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WINTER 2011

DIRECTOR'S NOTES--*Welcome to the New Year*



Welcome back TRiO students! We hope that you had a restful, enjoyable, holiday break and that you are ready to start the New Year and a new quarter.

Winter quarter is the time to begin the financial aid process for the next academic year. It is more critical now than ever that you get started early and that you do not miss any of the deadlines. Please do not feel stressed or overwhelmed because we are here to assist you in successfully receiving financial aid for next year. As TRiO students you will be the first to use a new Financial Aid Road Map that will guide you step by step through the process of

receiving your financial aid. It is never too early to get started, so come see your TRiO Counselor in January to get your Road Map and a jump start to receiving your award letter. Many of you have asked this fall about the TRiO funding for next year so we wanted to give you an update. Late this summer we were notified that we did not score high enough in the grant competition to receive funding for the next grant cycle, which will start in August of 2011. We needed a 95.67 and our score was 95, so we were very close. Heather Bennett, the college's Executive Director of Resource Development, put together a solid appeal asking that our grant be rescored due to errors we found in the scoring of our grant. At this point we are

optimistically awaiting news from the Department of Education about the outcome of our appeal. Of course we will continue to keep you posted and our wish is to celebrate good news soon. Be on the look out the first week of the quarter for a TRiO survey that will be e-mailed to you from Debbie. This year we are completing a program review for TRiO. Your opinion and feedback for how we can improve our program and how the program has assisted you is critical as we face the prospects of not having federal funding next year. We hope that this New Year is starting off well for all of you and we look forward to helping you make progress towards achieving your educational goals.

FIRST WEEK GOODIES!

As is our tradition the first week of the quarter, we are offering coffee, tea, and snacks for you in our student lounge area. Be

sure and stop by to say "hello," tell us about how you're doing! It is also a good time to schedule an appointment

with your counselor to make sure you are on track or set up tutoring. Looking forward to seeing you all again!

TRiO-SSSP STUDENTS' WINTER GATHERING



2010 National TRiO Day
Judy Frost and Jeff Bennett
Alumni TRiO Students

Please join us in celebrating the TRiO Programs' 46th Anniversary on Wednesday, **February 23**, in the TRiO-Student Support Services area from 11:30-1:00.

Cake and beverages will be served.

The TRiO-Student Support Services Program is one of many TRiO programs nationwide at colleges and universities. TRiO

Programs are federally funded.

Everett Community College TRiO-Student Support Services has been at the College since 1980-81.

SCHOLARSHIP Opportunities!

Scholarships are an excellent option for funding your education. While winning a scholarship does take some research, and time, it's well worth it! If it takes ten hours to win a \$1000 scholarship, that's still earning \$100 an hour for the effort.

We encourage you to apply for all EvCC scholarships (see EvCC web site)! Even if you don't have the best grades, you should still apply because many of the awards are based on financial need, and not just on academic performance. In addition, only students who plan to enroll or are already enrolled at EvCC can apply so you're not competing against students across

the whole state or country.

Scholarship applications will be available on the Financial Aid website mid-**March** with a deadline sometime in mid-**April**. Several TRiO-SSSP students have won scholarships in the past - some of them for over \$1,000! In fact, two of the most prestigious scholarships available to EvCC students, The Washington Award for Vocational Excellence Scholarship and the USA Academic Team Scholarship, have regularly been awarded to TRiO-SSSP students.

It is important to provide all the information requested and to have a well-written essay. If you are

looking for assistance and advice on how to submit a successful application and questionnaire, we are available and happy to help!

Scholarships are grants of money given by donors to students. These funds are usually above and beyond financial and grants.

Another great resource for scholarships that was developed by a student who won thousands of dollars and now helps other students apply for scholarships is www.scholarshipjunkies.com He has helpful tips for winning scholarships.

The EvCC library also has some books on these topics.



FINANCIAL AID DEADLINES FOR EvCC

Reminder:

Financial aid online worksheets are now available for the next school year (Summer 2011-Spring 2012) in the Financial Aid office or in our area. On this worksheet, you can get all your information together before you submit your application or update your information via the Internet.

