave her a wonderful community college experience, filled with great professionals--people who genuinely have their students’ academic interests at heart, and who teach and encourage educational independence. Because of this, Janae ultimately reflects, “My LCC-TRiO experience was progressive”, and she stated that “TRiO is like a second family to me and simply because the program works!”
Nearly eight years ago, Danya Thomsen-Orellana accepted the offer to work for the TRiO Student Support Services program at Lansing Community College. Without hyperbole, not a week passes that she does not reflect with gratitude upon the rewarding experience. It is Danya’s passion for the transformative power of education that keeps her with TRiO. Her philosophy of education is based on Theodore Brameld’s idea, outlined in his 1965 *Education as Power,* of an educational system which in all ways “supports human dignity for all races, castes, and classes; self-realization; and the fullest vocational, civic, and social cooperative and service”.

Throughout her career, Danya has been consistently dedicated to empowering at-risk individuals achieve meaningful change in their lives through education. The TRiO Program is a perfect platform to accomplish this mission through comprehensive academic support services for first generation, low income, and/or disabled students. Danya thinks TRiO is truly effective because the staff focuses on empowering the student to find the answer to their own questions, often using empathy and humor. They have specialized questioning and listening skills, an awareness of and flexibility with individual learning styles and are dedicated to establishing a comfortable and secure working environment. Studies¹ show that students who report caring and supportive interpersonal relationships in school have more positive academic attitudes and values and are more satisfied with school & more engaged in academic work. In addition, students who are engaged tend to both perform better in school as well as persist and complete their degrees.

Danya’s favorite aspect of TRIO is that the students represent global and local diversity; they are from the United States and many other countries, all academic interest areas, a very broad age range, urban and rural populations, etc. Danya likes to help students understand how “everything is connected to everything else” including how they are connected to each other and to the LCC community. As TRiO students become more empowered to be members of their own communities, they are increasingly able to take on responsibilities and leadership roles in increasingly larger settings until they operate as global citizens, and make decisions from a well-informed, global perspective.

When asked if she has any advice for TRiO students, Danya laughs and says, “Check your D2L!” She has been posting her *Tips of the Week – Learning Strategies for Student Success* to the TRiO Community Group every week since January 2008. Danya was a first generation, low income student and agrees wholeheartedly with John W. Fountain III, who gives the following advice to non-traditional students, “I remember having feelings of doubt, isolation and fear. I remember feeling as if I didn’t belong, and that I wasn’t smart enough… I am writing this to encourage a few students who might be wrestling with the same insecurities…You have to believe with all of your heart, mind and soul that you are capable of finishing; that quitting is not an option; that setbacks are often gateways to doing things smarter. You have to believe that you deserve to be where you are.”

¹Battistich, Solomon, & Kim, 1995; Shouse, 1996; Solomon, Battistich, Watson Schaps, & Lewis, 2000; Felner et al., 1997, Connell and Wellborn, 1991; Marks, 2000; Ryan, & Patrick, 2001; Skinner and Belmont, 1993; Solomon et al., 2000; Voelkl, 1995. Quoted in Klem and Connell,
Cultural events is one of the services that the TRiO program offers to its students. Some of the cultural events include campus visits and school sanctioned activities, such as concerts, plays, evening art performances or a visit to an art gallery or museum. Every semester, the TRiO program organizes a variety of cultural events geared towards helping TRiO students broaden their horizons concerning unique cultural insights of belonging to the community. Referring to the programs’ policies, students are required to attend or participate in at least one cultural event per semester.

Recently, TRiO and the Lucero Programs organized a campus visit to Michigan State University (MSU) as the cultural event for the month. This service has a great value because it provides an avenue for students to learn more information about a particular college a student is deciding to transfer to. Abeer E. recently participated in the campus visit and said, “the timing and organization of the event was a masterpiece.” She mentioned the valuable information she was exposed to—especially the written and unwritten rules of the college campus, as well as the professionals who are able to assist prospective students with transfer protocol. Another student, Skyler N. said, “MSU has various student support programs that caters to nearly all the student body.” Due to the effectiveness and efficiency of the trip, most of the programs members have become strong advocates of the campus visits. This is one more reason that TRiO works!
"Still I Rise" by Maya Angelou

You may write me down in history
With your bitter, twisted lies,
You may tread me in the very dirt
But still, like dust, I’ll rise.

Does my sassiness upset you?
Does it come as a surprise
That I dance like I’ve got diamonds
At the meeting of my thighs?

Out of the huts of history’s shame
I rise
Up from a past that’s rooted in pain
I rise
I’m a black ocean, leaping and wide,
Welling and swelling I bear in the tide.

