

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.

WHAT'S THE SCOOP?

EOC INFORMATION

CONTRIBUTED BY
CARA COMER
EOC COORDINATOR



What is EOC?

The Educational Opportunity Center is a federally funded TRiO program that provides counseling and information on college admissions to qualified adults who want to enter or continue a program of postsecondary education. The program also provides services to improve the financial and economic literacy of participants. An important objective of the program is to counsel participants on financial aid options, including basic financial planning skills, and to assist in the application process. The goal of the EOC program is to increase the number of adult participants who enroll in postsecondary education institutions. EOC is funded to serve 1675 participants per program year.

Offices and Service Area

EOC has four office locations. Our main office is located at the Carl Albert State College campus in Poteau, OK. Our other offices are located at the Carl Albert State College - Sallisaw Campus in Sallisaw, OK, the Literacy Council of Western Arkansas in Fort Smith, AR, and the Crawford County Adult Education Center in Van Buren, AR.

In addition to providing services at our office locations, we also serve participants at other agencies throughout our service area. This service area includes Haskell, Latimer, LeFlore and Sequoyah counties in Oklahoma, and Crawford, Franklin, Johnson, and Sebastian counties in Arkansas.

Assistance with Federal Student Aid

Although EOC provides several services and resources for participants, our most utilized service is assistance with the FAFSA (Free Application for Federal Student Aid). EOC considers the FAFSA a priority for anyone wishing to attend college or technical school because applying for federal student aid can provide up to \$6,895 in Pell grant money to those who qualify. It also gives many students the opportunity to work in part-time positions at their institution through the federal work-study program. Because the FAFSA can be confusing depending on a person's situation, EOC prides itself on making this process easier and less burdensome for its participants.

A CAREER IN DEMAND

REGISTERED NURSE

CONTRIBUTED BY
JAMIE FREDERICK
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 Oklahoma: \$38,780

Median Earnings 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

FRANKLIN COUNTY ADULT EDUCATION CENTER

CONTRIBUTED BY
MARSHA FANNING
EOC ADVISOR



The Franklin County Adult Education Center is located at 909 North 18th Street, Ozark, Arkansas, 72949. The center's program director is Regina Olsen. Their Adult Education program is fully approved and funded by Arkansas Career Education and the Adult Education Section. All of the services provided by the Franklin County Adult Education Center are free. Their program is designed to meet the needs of the adult learner who does not possess a high school diploma or would like to improve basic computer, math, literacy, or English skills. The Franklin County Adult Education Center is committed to encouraging and motivating all community members to continue their education and function as competent members of society.

The Franklin County Adult Education programs are available to those students who require the Arkansas High School Diploma or who require training or retraining for employment. Program options are as follows:

Basic Skills Enhancement provides a review of academic areas for the high school graduate in need of upgrading skills to enter higher education, the military, or the workforce.

English as a Second Language (ESL) allows adults to learn to speak, read and write English as their second language.

Integrated Education and Training enable students to obtain nationally recognized certifications that apply to different types of employment. Certifications include CMA, Microsoft User Specialist Certifications, and pre-apprenticeship. IET programs also offer pathways to earn certifications that will be accepted as college credit.

Workplace Alliance for Growth in the Economy (WAGE) allows students to obtain certification through the State of Arkansas in six certification areas: Employability, Customer Service I, Customer Service II, Bank Teller, Office Technology, and Industrial certifications.

Workplace classes may be arranged with local businesses or industries to upgrade employees' basic skills needed on the job.

To learn more about the services offered, operation hours, or class schedule, contact the Franklin County Adult Education Center at 479-667-3520.

MINDFULNESS MATTERS

MIND THE GAP

CONTRIBUTED BY
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EOC ADVISOR



In his memoirs, Lawrence of Arabia wrote, *"Not all men dream equally. Those who dream by night in the dusty recesses of their minds wake in the day to find that it was vanity. But the dreamers of the day are dangerous men. For they may act their dreams with open eyes to make it possible."*

In order to make our dreams possible, it is imperative we don't fall into the *"intentional behavior gap"*. This phrase describes how humans often intend to act but there is a gap between those intentions and their behavior. Studies suggest intentions turn into actions about one half of the time, which means intentions are not acted upon half the time.

