

Student Support Services

Spring 2024

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Student Support Services

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TRIO
STUDENT SUPPORT SERVICES



TRIO Walks Among History

By: Mackenzie Bowers

On Friday, April 19th, TRIO took 22 students out of Lock Haven for an exciting day in Washington D.C. A cloudy morning saw TRIO entering the hustle and bustle of the city and being dropped off at the National Mall for two hours of free time.

Groups were allowed to break off to explore different museums and outdoor historical sites. Some chose to walk the timeline of American history in the American History Museum, witness the past through the expressive eyes of Renaissance artists in the National Gallery of Art, or stand in awe of everything that has been accomplished between then and now at the Washinton Monument.

Peer Mentor, Cora Schweinebraten, and her group pre-booked tickets to visit the United States Holocaust Memorial Museum. When asked about her visit, Cora said, "The trip to D.C. was a real eye-opener for me. I went to the Holocaust Museum and got to talk to an actual survivor of the Holocaust. It made me realize that, although it's talked about as though it's so far in the past, it really wasn't that long ago, and we still have a long way to go in the healing of history."

After their museum visits, TRIO reconvened for lunch and a tour of the U.S. Capitol Building. The tour began



TRIO students in front of U.S. Capitol Building

with a short film about the history of the U.S. that posed the question: How do you build unity in a country so large and diverse? With that in mind, TRIO was led into the Crypt, the very center of the Capitol Building. Built in 1827, the Crypt creates a maze of marble pillars supporting the weight of the building, and houses 13 statues representing the original 13 colonies.

In the center of the Capitol, and where TRIO were taken next, is the Rotunda. Famous for its beautiful artwork throughout the room and especially in the dome, the Rotunda was originally meant to be the entrance to the Capitol, elaborately built to impress any who entered.

As a last stop on the tour, TRIO entered the room that was, once upon a time, the House of Representatives. As states were added to the union and the House grew, they were moved into a new, bigger room in 1857, and the old one was turned into National Statuary Hall. As the

TRIO Walks Among History (cont.)

tour guide pointed out important figures—including Amelia Earhart, Chief Standing Bear, and Dr. Mary McLeod Bethune—he lingered on a smaller statue, fixed to the wall high above the door. It's one of the oldest in the collection, created in 1819, and so dwarfed by those around it that the casual visitor may miss it. The tour guide told TRIO that her name is Clio, the Greek muse of history, before guiding the group back and ending the tour.

The inaugurations of some of the country's first presidents are written in that book, as is the moment Marquis de Lafayette became the first foreign citizen to address Congress. And now, TRIO joins them, each student etched into the marble of history.



Statue of Clio

To end their day in D.C. TRIO had the opportunity to briefly stop and see the House Chamber, before they loaded back onto the bus and were on their way back to Lock Haven.

On the bus ride home, thoughts kept going back to the statue of Clio in National Statuary Hall, and the way she sits in a winged chariot above an ornate, gold clock. Her head angled down, looking into the hall, watching, with a book in her left hand, recording the events of history as they transpire.

Advice for TRIO Freshman, from TRIO Freshman

By: Rebecca Garman

1. Everyone is scared and that is okay. You can fear making new friends, living with someone new. Just always keep in mind that you are not alone, and everyone goes through the phases of feeling scared.

2. If your room stinks it's probably your laundry or the trash, so do your laundry and take out the trash regularly.

3. Use a planner. At the start of the semester, all your professors will give you a digital syllabus or a paper copy. Write down all assignments and due dates in your planner. Give each class a colored pen and stick to it. It makes keeping track of your assignments and due dates manageable. Post-it notes are very helpful to keep track of your everyday to-do list.

4. Go to class. Honestly going to class is going to be the reason you pass or fail a class. Go to class, pay attention, and write notes. If your friends are skipping do not follow suit and skip as well. If you don't feel like going to class, just go to class. If you break it down into how much you are paying to attend a class, it is around \$75 a class. If you are skipping, you are losing your \$75 investment into your future.

5. Use the professor's office hours. Make sure you know when their office hours are and use them. If you have class during their office hours, then set up an alternate time to meet, either in person or over Zoom.

6. You and your roommate do not have to be best friends. It is okay if you and your roommate are not close, but at least be willing to have a conversation with them and get to know them.