Leaving behind nights of terror and fear
Into a daybreak that’s wondrously clear
I rise
Bringing the gifts that my ancestors gave,
I am the dream and the hope of the slave.

You may shoot me with your words,
You may cut me with your eyes,
You may kill me with your hatefulness,
But still, like air, I’ll rise.
CAREERS

Geriatric Pharmacist

Geriatric Pharmacist, also known as consultant pharmacist, specialize in dispensing medication and counseling older patients about those medications. Like all pharmacists, they label medications and dispense them as prescribed by a physician or other health professional. But Geriatric Pharmacist also tend to take extra time to speak with their patients to:

1. Explain when and how to take the medication
2. Describe any potential side effects, including possible adverse reactions
3. Ensure that the new medication won’t interact with any other prescriptions, nutritional supplements, or over-the-counter medications the patient is taking
4. Make adjustments in dosage or recommend changes in medications to alleviate unwanted side effects
5. Perform routine tests, such as blood-sugar and blood-pressure monitoring
6. Answer questions about medication management and other health concerns
7. Help patients save money by recommending generics or special insurance programs

Many Geriatric Pharmacist work in or near hospitals, long-term care facilities, assisted living centers and housing communities with large elderly populations. They may work in a pharmacy based in a health care facility, or in a retail pharmacy, serving older customers. In addition to dispensing medication, they consult with patients, confer with physicians, and review medical charts. While most work normal business hours, like most health professionals, geriatric pharmacists may have to be on call some evenings, weekends, and holidays.

Geriatric Pharmacist must complete the same training program required of all Pharmacists, a six-year Pharmacy degree. Geriatric Pharmacist can earn between $80,000-$110,000 per year, depending on where they work and what responsibilities they hold. The demand for Geriatric Pharmacist is expected to grow as the “Baby Boomer” generation ages.

Reference
http://explorehealthcareers.org/en/Career/166/Geriatric_Pharmacist
INFLUENTIAL PEOPLE
MALALA YOUSAFZAI

On July 12, 1997, Malala Yousafzai was born in Mingora, Pakistan, located in the country's Swat Valley. For the first few years of her life, her hometown remained a popular tourist spot that was known for its summer festivals. However, the area began to change as the Taliban tried to take control. Malala Yousafzai attended a school that her father, Ziauddin Yousafzai, had founded. After the Taliban began attacking girls' schools in Swat, Malala gave a speech in Peshawar, Pakistan, in September 2008. The title of her talk was, "How dare the Taliban take away my basic right to education?"

In early 2009, Yousafzai began blogging for the BBC about living under the Taliban's threats to deny her an education. In order to hide her identity, she used the name Gul Makai. However, she was revealed to be the BBC blogger in December of that year.

When she was 14, Malala and her family learned that the Taliban had issued a death threat against her. Though Malala was frightened for the safety of her father—an anti-Taliban activist—she and her family initially felt that the fundamentalist group would not actually harm a child.

On October 9, 2012, on her way home from school, a man boarded the bus Malala was riding in and demanded to know which girl was Malala. When her friends looked toward Malala, her location was given away. The gunman fired at her, hitting Malala in the left side of her head; the bullet then traveled down her neck. Two other girls were also injured in the attack. The shooting left Malala in critical condition, so she was flown to a military hospital in Peshawar. A portion of her skull was removed to treat her swelling brain. To receive further care, she was transferred to Birmingham, England. Once she was in the United Kingdom, Yousafzai was taken out of a medically induced coma. Though she would require multiple surgeries—including repair of a facial nerve to fix the paralyzed left side of her face—she had suffered no major brain damage. In March 2013, she was able to begin attending school in Birmingham London. The shooting resulted in a massive outpouring of support for Yousafzai, which continued during her recovery. She gave a speech at the United Nations on her 16th birthday, in 2013. She has written an autobiography, *I Am Malala: The Girl Who Stood Up for Education and Was Shot by the Taliban*, released October 2013.
Unfortunately, the Taliban still considers Yousafzai a target. Despite the Taliban's threats, Yousafzai remains a staunch advocate for the power of education. On October 10, 2013, in acknowledgement of her work, the European Parliament awarded Yousafzai the Sakharov Prize for Freedom of Thought. That same year, she was nominated for a Nobel Peace Prize. She didn't win the prize in 2013; but in October 2014, she received the Nobel Peace Prize, along with Indian children's rights activist Kailash Satyarthi. At age 17, she became the youngest person to receive the Nobel Peace Prize. In congratulating Yousafzai, Pakistani Prime Minister Nawaz Sharif said: “She is (the) pride of Pakistan, she has made her countrymen proud. Her achievement is unparalleled and unequaled. Girls and boys of the world should take lead from her struggle and commitment.” U.N. Secretary-General Ban Ki-moon described her as "a brave and gentle advocate of peace who through the simple act of going to school became a global teacher.”

