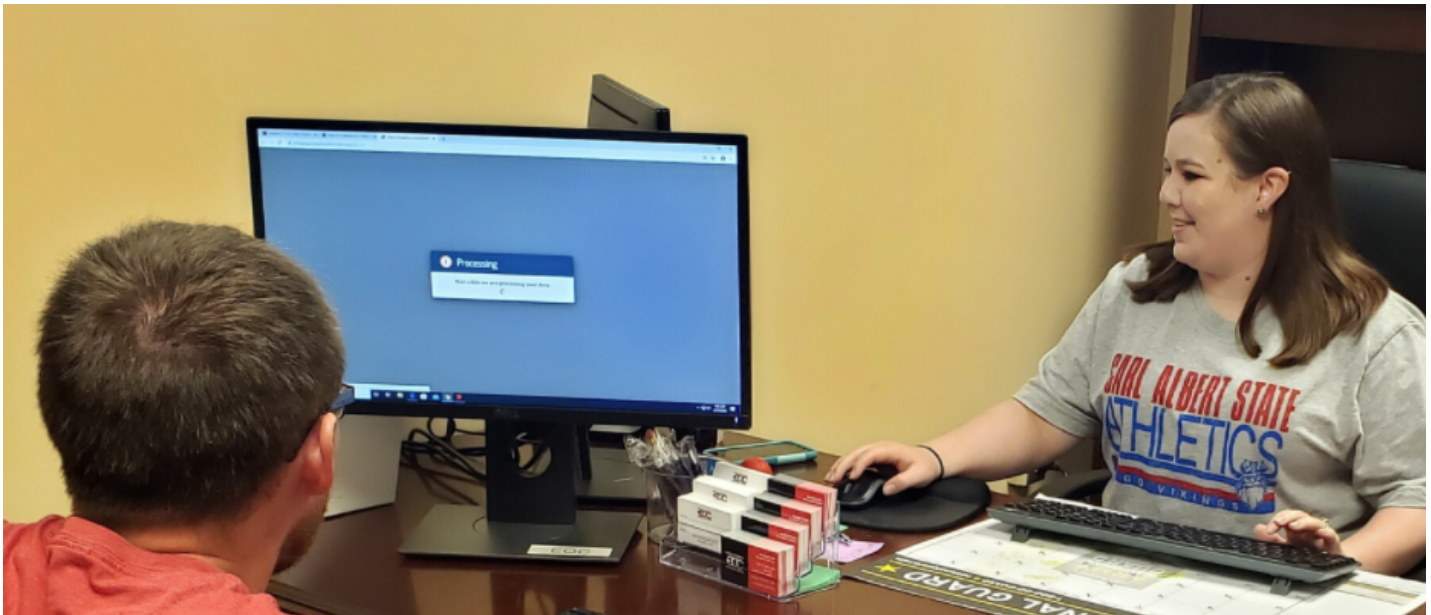


TRIO

The Scoop

Educational Opportunity Center Newsletter



IN THIS ISSUE:

- A Career in Demand
- Agency Highlight
- Mindfulness Matters
- Student to Student
- Workshop Spotlight
- Dining on a Dime
- Quick Tip
- Scholarship Resources

The EOC Mission

The mission of the Educational Opportunity Center is to increase the number of students who successfully enroll in a postsecondary education program by providing career and major exploration, admissions counseling, enrollment counseling, proactive advisement, financial aid assistance, college placement preparation and financial literacy to qualifying participants in eastern Oklahoma and western Arkansas.

