

# 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

## ELECTRICAL TECHNOLOGY

CONTRIBUTED BY  
JAMIE SWARTS  
EOC SECRETARY



**LOCAL NEED BETWEEN  
2019-2025: 729**

Occupation: Electrical Technology

Education: Technical School

Work Experience Required: Apprenticeship

Local Need between 2019-2025: 729

Median Earnings Oklahoma: \$48,580

Median Earnings Arkansas: \$42,470

Electricians install, maintain, and repair electrical power, communications, lighting, and control systems in homes, businesses, and factories. Some duties of an electrician include reading technical diagrams or housing blueprints, installing wiring, switches, and lighting systems, and inspecting components of transformers and circuit breakers. Commuting to different job sites and locations is required, and electricians can spend their days working indoors or outdoors at homes, businesses, or construction sites. Electricians can work alone, or if employed by a company work as part of a crew. Consider an electrical technology career today!

# AGENCY HIGHLIGHT

## THE DIVISION OF SERVICES FOR THE BLIND

CONTRIBUTED BY  
MARSHA FANNING  
EOC ADVISOR



The Division of Services for the Blind (DSB) provides services to individuals who are visually impaired, blind, or losing their vision. DSB helps these individuals reach their goals of independence and employment. According to the Division of Services for the Blind, their eligibility is based on visual impairment and on the work or independent living needs of the individual.

The Division of Services for the Blind Guidebook list the following services that are available for individuals who are eligible:

**Transition Services:** DSB offers transition services such as counseling and guidance to help youth, starting at age 14, transition from high school to employment or post-secondary education.

**Pre-Employment Transition Services (Pre-ETS):** DSB offers the following services for individuals age 16 through 21 that include counseling on enrollment opportunities in post-secondary education and recognized training, as well as counseling for Job exploration. They also offer Instruction in self advocacy, Workplace readiness training and Work-based learning experiences.

**Vocational Rehabilitation:** DSB prepares individuals for employment through training and/or job-related services. DSB will assess the individuals needs and develop an employment plan especially designed for the individual to reach their goal.

**Vending Facility Program:** DSB offers this particular program to individuals who have the skills to manage a snack bar location.

**Small Business Program:** The knowledgeable staff at DSB can assist eligible individuals in developing a business plan, provide start-up funding, and guidance on starting a business. Technology Training: The DSB staff will also assess an individual's technology needs and teach them computer skills to become more independent and increase their employability.

**Technology Training:** The DSB staff will also assess an individual's technology needs and teach them computer skills to become more independent and increase their employability.

**Arkansas Information Reading Services for the Blind (AIRS):** There are 3 important news and information services provided by DSB

**(1) Arkansas Information Reading Services (AIRS)** can be heard at: [airs.aetn.org](http://airs.aetn.org). It has something for everyone, fiction, non-fiction, fully narrated dramatic presentations, weather for the adults, and even comics for the kids.

**(2) AIRS Plus** is a telephone service for callers in Arkansas only that allow individuals to access Arkansas newspapers and AIRS radio programs on demand. Simply call toll-free: (844)888-0981.

**(3) DSB also provides NFB-NEWSLINE.** This service is accessed by calling (866)-504-7300 or <https://www.nfb.org/programs-services/nfb-newsline>. There are over 300 newspapers and magazines available for access with this service.

According to the Division of Services for the Blind Guidebook, DSB provides Independent living skills training to individuals who are blind and severely visually impaired, are age 55 or older, and do not plan to enter the workforce. There are a number of services available such as:

**Supported Employment:** DSB offers supported employment for individuals who have the most severe disabilities and who need extended, ongoing support to maintain employment and community inclusion.

**Friends of AIRS (FAIRS):** FAIRS is a 501 (c)(3) non-profit organization that supports the work of AIRS. For more information about making a charitable gift, call 501-852-5125. AIRS need volunteers to send in local news and assist with other tasks. Please call 501-612-4175 or send an email to [airs@myarkansaspbs.org](mailto:airs@myarkansaspbs.org).

**Consumer Groups:** One of the best ways you can meet people who personally understand the difficulties related to vision problems is through involvement in a "consumer group". Arkansas has two main consumer groups whose mission is to improve the lives of persons with blindness or visual impairment: Arkansas Council for the Blind, <http://www.arkansasacb.org> and National Federation of the Blind Arkansas Chapter (NFB), <http://www.nfbar.org/chapters>.

**For more information, please reach out to our areas local office representative  
Mr. Samuel Kimbley at 479-289-7796 or [Samuel.m.kimbley@arkansas.gov](mailto:Samuel.m.kimbley@arkansas.gov).**

**The Division of Services for the Blind is located at:  
616 Garrison Avenue, Suite 101, Fort Smith, Ar. 72901**

# MINDFULNESS MATTERS

## BE GRATEFUL

CONTRIBUTED BY  
CHAD ROGERS  
EOC ADVISOR



G.K. Chesterton said, *“When it comes to life, the critical thing is whether you take things for granted or take them with gratitude.”*

Being grateful isn’t just a state of mind. It is a skill that can be developed. It’s true that some people’s personalities are more prone to being grateful, but making a conscious, purposeful effort to be grateful allows a person to become a truly grateful person.