In order to avoid the gap, we must carefully consider our dreams, and decide which of them we wish to act upon to make them real. Then, according to Lawrence, the most important piece to bringing our dreams into reality, since they will most likely not come about accidentally, is to act with open eyes, by which he means, we must purposefully and intentionally act.



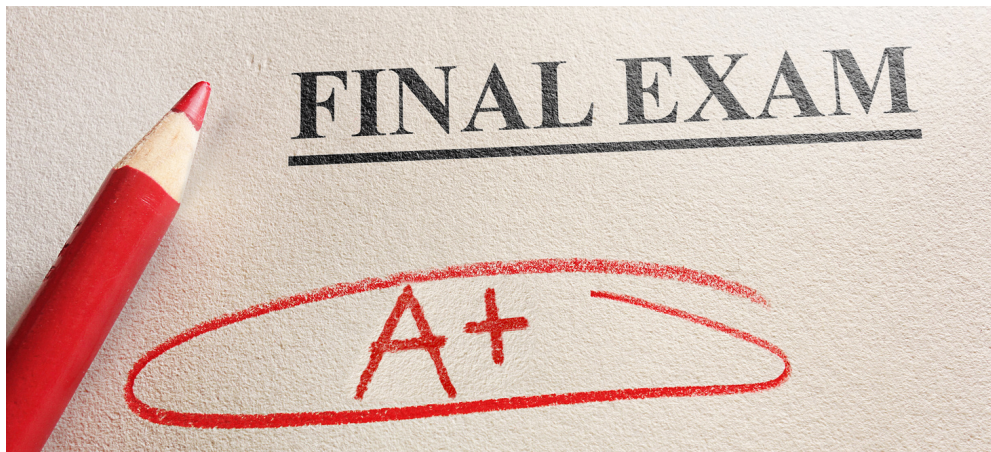
STUDENT TO STUDENT

PREPARING FOR FINALS

CONTRIBUTED BY
ERIC RAIBLE
EOC ADVISOR

"Finals week is arguably the most stressful time of any student's life. Anytime you take a test, it's stressful, but when it's a final that tests everything you've learned that semester, it is 10x more nerve-wracking. Whenever I start to prepare for finals, I usually start a few weeks in advance. If the professor gives out any study guide or a specific topic that the test is over, I try to study in advance so that I'm not up all hours of the night the day before trying to cram everything in. If the professor has not yet given you any idea of what the test is over, ask! So, my advice to any student is to start preparing now. Don't wait until the last minute to begin studying, or you will just put yourself in a more stressful situation."

-Kyla, Sophomore



QUICK TIP FOR THRIFTY STUDENTS

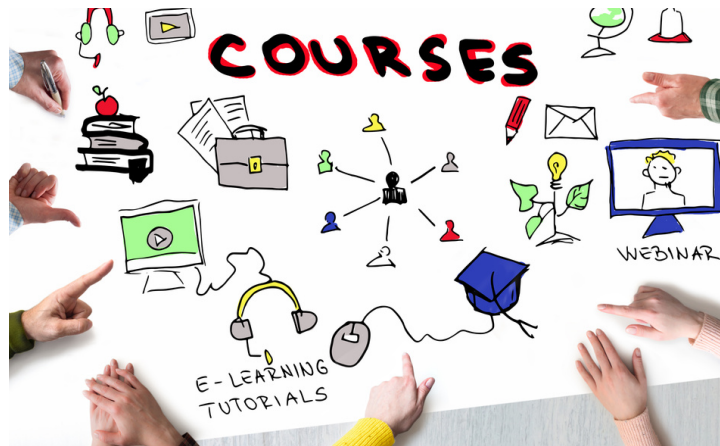


Know your finances. Keep a journal of what money is coming in and what money is going out. It is also important to pay special attention to due dates. Pay your bills on time to avoid interest and late fees. Interest and late fees can add up fast, costing people much more than they initially bargained for.

WORKSHOP SPOTLIGHT

TEN TIPS FOR SUCCESS IN YOUR ONLINE COURSE

CONTRIBUTED BY
THERESA ORWIG
EOC ADVISOR



A StudentLingo workshop presented by Lucy Tribble MacDonald

Tip One: Be an entrepreneur. Be honest with yourself.