A CAREER IN DEMAND

REGISTERED NURSE

CONTRIBUTED BY
JAMIE SWARTS
EOC SECRETARY



**LOCAL NEED BETWEEN
2019-2025: 1,590**

Occupation: Registered Nurse
Education: A minimum of an Associate Degree
Licensing exam: NCLEX-RN Exam
Work experience required: None
Local need between 2019-2025: 1,590
Median Earnings in Oklahoma: \$38,780
Median Earnings in Arkansas: \$36,720

Becoming a Registered Nurse requires a minimum of an Associate Degree in Nursing, but a Bachelor of Science in Nursing may help to secure a job with higher pay. No extra work experience is required to begin your career. This field is experiencing growth with the need for registered nurses increasing to 32,039 over the next five years. Consider becoming a registered nurse if you are interested in helping people and making a difference.

AGENCY HIGHLIGHT

COMMUNITY RESCUE MISSION

CONTRIBUTED BY
MARSHA FANNING
EOC ADVISOR



The Community Rescue Mission is a non-profit, faith-based organization that provides safe shelter, meals, and needed support to help people get back on their feet as quickly as possible. They are located at 310 North F Street, Fort Smith, Arkansas.

The Community Rescue Mission has been in operation since 1981. They are focused on the homeless children and families in the River Valley area with the availability to help single-parent families and dual-parent families.

In 2020, the Community Rescue Mission helped 102 families with job placement, housed 79 families, served 21,416 meals, and provided 12,216 nights of stay for homeless families. With the help of their staff, they provide expert case management and life skills programs.

It is important to note that the Community Rescue Mission receives no city, state, federal, or government funds. They are funded by the generosity of individuals, congregations, and foundations who support their mission. With your support, they can reach their goal and support more families with children. A small donation will help the Community Rescue Mission to:

- Provide housing and all of a families' basic needs, while their case managers work with the families to obtain employment and permanent housing
- Provide case management and teach life skills while working with partner agencies to help the families reach stability

The families will feel secure as they continue on their journey from crisis to stability and independence.

You may contact the following to make a difference:

Heather Sanders, Executive Director - heather@fscrm.org
Jeannie Newton, Program Director - jeannie@fscrm.org
Shanelle Livingston, Intake Coordinator - shanelle@fscrm.org

MINDFULNESS MATTERS

THE EXAMINED LIFE

CONTRIBUTED BY
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"The unexamined life is not worth living." Socrates

These were not the words of an idle, musing philosopher, sitting on the steps of the Acropolis, eating grapes and being fanned by a slave girl. He fought in the Athenian military in a war against Sparta, which they lost. Ancient warfare was particularly brutal and the losing side could suffer up to or over 80% casualties. Socrates witnessed that carnage. Perhaps it is part of what drove him to search so diligently for answers regarding the meaning and purpose of life.

Socrates is imploring his listeners to carefully consider what they are doing, and why. Failure to examine what you are doing and what you want to do with your life as a whole, he says, will result in a life spent on nothing of value. It will have been a life that was wasted.

Examination is not a one-time event, but an activity that should be embraced throughout life. Because the natural progression of life brings new things and takes some things, the need to ponder those changes and how to fit them with a meaningful life will be necessary to have a life worth living.

What I Wish I Knew Before Finals

"If I had to give an incoming student any advice about taking finals, it would be to start early and don't procrastinate. My biggest problem this semester was waiting until the last minute to prepare. This caused me to stay up late on nights prior to my tests in order to cram as much information in as I could. Not only did this not help, but it also made me a little more tired that next morning while taking my tests. So, don't procrastinate and start studying as early as you can!"

-Devin Tebo, Sophomore
Carl Albert State College



WORKSHOP SPOTLIGHT

CREATING YOUR COLLEGE BUCKET LIST: EXPLORE, EXPERIENCE, SUCCEED



CONTRIBUTED BY
THERESA ORWIG
EOC ADVISOR

A StudentLingo Workshop presented by Jullien Gordon

If you are looking for information and ideas about your life after college and help in creating strategies that will distinguish you from others as you seek that perfect "Bucket List" job, you will gain insight by attending this workshop. Mr. Gordon gives suggestions on how to maximize one's potential to attain success by taking a personal inventory. This inventory will help one learn to recognize and take advantage of many experiences one has in college.

