

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

TRACTOR-TRAILER TRUCK DRIVERS

CONTRIBUTED BY
JAMIE FREDERICK
EOC SECRETARY



**LOCAL NEED BETWEEN
2019-2025: 2,451**

Occupation: Tractor-Trailer Truck Drivers

Education: Postsecondary nanodegree award or certificate, Commercial Driver's License

Work experience required: None

Local need between 2019-2025: 2,451

Median Earnings in Oklahoma: \$40,090

Median Earnings in Arkansas: \$37,220

Becoming a Tractor- Trailer Truck Driver, or CDL Driver, requires a high school diploma or equivalent, and completion of a truck driving course, before obtaining a commercial drivers license. This field is experiencing growth with the need for truck drivers increasing to 32,732 in the next 5 years. If you are a self-starter and independent worker, consider becoming a Tractor-Trailer Truck Driver!

AGENCY HIGHLIGHT

GATEWAY RECOVERY CENTER

CONTRIBUTED BY
MARSHA FANNING
EOC ADVISOR



Gateway Recovery Center is a behavioral health agency that offers residential, outpatient, and transitional living treatment services. The treatment program at Gateway Recovery Center is a comprehensive substance abuse treatment for women. Gateway Recovery Center blends the traditional 12-step recovery model with evidence-based cognitive behavioral and motivational enhancement therapy with cutting-edge modalities.

Since 1974, Gateway Recovery Center has been helping women to leave treatment healthier than when they arrived—physically, emotionally, and spiritually. Their residential facility is located at 3900 North Armour Street, Fort Smith, Arkansas 72904.

Gateway Recovery Center provides hope and healing for women, by women. Their treatment facility is the only gender-specific, non-co-ed treatment facility in the state of Arkansas. The team of female counselors has a deep understanding of the unique needs and circumstances of the women who choose Gateway Recovery Center as their treatment home, whether residential, outpatient, or sober living. Their treatment approach addresses the whole woman—body, mind, and spirit.

If you need help to lighten your load as you start a new path, let Gateway Recovery Center use their experience, expertise, and empathy to help you heal. A lifetime of recovery begins with just a few steps. Start your path by calling: 479-785-4083.

NEW COMMUNITY PARTNER

WELCOME, CAREER ACADEMY OF HAIR DESIGN

CONTRIBUTED BY
CARA COMER
EOC COORDINATOR



Design your future

EOC would like to extend a warm welcome to one of our newest community partners, Career Academy of Hair Design. With locations in Springdale, Rogers, Siloam Springs, Fayetteville, and Fort Smith, Arkansas, the Career Academy of Hair Design may be a good option for you.

Yalanda Lee, the Admissions Coordinator, at the Fort Smith location is dedicated to working with prospective students who are interested in becoming skilled in the arts of hairstyling, skin care, nail technology, make-up artistry, and entrepreneurship.

Programs offered at the Career Academy of Hair Design include Cosmetology, Manicuring, Instructor and Aesthetics. They also offer CHI classes, OPI classes, design competitions, and themed school spirit days. Programs meet between 8:30 a.m. and 4:30 pm, Monday through Friday. There are two remaining start dates in 2022, including September 13, and October 25.

Financial aid is available to those who qualify and the Educational Opportunity Center (EOC) is available to help prospective students complete the FAFSA (Free Application for Federal Student Aid).

In addition to providing educational opportunities. The Career Academy of Hair Design provides salon services to the public. Not only does this provide students with hands-on experience that will prepare them for the workforce upon graduation, but it also allows for the public to take advantage of high-end services at a bit of a discount.

Services include, but are not limited to: haircut, shampoo, & blow dry; haircut & style; bang trim; neck shave; beard trim; shampoo set; shampoo & wrap; style with flat or curling iron; up-do style; braiding; deep conditioning treatment; perm; relaxer; color; facial; waxing; nail service; make-up application, and lash extensions. Clinic floor hours are 8:30 am to 3:30 pm Tuesday through Friday and 9:30 AM to 3:30 pm on Saturday.

For More Information About Enrolling

Yalanda Lee, Admissions Coordinator
479-222-6225
yalanda@beautynwa.com

For Assistance Completing the FAFSA

Marsha Fanning, EOC Advisor
479-782-7565
mlfanning@carlalbert.edu

MINDFULNESS MATTERS

EDUCATION'S AIM IS ACTION

CONTRIBUTED BY
CHAD ROGERS
EOC ADVISOR



"The great aim of education is not knowledge but action." Herbert Spencer

Education is not the gaining of knowledge simply for the sake of knowledge, but rather is the gaining of knowledge to allow oneself to take action in order to change their own world and the world around them. Because knowledge is power, gaining knowledge allows a person to make a greater difference through their actions.