Recent studies have demonstrated that when someone feels grateful, specific regions in the brain become more activated. This includes parts of the prefrontal cortex that allow for reflection and heightened sensitivity when imagining future experiences. So, as the saying goes, *“neurons that fire together wire together.”* So, every time you contemplate and recognize the good things in your life, it makes it more likely you will feel grateful in the future because your brain will wire new connections that will allow you to move in that direction more easily.

Just like shooting a basketball or playing piano are skills that are gained through repetition, being a grateful person is a skill that can be gained this way as well.

Will Arnet said, *“I am happy because I’m grateful. I choose to be grateful. That gratitude allows me to be happy.”*

# STUDENT TO STUDENT

## FILLING OUT THE FAFSA

CONTRIBUTED BY  
ERIC RAIBLE  
EOC ADVISOR

*"The FAFSA is something that has made my college experience a little less stressful. Filling it out and being awarded financial aid has lessened the financial burden that college can create. Whenever I fill it out, it's a straightforward process that takes no more than 20 minutes. Completing the FAFSA as soon as it becomes available is something my high school counselor told me and is something I have done for the last two years. Hopefully, other students will take the time to complete it because it can mean the difference between paying for school and getting money back from attending school. If you ever need help filling out the FAFSA, the EOC office at Carl Albert does a great job of helping you get it done."*

-Kayla, Sophomore



## QUICK TIP FOR THRIFTY STUDENTS

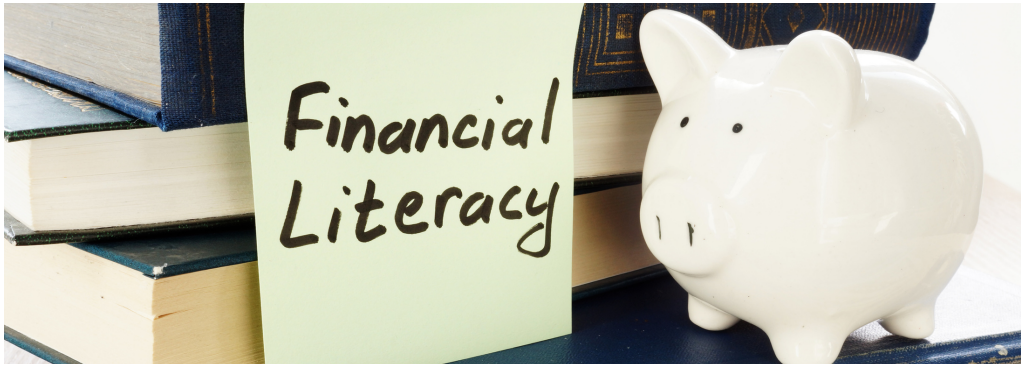


Many businesses in the local area have discounts that students can take advantage of. Get discounts on food, products, services and more! Don't be afraid to ask the person at the check-out counter if they have student promotions! Also, make sure you get your student ID. Most businesses require students to show their ID before they apply a discount.

# WORKSHOP SPOTLIGHT

## SMART MONEY SKILLS FOR COLLEGE AND BEYOND

CONTRIBUTED BY  
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EOC ADVISOR



### A StudentLingo Workshop presented by Danielle Champagne

Summer is finally making room for fall. The days are shorter, and the air is cooler. As a college student, you are settling into your classes and facing the reality of tackling your assignments and all the reality that entails. However, there is one reality that you will not only face in college but after college as well: that of being financially literate. That is why I feel this particular workshop is invaluable to you now and even after college because Ms. Champagne presents ten excellent financial tips to help one be successful with money management.

These top ten tips in the workshop, if you apply them, will work for you now and long into your future. I will list and briefly explain each tip, but I highly recommend that you watch this workshop and use it as a guide for your personal financial literacy.

**TIP 1:** Learn and understand the "Lingo" of financial literacy.

**TIP 2:** Get organized. "Organization really is key and is always the first step to understanding where your money goes.

