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## WINTER 2009

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



Transitioning from 2008 to 2009 offers a unique opportunity to reflect on the year we're leaving behind, as well as consider the 365 days ahead of us. We may contemplate challenges or lessons learned that inform future choices, or examine if our choices of the past year mirror the values we want to embrace. Some may resolve to change their outlook, actions or ideals while others may commit to do more of what is already working well. Faced with changes beyond our control, our choices may be limited how to deal with events we might not welcome. Whatever the past year has brought, the possibility of a fresh new path is before us. Where do you hope it will take you? What skills, tools or support will best move you in the direction you hope to go?

**Reaching Your Academic Goals.** This edition features tools for academic success. Read about application deadlines including 2009-2010 financial aid, graduation from EvCC, and/or transfer admittance to a 4-year university. Numerous FREE workshops occur on campus and we strongly encourage you to attend, such as financial aid, scholarship and transfer advising sessions listed on Page 8.

**Friendly Reminder.** TRiO-SSSP has very specific expectations for your participation in program services and activities including: 1) Meeting with your counselor once a month; 2) Attending a minimum of one workshop or event each quarter; and 3) contacting your TRiO

counselor if you are experiencing personal or other barriers to your academic success. **Celebrations!** You won't want to miss the National TRiO Day event on **February 25<sup>th</sup>**, with a theme of **"Just One Thing."** If every single person did "just one thing" to improve or contribute to the world around them, positive change on a BIG scale happens. It could be Just One Thing to save energy, to create a cleaner or more welcoming campus, or to help people with less enjoy life more. Come explore the possibilities! In the meantime, best wishes for a successful quarter AND New Year full of promise. Please let us know how we can best support your success along the way.  
--Cynthia Shaw

### 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 your break, and fill us in on

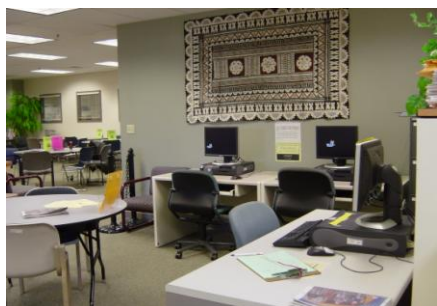
how you're doing! It is also a good time to schedule an appointment with your counselor to make sure you are on track or set up tutoring. Looking forward to seeing you all again!



**2008 National TRiO Day  
"Stand Up for Your Dreams!"**

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***"A safe and friendly place...with food, fun & friends."***




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***"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?"***

## TRiO-SSSP STUDENTS' WINTER GATHERING

Please join us in celebrating the TRiO Programs' 44<sup>th</sup> Anniversary on Wednesday, **February 25**, in the TRiO-Student Support Services area from 11-1. The theme

will be **"Just One Thing,"** and 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.

## 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 you can consider your on-campus home base.

## Counselors' Drop-In Hours

It is usually best to make an appointment with your counselor if you would like to see her. 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 limited to 15 minutes.

***Belle's drop-in:***  
Monday 10-11 and  
Wednesday 11-12

***Evelyn's drop-in:***  
Tuesday 10:30-11:30  
and Thursday 11-12

***Cynthia's drop-in:***  
Friday 1-2

## 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 30**. 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.

## REMINDER OF SERVICES WE OFFER (continued)

### 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-SSS 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 Rainier Learning Center. Drop-in hours are:  
M-Th 8am - 7pm, Friday  
8 am - 3pm & Saturday  
9am - 12pm

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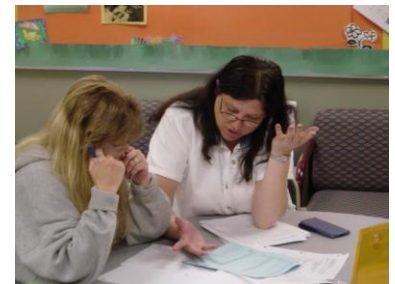
*"My tutor was very supportive and patient. She really understood what I needed and how I learn best..."*

*Thankful TRiO Student*

## INTERESTED IN BEING A TUTOR?

TRiO-SSS 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 students who teach learn more! Plus, tutors participate in paid training once per 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.




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*"Tutoring is a great way to help others, earn a little money (\$8.50/hr), and..."*

## RAINIER LEARNING CENTER FALL QUARTER WORKSHOPS

Do you need a little bit of extra help with math, accounting, using your TI-83 calculator, or computer skills?

Many **FREE workshops** through the Rainier Learning Center are offered during Winter Quarter to help you in these areas. For topics,

dates and times, check with Rainier Learning Center, 1<sup>st</sup> Floor, Rainier Building.



## GETTING TO KNOW YOU –MOIRA O'TOOLE

If you have received tutoring or are a tutor for TRiO/SSSP, then you know who Moira O'Toole is. It is hard to miss her warm smile and twinkling eyes.

Moira meets with students after they have received a referral form their TRiO counselor and matches students up with a tutor who must have an overall GPA of 3.00 as well as a 3.00 GPA in the specific course they are tutoring. Moira also tutors students in math and chemistry when her schedule coincides with the students' courses.