7. Get to know your academic advisor. Like the professors, you should be able to ask them for help. They are there to help you with academic struggles and issues. If you get to know them and your professors, the connections might be something that comes in handy later when you are looking for someone to write a letter of recommendation.

8. Eating alone in the dining hall is normal. Everyone needs some alone time at some point and it's okay for it to be during a meal.

9. Go outside. We know that it can become a habit to stay in and only do schoolwork, but take some time on a nice day and do schoolwork on the lawn or at a pavilion.

10. You do not need to leave home behind. Call your friends from home or text them. You do not need to forget the people you spent most of your time with during high school.

11. It's okay if you do not meet your lifelong bestie right away. It takes time. Sometimes it takes a semester or two. You will meet them, just give it time.

12. Join a club. During orientation, we were told to join two clubs: one for personal liking and one for your major. It makes things more fun and entertaining. It's worth it. You will make friends that enjoy the same things as you and they just might be your lifelong bestie.

Finally, number 13, you got this! You are going to be okay. It will take time to get situated but once you do, it will be great. We all have gone through this stage of feeling unsure of if college is the right choice for us but in the end, you will do amazing.

Meet the Peer Mentors

Mackenzie Brown (she/her) is a junior 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. She is a proud dog mom to her Cavapoo puppy, Charlie Brown.



Hailey Anderson (she/her) is a second semester sophomore majoring in Biology with concentrations in Marine Science and Ecology. She is the president of the Biology club. She has been a part of TRIO since her freshman year of high school when she joined her local TRIO Upward Bound Program. She is passionate about making creating a safe environment for everyone to thrive and become the person they want to be.

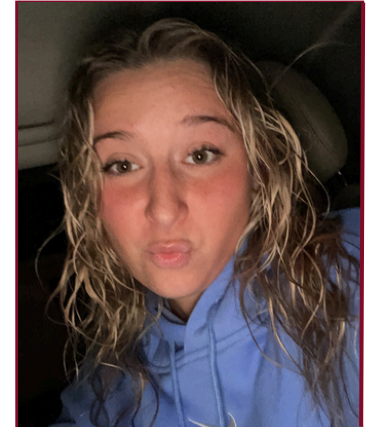
Brenda Moore (she/her) is an Accounting major. She is a nontraditional student and she is enjoying this educational experience. She is a part of TRIO and the Business and Accounting Club.



Laurel Fogleman (she/her) is a senior Secondary Social Studies Education major. She is currently student teaching and will be graduating in May. Laurel has served as the President and Treasurer of LHUPCSS and worked to bring the Period Poverty prevention campaign to our Lock Haven campus. She is also a member of Phi Alpha Theta. Laurel is planning to continue her education at Penn State University, working towards a Ph.D in Agricultural Education. Laurel has been a Peer Mentor for 3 years and she says that she loves working with first generation students and helping them build a path for themselves.

Meet the Peer Mentors (Cont.)

Rita Fisher (she/her) is a Secondary English Education major and a Women and Gender Study minor. She is involved in the WREC club and TRIO. She joined TRIO at the beginning of her junior year of college for more scholarship opportunities. TRIO has helped her make a variety of friends and more opportunities on campus for financial, academic, and emotional support. It has opened a wide door of opportunity on campus that she did not know existed.



Jaren Tilford (he/him) is a junior majoring in history. He is the president in the scuba club and vice president of LHUPCSS. TRIO has helped him develop many friendships and navigate through college life.

Alexis Mayes (she/her) is a Junior Health Science, Pre-Physician Assistant Student with a minor in Psychology. She is the president of Outreach for Humanity, the secretary of Public Health Club, and a member of Health Science Club. TRIO has helped her by giving her a safe space to feel supported. She always knows if she needs someone to listen, TRIO will!



Cora Schweinebraten (she/her) is a junior and is studying to be a social worker. She is unsure of the path she wants to take as of right now, but she knows she wants to do something with children or college students. She is active in the social work club and TRIO. She joined TRIO because the director at the time reached out to her and invited her to apply because the director felt like she would benefit from it and the director was absolutely right. She now has a family away from her family back home.

Meet the Peer Mentors (Cont.)

Trinity Monaghan (she/her) is a sophomore majoring in Sports Management and proudly representing the women's wrestling team. Alongside her athletic pursuits, she is an active member of the Student Athlete Advisory Committee, where she works to enhance the student-athlete experience. Beyond athletics, she is a TRIO mentor, guiding and supporting fellow students through their academic and personal journeys. She is passionate about making a positive impact both on and off the mat, leveraging her experiences to uplift others and contribute to the campus community.



