

Student Support Services

Fall 2023

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Student Support Services

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TRIO
STUDENT SUPPORT SERVICES



TRIO Takes on New York City

By: Mackenzie Bowers



This November, TRIO SSS took 31 students out of Lock Haven for an exciting day in New York City. A cold, foggy, early-morning start gave way to a warm, sunny adventure in the city.

The first stop was the 9/11 Memorial and Museum, where students split into groups to learn more about this tragic moment in our nation's history. Students

descended into the main exhibition area, which memorialized those lost and highlighted the surviving architectural remnants of the Twin Towers. The museum offered a glimpse into the past, a bridge between memory and renewal, and students left it with a richer understanding of the events of 9/11.

A short bus ride took TRIO from the 9/11 Museum to Broadway, where they saw a 3o'clock matinee of *Moulin Rouge* at the Al Hirschfield

TRIO Takes on New York City cont.

Theatre. As a jukebox musical, *Moulin Rouge* combines pop culture hits with original songs to tell the story of Christian, a young composer who falls in love with cabaret



actress, Satine.

After the show, dinner was served at the Hard Rock Café in Times Square. TRIO was given a set menu with three courses: a salad, an entrée, and a dessert, all of which received raving reviews from the students in attendance.

The completion of dinner signaled the end of the day, and TRIO got one last look at Times Square, lit up and sparkling with the hustle-bustle of city life, as they made their way to the bus.

Peer mentor, Lexi Mayes, summed up the day well, saying, “It was a great trip filled with great new experiences that we may not have gotten to have without TRIO.”



Meet the Peer Mentors



Derrick Cheeks (he/him)



Mackenzie Brown (she/her)



Hailey Anderson (she/her)



Laurel Fogleman (she/her)

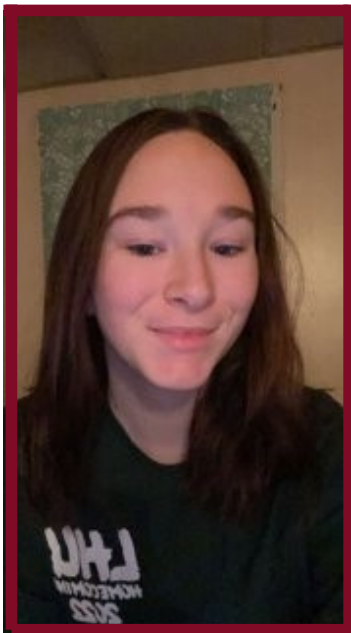
Meet the Peer Mentors (Cont.)



Ashley Kies (she/her)



Alexis Mayes (she/her)



Cora Schweinebraten (she/her)



Trinity Monaghan (she/her)

New Era for the Haven Cupboard

By: Shannon Louszko

The Haven Cupboard is a food pantry open to all students on the Lock Haven campus of Commonwealth University. In the beginning of the fall semester, the cupboard moved for the second time since it first opened in 2019. Its new home is on East Campus, where Nanobites used to be, and it is thriving better than ever.

Students are welcome to come to the pantry and shop for groceries for the week.

The groceries include freezer items, milk, yogurt, soups, snacks, fresh produce, and even rotating meals every week. The meals can include peanut butter and jelly, spaghetti and sauce, and even breakfast for dinner!

“The Haven Cupboard is one of the best resources on our campus and I am so grateful for everything they have done for me,” says Megan Wein, Grad Student ‘25.

The Haven Cupboard is open Wednesdays 4-6 p.m. and Thursdays 1-2 p.m. and 5-6:30 p.m. to all students who are interested.

In the spring of 2024, they will also be debuting the Haven Hangout, which is a space for students to come and study as well as hangout with their friends. The space will also offer Keurigs and microwaves for students to make coffee, tea, hot chocolate, and heat up food.

National First- Generation College Celebration

By: Ashley Kies



From left to right: Judge William Amesbury, Dr. Timothy Bowers, Madison Leister, Bailey Yearick, Patricia Haas Ulmer

National First-Generation College Celebration was held on November 8th from 12-2. TRIO, in partnership with Act 101, Student Success, and DEI, welcomed back five LHU alum who were first-generation college students: Dr. Timothy Bowers, Judge William Amesbury, Bailey Yearick, Madison Leister, and Patricia Haas Ulmer.

After opening remarks by TRIO Director Natalie Serafini discussing the background of

our panelist, she then turned the floor over to them, allowing them time to answer questions and give advice to the attendees. Towards the end of the event, attendees were given a free lunch and an opportunity to speak one-on-one with the panelists.

