The TRiO SSS Program has been a fixture on the Lourdes University campus for the past 21 years, serving over 1,039 students thus far. This year our grant was awarded a slight increase in funds to enhance programing, raising the total 5 year grant to just over $1.5 million. The grant also allows $167,780 to be distributed to Pell Eligible TRiO students in the form of Federal TRiO Grant Aid as a way to enhance student success and retention.

The TRiO program and its staff are committed to providing personal attention to the academic, emotional, cultural, and social needs of low income, first generation, and/or students with disabilities, so that they may persist through to graduation. TRiO serves 160 students on campus each year. Students are served by the program throughout their time at Lourdes. In 2000, the TRiO Upward Bound Program was also established on campus to serve both Waite and Woodward high schools. Providing after school academic enrichment, the Upward Bound Program also prepares students for entry into college. Over their 18 years, UB has served close to 400 students. Each year, our Upward Bound Program serves about 50 students from the local community.

The rich history of both of these programs can be traced all the way back to Lyndon B. Johnson’s War on Poverty, with the Upward Bound Program being established as part of the Educational Opportunity Act of 1964, and TRiO Student Support Services being created in 1968. Together with the Talent Search Program, these three programs were known as “TRiO.” Since then, several other programs have been developed including: Upward Bound Veterans, Ronald McNair Post-Baccalaureate Achievement Program, Upward Bound Math/Science, and the TRiO Dissemination Partnership. The Term “TRiO” serves as an umbrella for all of these programs. An estimated 5 million students have graduated from college as a result of the services and support that TRiO offers.

According to the 1986 Congressional resolution, National TRIO Day is meant to focus the nation’s “attention on the needs of disadvantaged young people and adults aspiring to improve their lives, to the necessary investment if they are to become contributing citizens of the country, and to the talent which will be wasted if that investment is not made.” TRiO Day” has been proclaimed a National Day of Service.

The Lourdes University TRiO SSS program will be celebrating National TRIO Day with a week long schedule of programs and activities (see pp. 11 & 12 for schedule). We end the week with a Day of Service at the Toledo Seagate Food Bank, a tradition for the past three years.

TRIO Week is a time to showcase our students and their successes and share how TRiO Works!
In alignment with the vision and mission of Lourdes University, the TRiO Student Support Services Program (SSS) is committed to providing students with personal attention to their academic, cultural, social, and emotional needs. Our program goals include:

**Helping members achieve academic success and fiscal responsibility**
TRiO identifies each student’s preferred learning style, offering study strategies to increase retention of materials and concepts. TRiO provides extensive individual peer and professional tutoring and coaching, tracking of students progress, as well as workshops designed to increase reading, writing, technology, and study skills. Throughout the year, TRiO students attend various workshops organized by TRiO Staff, the ASC, and Financial Aid, covering topics such as scholarly writing, essay organization, documentation, summary writing, analytical writing, shortcuts to studying, active learning, test preparation, stress management, time management, personal finance, student loan debt, consolidation and repayment, and scholarship search strategies.

**Assisting members in establishing career direction**
TRiO SSS collaborates with Career Services to provide students with employment and internship preparation, resume writing assistance, career counseling, and Internship and Job Fairs. This year, TRiO members attended the Career Internship Fair & More, the Healthcare Fair, Etiquette Dinner, Corporate Conversations, Career Combine, and the Healthcare/Social Services Career Expo: Internship & Job Fair, as well as the many Career Services job search preparation and skills workshops.

**Promoting continued education at the graduate level**
TRiO encourages students to pursue Graduate and Professional programs. We assist students with graduate school visits, graduate school seminars, and/or assistance with the application process. TRiO members participated in the Lourdes University Graduate School and Professional Fair, and a ‘Get Ready for Grad School’ seminar this past year.