Jason Hocking-Dietz (he/him) is a junior Recreation Management Major with a minor in Environmental Studies. Jason chose to be a peer mentor because he wants to help guide new students during their time on campus. Jason says that TRIO is like one big family. They are your biggest fan club on campus and they are there to help you succeed during your time at Commonwealth University- Lock Haven.

TRIO Student Book Club Explores Themes of Love, Mental Health, and Mythology

By: Rebecca Garman

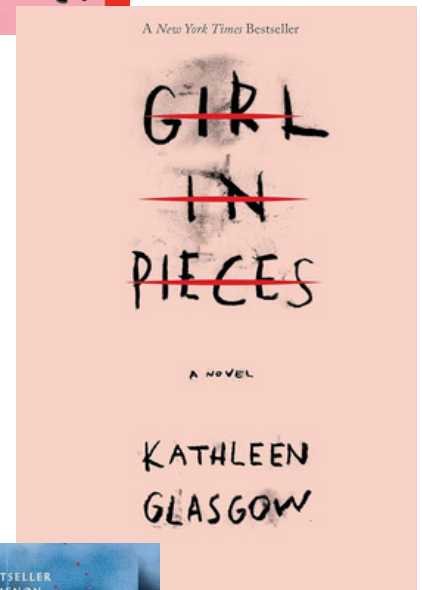
In the Fall Semester, TRIO hosted the very first TRIO student book club, led by Mackenzie Bowers, Writing Specialist. We had a big turn out for the first semester.

During the first meeting, the book club talked about different genres and authors, debating over which book to read. In the end we decided on the contemporary romance book called *Red, White, and Royal Blue* by Casey McQuiston. The story was set in an alternate reality of the United States and United Kingdom, in which the son of the U.S. President falls in love with the Prince of Wales.

The plot is fast paced, which was met by the book club with differing opinions. One of the main themes that was talked about in the book was privacy. Why are some people's personal lives thrown all over the tabloids regardless of their status? Privacy is one of the things that royals, the First Family, and even celebrities give up when they are born or put into the spotlight. In this book, we learned about the struggles and misfortune of trying to keep their growing relationship under wraps and away from everyone.

This semester, the book club continued by reading *Girl in Pieces* by Kathleen Glasgow. There will also be a special summer TRIO book club, taking place over the course of one month, and the group will be reading *Lore Olympus: Volume 1*, a graphic novel retelling of the myth of Hades and Persephone by Rachel Smythe.

The book club with TRIO is an opportunity to read for fun and not just for class, without the added pressure or expectations. If you are interested in joining the TRIO book club next semester, you can email Mackenzie!



Friend of TRIO Profile: Blair Brown

By: Taylor Pugh

Blair Brown (She/her) has been a Student Success Specialist in the Student Success Center for about a year and a half now. Her job duties include supporting students, outreach to see what students need during the semester, referral to other services if needed, and she is also the academic advisor for any student that has an exploratory major. She also oversees the Academic Success program. Before working at LHU, she was the Child Care Director at the local YMCA.

Blair is an alum of Lock Haven University, graduating in 2019 with a double major in English and Psychology. She is currently enrolled to get her master's degree in psychology.

Blair's advice for a new student is, "Don't be afraid to ask for help." Blair usually goes to her boss when she needs any type of advice or help. The thing that she loves TRIO the most all the opportunities TRIO gives. Not just social opportunities, but also academic opportunities. She loves that TRIO also has a writing specialist that students can utilize.

Blair feels that not everyone is aware of all the services that Student Success offers but she tries to make as many people as she can aware of them.

TRIO Spotlight: DEI Carnival

By: Ashley Kies

The DEI (Diversity, Equity, and Inclusion) commissions held a carnival on February 13th, 2024 at the PUB (Parsons Union Building). This event was two hours long and had food, drinks, and games for students and faculty to enjoy. Multiple DEI commissions were present, including the Commission on LGBT Affairs, Commission on the Status of Women, and Multicultural center.

The LGBT table had a chance for students and faculty to do a ring toss and win fidget toys. Multicultural commission had Hook-a-Duck style game where players picked a duck and could win a prize. They also had a toilet paper toss operated by Kenny Hall. The PCSW (President's Commission for the Status of Women) table had information on upcoming events such as Denim Day. The event also had a magician and a caricature artist.