Madison Leister was a TRIO peer mentor during her time here at LHU. She wants to go to graduate school to become a child life specialist.

National First- Generation College Celebration Cont

Judge William Amesbury has worked in Drug Court treatment and Juvenile Court. He went to graduate school for social work.

Patricia Haas Ulmer works at the Geisinger Library Services where she is the director. She helps educate health care professionals.

Bailey Yearick works in the healthcare field where she trains nurses and works one-on-one with children.

Dr. Timothy Bowers is the superintendent of Williamsport Area School District. He graduated from LHU with a health and physical education degree. He is on the board for NCERT (National Center for Education, Research, and Technology) and National Superintendents Roundtable.

The panelist shared their struggles and surprises they had as first-generation college students. Dr. Bowers shared that he initially had many misconceptions about college only being for wealthy people and had to overcome those stereotypes. Judge Amesbury said that motivation and food insecurity were his biggest challenges. He gave students in attendance advice to challenge themselves and keep persevering. Bailey talked about her

experiences with anxiety and said that failing one class does not mean that you won't succeed at all in your college education.

Natalie asked the panelist about skills that students should be working to obtain in their

undergraduate years. Bailey's advice was to get volunteer experience and people skills (which can be obtained through our Community Service Office and Christine Wise). Ask for more things to do to get those experiences and skills. Maddy's advice was to be kind and connect to people. Many people she works with come to her needing help, so she needs to be able to understand them. Dr. Bowers advised us to build relationships and have meaningful conversations. Patricia's advice was to build relationships, have effective communication, and be good leaders.

Finally, Natalie allowed the opportunity for the panelist to give advice for all first-generation students. Judge Amesbury told us to enjoy our undergraduate experience, ask questions, and learn from our mistakes. Much like the saying "Fall down 7 times, get up 8."

National First- Generation College Celebration Cont

Patricia's advice was to keep going and when you are struggling find someone to help you. Dr. Bowers' advice was to not wish our life away since this is one of the best times of our lives. Bailey advised us that, "It can be hard to get back on track, but you can do it. Believe in yourself." Maddy advised us to ask for help from everyone and take their opinions into consideration.

Thank you to all the panelists, Trio, Act 101, Student Success, and DEI for putting this event on for the students here at Lock Haven. Students left the event with connections to people in their field and advice on how to overcome problems.

Friend of TRIO Profile: Pat Hunter

By: Shannon Louszko

Patricia (Pat) Hunter (she/her) is the Instructor/Assistant Professor- Counselor or simply counselor at the University Counseling Services Center. Pat is a Licensed Professional Counselor, and she meets with students on an individual basis in a supportive environment to provide a listening ear and to assist in processing any difficult emotions they may be experiencing. She also facilitates Grief Group, which is new this semester and will also be running through spring semester. Her hope is that this is a group that the center will be continuing to offer. She absolutely loves her job! Pat gets the opportunity to work with and gets to know so many amazing students!

Pat grew up partially in Edinboro, PA and in Star Lake, New York. She and her husband just moved to Lock Haven in January of this year and are so very happy to be here! Pat said, "This feels like it is going to be our long-term hometown! We are close enough to all our adult children that it is just a few hours' drive to reach each of them!" Pat has a bachelor's degree in psychology and a master's degree in clinical psychology. As stated above, she also has her

LPC license. She went to both undergrad and grad school at Edinboro University, so she is a proud PASSHE graduate! Pat also said, "I remember in 7th grade doing a career inventory and one of the career paths it recommended for me was counselor and I was so tickled as that is that I was considering at the time. I never changed my mind. I think I became interested in the field as I always seemed to be the one to support my friends growing up and enjoyed doing so. As I got older, I also learned of my family's mental health history and recognized the importance of the counseling field."

Pat had so many people that inspired her throughout her journey in psychology. She said, "I think our history plays a big role, both the positives as well as the challenges. I don't think we can separate them." Her family played a big role, for sure for her. People who immediately came to her mind were her dad who was such a strong man. He was intimidating to those who didn't know him, but a big teddy bear to his three daughters. Pat learned her work ethic from him and that gender roles don't get to define

Friend of TRIO Profile: Pat Hunter cont.

who you are and what you do! Her one sister, Carrie, was her biggest supporter and she misses her so much. As for the present, Pat's family continues to shape who she is today. Of all of the things Pat is proudest of, it is being a mother to her beautiful, amazing children! They continue to shape who she is as well as help her strive for who she still wants to be! And of course, her hubby as she stated, "He is stuck with me!"

