

TRiO

EOC

The Scoop

Educational Opportunity Center Newsletter



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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

LABORATORY TECHNICIANS

CONTRIBUTED BY
JAMIE FREDERICK
EOC SECRETARY



**LOCAL NEED BETWEEN
2019-2025: 337**

Occupation: Laboratory Technicians

Education: Associate's (with additional on the job training), or Bachelor's Degree

Work experience required: None

Local need between 2019-2025: 337

Median Earnings in Oklahoma: \$38,990

Median Earnings in Arkansas: \$31,690

Laboratory Technicians work in many different fields of study, such as medical, research and development, testing laboratories, pharmaceutical and medicine manufacturing, wholesale trade, and state, local, or private universities or technical schools. Duties included as a laboratory technician include assisting technicians or engineers, monitoring process to test product quality, maintain instruments and equipment, and conducting, compiling, interpreting, and analyzing results from experiments and tests. This employment field is expected to grow approximately 3% in the near future, which is average growth for most occupations. The diversity of employment opportunities provides innumerable options where you can apply your skills!

AGENCY HIGHLIGHT

CASA FOR CHILDREN, INC.

CONTRIBUTED BY
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CASA For Children, Inc. is a nonprofit organization that trains volunteers to advocate for abused and neglected children in the court system. CASA For Children, Inc. is organized to speak for the best interest of abused and neglected children in court. They promote and support volunteer representation for children in an effort to provide each child with a safe, permanent, and nurturing home. Trained volunteers are used to amplify children's voices and provide the insight necessary for judges to make the best possible decisions. The CASA serves as the "eyes and ears" of the judge for children in foster care.

CASA For Children, Inc. is located at 102 East Chickasaw Avenue, Sallisaw, Okla. 74955. Oklahoma currently has 22 CASA programs, serving children in 61 of the 77 counties in Oklahoma.

The Juvenile Division of the Sequoyah County District Court focuses on cases that involve minors (children under the age of 18). A Juvenile Deprived case involves abuse and/or neglect of a minor. Due to the large number of children the Juvenile Court serves, it's difficult for parties to a case to have direct contact with a child. CASA volunteers are assigned to directly interact with children and make recommendations to the court in the child's best interest.

If you would like to volunteer or need more information, please call: (918)-686-8199.

MINDFULNESS MATTERS

EDUCATED; THEREFORE, ARMED.

CONTRIBUTED BY
CHAD ROGERS
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"Education is the most powerful weapon which you can use to change the world."

- Nelson Mandela

Graduates, consider yourselves armed and hopefully only dangerous toward evil in the world. Congratulations on this achievement. We at EOC remain confident this will not be the summit of your achievements, but is only the first few strides of your journey. Though the author of this quote is uncertain, its words remain true *"What lies behind us and what lies in front of us, pales in comparison to what lies inside of us."*

STUDENT TO STUDENT

"FINALS WEEK"

CONTRIBUTED BY
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"Finals week is probably the most stressful time of the year for most students. It's important to stay calm and pace yourself when it comes to studying. If you wait until the last minute to study, you are only setting yourself up for failure and more stress. What's helped me in the past and hopefully will help me in the future is starting to study a few weeks before the tests begin. A lot of the time, professors will give you a good idea of what the test will cover weeks leading up. Once I have a good understanding of the test material, I like to go ahead and make my own study guide and mark down pages in my books that I feel will be beneficial. This may seem like extra work, but it has paid off for me countless times."

-Katie, Sophomore



QUICK TIP FOR THRIFTY STUDENTS



The time to learn the basic principles of money management and debt is not after you graduate from college or technical school. It is now! EOC offers financial literacy workshops and access to online resources. To learn more, contact an EOC advisor and ask about *My Financial Academy*.

WORKSHOP SPOTLIGHT

DISCOVER YOUR LEARNING STYLE PREFERENCES

CONTRIBUTED BY
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Presented by Dr. Saundra Yancy McGuire

If you are looking to improve your grades, gain knowledge about yourself and discover test-taking strategies, the workshop "Discover your Learning Style Preferences", presented by Dr. Saundra Yancy McGuire, gives you a guide to do all of that. You will become aware of your personal learning styles, find new strategies for success on tests and learn how to improve the quality of classwork.