The event was incredibly fun and popular for students and staff. Visit the DEI office is in Ulmer Hall!

Featured Scholars: Litsy Nunez Landron

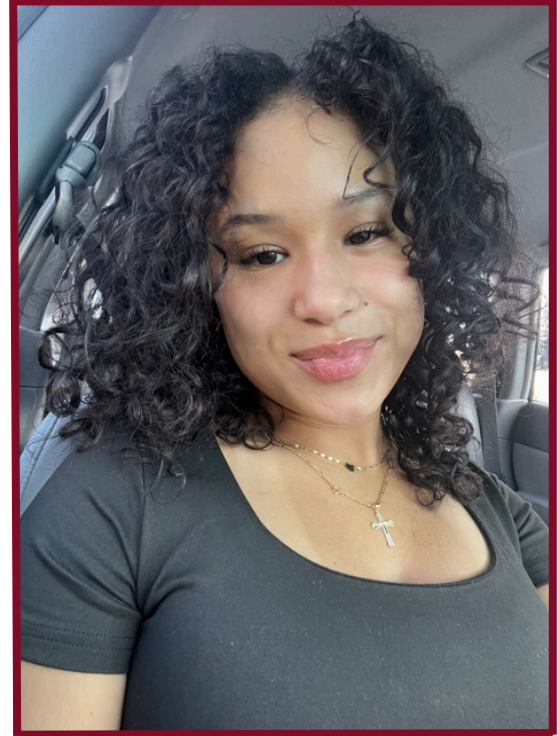
By: Ashley Kies

Litsy (she/her) is a first-year Health Sciences: 3+2 Pre- PA student from Hazelton, PA. During her first year at Lock Haven, she has become extremely involved on campus with Health Science Club, Global Honors, and Outreach for Humanity, all while thriving academically.

After college, Litsy hopes to work as a Physician Assistant, specializing in OBGYN.

She said about her involvement with TRIO, “TRIO has always felt like a safe place to me. I know that whenever I have an issue, I have someone to reach out to.”

Congratulations on a successful first year, Litsy!



Featured Scholars: Alexis Mayes



Alexis Mayes (she/her) is a junior Health Science: Pre-PA major with a minor in Psychology from Coalport, PA. Incredibly involved on-campus, Alexis is the president of Outreach for Humanity, the secretary of Public Health Club, and a member of Health Science Club. In addition to her club participation, those in TRIO will know her best as a TRIO Peer Mentor. Alexis's junior year was her second year as a Peer Mentor, and TRIO is thrilled that she will be joining us again as a Peer Mentor next year.

When asked about her involvement with TRIO, Alexis stresses that TRIO is family to her, saying, "TRIO has given me many opportunities to be successful in college. I know that TRIO is a great program and will continue to thrive on CU-Lock Haven campus!"

Last semester, Alexis's hard work both in and out of the classroom led her to win the Pennsylvania State TRIO Scholarship. After a rigorous nomination process, which included an essay detailing her academic and personal achievements and long-term goals, Alexis was notified that she had been one of the only six students in the state of Pennsylvania chosen. She says about the award, "I was honored to be selected as an award recipient of the Pennsylvania State TRIO Scholarship and attended a banquet in Pittsburgh, PA where I spoke about the impact that TRIO has had on me."

After graduating, Alexis plans to attend graduate school in order to become a Physician Assistant specializing in psychiatry or family medicine. She also hopes to continue being a mentor in her community through TRIO and community service.

Local Business Spotlight

By: Rebecca Garman

When you ask a Lock Haven University student what their favorite coffee place is, they will probably say either Dunkin Donuts or Starbucks. But when you ask a local from the Lock Haven area what their favorite coffee place is, they will say Avenue 209. Now I have been living in the Lycoming County and traveling in and out of the Clinton County area for as long as I can remember, and I have never once stepped foot into this coffee shop everyone raves about, until now.

Located at 209 Bellefonte Ave in the downtown Lock Haven area, Avenue 209 is surrounded by dozens of other small businesses that do not dim Avenue 209's special light that keeps everyone coming back for their coffee. When you enter, you are greeted with the smell of freshly brewed coffee and baked goods. There is an industrial feel for the decor with a large chalkboard as their menu board that can be changed whenever necessary.