Reference
http://www.biography.com/people/malala-yousafzai-21362253#after-the-attack

TRiO SUCCESS TIPS
7 WAYS TO DEVELOP A POSITIVE ATTITUDE

- BE CONFIDENT
- BE POSITIVE
- BE PUNCTUAL
- BE PATIENT: SOME THINGS JUST TAKE TIME TO DO
- BELIEVE IN YOURSELF: YOU ARE UNIQUE IN THIS WORLD, AND SO ARE YOUR TALENTS
- SET GOALS FOR YOURSELF: THEN WORK HARD TO ACHIEVE THEM
- GET FUN OUT OF LIFE: DON'T TAKE YOURSELF TOO SERIOUSLY
SEVEN WONDERS OF THE WORLD

The Seven Wonders of the Ancient World (often called simply, the Seven Wonders of the World) is a list of man-made structures built during the classical era. Scholars believe that ancient historians began compiling the list in the second century B.C. The final list of the Seven Wonders that we currently reference was defined in the Middle Ages.

2. Hanging Gardens of Babylon
Al-Hillah, Iraq

The Hanging Gardens of Babylon are said to have been built by Nebuchadnezzar II, a ruler of Babylon, around 600 B.C. Though historians often debate the actual existence of the gardens, because there's no physical evidence and Babylonian documents never mention them (Greek scholars first described the gardens), accounts state that the gardens consisted of vaulted terraces raised above one another and supported on pillars -- in other words, an artificial rising mountain of gardens. The terraces were filled with dirt and planted with trees and flora, which were said to hang over the sides. The amazement over the gardens stems from what would have been an extraordinarily complicated irrigation system, which brought water from the Euphrates to the gardens in an otherwise arid environment. The gardens are thought to have been destroyed by an earthquake around the first century B.C.

Check “THE TRiO TIMES” for the full description of the remaining five wonders of the world in our next Editions.

Reference
http://www.travelchannel.com/interests/hot-topics/articles/seven-wonders-of-the-world
The Puzzle Game

BEAMS Word Search

Directions: Hidden in the puzzle below are 32 words that you will encounter during your visit to Jefferson Lab. The words may be spelled vertically, horizontally, backwards or diagonally. Some letters may be used in more than one word.

ACCELERATOR
ATOM
BEAM
CEBAF
CHARGE
COMPOUND
CURRENT
ELECTROMAGNET

ELECTRON
ELEMENT
ENERGY
FEL
FIELD
FORCE
INJECTOR
INSULATOR

INTERNET
IRON
JEFFERSON LAB
LABORATORY
MATTER
METER
MOLECULE
NUCLEUS

PHYSICIST
PROTON
QUADRANT
QUALITATIVE
QUARK
SCIENCE
SPEED
WEIGHT

SCIENCE
ICS
AT
MATS
SER
HPI
MAC
CELERATORS
AT
EMELE
IOF
ELECTRON
HTICAREL
ELO
PROTONS
HENTEMELE
EDNCIRONOSSETGTOEIINNC
CCDOTOSTICISYHPTRUUT
UMNOEAMAZFOETIHKADHROR
LANBERPLDIUANRORLNRNRO
OEKHIVTNOLLTAQEEETSEMS
IOTALHEUTPUUDTNILUAA
GNCGESEANTNQAQHTEFKWSG
FUSEHPRSCHRDUHTECMARPN
HERNSTLABORATORYCTSBAE
ATOMTWOITALUWVEEBQDUEET
ETTSNIEANETFORCEGRAHC
YWCLDELTTSTZTEOBSEMOA
DEAULASOULEAEHTHEABN
UBTSRTFTLMETTARHITUPS
JSNNAIOLONDOLFMOESECHP
IBIQVIRKGARTICSYASYRIE
CCKEQPWIEPLTLUUCYGRENE
SCIENCE
JEFFERSONLAB
BPD

Thomas Jefferson National Accelerator Facility - Office of Science Education
http://education.jlab.org/
IMPORTANT DATES AND EVENTS

Financial Aid Book Advance Refunds begin

Friday, May 29
Semester begins

Friday, June 5

End 100% refund tuition and fees, full semester only

Thursday, June 11
End 50% refund, tuition & student support fee only, full semester only

Thursday, June 18

Financial Aid Refunds for Grants, Scholarships, and first half of loans begin

Friday, June 26

Last day to change residency

Thursday, July 2

Independence Day Holiday - No Classes

July 3-5

Freshman 1st time borrowers & 2nd loan refund for Summer only

Tuesday, July 7

Last day to submit Associate’s degree/Certificate application

Wednesday, July 15

Semester Ends

Sunday, August 2