Moira received a Bachelor of Science in both Astronomy and in Physics at the University of Washington, Seattle.

She began her degree at a community college in Santa Maria CA before transferring. I asked Moira what are her favorite things about her position, she said "when you can see the light go off in a student's head that they understand a concept" which had eluded them before. She also loves it when students realize that they really can do something that previously they didn't have any confidence in. A few words of wisdom from Moira, "when you are told that you will need to study at least two hours for every one credit you take, believe it! For some subjects i.e.) math, physics, biology and chemistry it means putting even more time in. The

minute you feel you are struggling request a tutor. It is always better to find out that you don't need tutoring as the quarter progresses but it is extremely hard to find a tutor and to increase your understanding if you wait too long.

Moira's family is very dear to her. She is married, has four children and two grand children, one who she is raising. Moira enjoys camping, creating artistic crafts like quilting, plus playing games a variety of (cards, board, computer and more). If you need a tutor in one of your classes winter quarter please make sure to schedule an appt with your TRiO counselor first & then one of us will make a referral for you to meet with Moira.

## FINANCIAL AID DEADLINES FOR EvCC

### Reminder:

Financial aid Online worksheets are now available for the next school year (**Summer 09-Spring 10**) 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 can be submitted as of **January 1** and it is strongly recommended they be submitted before **March 15** so you can meet the Everett Community College priority deadline and maximize your award. Meeting the deadline means you can ask for a financial aid hold on your registration and won't be dropped from classes.

*The earlier you submit this information the better.*

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

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-SSS Counselor.

## COLLEGE GOAL SUNDAY

At College Goal Sunday, you can talk to experts and get in-depth help filling out the FAFSA. This is a free program that helps you fill out the Free Application for

Federal Student Aid. Students and families can attend College Goal Sunday.

You can go to college, regardless of the cost.

### EVENT DETAILS

**DATE:** 1/24/09

**TIME:** 12-4 PM

**LOCATION:**

Everett Community College – Shuksan Hall



**GET YOUR  
HANDS ON  
SOME CASH**

## 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 in the Financial Aid Office 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](http://www.scholarshipjunkies.com). He has helpful tips for winning scholarships.

The EvCC library also has some books on these topics.

## Financial Tips During Challenging Economic Times

Managing the costs of college is often difficult, and these challenging economic times have made tight budgets even tighter. Listed below are some resources available at the College and in the community. Please contact your TRiO counselor if you have any questions about these resources, or would like additional referrals.

❖ **The Workfirst Program** assists low-wage working parents or students receiving Temporary Aid for Needy Families (TANF) with college tuition and book expenses for one to two quarters. Participants must apply for financial aid. For more information, contact the Workfirst Program located on the third floor of the Parks Building, or call (425) 388-9547 or (425) 388-9009.

❖ **Volunteers of America**, located just down the street on Broadway, is a great resource for low-income students for emergency services and resources such as gasoline vouchers, bus tickets, doctor appointment vouchers, prescription payment assistance (\$100 limit), clothing, furniture,

house wares, food, and mortgage/rent assistance.

**Call 211** for information. The **“Mortgage and Rent Assistance Program”** is offered only once a month at 8:00 a.m. and funds, we are told, are given away in the first 10 minutes. Call (425) 212-3233 for this program.

❖ With the rising costs of owning a car, **the public transit system** offers another less expensive alternative. Taking the bus within Everett city limits only costs 50 cents one-way. Contact Everett Transit at (425) 257-7777 or [www.everettwa.org/transit](http://www.everettwa.org/transit). Contact Community Transit if you wish to travel within the Snohomish County area (e.g. Lake Stevens, Monroe, Smokey Point, Stanwood). Their telephone number is 1-800-562-1375, (425) 353-7433, or

[www.commtrans.org](http://www.commtrans.org). One way fare is \$1.50.

❖ **The Public Utilities Department** in Everett offers year-round discounts on electric bills to its low-income customers who qualify. The program offers 20%, 40%, or 60% off PUD bills, depending on income level. You may

obtain an application at any PUD office, at most senior citizen centers, or by calling the PUD’s Customer Service Department at (425) 783-1000. You can also get an application on the PUD’s website at [www.snopud.com](http://www.snopud.com).

❖ **The Snohomish County Energy Assistance Program** provides heating bill assistance (one-time per heating season) to eligible low-income households. This program will help with all heat fuel types (oil, nature gas, wood, propane, electric), and grants range from \$25 to \$750. The Program also assists with repairing heating systems. Assistance is usually provided between November 15<sup>th</sup> and April 1<sup>st</sup>. Households with Puget Sound Energy natural gas may receive assistance throughout the year. Contact (425) 388-3880.

❖ **Americorps** provides \$1000 to \$2,462 scholarships in exchange for community service. Community service may include involvement in campus clubs, public schools, or any non-profit community service agency. You must be at least 17 or years old, a US citizen or

lawful permanent resident alien of the U.S., and enrolled in school.