Mr. Gordon stresses that experiences in college will be the "stepping stone" to a successful 40-year career. An interesting point that Mr. Gordon makes is that if one has a good college experience, that will lead one to explore "the road not taken" when searching for that "perfect" career. Another point Mr. Gordon makes is also interesting. He says that while being "book smart" is very important, to succeed in the "real world", one will need that thing called "street smart". Mr. Gordon makes a great statement to support his idea. "You're in college not just to get an education. You're also here to get experiences."

It is at this time that Mr. Gordon introduces his four "Capital Gains" that will help one succeed after graduation: Personal Capital Gain, Intellectual Capital Gain, Social Capital Gain, and Financial Capital Gain. Mr. Gordon goes on to define the four Capital Gains: Personal Capital Gain: know yourself; Intellectual Capital Gain: what one actually knows; Social Capital Gain: whom you know and who knows you (i.e., networking); Financial Capital Gain: who knows that you know what you know.

In his workshop, Mr. Gordon is urging the college student to maximize the college experience. If one watches this workshop and listens to the examples and the ideas for making the most of the college experience, they will be better prepared to become a success after college as well.

To gain access to this StudentLingo workshop, contact cacomer@carlalbert.edu

DINING ON A DIME

A RECIPE FOR THRIFTY STUDENTS

CONTRIBUTED BY
LAURA SMITH
EOC ADVISOR

Macaroni and Tomato Soup



- 1 (16 ounce) package of elbow macaroni
- 1 (14.5 ounce) can of stewed tomatoes
- 1 White onion
- 2 (10 ounce) cans of tomato soup

Cook macaroni according to package directions and drain. Add stewed tomatoes, sliced onion, and two cans of tomato soup.

Salt and pepper if needed.



QUICK TIP

FOR THRIFTY STUDENTS

Take summer classes at a community college, where classes often cost less than half of what they do at a university. Just make sure the credits will transfer.

CONTRIBUTED BY
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EOC COORDINATOR

RESOURCE HOTSPOT

SCHOLARSHIP SEARCH

CONTRIBUTED BY
CHARITY CRASE
EOC ADVISOR



Listed below are four great websites to begin your scholarship search:

<https://collegescholarship.org>

- links to hundreds of scholarships and all the student has to do is type a keyword into the search tab (Example: single parent)

<https://okcollegestart.org>

- Oklahoma residents
- build account (user and password) and give background information in order to build profile based on answers given you can be linked to scholarships that match the information given
(Example: scholarships for asthma or first-generation college students)

<https://fundmyfuture.info/scholarships>

- Arkansas resident
- free scholarship and grant search
(Example listed on page: writing an essay over the impact texting and driving has had in your life)

<https://opportunity.collegeboard.org/>

- links to scholarships, internships, and grants based on information connected to the profile created
- it also assists in finding colleges that match the area of study you want to go into, goes over careers in the "career finder" tab, and goes over financial literacy

MEET THE STAFF



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FREE SERVICES PROVIDED BY EOC

EOC offers a variety of services and resources. From information and study materials to hands-on assistance with the FAFSA and group workshops. Our advisors are equipped to help you meet your educational goals.

Services include but are not limited to:

- Referral to adult education classes
- Information about colleges, universities, and technical schools
- Assistance with admissions paperwork to any college, university, or technical school
- Assistance with financial aid applications, including FAFSA
- Financial literacy, student loan counseling & loan default recovery information
- Test preparation, including GED, ACT, Accuplacer, SAT, & CLEP
- Access to various online learning resources such as Photostudy, Virtual Job Shadow, Reading Plus, OKCIS, Mastery Prep, the COPS system, and My Financial Academy
- Career exploration resources such as interest assessments, including O*Net Career Interest Inventory and O*Net Career Values Inventory

For more information about any of the resources listed above, please contact one of our friendly advisors today!