**Many Thanks to our TRiO Tutors, Coaches, and Professional Tutors!**

**Peer Tutors that are not TRiO members/Major Subjects**
- David Dalton – Major: Environmental Science (Science)
- Lauren Poslak – Major: Biology (Bio)
- Maranda Armstead – Major: Biology (Bio)
  - Minor: Chemistry and Psychology
- Maria Schmidt – Major: Biology / Pre Med (Bio)
- McKenzie Fannin – Major: Pre-Nursing (Nur)
- Jimi McNew – Political Science (Hst)
- Mia Scissors – Major: Biology (Bio/Chm)
  - Minor: Chemistry
- Samuel Cleveland – Major: Public Health (Pub Health)

**Peer Tutors that are TRiO members/Major**

<table>
<thead>
<tr>
<th>Name</th>
<th>Major</th>
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<tbody>
<tr>
<td>Abigail Cloum</td>
<td>Pre Education (Edu)</td>
</tr>
<tr>
<td>Alexandra Huerta</td>
<td>CAN- Pre BSN Completion (Nur)</td>
</tr>
<tr>
<td>Ana Vera</td>
<td>Pre Education (Edu)</td>
</tr>
<tr>
<td>Anna Zofchak</td>
<td>Psychology (Psy)</td>
</tr>
<tr>
<td>Art Mauser</td>
<td>Social Work (Swk/Coach)</td>
</tr>
<tr>
<td>Asia Moore</td>
<td>Social Work &amp; Criminal Justice (Swk/Coach/Social Media)</td>
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<tr>
<td>Heather Williams</td>
<td>Marketing (Mktg)</td>
</tr>
<tr>
<td>Jacob Supina</td>
<td>Theological Studies (Edu)</td>
</tr>
<tr>
<td>Jordyn Phillips</td>
<td>Pre Education (EC Edu)</td>
</tr>
<tr>
<td>LaShawn McCadney</td>
<td>AA Liberal Arts (IDS)</td>
</tr>
</tbody>
</table>

**Professional TRiO Tutors:**
- Allison Gilman – Degree: BA English, BA American Literature (Writing/Eng)
- Holly-Lynn Palmer-Wright – Degree: MS Accounting, BS Business Administration (Bus/Acc)
- Kayla Cluckey – Degree: BS Accounting and Finance (Bus/Coach)
- Linda Sattelberg – Degree: BA Art (Math)
- Sr. Pat Dorobek – Degree: MS Math, MRE Theology (Ths/Writing/Math)
- Sr. Jaculina Manders – Degree: MA English, MRE Theology (Writing/Tech/Ths)
- Douglas Maas — Degree: MA Sociology, BA Liberal Studies (Writing/Sociology)

During the 1617 Academic Year, TRiO Tutors, Coaches, and Staff provided students with 3,122 hours of Academic Services!
So far in 1718, TRiO Tutors, Coaches, and Staff have provided students with 1,862 hours of Academic Services!
Meet the TRiO Staff

Teddi Moorman, Director, TRiO Student Support Services
Teddi has been a TRiO Team member for 18 years. A first generation, low income student, Teddi represents the population that our program serves. She has an AB in Psychology and Political Science from Ohio University, and a M.Ed. in Counseling from the University of Toledo. As a licensed counselor, Teddi knows the importance of looking at students holistically. In order for students to be successful, all aspects of students lives need to be addressed. She believes that everyone has “a story” and it is our job to listen, encourage, and guide.

Kathy Daley, Personal/Career Counselor, TRiO SSS
Kathy joined the TRiO Team 6 1/2 years ago, having worked at Lourdes as the Director of Counseling Services for 23 years prior. She has a BA in Psychology from Adrian College, and an M.Ed. in Counseling from the University of Toledo. As a licensed counselor, Kathy provides TRiO members with personal counseling, as well as career exploration/development opportunities. Kathy oversees the Mentoring Program, and plans out the program schedule provided for students each semester. She enjoys working with students, faculty and staff to support our students’ success.

Douglas Maas, Academic Skills Coordinator, TRiO SSS
Doug has been with the TRiO team for four years, after having worked in the ASC for 2 years as a Graduate Writing Tutor and Academic Coach. He has a BLS from BGSU, and an MA in Sociology from UT. Doug oversees the Tutoring Program as well as the Academic Coaching program. Doug also enjoys working with students on improving their writing skills. He has taught many Sociology courses via web at OSCC.

“The most rewarding part of this job is seeing students walk at graduation and get their degrees in their hands!”