Contact Sharon Stultz, Campus Compact Activities Initiative, Rainier 301, (425) 388-9037, for more information, or visit [www.everettcc.edu/sis](http://www.everettcc.edu/sis).

❖ Many students think they must take a minimum of 6 credits to receive financial aid. Not true! You need to take at least 3 credits to receive the Pell Grant, 3 credits for the State Need Grant, 6 credits for the Stafford Loan, and 6 credits for Work Study.

## 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 2009-10 are set as early as mid-**February 2009**. 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 2009-10, 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.

And remember—stop by our offices if we can help or if you have any questions!

University	Admissions Deadline FALL 09	Financial Aid Priority Deadline! 2009-10
UW-Seattle	Feb. 15	Feb. 28
UW-Bothell	15-May	28-Feb
WWU-Bellingham	1-Apr	Feb. 15
CWU-Ellensburg	1-Apr	15-Mar
Evergreen	1-Mar	15-Mar
EWU	1-Mar	15-Feb
WSU	Jan. 31	15-Feb
Seattle Pacific	1-Apr	1-Apr

### UW BOTHELL ADVISOR ON CAMPUS WEEKLY!

Are you thinking about transferring to the University of Washington, Bothell campus? Good News! You can meet with Gretchen Gaffney, UW Bothell Senior Transfer Admissions Advisor, at Everett Community College. She encourages students to meet with her early in the

transfer planning process, and will answer your questions attending the UW Bothell campus, and explain the general UW admission requirements, degree or major requirements, and the application process. Her telephone number is (425) 352-5318 or (425) 352-5000.

During Winter quarter, she will be at her information table next to the espresso cart on the first floor of the Parks Building on the following dates:

- January 14
- January 27
- January 28
- February 2
- February 11
- February 23
- March 4
- March 11

You may sign-up in the Counseling Advising and Career Center for a meeting with Gretchen, who will be in the CACC on the following dates:

- January 30
- February 13
- March 6
- March 13



**DIVERSITY & EQUITY CENTER EVENTS**

**MLK Celebration**  
 Thursday, January 13,  
 starting at 11 @  
 Snohomish County Plaza

**Financial Aid Workshop**  
 Wednesday, January 14,  
 at 1pm, in Conf Rm A

**Civil Rights: A History  
 of Us - Presented by Eva  
 Abram** Wednesday,  
 January 21, at 11 and at  
 12, Conference Rm C

**Scholarship Workshop**  
 Thursday, January 22, at  
 12, Conference Rm C

**Awakening the Goddess  
 w/ Suzette LaPlant**  
 Thursday, January 29, at  
 12, Conference Rm C

**A Visit with Harriet  
 Tubman - Presented by  
 Karol & James Brown**  
 Wednesday, February 4,  
 at 11 and at 12, MPR

**The Power of Gratitude  
 with Suzette LaPlant**  
 Thursday, February 12,  
 at 12, Conference Rm C

**Scholarship Workshop**  
 Wednesday, February  
 18, at 12, Conference  
 Rm C

**Students of Color  
 Conference - Yakima**  
 April 16-18, 2009

For more  
 information go to  
 D&E website at  
[www.everettcc.edu/r  
 esources/diversity](http://www.everettcc.edu/resources/diversity) or  
 call 425.388.9306.

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*"Planning is the key for  
 a successful transfer."*

**UNIVERSITY TRANSFER THURSDAY  
 with Gina Myers, Counselor for CACC**

**Tuesdays at 1:00pm** in  
 the Counseling,  
 Advising and Career on  
 the 3<sup>rd</sup> floor Parks.

**January 13** - Choosing  
 a College Major

**January 20** - Paying for  
 College, Financial Aid  
 and Scholarships

**January 27** - College  
 Application and Writing  
 Your Personal Statement

**February 24** - Get Ready  
 to Transfer

For more information,  
 please contact Gina Myers,  
 CACC 425.388.9266, or  
[gmyers@everettcc.edu](mailto:gmyers@everettcc.edu)

**PRE-NURSING/NURSING SUPPORT GROUP**



Bring your lunch and  
 come meet with other  
 TRiO-SSS pre-  
 nursing/nursing  
 students for a weekly  
 hour of talk and  
 support.

**When:** Contact Sabrina  
 Grafton for time

**Where:** TRiO-SSS  
 program study area

**Contact:** Sabrina  
 Grafton, [sabrinagrafton  
 @hotmail.com](mailto:sabrinagrafton@hotmail.com)



**A FEDERALLY FUNDED PROGRAM**

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

Everett Community College  
 TRiO-Student Support Services  
 2000 Tower Street  
 Everett, WA 98201

Phone: 425-388-9275  
 Fax: 425-388-9298  
 Email: [dsarich@everettcc.edu](mailto:dsarich@everettcc.edu)

**WE'RE ON THE WEB**  
[www.everettcc.edu/resources/trio](http://www.everettcc.edu/resources/trio)