Applications and updates may be submitted as of **January 1** and it is strongly recommended they be **submitted sometime in January** to maximize your award. Meeting this date and getting your requested paperwork turned in means that you can ask for a financial aid hold on your Summer registration and won't be dropped

from classes.

Make sure you quickly respond to requests for additional information (e.g. data sheet, income verification).



START HERE
GO FURTHER
FEDERAL STUDENT AID

If you have any questions or concerns about your financial aid application, please talk to the Financial Aid office or come in and talk to your TRiO-SSSP Counselor.

www.fafsa.ed.gov

COLLEGE GOAL SUNDAY

On Saturday, **January 29, 2011**, 1:00-4:00 pm, Everett Community College will be hosting "College Goal Sunday" for the fourth year. Because the application process can take up to a couple hours we are asking that everyone please arrive promptly at 1:00 pm. This will give you the time needed to complete the Free Application for Federal Student Aid (FAFSA). Parents are encouraged to attend with their students.

Bring the things you'll need:

- Social Security number
- Drivers License
- Any financial records related to income (W-2's or a pay stub and/or 2009 tax return)
- If 23 years old or younger - A parent and their 2009 income data
- Your FAFSA pin number
- If not a U.S. citizen: your alien registration card.

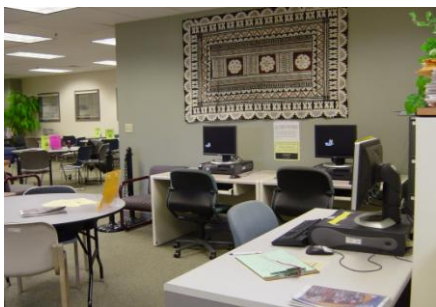
Not all families will have all of these documents—but don't let that stop you from coming. If you don't have this year's income tax returns, bring copies of last year's forms and/or last pay stub for making estimates. You should also bring any other financial records related to income.

You may go to the "College Goal Sunday" website for more information
<http://www.collegegoalsundaywa.org/where.html>

**GET YOUR
HANDS ON
SOME CASH**

DATE: January 29, 2011
TIME: 1:00-4:00 pm

“A safe and friendly place...with food, fun & friends.”



REMINDER OF FREE SERVICES WE OFFER

Besides academic advising, TRiO services include personal or career counseling, facts about transfers to four-year colleges, study skills, help dealing with financial aid issues, and crisis management. We also have computers and a new printer-copy machine for your use.

You can type assignments using a variety of programs including MS Word, Excel, Access, and PowerPoint. All computers have internet access.

Laptops are available to check out for three days at a time.

Our program also offers visits to nearby universities, and hosts quarterly gatherings with food, fun and friends!

Our goal is to be a safe and friendly place that you can consider your on-campus home base.

Counselors Encouragement

We encourage and invite all students to meet with your TRiO counselor *at least once a month*. We want to support you to ensure your success at EvCC! We've found that those

students who meet regularly with their TRiO counselor tend to do better academically, have fewer financial aid difficulties, feel more supported and connected, and are more

likely to be aware of and access the multiple resources and services at EvCC.



Jessica, Earl and Deanna

Counselors' Drop-In Hours

It is usually best to make an appointment with your counselor if you would like to see them. However, we also have drop-in hours for students who just need to check in briefly with a

counselor or who have a relatively quick question.

Drop in sessions are first come, first served and are limited to 15 minutes.

Jessica's Drop-in:

Monday 10-12
Friday 1-3

Deanna's Drop-in:

Monday 12-1 and
Wednesday 9-10

Earl's Drop-In:

Tuesday 12-1
Thursday 10-11

REMINDER OF SERVICES WE OFFER (continued)

Midquarters

Do you want to know how you are doing in your classes before your final grade?

Midquarter evaluations will be sent to

instructors on **January 28**. As reports come in, we will mail copies to you so you can see how you are doing in your classes. If there are concerns, we can

arrange tutoring or other support.

These reports are confidential - only you and the program staff have access to your evaluations.

“How did I do on that last quiz? Is all my homework turned in? Am I passing? What should I do if I’m having trouble? Can my instructor help?”