Welcome Amy!
Amy Bui, Program Manager, TRiO SSS
Amy is a new member of the TRiO Team. She has worked in the Academic Success Center as the Structured Learning Assistance Coordinator and Academic Coach Coordinator for 3 1/2 years. She has a Bachelor of Business Administration from the University of Toledo and an MBA from Bowling Green State University. Amy thoroughly enjoys working with students in all aspects, but particularly enjoys assisting students through means such as Academic Coaching. “Partnering with students along their academic journey is truly a rewarding experience.”

Increasing cultural awareness and an enhanced appreciation for the arts:
TRiO students are provided opportunities, often for their first time, to attend theatre productions, poetry and short story readings, cultural festivals, museum exhibits, and various religious events to expose them to a variety of cultures and art forms. Collaboration with Diversity and Multicultural Services (DMS) and the Department of Recreation also provides opportunities for dialogue and understanding of diverse populations, beliefs, and ideas. This past year students participated in the the Black History Month celebration, the Combating White Supremacy: Christian Responses lecture, the Revealing the Truth About DACA panel presentation, two Toledo Museum of Art and Glass Pavilion Exhibit visits, a trip to Gusts Pumpkin Farm, and the annual Lights at the Toledo Zoo.

Encouraging physical well-being
TRiO offers members stress management and mental health awareness workshops, personal counseling, and activities to promote healthy living. In addition, TRiO students are invited to use our relaxation room the week before and during final exams time to provide them with a place on campus to unwind and refocus, helping to relieve test anxiety. Discussions and resources provided help students focus on diet, sleep, fitness and additional wellness outcomes.

Instilling a sense of social responsibility
Providing service to others is a core component of our program. Community service events, mentoring and tutoring opportunities, and academic coaching are provided to cultivate leadership, altruism, and stewardship to others. Thus far, students have volunteered their time for Toledo Seagate Foodbank, a morning of service and the Run, Walk & Roll at Sunshine, Inc., the 24 hour Casserole Marathon for Labre Outreach, and the Lourdes University Blood Drives.
My experience with Lourdes University has been beyond any doubt a remarkable journey that will stay with me after my time here at Lourdes. On coming to Lourdes University, like most incoming college freshmen, I was anxious! Thankfully to help combat my anxiety of being a college freshman was Lourdes faculty and staff to help stomp out the anxiety that most freshmen have starting out.

The faculty and staff made it a point to make everyone feel welcomed and cared for. While the faculty and staff made one feel accepted during orientation, the great thing is that this never ends! The faculty and staff at Lourdes University continually make the students feel accepted and cherished, no matter the religious affiliation or ethnicity.

An example of a group of faculty and staff that encourage students is TRiO. TRiO has been supportive with not just my college goals and endeavors, but everyone else who is in TRiO. Being in TRiO has benefited my college career and will continue to assist with my education by the many resources they provide. TRiO helps to provide myself and the other students, with a relaxing area to complete work, provide tutors for courses, offer textbooks for courses, and administer workshops that are not only beneficial to one’s education, but with other life important topics such as finances.

My time so far here at Lourdes has been phenomenal, so much though, that I was selected to participate in a Franciscan Pilgrimage in Assisi, Italy over winter break! I plan to continue to travel across the world with the help of Lourdes and TRiO, even so that over this summer I will be traveling to Israel and Guatemala. Overall, Lourdes has been a blessing to me, not just with my education, but with the friends I have made, the opportunities that I have taken, and with shaping my morality as well. From the first moment I stepped on campus, I came to the conclusion that this was the school for me. Since that moment, that feeling has never gone away. ~Jacob Supina, Junior - Theology

My name is Asia Moore, and I have been a TRiO member for 2½ years. I have been a TRiO Peer Tutor and Academic Coach for 2 years. I am a junior majoring in Social Work and Criminal Justice with a minor in Sociology. Upon graduation, I plan to enroll in graduate school to pursue a Master’s Degree in Social Work then possibly law school thereafter. My career plans are to work with children as a school social worker or with human trafficking victims. Outside of classes, I enjoy spending time with friends and being involved on campus.

In addition, I have participated in Social Science Club, Love Your Melon, Habitat For Humanity, and Phonathon.

**Asia also currently serves as the TRiO Lead Peer Mentor and has been the recipient of the TRiO Student of the Year Award.