*"Education is the most powerful weapon which you can use to change the world."
Nelson Mandela*

STUDENT TO STUDENT

PREPARING FOR THE FIRST WEEK OF CLASSES

CONTRIBUTED BY
ERIC RAIBLE
EOC ADVISOR



"With this being my first year of attending college, I am extremely nervous and unsure of what to expect. I think what makes me feel a little better about this process is the fact that I have a friend who is attending college and has been trying to help me out the best she can. The first and most important thing I'm doing is making sure I have all of my paperwork and documents turned in. I have been calling and emailing all of the offices on campus to double-check that everything they need from me has been turned in. Another thing I am doing is ordering my books for my classes. I want to make sure that I have everything I need now and not get to class that first day and be lost because I am not prepared. I am looking forward to the first week of classes and hopefully, by doing everything early, I won't have to stress over anything other than homework!"

-Kristen, Freshman



QUICK TIP

FOR THRIFTY STUDENTS



Do not forget your student ID! Many local restaurants and companies offer discounts for those with a valid student ID. Even some larger companies like Apple and Adobe offer reduced prices on tech and brands like Forever 21, and J.Crew offer discounts on clothing.

WORKSHOP SPOTLIGHT

HOW TO WORK IN GROUPS: CREATING A PRODUCTIVE & POSITIVE LEARNING EXPERIENCE

CONTRIBUTED BY
THERESA ORWIG
EOC ADVISOR



Presented by Laurie Hazard: Student Success Practitioner

Summer is passing quickly and with the blistering weather we have encountered lately, the idea of sitting in a comfortable air-conditioned classroom for a while might seem very appealing. Until the professor announces that for the first class assignment, students will form groups to work together as a team. Now some will love the idea, but oftentimes, working in a group is the last thing others want to do.

If you are that person, there is an excellent Studentlingo workshop that will help you understand and appreciate how group work can help you gain confidence not only in the academic world but in other environments where you find yourself working in groups. The skills presented and discussed in "How to Work in Groups" can be used when interacting in any type of group: team sports; church groups; class group assignments, and eventually, you might even need to apply these skills in your work environment. Also, this workshop sheds light on group communication styles and addresses the different types of leaders one might encounter when working in a group, which is useful information if you find yourself selected "leader" of a group.

In conclusion, more than likely, when you attend a school or when you begin your career, at some time or the other, you will find yourself in a group setting. Applying the information in this workshop will help you feel comfortable being a group member or the leader of any group in which you do find yourself.

DINING ON A DIME

LOADED BROCCOLI CAULIFLOWER SALAD

CONTRIBUTED BY
LAURA SMITH
EOC ADVISOR



Dressing:

- 3/4 cup plain greek yogurt
- 1/2 cup mayo
- 1/4 cup honey
- 2 tablespoons red wine vinegar
- 1 tablespoon sugar
- salt & pepper to taste

Salad:

- 4 cups broccoli florets, diced
- 4 cups cauliflower florets, diced
- 12 slices of bacon, cooked and diced
- 8 ounces Colby Jack Cheese
- 1/2 medium red onion

Instructions:

- Whisk all dressing ingredients together in a medium-sized mixing bowl.
- Cover and chill.
- In a large salad bowl, toss all salad ingredients.
- Pour dressing over salad and toss to evenly coat.
- Top with additional bacon and serve immediately.

FITNESS TIPS

THREE AT HOME WORKOUTS FOR BEGINNERS

CONTRIBUTED BY
NOAH MARTIN
EOC ADVISOR



Bulgarian Split Squat

Think of this as a lunge with your foot elevated for an extra stability challenge. Put one foot, laces down, on a bench behind you and the other in front. Bend your front leg to lower your body, then drive back up. Keep your body upright throughout and your front knee in line with your toes.

Deep Squat

Hold a towel overhead with your arms straight and keep it taut. This will force you to keep your chest up and improve your form. Bend your legs to lower slowly, keeping your knees wide apart, until your hamstrings touch your calves. Then drive back up slowly. Set a timer for ten minutes. Do 15 reps at the start of each minute, and rest for the remainder of each minute. This keeps your heart rate high for more fat loss.