Tutoring

Are you stressed about problems with biology, accounting, Spanish chemistry, logic, psychology, or math? If you would like help with these or any other classes, contact your **TRiO-SSSP counselor** to arrange a tutor. Since it often takes a few days or more to find a tutor,

contact us just as soon as concerns arise.

If students wait until the middle of the quarter, it may be too late to arrange a tutor, salvage the class, or significantly improve your final grade.

Do not wait to ask for help...the sooner we get

on it the better!

If you need help with a math assignment while you are waiting for a tutor, you can always go to the Math Drop-In Tutoring in the Rainier Learning Center. Drop-in hours are:

M-Th 8am - 7pm,
Friday 8 am - 3pm &
Saturday 8am - 12pm

“My tutor was very supportive and patient. She really understood what I needed and how I learn best...”

Thankful TRiO Student

INTERESTED IN BEING A TUTOR?

TRiO-SSSP employs 30-40 students every quarter who are trained to tutor our program students twice a week. If you have a “B” average, received a “B” in a specific subject area and enjoy helping fellow students *you* could be a tutor! Fifty minute sessions are arranged according to your schedule. Tutoring is a

great way to help others, earn a little extra money, and enhance your own insight and knowledge of the subject area being tutored.

Studies show that students who teach learn more! Plus, tutors participate in a paid training once a week and after a specific number of hours may attain various levels of

certification. Certification looks great on a resume, particularly for students pursuing careers in education, human services or management. If you are interested, stop by the Tutoring Center (Rainier 119a) and talk to **Moira O’Toole**, or call her at 425.388.9024.



“Tutoring is a great way to help others, earn a little money (\$8.55/hr), and...”

TRANSFER DEADLINES FOR FINANCIAL AID AND ADMISSIONS

ALERT! Financial aid and college admission deadline dates approach very quickly during Winter Quarter.

Financial Aid—Some financial aid priority filing dates for 4-year colleges and universities for 2011-12 are set as early as mid-**February 2011**. The table below includes application and financial aid deadlines for several 4-year colleges in Washington. Please check the college web sites for current information. Remember, whether you plan on starting Fall, Winter, or Spring of 2011-12, to be considered on-time means you must have your application in by the priority filing date to be considered for a full award. This rule applies for

most institutions. Applications received after this date is considered on a “*funds available*” basis only. Also, check to see if this deadline date means *postmarked*, *received by processor*, or *returned by processor*. This is very important and could be the difference in flagging your application as late. Don’t forget to check on scholarships. Often scholarship deadlines are **EARLIER** than FA deadlines.

Admissions—Apply as early as possible as space is often limited. When applying for admission, check to see if you also need a *departmental application* which may have a different deadline date.

University	Admissions Deadline FALL 11	Financial Aid Priority Deadline! 2011-12
UW-Seattle	February 15	February 15
UW-Bothell	January 15	February 15
WWU-Bellingham	April 1	February 15
CWU-Ellensburg	February 1	March 15
Evergreen	March 1	March 15
EWU	February 15	February 15
WSU	January 31	February 15
Seattle Pacific	April 1	February 1

UNIVERSITY CAMPUS VISITS



November 2, 2010
UW/Seattle

During the Fall Quarter we have had three successful trips to Universities in the area with TRiO-SSS program students. We provided transportation, arranged to see people in admissions, financial aid and advising, and toured the campus.

For anyone thinking about transferring

soon, seeing the campus for yourself and getting first-hand answers to your questions on admissions, financial aid, and major requirements is invaluable. Students who have gone continually tell us how glad they are that they made time for the trip. In addition, it’s a really

fun off-campus outing!

If you are interested in visiting a college during Spring break, please let us know which one and we will work on arranging a visit to a school many of you are interested in. You may either stop by our program office, email or call Debbie at: dsarich@everettcc.edu or 425-388-9275.

PERFECTIONISM AND HEALTHY STRIVING

By Karen Stevens

Do you feel like what you accomplish is never quite good enough?

- Do you often put off turning in papers or projects, waiting to get them just right?
- Do you feel you must give more than 100 percent on everything you do or else you will be mediocre or even a failure?

