

# Student Support Services

Lock Haven University of Pennsylvania

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## Student Support Services

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Website:  
[lockhaven.edu/success/sss/index.html](http://lockhaven.edu/success/sss/index.html)

Facebook: LHU TRIO Student Support Services  
[www.facebook.com/SSSatLHU](http://www.facebook.com/SSSatLHU)

Instagram: @LHU\_TRIOSSS

Snapchat: lhutriosss

**TRIO**  
STUDENT SUPPORT SERVICES



## Meet the TRIO Staff!

**By: Hailey Anderson**

### Natalie Lombardi

**Dr. Natalie Lombardi (she/her)** is the new Director of the TRIO SSS Program at Lock Haven University. She began her education right here at Lock Haven University with a bachelor's degree in psychology! She then moved on to graduate school at Penn State University. Her educational career continued onto Capella University with a doctorate in Educational Leadership. She was very enthusiastic about her project at Capella University and was often told that her ideas were too big and unrealistic. Natalie has a passion for public service work, especially when it comes to students. Her project ideas were often very large projects to solve a community of students' problems.



She got involved with the TRIO Program through Lock Haven's old Upward Bound Program, another branch of TRIO that serves high school students. She worked for the Upward Bound Program for 3 summers as a counselor before heading off to Capella University.

Her goals for the next few years include reinstating the Upward Bound Program here at Lock Haven since it has been retired for the past few years. She also hopes to see full student numbers within the program and see each student through to graduation. Her overall goal for the program is to work with each student individually to help them thrive and enjoy college with every resource they need. She also wants to add more field trips and more fun activities to TRIO! Natalie is very passionate about our program and is so excited to help students through every aspect of college, not just the academic parts!

## Meet the Peer Mentors

- **Ashley Kies (she/her)** is a sophomore Secondary Social Studies major and part of the Lock Haven University of Pennsylvania Council of Social Studies. To her, TRIO SSS is family. She says TRIO SSS is the biggest support system someone could have and is one of the only places on campus where you can be your authentic self without being judged. She chose to be a Peer Mentor because of her love for the program and wanted to give back to them as they have helped her since middle school. Being a Peer Mentor allows her to make connections on campus and become a friend for incoming students.



- **Angel Mandoza (he/him)** is a junior Computer Science major. He is a member of Kappa Delta Rho Fraternity. Angel decided to become a Peer Mentor so he could give back to the program. TRIO SSS helped give him a smooth transition into college during the COVID-19 pandemic.

- **Alexis Mayes (she/her)** is a sophomore Health Science/Pre-Physician Assistant major with a minor in Psychology. She is the President of Outreach for Humanity, Vice President of Circle K, and a member of Health Science Club, Public Health Club, Psychology Club, and the Red Cross Club. She is also an assistant of the Community Service Office. Alexis says that TRIO SSS was an opportunity to learn about her resources and the possibilities when coming to Lock Haven University as a First-Generation college student. She says she learned a lot from talking to her Peer Mentors and directors about their own experiences. Alexis became a Peer Mentor to provide others with that same sense of comfort and make sure they know that she is always available to help them both academically and emotionally.



## Meet the Peer Mentors (Cont.)



- **Cora Schweinebraten (she/her)** is a sophomore Social Work major. She says TRIO SSS feels like a second family away from her family at home. She wanted to be a Peer Mentor to help incoming freshmen who may need some extra help and support.
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- **Mackenzie Brown (she/her)** is a sophomore Special Education major with a minor in Early Childhood Education. She is Vice President of the Council for Exceptional Children and a member of the Psychology Club. She chose to be a Peer Mentor because she doesn't want anyone to feel alone in their college experience as everyone is all on the same journey. She says TRIO SSS is like family, and every member is a part of this family.



- **Polly Canete (she/her)** is a senior Health Science/Pre-Physician Assistant major with a minor in Gender Studies. She is President of the Public Health Club, a Peer Mentor for ACT101, and on the Women's Golf Team. Her freshmen year Peer Mentor made a huge impact on her college journey, so she became a Peer Mentor to be that person for other TRIO SSS students.