Pat loves TRIO SSS. She said, "I love the staff and their genuine care for helping each one of our students succeed! I think Lock Haven is so fortunate to have each one of them. So many supportive programs come out of these offices! Also, each time I have reached out for help with a student, they are always available. My hat is off to them!"

Students can contact Counseling Services to schedule an appointment by calling 570-484-2479 or emailing CounselingServices@lockhaven.edu. Services are provided Monday through Friday 8-4:30.

Featured Scholars: Landon Hetrick

By: Ashley Kies

Landon A. Hetrick (he/him) is a Computer Science major with a concentration in Applied Data Science from Williamsport, PA. He is an active member of the community here at Lock Haven, involved in 14 clubs including: WLHU Radio, Bio Club, Smith Hall, etc. He is also actively involved with TRIO, and says, “TRIO helps provide an opportunity to strive towards self-improvement while also helping towards achieving my goals.”

Landon is an Eagle Scout and nature-lover, with several plants in his dorm room and Russian Blue cat named Muffin at home. He also plays Piano/Synthesizer and Trombone. In 2022, he won the Drum Core Association A Class World Championship for marching band, as well as States for his high-school marching band.

Landon’s goal is to develop as many skillsets as possible in the hopes of

creating a diversified portfolio that will help him achieve his goals after graduation.



Featured Scholars: Abigail Abrams

Abigail Abrams (she/her) is from Patton, Pennsylvania. Currently, at Lock Haven, she is majoring in Business Administration. She is a member of the marching band as a majorette, Outreach for Humanity, Women's Rugby, and TRIO, as well as the TRIO Book Club.

Abigail says about TRIO, "To me, TRIO means: support, success, and reliability. If I ever have an issue or concern, TRIO is the first place I go for a solution. It is where I found the foundation for most of the relationships I have made during my college career. For my academics, I always have support when I feel unmotivated, and I have guidance for when I am lost."

After graduation, Abigail plans to continue onto grad school for a master's degree in cybersecurity.



TRIO Gives Advice

By: Shannon Louszko

The transition from high school to college can be difficult but not impossible. Here are some pieces of advice for making the most out of your time here at Lock Haven.

Get comfortable with being uncomfortable! College is a whole new world, you have so many opportunities to get involved and try new things, so try everything!

Talk to your professors, meet with your advisor, and get to know them! They will be essential in your path to success, and they want to see you reach your goals!

On campus, we have endless resources to help you become an amazing student and person. Make sure you explore every avenue of help such as the success center, tutorial services, and the writing center.

My key tool that helped me succeed every semester was a little notebook. Every week I would write down the homework due for each class and check it off once I was done with it! This helped me to visualize everything that I had to do and also gave

me affirmation when everything had a check mark next to it.

Take care of your body! Make sure you eat three meals a day, sleep at least eight hours a night, and take time to chill and watch Netflix or simply grab ice cream with your friends!

Get involved! Join a club, participate in a club sport, get an on-campus job! Make sure to have FUN, college is not just about good grades. Remember to enjoy these four years here because they fly by!

Want to Join TRIO SSS?

We invite first- and second-year students to join our TRIO Student Support Services (SSS) family. If you are a first-generation student, have limited income, or have a documented disability, you might qualify to join! Be sure to reach out to a TRIO SSS representative if you are uncertain if you qualify, or if you have any questions about the program.

TRIO SSS is a federally funded program that aims to boost students' grade point averages and rates of remaining in college until graduation. Upon program acceptance, students will gain access to many university life skills, additional resources to help promote success, and assist with the transition from high school to college.

Ready to join? Head over to the LHU TRIO SSS webpage (<https://lockhaven.edu/success/sss/index.html>) to find more information about the program, along with the link to the PDF application. You can also find the online application at this link (<https://botform.com/pansol.com/201756056578059>) or the QR code below:



QR Code for the TRIO
SSS Online Application

Meet the Co-Editors

Shannon Louszko (she/her) is a senior Communication major with concentrations in Electronic Media as well as Advertising and Public Relations. Shannon is from Bangor, Pennsylvania and is the president of WLHU Radio Club. After graduation she plans on getting a job doing Social Media Marketing and eventually get her masters. Trio has been such a great resource for Shannon through college and she is very grateful for them.



Ashley Kies (she/her) is a junior secondary Education Social Studies major with a minor in Special Education from Mahanoy City, PA. After graduation she plans to pursue a master's at Bloomsburg University and settle down. She is a peer mentor for the 2023-2024 year, and the president of LHUPCSS. TRIO has always been a family to her and helped her achieve her goals. She likes to journal and spend time with her family.



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