More TRiO Info Online!

- Council for Opportunity in Education: [www.coenet.org](http://www.coenet.org) Stay current on Legislation that will effect you!
- Support TRiO Programs: [https://www.govtrack.us/](https://www.govtrack.us/) Use this site to identify your Senator and Representatives.

Applications, brochures, and information about Lourdes University TRiO SSS Program are available on campus: outside Bursar Office, in Advising, Admissions, and the Den, in Saint Francis Hall, and also online at: [http://www.lourdes.edu/academics/academic-resources/trio-support-services/](http://www.lourdes.edu/academics/academic-resources/trio-support-services/)

**There is no deadline to apply!
Thursday, February 22

11:30am-12 noon, SFH 9: TRiO-Shop: Mid-term Prep - Strategic Learning 1, with Doug Maas. Join Doug for this opportunity to learn effective strategies to study for mid-terms.

12-12:30pm, REH Conf. Rm. Career Services: Resume Writing workshop.

4:00 - 5:30 pm, FC Theatre, Black History Month Celebration: ‘Our Roots Run Deep’ Join together as Lourdes University community members participate in theatre performances to commemorate the months celebration of events.

Friday, February 23

1:30-2pm, SFH 9: TRiO: Dig Deep: Muster Your GRIT, Join Teddi Moorman for this thought provoking discussion opportunity.

9:00pm, Ebeid Student Center: TRiO Mentoring Activity: Lip Sync Battle w/LEAP. Meet Asia and others @ 8:40pm at the Den, then walk over to campus to share this fun evening together.

Saturday, February 24

9:00 am - 12 noon, Community Service: SEAGATE FOOD BANK—This is the National Day of TRiO Service to others across the country! ***NOTE: We need 15-20 students to come together to give of your time and help for our TRiO team. Basically, forming an ‘assembly line’ together, we will fill as many boxes as we can with essential daily food items to assist individuals in need, and have fun at the same time! In the past, our group has filled over 550 boxes - helping over 550 people! Shuttle pick up @ 8:30 am outside Welcome Center/REH—back on campus to the Residence Hall/REH by 12:30 pm. We can really use your help for these few hours! Please Sign-Up in the TRiO Lobby area, OR send Kathy an email to Sign-Up: kdaley@lourdes.edu. Thank you!

Thank you for Celebrating National TRiO Week 2018 with Lourdes TRiO!!

TRiO Intern: The Voice of Experience

Aaricka Weaver is a current TRiO member, a senior, anticipating graduation in Spring 2018. Aaricka will earn degrees in Accounting and Business Administration. Aaricka has been under the TRiO umbrella for 9 years, starting off in Upward Bound in high school, and is now currently a part of the TRiO Student Support Services program.

A firm believer in the TRiO program, Aaricka attributes her success as a student to TRiO. After graduation Aaricka plans on moving to Cleveland in pursuit to put her mark on the business world, starting off in an entry level accounting position.

“Every Wednesday night of Kent State Upward Bound Program Summer Academy the students would get together to chant this poem. This poem embodies and highlights the values the Upward Bound Program instilled in the students, and is also what the TRiO Program stands for.

The poem speaks on the importance of faith, history, knowledge, confidence, perseverance, positivity, pride, and greatness. The prominence of this poem rang more than just words, but ultimately shaped mindsets.”

MINUTE BY MINUTE ...GOOD, BETTER, BEST FOR UPWARD BOUND PROGRAMS:

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<thead>
<tr>
<th>MINUTE BY MINUTE</th>
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<tr>
<td>IF YOU LOSE YOUR FAITH</td>
<td>YOU LOSE YOUR POWER</td>
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<td>MINUTE BY MINUTE</td>
<td>HOUR BY HOUR</td>
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<tr>
<td>YOU LOSE YOUR HISTORY</td>
<td>YOU LOSE YOUR POWER</td>
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<tr>
<td>MINUTE BY MINUTE</td>
<td>HOUR BY HOUR</td>
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<tr>
<td>IF YOU DON'T GAIN KNOWLEDGE, YOU AIN'T GOT NO POWER</td>
<td></td>
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<tr>
<td>IF IT'S TO BE, IT IS UP TO ME</td>
<td></td>
</tr>
<tr>
<td>I FEEL GOOD ABOUT MYSELF, I FEEL GOOD ABOUT THE PEOPLE AROUND ME</td>
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I FEEL GOODNESS ALL AROUND ME AND IT WILL FOLLOW ME FOR THE REST OF MY LIFE BECAUSE I WALK WITH GOOD AND I TALK WITH GOOD AND I AM GOOD AND THAT FEELS REAL GOOD. GOOD, BETTER, BEST NEVER LET IT REST UNTIL YOUR GOOD IS YOUR BETTER AND YOUR BETTER IS YOUR BEST. UB STUDENTS YOU WERE BORN TO BE GREAT YOU SHALL BE GREAT LOSE NOT FAITH, LOSE NOT COURAGE, GO UPWARD, UPLIFT YOUR CLASS!
TRiO FYE 2017-18:

TRiO has been pleased to have the opportunity to expand our contact with ARCHES and TRiO Bridge students through the development of the TRiO FYE 101 class, now in its second year. It is one of the hallmarks of our TRiO program that we understand the importance of working closely with at-risk students, and building a strong connection within that FYE community and TRiO. The classmates had a chance to develop this further by going out into the greater community together for a morning, and giving service at Sunshine Communities, Inc. They liked the experience so well, many classmates returned in the Fall to participate in Sunshine Inc.’s Run, Walk, and Roll.

TRiO Works! Nationally:

According to the Council for Opportunity in Education (2018), “The TRiO programs have been providing valuable supportive services to students to successfully enter college and graduate for over 50 years.”

Current National Statistics:
- US Schools with TRiO programs = 1,000
- Total Number of TRiO programs = 2,800
- TRiO Students Now Being Served = 828,000 young people and adults

TRiO is a diverse program as 34% of TRiO students identify as White, 33% identify as African American, 21% identify as Hispanic, 4% identify as American Indian, 4% identify as Asian American or Pacific Islander, and 4% identify as other including multiracial.

TRiO Students with Now Disabilities Being Served = 7,000 (COE, 2016:5).

National TRiO Week Events at Lourdes: February 19 - 24, 2018

TRiO Week is an opportunity for all TRiO members nationally to:
- Express appreciation for, and give service to, other individuals and groups;
- Acknowledge and celebrate participation in the services and benefits of being a member of TRiO;
- Develop and display leadership skills; and,
- Celebrate You and fellow TRiO members!

Monday, February 19

- All Day Monday - Friday, SFH 9: Faculty/Staff Appreciation Days from TRiO Members: Pick up a “Thank You!” card to share with faculty & staff - express your appreciation for their assistance with your academics and more.
- Drop in to decorate and enjoy a delicious cookie.
- #TRiO Works! Display Table, iPad Stories - Stop by the TRiO display table near Café’ Lourdes to share how #TRiO Works for You! Look for TRiO Staff and students.

Tuesday, February 20

- 11:30-12 noon, SFH 9. TRiO Shop: Study Tips. Join Doug Maas for this beneficial workshop on improving your study strategies.
- 2:15 pm, SFH 9. TRiO Graduating Senior: Akilla’s Story. Join us as Akilla Arno shares the story of his unique journey to & through college as a Social Work major, soccer player and member of TRiO.

***NOTE: This is a MANDATORY Workshop for PELL Eligible Students to attend; all TRiO members are welcome, and all can benefit.

Wednesday, February 21

- 11:30am - 1:00pm, SFH 9. TRiO Member Appreciation Luncheon: Updates, Sharing & Program Input. Stop in before or after class, share some food, fun, discussion and ideas with everyone; enter drawing for door prizes and more!
- 1:15pm, SFH 9. TRiO member, Graduating Senior: Aaricka’s Story. Join us as Aaricka Weaver shares her story in coming to Lourdes, being a business major and TRiO member and intern.
- 2:15pm, SFH 9. TRiO upcoming Graduating Senior: Elijah’s Journey. Join us as Elijah Ball shares her story in coming to Lourdes, being a Criminal Justice major, her involvement with TRiO, and getting close to entering her last year.
TRiO Students Involved:

Choir Members:
Jacob Supina, Bailey Rochon, Justice Butler

Pep Band Members:
Elyse Schroeder, Nicole Munsey, Tiffany Vance, Ana Vera

Lourdes University TRiO Supporters:

“Working with TRIO and its students has been a great joy for me here at Lourdes. Helping to educate students on financial aid and financial literacy is extremely rewarding and TRIO provides the opportunity to ensure they are receiving this information. TRIO provides an excellent platform to help students learn and grow and I am greatly appreciative to be able to play a small part in what they do.”
- Todd Chiarelott, Associate Director of Financial Aid

“The TRIO SSS program is a great opportunity for students who are in need of academic, financial or just overall support. Students who take advantage of the resources provided by TRIO are more likely to earn better grades, stay in school and graduate from college.”
- Ashley Jackson, Coordinator of Student Activities & Orientation

“As Director of the ARCHES program, I know that our collaboration with TRIO has been instrumental to the success of not only our program, but more importantly our students. In addition, the support services that our TRIO Staff provide is a contributing factor in the success and retention to Lourdes students. I am so blessed to collaborate with TRIO. TRIO works!!
- Alisa Smith, Director of Retention and Student Success Director of Academic Success Center

“TRIO provides our students with intellectual and social activities which help them develop into well-rounded and confident individuals. Many students in the program are helped with free, individual tutoring sessions in any subject area. Some come once a week on a regular basis and some drop-in periodically. After hours include field trips, Lourdes University gatherings, and treats during exams week…TRIO members become family to each other and life-long friendships begin here.”
- Sr. Jaculain Manders, TRIO Tutor and Academic Coach.
The Voice of Experience: Lisa Hess

TRiO and Lourdes has been my home for the past 14 years! My journey with TRiO began in August of 2004 as a transfer student to the then Lourdes College. I found numerous opportunities through the program as well as a great support system. While involved in the SSS program, I enjoyed attending many of the activities and workshops offered. My most rewarding experiences were as a peer tutor, I had the pleasure of working closely with other TRiO SSS members to help them reach their educational goals. My involvement within the program, its supportive staff, and love for its mission eventually lead me to a full time position within the Upward Bound Program in the fall of 2007. I graduated with my B.A. in Criminal Justice in December of 2007. Eventually, I went on to earn an MOL at Lourdes University in December of 2016. TRiO WORKS and I am evidence of its success!

New Event: Spring Social! (TRiO Works!)

This year TRiO Staff Members and Intern Aaricka Weaver decided to introduce a new event for TRiO students called the "Spring Social!." This event was held on February 7, 2018, to allow students to drop in and out throughout the afternoon for ice cream, snacks, and games and to engage with fellow students, tutors, and staff members.

Not an academic event, the Spring Social was planned to allow students to "come in from the cold" to socialize together and have some fun! About 25 TRiO students came and seemed to really enjoy just hanging out with friends and fellow students. The activity was well-attended, and the TRiO staff plans to hold more of these student gatherings in the future!

TRiO Athletes Shine!

TRiO loves our Lourdes athletes! Over 32 of our student members are athletes this year, and their average Cumulative GPA is 2.85. Student Athletes are able to study and receive tutoring through TRiO as well as attend study tables with their teammates, and coaches are notified of the services provided to our members.

Baseball: Sedrick Gonzalez and Trent Swindeman
Basketball: Samantha Enck, Mirandia Green, Daija Stafford, and Darriente Stewart
Cross Country: Ariel Hostuttler, Emma Kosek, and Tyler King
Golf: J enne Venier and Madison Moody
Lacrosse: Brea Holland, Anna Zofchak, and Tanner Jaramillo
Soccer: Akilla Arno, Orlando Gomez, Risaiah Osborne, Helena Rammal, and Osmar Sequeira
Volleyball: Jaryn Kuhaulua-Feiteira
Softball: (No TRiO members— yet!)
Wrestling: Tyler Houston, Hunter Kagy, Robert Kelley, Tyler King, Jasper Gallardo, and Jacob Supina
Cheer & Dance Team: Ashley Fullenlove, Jada Jones, Daija Jones, Kylie Kerner, Kaitlyn King, Emma Kosek, Eleanor Kosek, Natalie Kuhn, and Bayley Rochon