## Featured TRIO SSS Scholars

**By: Ashley Kies**

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**Your name and pronouns:**

Titilope Adekola (she/her).

**Your hometown:**

I am from Ikenne, Ogun State. Nigeria.

**Major:**

Accounting

**Year:**

Freshman

**Future goals:**

To become a Certified Public Accountant, and a fashion influencer.



**How has TRIO helped you?**

TRIO has helped me academically and non-academically. The TRIO weekly study log always encourages me to study every day, whereby I have gotten adapted to studying every day. This positively impacted grades, and I was able to attain my academic goals last semester. TRIO has also helped me overcome or reduce stress by creating some amazing programs with different activities, like painting, decorating, games, etc. The TRIO scholarship also helped me financially, whereby it reduced my school financial burden. In all, TRIO made a significant impact on my college, which I will always be grateful for. Thank you!

## Featured TRIO SSS Scholars (Cont.)

**Your name and pronouns:**

Pollyana Canete (she/her)

**Your hometown:**

Lebanon, PA

**Major:**

Health Science, Pre-PA

Minor in Gender Studies

**Year:**

Senior

**Future goals**

I hope to become a physician assistant in either family practice, women's health, or dermatology. I also hope to start my own free health clinic in the Philippines where I can give back to the community that I grew up in.

**How has TRIO helped you?**

TRIO has allowed me to build my leadership skills as well as have a community to lean back on. TRIO has given me the resources I needed throughout my three years of college. I know that if I needed anything everyone in the office and my fellow mentors are here for me.



## Meet the TRIO Staff (Cont.)

### Fun Facts about Natalie:

- She got married last summer.
- She has 4 children.
- She played soccer all throughout her school career and now coaches a local school team and a travel team.



### Mackenzie Bowers

**Mackenzie Bowers (she/her)** is the new Writing Specialist for the TRIO SSS Program at Lock Haven University. She is originally from Northern Pennsylvania, but graduated from high school not too far from here in Watsonstown. She achieved her bachelor's degree in Creative Writing and English with a specialization in Editing and Publishing from Susquehanna University.

After graduating, she headed overseas and attended the University of Stirling in Scotland to receive her Master's of Letters ("the fancy Scottish term for an MFA!") in Creative Writing. This is her first time working with TRIO, but she has known about the program for years as many of her friends in both high school and college

were/would have been TRIO eligible. Mackenzie's passion is helping students find their voice through writing. The TRIO Writing Specialist job was somewhat of a dream job for her since she would be serving students to tell their stories similar to those of the people she cares most about!

Similarly, her favorite part of the TRIO Program is working with students. She loves the brainstorming process of a writing assignment and loves working with students to find their paper within that process, but even if it's just reviewing and editing a paper or sitting down and talking, having students in her office is always the highlight of her day! In the next few years, she hopes to see our TRIO Program flourish. She wants to see more student involvement and connection now that the program has settled down after all of our transitions in the past couple of years. She looks forward to more fun, community-building events, workshops, and one-on-one writing sessions.

### Fun Facts About Mackenzie:

- She played Rugby while she was in Scotland and fell in love with it.
- She loves talking about all things rugby and Scotland, so if you don't know what to talk to her about, just ask her about those!

## Meet the Staff (Cont.)

### **Marianne Guinter**

**Marianne Guinter (she/her)** is the Grant Program Coordinator. Marianne is very local! She is from the Jersey Shore area and achieved her bachelor's degree from Penn College in Williamsport. She began her journey with TRIO 5 years ago. She had worked as an HR professional for 11 years and was finding that she was becoming burnt out and wanted a change of pace. She found the listing for her current job and the rest is history!

Her favorite part of working with the TRIO Program is watching students grow. She loves watching how each student transforms and progresses from freshman to senior year!



She is looking forward to our program being awarded our next 5 year grant in 2025 so that the program can continue to serve students and help them achieve their goals! She is always enthusiastic to help students out with whatever issues arise for them!

### **Fun Facts About Marianne:**

- She is married.
- She has two sons (one in middle school and one graduating from LHU this month.)
- She was also a first-gen college student, so many students have similar issues that she had while in school.