If so, rather than simply working toward success, you may in fact be trying to be perfect. *Perfectionism* refers to a set of self-defeating thoughts and behaviors aimed at reaching excessively high unrealistic goals. Perfectionism is often (mistakenly) seen as desirable or even necessary for success. However, perfectionistic attitudes actually interfere with success. If you are a perfectionist, it is likely that you learned early in life that other people valued you because of how much you accomplished or achieved. As a result you may have learned to value yourself only on the basis of other people's approval. This can leave you excessively sensitive to the opinions and criticism of others. A number of the following negative feelings, thoughts, and beliefs may be associated with perfectionism:

- Fear of failure. Perfectionists often equate failure to achieve their goals with a lack of personal worth or value.
- Fear of making mistakes. Perfectionists often equate mistakes with failure. To avoid mistakes, perfectionists miss opportunities to learn and grow.
- Fear of disapproval. If they let others see their flaws, perfectionists often fear they will no longer be accepted (it also protects them from criticism and disapproval).
- All-or-none thinking. Perfectionists have difficulty seeing situations in perspective. For example, a straight "A" student who receives a "B" might believe, "I am a total failure."
- Believing that others are easily successful. Perfectionists tend to perceive others as achieving success with a minimum of effort, few errors, emotional stress, and maximum self-confidence.

Healthy goal setting and striving are quite different from the self-defeating process of perfectionism. Healthy strivers tend to set goals based on their own wants and desires rather than primarily in response to external expectations. Goals are realistic, internal, and potentially attainable. Healthy strivers take pleasure in the process of pursuing the task at hand rather than focusing only on the end result. When they experience disapproval or failure, their reactions are generally limited to specific situations rather than generalized to their entire self-worth.

The first step in changing perfectionistic attitudes to healthy striving is to realize that perfectionism is *undesirable*. The next step is to challenge the self-defeating thoughts and behaviors that fuel perfectionism. Some of the following strategies may help:

- Set realistic and reachable goals based on *your own* wants and needs.
 - Experiment with your standards for success. Choose any activity and instead of aiming for 100 percent, try for 90 percent, 80 percent, or even 60 percent success.
 - Focus on the process of doing an activity not just on the end result.
 - Use feelings of anxiety and depression as opportunities to ask yourself, "Have I set up impossible expectations for myself?"
 - Confront fears by asking "What am I afraid of? What's the worst that could happen?"
 - Recognize that positive things can be learned by making mistakes.
 - Avoid all-or-none thinking in relation to your goals.
-

HELPFUL TIPS!

- ❖ To help ensure that you receive the full amount of financial aid that you qualify for, turn in your financial aid applications before **January 30** of every year.
- ❖ Federal financial aid will fund up to 45 non-college level (under 100 level) credits, and up to 135 college-level credits for Associate of Arts degrees at EvCC. HOWEVER, for declared PRE-nursing majors, federal financial aid will pay for only 67.5 college level credits. Students who have extenuating life circumstances and who think they will exceed the limit are encouraged to appeal through Student Financial Services.
- ❖ The reference librarians are very helpful in finding information on scholarships.
- ❖ You can get lots of great information about specific careers (salaries, schools, descriptions, educational and skill requirements) on the WOIS and Choices websites. Ask your TRiO counselor about this, or the Counseling, Advising and Career Center because you'll need the password.
- ❖ There are many free one-day workshops offered on math anxiety at EvCC. You can get information about this at the Rainier Learning Center (drop-in tutoring area).
- ❖ Meet two requirements at once by taking English 101D or English 102D (meeting both your English and diversity requirement for an Associate's degree). There are many other similar ways to "meet two-in-one."
- ❖ If your instructor agrees to change a grade for you, it must be done by the following quarter, unless the following quarter is in the summer. Then, you have until the following fall quarter since many instructors do not work during the summer.
- ❖ Tutoring at the Rainier Learning Center and through the TRiO-Student Support Program is FREE!
- ❖ If you retake a class, make sure that you fill out the "course repeat card" form at Enrollment Services at the time of registration or no later than one full academic year after repeating the course. Otherwise, both grades (i.e. your first "bad grade") will be factored into your cumulative G.P.A.



A FEDERALLY FUNDED PROGRAM

The TRiO-Student Support Services Program receives funding of \$346,024 from the U.S. Department of Education.

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WE'RE ON THE WEB
www.everettcc.edu/resources/trio

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