**TIP 3:** Set Financial Goals, keeping in mind your goals should be "SMART GOALS."

**TIP 4:** Evaluate your lifestyle, being honest with yourself as to where your money goes

**TIP 5:** Build your budget by being realistic about how much you spend and how much you have to spend.

**TIP 6:** Track money as to where and when you spent it.

**TIP 7:** Review your budget and review your spending.

**Tip 8:** Use Credit wisely.

**TIP 9:** Avoid and eliminate debt.

**TIP 10:** Plan for the future.

# DINING ON A DIME

## A RECIPE FOR THRIFTY STUDENTS

CONTRIBUTED BY  
LAURA SMITH  
EOC ADVISOR

### Garlic Butter Pork Chops



- 4 pork chops
- 2 tablespoons olive oil
- 2 teaspoons granulated garlic
- 1 teaspoon onion powder
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1/4 cup salted butter, softened
- 1 small garlic clove, minced
- 1 teaspoon fresh rosemary
- 2 teaspoons fresh parsley

#### Instructions:

- Pat pork chops dry with paper towels and place on a baking sheet.
- Drizzle pork chops with olive oil, coating all sides.
- Add granulated garlic, onion powder, salt and pepper to a bowl and mix to combine.
- Sprinkle rub over pork chops on all sides, pressing the seasoning into the meat. Set aside at room temperature.
- Prepare a grill to about 400 degrees.
- Make the garlic butter by mixing butter with grated garlic, rosemary, and parsley with a fork until well combined. Set garlic aside at room temperature.
- Cook pork chops over indirect fire with the grill lid closed. Lower temperature of the grill to about 350 degrees.
- Cook for 5 minutes and flip. Continue to cook another 8-10 minutes with the grill closed.
- Check internal temperature of the pork using a meat thermometer, cooking until center reaches 140 degrees.
- Remove from grill and spread a tablespoon of garlic butter over each pork chop. Rest 4 minutes before serving.



# FITNESS TIPS

## THREE AT HOME WORKOUTS FOR BEGINNERS

CONTRIBUTED BY  
NOAH MARTIN  
EOC ADVISOR



### Decline Push-Ups

- Kneel down with your back to the bench. Put your hands on the floor, shoulders over your wrists and elbows at 45 degrees. Place your feet on top of the bench.
- Brace your core, glutes, and quads. Bend your elbows and lower your chest to the floor, keeping your back and neck straight.
- Push into the floor to return to starting position, extending your elbows.

### Incline Push-Ups

- Stand facing the bench, table, or the edge of a bed.
- Place your hands on the edge of the bench just slightly wider than shoulder width. Your arms are straight but elbows are not locked. Align your feet so that your arms and body are completely straight.
- Bend your elbows to slowly lower your chest to the edge of the bench while inhaling. Keep your body straight and rigid throughout the movement.
- Push your body away from the bench until your elbows are extended, but not locked. Exhale as you push up.

### Wide Push-Ups

- Start in plank position with your hands wider than your shoulders.
- Face your fingers forward or slightly to the outside.
- Slowly bend your elbows out to the side as you lower your body toward the floor.
- Pause when your chest is just below your elbows.
- Engage your core as you press into your hands to lift your body back to the starting position.

# RESOURCE HOTSPOT

## MENTAL HEALTH AND SUICIDE PREVENTION

CONTRIBUTED BY  
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EOC COORDINATOR



Understanding mental health, including risk factors and warning signs of suicide can help you or someone else in crisis. It is important to know that suicide is not inevitable and that suicide prevention begins with awareness, conversations, and support. It is also important to know that one in five people suffer with their mental health. So, if you are struggling, you are not alone.

The 988 Mental Health Lifeline is offers support and crisis intervention when you or someone you care about doesn't know where to turn. All you have to do is dial 988 to speak with someone directly or, text 988 if you cannot or do not want to speak.

According to the [988lifeline.org](https://www.988lifeline.org), evidence shows that providing support, talking about suicide, reducing access to means of self-harm, and following up with loved ones are just some of the actions we can all take to help others.

## **Risk Factors of Suicide**

The following risk factors are characteristics that could make it more likely that an individual would consider suicide. They cannot cause or predict a suicide attempt; however, being aware of what they are is important.

- Mood, anxiety, or personality disorders
- Substance abuse
- Hopelessness
- Impulsive or aggressive tendencies
- History of trauma or abuse
- Major physical illness
- Previous suicide attempt(s)
- Family history of suicide
- Job or financial loss
- Loss of relationship(s)
- Easy access to lethal means
- Lack of support
- Isolation
- Stigma associated with asking for help
- Lack of healthcare resources
- Cultural and/or religious beliefs
- Exposure to others who have died by suicide

## **Warning Signs of Suicide**

The following warning signs may help determine when someone is at risk for suicide, especially if the behaviors are new, have increased, or are related to a traumatic experience in one's life. If you or someone you know exhibits any of these behaviors, call or text 988 for assistance.

- Talking about wanting to die or kill themselves
- Looking for a way to kill themselves
- Talking about feelings of hopelessness or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden
- Increasing substance abuse
- Acting anxious, agitated or behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Showing rage or talking about seeking revenge
- Extreme mood swings



## 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 StudentLingo and Applied Educational Systems
- Career exploration resources such as OKCIS and Pathful Explore

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