

TRIO STUDENT SUPPORT SERVICES



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We Are Still Accepting Students

TRIO SSS accepts students all year! We assist 140 WVC students in their first or second year.

TRIO SSS is **still accepting students for the 2022-2023 academic year.** Please refer students for additional support and resources.

T-Shirt Design Winner

We asked our students to design a T-shirt for our participants. **Omak student, Tiffany B.** created our beautiful winning design! Keep an eye out around campus; you just might see our students wearing one soon!



Students can join TRIO SSS here AND at their transfer school. They don't have to wait or pick and choose. We hear this misconception often - help us squash the myth! Encourage students to get started with TRIO SSS at WVC and we'll help them plan for their future.

Getting Transfer Ready

We traveled to Eastern Washington University (EWU) on our first campus visit since the pandemic began. Ten TRIO Scholars had the opportunity to tour campus, hear from current EWU students and deans, and explore campus resources. Students also learned about financial aid options and spoke with representatives from various majors, clubs, organizations, and departments on campus.



EWU has the lowest tuition rates of all public universities in WA state!

Current Annual In-State Tuition & Fees	
Eastern WA University	\$ 8,139
Evergreen State College	\$ 8,529
Central WA University	\$ 8,845
Western WA University	\$ 10,443
UW Seattle	\$ 12,242
WSU Pullman	\$ 12,700

Other Fall Events



Students decorated Sugar skulls and made flowers for our TRIO altar celebrating Dia de los Muertos



Students potted and decorated succulents during our November Scholar Social



This fall was possibly our busiest quarter yet. In addition to two 1:1 appointments with our Retention Specialist or Director, students are required to attend two or more TRIO events or workshops. Here are a few of the things we did this quarter:

- Active Study Skills Workshop
- National Transfer Week
- Campus-wide Transfer 101 Workshop (open to all students)
- EWU Campus Visit
- Scholarship Basics Workshop
- The Art of Gratitude Workshop
- Monthly Scholar Socials
- National First-gen Day



Appreciative Advising

Jenna Floyd, TRIO SSS Retention Specialist

Which grade would you focus on first?

MATH	A-
ENGLISH	B+
BIOLOGY	F



Appreciative Advising tells us to focus on the successes, rather than the failures. This doesn't mean bad grades don't matter. Rather, focusing on a student's strength helps build confidence, self-efficacy, and develop skills to carry them forward.

When I was in graduate school, I was enamored with positive psychology. For those unfamiliar, positive psychology is a field of study focused on what's *right* with people and how to help an individual thrive, rather than focusing on what's wrong.

Needless to say, when I discovered an advising philosophy based on positive psychology concepts, I was hooked. Thanks to our Professional Development Committee, I recently had the opportunity to study Appreciative Advising. Let me share a little of this advising practice with you.

Appreciative Advising is an effective way to increase student retention and success. Don't take my word for it, explore the growing body of research out there (e.g., Burks, 2022; Hutson, 2010; Miller et al., 2019), including publications in the [Journal of Appreciative Education](#). Briefly, Appreciative Advising is 6 phase process wherein an advisor and student collaborate to maximize a student's potential. Visit appreciativeadvising.net to learn more.

The 6 Phases of Appreciative Advising

DISARM - Build rapport by creating a safe, welcoming space. Positive first impressions matter. Update your webpage, syllabus, physical office, and zoom background. Sit in your student's seat. What do they experience? This is key to building trust.

DISCOVER - Ask open-ended questions to help you learn about a student's strengths, abilities, and skills. Give them space to answer and allow quiet thinking time. See them as an individual and set aside your assumptions.

DREAM - Learn about the student's dreams and hopes. What would they do if they knew they could not fail? Challenge them to think bigger and be careful not to push your own limits or assumptions on the student.

DESIGN - As a team, make a concrete plan outlining steps to make their dream a reality. Help the student break it down into manageable goals. Help them find a path forward to make their wildest dreams a doable and manageable reality.

DELIVER - Hold students accountable for what they said they'd do in the design phase. Follow through on your promises and remain available to support them. Be proactive and take the initiative to follow up if the student is shying away. You are a team.

DON'T SETTLE - Encourage students to set their own measure of success. Set high expectations and don't settle for less. Recalibrate as needed. And remember to reflect on your own goals; how can you improve and continue to challenge yourself?



TRIO's Winter Quarter

We have big plans for the winter quarter in the TRIO SSS office.



Scholar Socials every month: these provide students with an opportunity to connect, unwind, and build community. Research shows that students with a sense of belonging are more likely to stay in college (e.g., Maestas et al, 2007; O’Keeffe, 2013; Pedler et al, 2021).

Workshops: We will be hosting four workshops next quarter focusing on scholarships, dreaming big, transfer processes, and internships/career prep. While our workshops are typically closed to non-TRIO students, we will be



cohosting one campus-wide workshop with the financial aid office to share scholarship information with all WVC students. Keep your eyes open in early January for more information.

Financial Literacy Series: We've partnered with People's Bank to provide our students with a free, 4-part financial literacy series. Students from TRIO, MESA, and CAMP will all be invited to learn about investing, credit scores, saving, budgeting, and other essential money-management skills.



Shout-Outs

In no particular order, our students would like to recognize the following faculty and staff:

- Andrea Elliot
- Cameron Painter
- Ralph Dawes
- Evelyn Mejia
- Lynne Kottemeir
- Ayla Medina Ulloa
- Talia Barajas
- Michael Lesky
- Ryan Poortinga
- Kevin Charco
- Levi Vega-Sanchez
- Francisco Sarmiento
- Stacey Menley
- Maria Navarrete
- David Ryan
- Barat Hashemi

Multiple Shout-Outs from our students

DID YOU KNOW ? Nearly 1/2 of WVC students are eligible for TRIO SSS and don't know it! Help us spread the word.



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Visit us on the 2nd floor of Mish ee twie (MET) room 1221

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