# TRIO SSS Spring 2023 Cultural Event: *Beauty and the Beast*

**By: Ashley Kies**

On March 31st, TRIO took a trip up to Williamsport to see *Beauty and the Beast*, put on by Community Theatre League. These are mostly volunteers who, in addition to school and work, dedicate their time to putting on plays for the local communities. This play was about 3 hours long with an intermission in the middle. The actors were Marisa Sponhouse (Belle), Nathan Fulkerson (Beast), Brad Heffner (Maurice), Theo Lentz (Gaston), Taylor Elliott (Cogsworth), Megan Fisher (Mrs. Potts), Candence Decker (Chip), and many more.



The play was amazing with some notable highlights being the moments where you couldn't stop laughing. Such as the Cogsworth (the clock) who, when his door was open, said "Do you *mind*?" and slammed the door shut. My favorite scene was the cups in the tavern. They sang a song while hitting their cups together about how Gaston is going to ask Belle to marry him. The choreography was shocking. The actors spent a lot of time preparing for the show, which can be seen through their dedication and acting skills. This wasn't just a high school play; they had special effects and well-made costumes. These scenes even touched the heart, such as when the audience sees Chip (the little boy teacup) running to his mama and giving her a hug after the curse is broken. They had for sale some light up roses which are absolutely cute. As Marianne would say, "It was fun riding the school bus for the first time in 20 years."



Tickets are free for TRIO students, and we provide transportation. We take cultural trips like this every year through our funding.

Thank you to CAC for hosting the event and Marianne Guinter for planning it.



# TRIO SSS Resources

**By: Max Burpo**

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- **The University Disability Services** provides accommodations for students with documented disabilities. Accommodations give students an equal opportunity for success by making arrangements that fit their needs. Their office is located in 205 Ulmer Hall and they can be reached by email at [disability\\_services@commonwealthu.edu](mailto:disability_services@commonwealthu.edu), or by phone (570-484-2665.)
- **The Center for Career and Professional Development** helps students who have career questions, preparation for internship, job, and graduate school interviews, and assist in career changes. Their office is 200 Ulmer Hall and you can email them at [careerservices@lockhave.edu](mailto:careerservices@lockhave.edu).
- **The Student Success Center** assists students in academic success, social adjustment, financial literacy, and career exploration. They offer peer student mentoring as well. Their office is in 206 Ulmer Hall and their email is [studentsuccess@lockhaven.edu](mailto:studentsuccess@lockhaven.edu).
- **The Tutorial Services Center** offers student-led tutoring sessions for many courses. Additionally, there are specialty centers, such as the Writing Center, Math Center (Robinson Hall 209), and PsyCenter (306 Robinson.) In-person and virtual sessions are available through drop-in and scheduled hours. The main center and the Writing Center are located on the 2nd floor in Stevenson Library. Any questions can be forwarded to [tutoring@lockhaven.edu](mailto:tutoring@lockhaven.edu) or [rbm104@commonwealthu.edu](mailto:rbm104@commonwealthu.edu).

## Friend of TRIO Profile: Andrea Royer

**By: Max Burpo**

**Andrea Royer (she/her)** is the Assistant Director of the University Disability Services and has been working here since October of 2022. At Lock Haven University, she meets with students who have a documented disability and discuss what barriers those disabilities create for their education. Together, Andrea and the students look at ways to mitigate those barriers with accommodations.

Accommodations include, but are not limited to, extended time on exams, distraction-reduced testing rooms, and approval for emotional support animals in dorm halls.

Andrea grew up in Bellefonte, Pennsylvania, and attended Indiana University of Pennsylvania (IUP.) She graduated with a bachelor's degree in elementary education, and she currently has an active teaching certificate to teach grades K-8th. After she graduated, she started teaching, and eventually was recruited by one of the faculty members to be a part of IUP's first cohort for a master's degree in education.

In the past, Andrea had some influential teachers who changed her life. She says she wouldn't call them her friends, but more so mentors that helped guide her throughout school. When she was a senior, her grandfather and uncle tragically died within three days of each other. Their deaths were particularly difficult for her to go through as they were the closest male relatives she had. Andrea's mother also had a hard time dealing with this as it was her father and brother who died, so she was trying her best to hold it together. Three of Andrea's teachers were able to comfort her and made a difference in how she



dealt with the situation and move through it.