Jumping Squat to Floor Touches

Bend your legs, keeping your knees wide apart and your heels in contact with the floor, to drop into a deep squat. Place your hands lightly on the floor and pause for two seconds, then drive up off the floor powerfully, clapping your hands together overhead. The two-second pause removes any rebounding effect to help you build greater strength in the deep squat position.

SCHOLARSHIPS

WITH SEPTEMBER DEADLINES

CONTRIBUTED BY
CARA COMER
EOC COORDINATOR



The Andrew S. Mathers Scholarship

<https://andrewmatherslaw.com/andrew-s-mathers-scholarship/>

Max Home Scholarship

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

Rick Sayegh MD Scholarship

<https://ricksayeghmdscholarship.com/>

Environmental Awareness Scholarship

<https://www.reusethisbag.com/scholarship/environmental-awareness-scholarship>

Netfloor USA Access Flooring Scholarship

<https://www.netfloorusa.com/scholarship/netfloor-usa-access-flooring-college-scholarship>

Love Your Career Scholarship

<https://www.jonestshirts.com/pages/scholarship>

Web Design Scholarship

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

May Firm Injury Scholarship

<https://mayfirm.com/scholarship/>

A Scholarship for Women Who Want to Be the Boss

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

We the Future Contest

<https://constitutingamerica.org/contest-categories/>

Pepsi Stronger Together Scholarship

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

PUBLIC SERVICE ANNOUNCEMENT

MARIJUANA FACTS FOR LEFLORE COUNTY

CONTRIBUTED BY
MARCEY FORD
SUBSTANCE ABUSE
PREVENTION SPECIALIST



Marijuana, or cannabis, is the most used illicit drug in the United States. In 2018, 43.5 million people reported using marijuana in the past year. Based upon the 2020 Oklahoma Prevention Needs Assessment Survey, 18.8 % of LeFlore county 12th-grade students reported using marijuana within the last 30 days, while 18.3% of LeFlore county adults reported using marijuana within the last 30 days (CBPS,2021). Marijuana acts by binding to cannabinoid receptors in the brain to produce a variety of effects, including euphoria, intoxication, and memory and motor impairments. Marijuana and its related products are widely available in multiple forms, with varying concentrations of constituent chemicals, the most salient of which are known collectively as “cannabinoids”. Marijuana has changed over time; the marijuana available today is much more potent than what was available in the past.

The risks of physical dependence, addiction, and other negative consequences increase with frequent use, exposure to high concentrations of THC, and with younger age of initiation. Higher doses of THC are more likely to produce anxiety, agitation, paranoia, and psychosis. The use of edible marijuana can increase the risk of unintentional overdose due to its lengthy absorption time and delayed effect, often prompting the user to take a second dose. Edibles, which may have the appearance of desserts or snacks, are also increasingly a cause of accidental ingestion by children and adolescents. In 2019, the Oklahoma Department of Mental Health and Substance Abuse Prevention Services reported that among individuals aged 10 and older, there were 28 cannabis-related non-fatal hospital discharges in LeFlore county and there were 105 treatment admissions by ODMHSAS or a Medicaid behavioral health provider who stated that marijuana was their primary drug of choice.

This information is provided by the LeFlore County Coalition for Healthy Living and SE Oklahoma Community Based Prevention Services.

RESOURCE HOTSPOT

TUITION ASSISTANCE AND OTHER RESOURCES & TIPS

CONTRIBUTED BY
CARA COMER
EOC COORDINATOR

Do you work for a company that offers tuition assistance?

Many employers offer some type of education assistance to employees. The following list is just a sample of companies that offer tuition assistance. If you are unsure if your employer offers assistance, speak with your human resources department to find out.

AT&T	CVS	Lowes	Sprint	UPS
Bank of America	FedEx	Marco's Pizza	Starbucks	Verizon
Best Buy	Ford Motors	McDonald's	Taco Bell	Walmart
Capital One	Home Depot	Papa John's	Target	Wells Fargo
Chick-Fil-A	KFC	Pizza Hut	T-Mobile	Whirlpool



Check with your institution's IT department to find out if they offer discounted or free software such as Microsoft Office and/or Adobe.



Check out your textbook options. To save money, consider renting or buying used textbooks. You can also purchase textbooks online at places like Amazon and Chegg for discounted prices. Before you do this, check with your instructor to make sure that you purchase the correct edition of your textbook and whether or not you need to purchase a new book due to a required access code.



Need a computer or a laptop for class? You may be able to find a discounted or refurbished device at one of the following websites:

www.pcsforpeople.org
www.notebooksforstudents.org
www.pcliiquidations.com

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!