That day I ordered two drinks: a chai latte with oat milk and a strawberry banana smoothie as well as a banana bread slice. The strawberry banana smoothie was very creamy and tasted more like banana than strawberry, which I preferred. The chai latte was also equally as good. It was a good drink to sip on while eating the banana bread, though the bread slice was moist enough to not need to eat it with a drink. Overall, I would say that going to Avenue 209 was worth the hype surrounding the little coffee shop.

Want to Join TRIO SSS?

We invite 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.compansol.com/201756056578059>) or the QR code below:



QR Code for the TRIO
SSS Online Application

Fall 2023 Dean's List

Saige Allen, Zoey Bird, Maci Brodzina, Charles Chambliss, Zachary Cole, Makenzi Connor, Matthew Drasher, Rita Fisher, Austin Foster, Zachary Fuqua, Rebecca Garman, Kaylee Hart, Landon Hetrick, Jason Hocking-Dietz, Kylee Kline, Morgan Leshar, Angel Mandoza, Abigail Masorti, Alexis Mayes, Bridget Miller, Rachel Morris, Jeremiah Parson, Kimberly Pickering, Alex Price, Alison Rancont, Espefani Santos-Soto, Cameron Steele, Amirah Williams, Hosanna Young

Fall 2023 Graduates

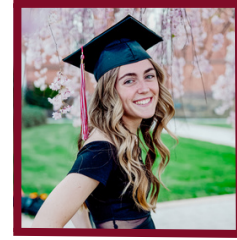
Derrick Cheeks, Gabrielle Drevitch, Mildred Green, Lindsey Kingston, Hope Mullery, Ryan Taylor, Francesca Zannino

Prospective Spring 2024 Graduates

Mark Amlin, Michael Baker, Ashley Bell, Brianna Betz, Zoey Bird, Daje Brockington, Madison Buxton, Mackenzie Crake, Matthew Drasher, Gabriel Dunkelberger, Vincent Fennell, Laurel Fogleman, Carly Gross, Shi-Anne Hockenberry, Erica Hoffmann, Tynasha Holloway, Julia Jenigen, Ashley Lawson, Gracie Lewis, Elise Lohr, Shannon Louszko, Abigail Masorti, Hope Mullery, Terrance Ring, Daiya Stokes, Amirah Williams

Meet the Co-Editors

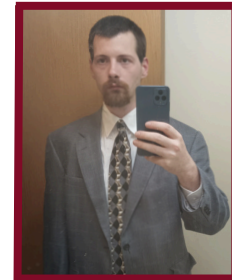
Shannon Louszko (she/her) is a senior graduating with a degree in Communication and Electronic Media. She is from Bangor, Pennsylvania and has written for the newsletter three semesters. She loves the outdoors and hopes to pursue a career in Higher Education after graduation.



Ashley Kies (she/her) is a junior secondary education social studies major minoring in special education. Ashley is president and secretary of LHUPCSS and volunteered 10 hours a week at the Lock Haven Catholic School.



Taylor Pugh (they/them) is a 27-year-old in their second semester of college who grew up in the small town of Mars, PA. They have five siblings, all of which are half siblings. They are closest to their dad and constantly calls/texts him for advice. At ten years old, Taylor went into foster care and bounced around a lot but stayed close with some family while also making a new family. After graduating from high school in Lehigh, PA, they moved to Williamsport where they attended Pennsylvania College of Technology for one semester, however, dropped out shortly after. Taylor then went into the workforce for 7 years to try and figure out what they wanted to do with a career. It was then that they decided to attend Lock Haven to study social work.



Rebecca Garman (she/her) is a second semester freshman majoring in Special Education and Early Childhood Education. She is the treasurer of the Council for Exceptional Children. She is actively apart of Dance Consort, the Early Childhood Education club, and Color Guard in the Lock Haven University Marching. She is also involved in Greek life, being involved in Sigma Sigma Sigma and Kappa Delta Pi. She works on the Conf.ID.ent Commission Board that is always trying to show awareness for students with disabilities. She loves being apart of TRIO because it allows her to continue to help people during her time here at Lock Haven.



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/, **Snapchat**: lhutrio. and **Twitter** @LHU_TRIO_SSS. Our **website** is <https://lockhaven.edu/success/sss/index.html>.

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