When her mother passed away, Andrea had to learn new life skills and become independent. Her mother was her best friend, someone who was always there for her and who she could go to for mundane things. She says she would call her every day on her way to work, on her breaks, if there was an issue when her children were younger, or when something was wrong and needed to be fixed.

Without her being able to go to her mother for these things, she was forced to learn to trust her gut and deal with things herself. Her death forced her to become more self-sufficient. Andrea started to believe she can do things on her own without that type of support, just as her mother had always believed. These difficult obstacles she faced have shaped her into the person she is today and made her stronger.

## Friend of TRIO Profile (Cont.)

Andrea loves TRIO SSS and recognizes they have been helping students for a long time. Now that the program is fully staffed, she believes only good things can come out of it and the impact they have on students is invaluable. One of the ways a student can be eligible for TRIO SSS services is to have a documented disability. To continue to meet student needs and support the program, Andrea meets with TRIO SSS students who are eligible for their services to provide guidance and accommodations to help them succeed.

Andrea's past may have hindered her, but she came out stronger than ever and is using what she learned to help improve peoples' lives. Andrea's goal is to provide help to as many students who may benefit from their services as possible. She says many students are unaware they may be eligible to receive help from University Disability Services. She wants to grow the program by increasing the number of those who are registered and meet with more students to help make their college journey easier.

# TRIO SSS End of Year Celebration

**By: Ashley Kies**

The End of Year Celebration is an event TRIO hosts every year to honor our students. This year, TRIO director Natalie Lombardi honored our graduating students and students who were awarded a scholarship. We offered students an opportunity to attend and bring 3 guests. This year we honored 17 scholarship winners and 7 graduating students, with special guest speakers Dr. Amy Downes and Dr. Stephen Lee.

The students Graduating in attendance were:

Megan Wein	Community Public Health Education
Willie Martin	Psychology
Maria Ruiz	Biology
Alyx Claiborne	Physics
Madison Leister	Social Work
Zoe Wise	Business Admin-Management. Concentration
Polly Canete	Health Science-Physician Assistant
Raymond Sheriff	Criminal Justice major



Congratulations to the graduates! We at TRIO wish you the best in all your endeavors and are very proud of you!

This year TRIO awarded \$46,000 in scholarship funds to 17 students. To qualify, one must receive a Pell grant and be active in TRIO. All students who applied in Spring received a scholarship.

“We would love to see more students take the opportunity to apply in the future. Being new to TRIO, I am very excited about the direction TRIO is taking and can’t wait for the coming year with new and returning students” as stated by Natalie. Congrats to all these students.

Natalie spoke on some challenges she had coming into the program and also the good that came about. She gave generous amount of support for Marianne Guinter, who has the program going when TRIO was without a director.



# College Advice Column

**By: Max Burpo**

- As students, we have so many resources available to us. You should take advantage of them as they can help make your college experience less stressful.
- Lock Haven University's Foundation Scholarships provides scholarships based on different criteria, such as GPA, major/minor, and financial need. All students are welcome to apply.
- Student-run clubs and organizations are a great way to get involved on campus, attend fun events, and make new friends! LHU's website has a list of all the clubs on campus, <https://lockhaven.edu/sao/clubs/>, and a club fair is held every semester where you can sign up for the clubs you are interested in.
- Self-care is vital to your well-being. You should give yourself a well-needed break and engage in hobbies and activities you enjoy from time to time.
- You can't learn if you're tired. Make sure you get an ample amount of sleep each night.
- Students who get to know their professors feel more comfortable participating and learn more in class!
- You shouldn't be afraid to ask questions in class. Professors want you to succeed in their class and appreciate when you show effort to do well.
- Your academic advisor is here to help you and lead you in the right direction. You should meet with them frequently and bring up any questions you may have about your academic experience.
- You can form study groups with your fellow classmates, which allows you to bounce ideas off each other and learn things you might have missed in class. This is a great strategy to help prepare you for any exams or assignments.
- You should bring your classwork home with you over breaks to keep up with your studies and avoid falling behind.