Tip Two: Make sure you know if this class is really online or hybrid. In other words, make sure you know about this and any other essential requirements.

Tip Three: Have a reliable computer and know the telephone number of technical support for students. Get the number and post it next to your computer.

Tip Four: Ask yourself if you can balance work, school, and family for your own well-being.

Tip Five: Define your weekly study plan and use your study plan to create that schedule.

Tip Six: Be aware of the academic calendar and review it weekly.

Tip Seven: Don't procrastinate.

Tip Eight: Get to know your instructor and keep communication open

Tip Nine: Find a good place to study.

Tip Ten: Review and define your specific study strategies.

If you follow these tips they will help you in your online class

WORKSHOP SPOTLIGHT

DIEZ CONSEJOS PARA EL ÉXITO EN SU CURSO EN LÍNEA

CONTRIBUTED BY
THERESA ORWIG
EOC ADVISOR



Un taller de StudentLingo presentado por Lucy Tribble MacDonald

Consejo uno: Se un emprendedor. Se confiable contigo mismo.

Consejo dos: Asegúrese de saber si la clase es realmente en línea o híbrida. En otras palabras, asegúrese de conocer este y cualquier otro requisito especial.

Consejo Tres: Tenga una computadora confiable y conozca el número de teléfono de soporte técnico para estudiantes. Obtenga ese número y publíquelo junto a su computadora.

Consejo cuatro: Pregúntese si puede equilibrar el trabajo, la escuela, la escuela y la familia para su propio bienestar.

Consejo cinco: Defina su horario de estudio semanal y utilice su plan de estudios para crear ese horario.

Consejo seis: Se consciente del calendario académico y revisalo semanalmente.

Consejo siete: No pospongas las cosas!

Consejo ocho: Conozca a su instructor y mantenga abierta la comunicación .

Consejo nueve: Encuentra un buen lugar para estudiar.

Consejo diez: Revise y defina sus estrategias de estudio específicas para su curso específico.

Si sigues estos consejos te ayudaran en tu clase on line.

DINING ON A DIME

A RECIPE FOR THRIFTY STUDENTS

CONTRIBUTED BY
LAURA SMITH
EOC ADVISOR

Broccoli Cheese Soup



- 1 Tbsp olive oil
- 4 cloves of garlic, minced
- 12 oz. of broccoli, chopped
- 2 1/2 cups chicken broth
- 1 cup heavy cream
- 2 1/2 cups sharp cheddar cheese, shredded
- 1 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/2 teaspoon oregano
- 1/2 teaspoons parsley

Instructions:

- In a large pot, add olive oil and garlic, and cook for 1 minute
- Add broccoli, chicken broth, and heavy cream, and mix well.
- Bring to a boil and then lower the heat and let it simmer for 15 minutes or until broccoli is tender.
- Add shredded cheese 1/2 cup at a time. Stir well between each 1/2 cup of cheese.
- Add garlic powder, paprika, oregano, and parsley and stir well to combine. Remove from heat and serve.

FITNESS TIPS

THREE AT HOME WORKOUTS FOR BEGINNERS

CONTRIBUTED BY
NOAH MARTIN
EOC ADVISOR



Endurance Training

Endurance exercise, also known as aerobic exercise, helps develop stamina. It can also improve the functioning of the heart and lungs. Another benefit of endurance exercise is an increase in the body's metabolic rate, which helps a person burn calories long after their workout is complete and assists in a person's body-reshaping efforts. Endurance exercise not only boosts a person's physical health, but it might also increase mental functioning. When a person performs an endurance exercise, their brain releases endorphins. Endorphins are the body's natural pain reliever and feel-good hormone.

Strength Training

Strength training, also known as resistance training, causes contractions of the muscles through external resistance. The resistance can come from using barbells, dumbbells, resistance bands, strength machines, or a person's own body weight. Strength training forms tiny, microscopic tears in a person's muscles. As the tears heal, the muscles repair themselves with new muscle tissue. By developing new muscle tissue, an individual can improve their aesthetic appearance and transform their physique to make it leaner and more toned.

