



Culture Corner: The Culture of TRIO SSS



Once a year TRIO Student Support Services celebrates first-generation students on November 8th. WCCC first-generation college students are accomplished scholars with consistent selections for WCCC Student of the Year, representing TRIO on the honor roll, as active members of the Phi Theta Kappa Honor Society and Student Senate, winning state-wide academic and technical awards, and moving on to successful careers and further education and accomplishments. First-generation students serve as role models and are an inspiration to their families and our communities. Approximately 50% of college students are the first in their families to attend college. "When a first-generation student succeeds, everyone succeeds."

(<https://www.emersoncollective.com/articles/2017/06/pride-and-pressure-what-it-means-to-be-a-first-generation-college-student/>)



"TRIO is a support system I needed to succeed when I started college. They gave me the encouragement and confidence I needed to push through."

Tammy Cox, TRIO alumni, Liberal Studies, Student of the Year, 2018

"WCCC gives you the tools you need to be successful. I am happy to say that I am a member of TRIO and can rest easy knowing that if I need help, a tutor is one click away!"

Courtney Kake, Human Services  
New TRIO member 2020



TRIO: A Culture of Celebration and Accomplishment

"TRIO to me is like gas in your vehicle; you can't go without it."

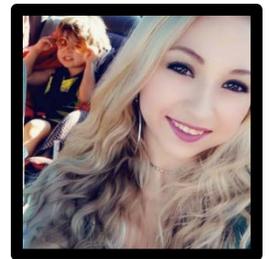
John Cowell, TRIO Alumni  
Business Management 2016  
Manager of Calais Dunkin' Donuts



"At 31 I am back, back on the road to earn my degree. Different things have changed through these years but one remains the same, my ultimate goal of pursuing my career passion and returning to WCCC to make that happen."

Harley Sanford, TRIO Alumni and returning TRIO member 2020  
Medical Assisting and Phlebotomy, Dean's List three semesters

"My long-term goal is to work through medical school and then complete a doctorate in veterinary medicine. After many years of determination and hard work I will be living in the future I used to only dream of."



Emily Perry, Liberal Studies, new TRIO member 2020



"TRIO is the foundation of my educational experience, a place I can go to study and work between classes. My TRIO advisor is a Godsend."

Guy Woodruff, Entrepreneurship, new TRIO member 2020

"When we have a place to go where people offer unconditional support, the power of everything the future can represent is returned to us."

Lura Jackson, Liberal Studies, 2013  
Phi Theta Kappa, TRIO Alumni  
Master of Arts in Peace and Reconciliation  
University of Maine



**TRIO Study Tip of the Month**

MLA and APA formatting require a Header in the margin space at the top of the page. This looks simple on the page but has lots of steps to complete correctly. I am writing them here for quick reference in case you are still having difficulty creating a header in your documents.

Creating a Header in Word 2016

1. Open a blank Word document
2. Click several times at the very top of the page
3. A dotted gray line will appear, this is the header
4. For MLA formatting type your last name
5. For APA formatting type the title of your paper
6. Space one, then insert a number as follows:
7. Click on the INSERT tab in the top menu
8. Slide to the 9<sup>th</sup> box labeled "Header and Footer"
9. Click on the box that says "Header and Footer"
10. Slide down to "Current Position"
11. Slide to the box that says, "Plain Number," click
12. Highlight your name or title and the number
13. Click HOME in the top menu
14. Change the text to the text in your paper
15. Change the font size to 12
16. Slide right to the Paragraph box
17. Select the option to place text on the right margin
18. Move the cursor below the gray line
19. Click until the gray dotted line disappears
20. Now you are in the main section of your paper
21. Remember to click out of the header!
22. Everything on the header is on every page!

Tip for Ease of Formatting

Save a blank document with your basic MLA formatting in the header and heading on the top left. When you open this document for a new paper, name the new document and save it. Then the formatted blank will be ready the next time you write a paper. This saves time and frustration not having to do the formatting repeatedly.

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Encourage your friends to join us!

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Spring 2021 Registration: It's almost time to register for spring courses! Contact your TRIO advisor for assistance

**Have you completed your FAFSA for 21-22?**  
If you haven't completed your 21-22 FAFSA



Do this ASAP!

TRIO staff can help



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Upcoming TRIO Workshops

December 7<sup>th</sup> – 13<sup>th</sup> Zoom Meetings

Finishing Strong

<https://zoom.us/j/97790613245>

- Monday 7<sup>th</sup> at 2pm
- Tuesday 8<sup>th</sup> at noon
- Wednesday 9<sup>th</sup> at 2pm
- Thursday 10<sup>th</sup> at noon
- Friday 11<sup>th</sup> at 2pm

**Every TRIO Member participant will receive a Fit-Bit Inspire 2 as long as supplies last.**

Workshop Description:

Studying for finals can be one of the most stressful parts of college. This workshop explores ways to reduce or avoid the anxiety of studying for finals and help students survive the end of the semester both academically and mentally. The workshop will highlight possible self-care goals which include any activity that we do deliberately in order to take care of our mental, emotional, and physical health. Although it's a simple concept in theory, it's something we very often overlook.

Workshops and Resources Posted on Brightspace

- "Tips and Advice"
- "Financial Literacy"
- "Understanding Culture"
- "Exploring Transfer"
- TRIO Newsletters

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