## 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? Scan the QR codes to head to our webpage and our application. Any questions? Reach out to Natalie Lombardi or stop into Ulmer 204



QR Code for the TRIO SSS  
Online Application



QR code for the TRIO  
website

## Fall 2022 Dean's List

Titilope Adekola, Ryan Taylor, Madyson Gillen, Hope Mullery, Shannon Louszko, Alison Rancont, Olivia Berry, Gabrielle Ciulla, Tynesha Holloway, Zachary Fuqua, Maci Brodzina, Adaliz Corbin, Russel Fetter, Lindsey Kingston, Abigail Masorti, Alexis Mayes, Espefani Santos-Soto, Matthew Drasher, Brianna Betz, Maxwell Burpo, Beck Odhner, Gabrielle Drevitch, Courtney Lehman, Sara Rowles, Amirah Williams, Derrick Cheeks, Vivienne Cooper, Rebecca King, Bridget Miler, Rachel Morris, Tamara Sullivan, Jason Hocking-Dietz, Saige Allen, Ashley Kies, Zoey Bird, and Mackenzie Crake

## Prospective Spring 2023 Graduates

Pollyana Canete, Gabriella Chyko, Gabrielle Cuilla, Alyxander Claiborne, Elijah Derr, Jeffrey Elias, Noah Fankhouser, Ellie Flynn, Stacey Houchins, Shania Hutton, Ronald Jackson, Hannah Koch, Alexis Larson, Willie Martin, Ruby Blue Pruitt, Loris Rodriguez, Maria Ruiz, William Sheed, Raymond Sheriff, Katherine Tadros, Megan Wein, Zoe Wise

## Meet the Co-Editors

**Hailey Anderson (she/her)** is a freshman Biology major with concentrations in Marine Biology and Ecology. She is from Northern Cambria, PA. She is the newest co-president of the Marine Science Club. After graduating, she plans to pursue a PhD and become a college professor. She attributes much of her success and confidence to TRIO and has a passion for the future of the program. You can often find her herping with her best friend, Piper, or baking something new with her girlfriend, Sam.



**Max Burpo (they/them)** is a sophomore Early Childhood Education major from Hawley, Pennsylvania. After graduating, they plan on becoming an elementary teacher and work with kids to help them learn. They are Co-President of the Gender Sexuality Alliance here on campus and create a safe place for members and allies of the LGBTQ+ community. TRIO has helped them in numerous ways and allowed them feel they belong on campus. In their free time, they like to do art and play with their pet rats.



**Ashley Kies (she/her)** is a sophomore secondary Education Social Studies major with a minor in Special Education. She is 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 2022-2023 year. TRIO has always been a family to her and helped her achieve her goals. She likes to journal and spend time with her family.



**Cora Schweinebraten (she/her)** is a sophomore Social Work major from Shamokin, Pennsylvania. After graduation, she plans to get her master's to be a licensed therapist. She is a TRIO peer mentor for the 2022-2023 year. TRIO has always been her safe space and a place to grow. She likes to write poetry and spend time outdoors.



The *SSS Newsletter* is facilitated through Experiential Learning by Mackenzie Bowers, Writing Specialist, TRIO SSS, within the Center for Student Success. Students studying English, writing, editing, communications, document design, and/or public relations gain Experiential Learning (EL) units and practical learning experiences outside of the classroom, serving as collaborative staff members, editors, and writers.

Get Connected! Check out our **Instagram** @LHU\_TRIOSSS. We are also on **Facebook**: [www.facebook.com/SSSatLHU/](https://www.facebook.com/SSSatLHU/), **Snapchat**: lhutrio. and **Twitter** @LHU\_TRIO\_SSS. Our **website** is <https://lockhaven.edu/socialworkdep/programs/sss/index.html>.

SSS is funded by a grant from the **United States Department of Education**, in the amount of \$338,971, to give 230 eligible LHU students additional resources for success in higher education from freshman year through graduation. It is supported by additional funding and services from Lock Haven University of Pennsylvania.

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