Static Training

As we age, our muscles become inflexible and taut. To combat muscle inflexibility, static stretching is recommended. The benefits of static stretching include an enhanced range of motion, stronger joints, better physical performance while playing sports, and a decrease in pain throughout the body. Static stretching might also help a person relax and lower cortisol levels, which can decrease a person's stress levels and also lower a person's overall body fat percentage. Static stretching can be performed before or after exercise to lengthen and improve the body's flexibility. Although stretching might seem like a passive activity, it is wise to warm up before stretching to promote blood flow to the muscles and reduce the risk of muscle injury. Static stretching can come in the form of toe touches, head extension, and head flexion and also by way of a few yoga poses.

RESOURCE HOTSPOT

COMMUNITY RESOURCES AND SERVICES

CONTRIBUTED BY
COMMUNITY PARTNERS



PERVASIVE PARENTING CENTER
1507 S. McKenna, Suite 502
Poteau, OK 74953 
Phone: (918) 647-1255 • Fax: 918-647-1254
ktoney@pervasiveparentingcenter.org
www.pervasiveparentingcenter.org

COMMUNITY PARENT RESOURCE CENTER

Here are just a few of the services we offer:

- Provide monthly parent support group meetings.
- Provide workshops and continuing education courses on: IEP Basics, Communication/Care Notebooks, Parent Rights, Autism Rights, Autism Behavior, Disability Acceptance/ People First Language, Self Advocacy, etc.
- Provide sibshops to help siblings of children with disabilities
- Help find and purchase assistive technology
- Offer scholarships for people with disabilities seeking post-secondary education
- Advocate for children with disabilities in Individualized Education Programs (IEPs) and 504s
- Provide training on IEPs, 504s and parent rights
- Train local businesses, schools, communities, and organizations about disabilities
- Provide an annual autism awareness/acceptance walk
- Provide Sensitive Santa for children with sensory issues and other disabilities
- Provide autism screenings



*Working with families in
Rural Eastern Oklahoma
to find the resources
available to help children with
autism and other disabilities*



PPC is a 501 (c) 3 partially funded by a grant from the
U.S. DEPARTMENT OF EDUCATION and
OFFICE OF SPECIAL EDUCATION Programs
through August 2026



SCIENCE POINTS TO NO ACADEMIC OR EDUCATIONAL BENEFITS OF USING MARIJUANA

THIS ARTICLE WAS PROVIDED BY
THE LEFLORE COUNTY COALITION FOR HEALTHY LIVING AND
SE OKLAHOMA COMMUNITY BASED PREVENTION SERVICES

In a trend that coincided with the pandemic, marijuana use among college students in 2020 reached levels not seen since the 1980s. That's according to the latest research from Monitoring the Future – an annual survey that looks at drug and alcohol use among the nation's young people.

Research has consistently shown that people report using marijuana in order to feel the high, experience enhanced feelings, increase social connections or cope with certain feelings and moods. Although, many college students state that they used marijuana to help ease social isolation and the added stress of life during the pandemic.

How does smoking weed affect academic performance?

As researchers who work with college students, we hear students say things like marijuana is "safe," "natural" or that it's "just weed," but research tells a very different story about potential risks. This is particularly true with the high potency cannabis that dominates markets in legal and medical states.

Published research consistently shows that the more frequently a college student uses cannabis, the lower their GPA tends to be, the more they report skipping class and the longer it takes them to graduate.

Probably the most direct impact on academic performance is a relationship between marijuana use and impaired attention and memory. This relationship has been documented for years, including with college students.

The good news is that studies that follow people as they abstain show that when marijuana use stops, cognitive performance improves, though it can take 28 days of abstinence. So much of this depends on how often someone uses it and the type or potency of marijuana they are using. But whatever the case, it certainly seems that the more frequently people use, the more likely they are to experience challenges with attention, memory, and other cognitive abilities.

Are there any academic or educational benefits?

Often, students who typically use marijuana say that when they don't use it, they can't sit still, or they feel restless and anxious. These students might assume that marijuana use is "helping" them.

Unfortunately, the anxiety and restlessness they experience when not using marijuana can be symptoms of withdrawal. Those things could also be indicative of addiction to cannabis, or what is called a cannabis use disorder. This might mean when students continue to use marijuana, they might feel a sense of less anxiety or restlessness but are actually making withdrawal symptoms stop by resuming use.



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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!