Dr. McGuire understands that there are many methods for teaching students how to find and use their personal learning styles, but she prefers to use the VARK method to teach the student to find and use their own personal learning style. Each letter of VARK represents a style of personal learning:

V=Visual

A=Aural

R=Read/Write

K=Kinesthetic

Dr. McGuire ties these learning styles to learning strategies and demonstrates how they work hand-in-hand to help the student improve classwork, homework and of course, tests.

As you watch and learn from this rich workshop, identify your own personal learning style. Use the strategies Dr. McGuire gives you and apply them to your personal study habits. You will most likely improve your grades and learn even more during your college journey.

DINING ON A DIME

A RECIPE FOR THRIFTY STUDENTS

CONTRIBUTED BY
LAURA SMITH
EOC ADVISOR



Dirty Rice

- 1 pound ground beef
- 1 pound ground pork sausage
- 1 medium onion, chopped
- 1 rib celery, chopped
- 1 green pepper, seeded and chopped
- 2 cloves of garlic, minced
- 1 tablespoon Cajun seasoning
- 1/2 cup chicken broth
- 4 cups cooked white rice (cooked in chicken broth)
- 2 green onions, finely sliced
- 2 tablespoons fresh parsley
- Salt & pepper to taste

Instructions:

- Brown the ground beef and pork sausage in a large skillet over medium heat. When it is about halfway through the browning process add the onions, celery and green pepper. Cook until vegetables are tender
- Reduce the heat to low and add the garlic, cooking for one minute, while stirring constantly. Stir in the Cajun seasoning, chicken broth, and rice. Add the parsley, green onions, and season with salt and pepper to taste

FITNESS TIPS

THREE AT HOME WORKOUTS FOR BEGINNERS

CONTRIBUTED BY
NOAH MARTIN
EOC ADVISOR



Side-Lying Hip Abduction

- Lie on your right side with your legs stacked (You can bend your right leg for more support)
- Lift left leg up, then lower it toward the floor
- Repeat this motion
- Switch sides
- Shoot for 3 sets of 10 reps on each side

Straight-Leg Donkey Kick

- Start on all fours, with knees under hips and hands under shoulders
- Extend left leg straight behind you, keeping your foot flexed and toes pointed down toward the floor
- Return to the starting position
- Repeat on the other side
- Do 3 sets of 10 reps on each side

Standing March

- Stand with feet shoulder-width apart, arms straight and relaxed by your sides, and knees close together
- Squeeze abs to lift one knee up, keeping bottom of your foot parallel with the floor
- Lower your knee back down
- Repeat on the other side

RESOURCE HOTSPOT

SCHOLARSHIPS WITH JUNE DEADLINES

CONTRIBUTED BY
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EOC COORDINATOR

<https://www.help-teaching.com/resources/scholarship>

<https://grassrootsturf.com/scholarships/>

<https://jasna.org/programs/essay-contest/>

<https://pixelplex.io/scholarship/>

<https://www.davidchristensenlaw.com/scholarship>

<https://www.gofoodservice.com/scholarship>

<https://bigsunathletics.com/>

<https://www.digitalresponsibility.org/scholarships>

Apply For Fall Scholarships

MAY 18-JUNE 15

www.aspsf.org/applynow



Arkansas Single Parent Scholarship Fund

www.aspsf.org/applynow

For more info contact:

Sandy Nelson
Program Manager
email: snelson@aspsf.org

1P
SINGLE PARENT
scholarship fund

May 18-June 15

Apply For Fall Scholarships

www.aspsf.org/applynow

Eligibility criteria include the following:

- You're a single parent.
- You live in the Arkansas or in Bowie County, Texas.
- You're a U.S. Resident or a resident with DACA status.
- You've earned a high school diploma or GED.
- You haven't previously earned a bachelor's degree.
- You have at least a 2.0 cumulative GPA.
- Your household income is typically not more than 250% of Federal Poverty Guidelines.
- You've completed or are in the process of completing the Free Application for Federal Student Aid (FAFSA)

Join our new Facebook group!

To learn more about EOC, visit:
EOC.Netlify.App

Welcome

Thank you for joining

EOC's College Info & Resource Group



<https://www.facebook.com/groups/collegeinfoandresources>

Scan Here



We hope to see you there!

MEET THE STAFF



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FREE SERVICES PROVIDED BY EOC

EOC offers a variety of free 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
- Test prep including GED, ACT, & Accuplacer
- Access to various online learning resources such as Reading Plus and Applied Educational Systems
- Career exploration resources such as Virtual Job Shadow

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