

# 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
- Food Banks & Pantries

## 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

## ACCOUNTANTS AND AUDITORS

CONTRIBUTED BY  
JAMIE SWARTS  
EOC SECRETARY



**LOCAL NEED BETWEEN  
2019-2025: 1,288**

Occupation: Accountants and Auditors  
Education: Associate's or Bachelor's Degree  
Work experience required: None  
Local need between 2019-2025: 1,288  
Median Earnings in Oklahoma: \$34,680  
Median Earnings in Arkansas: \$33,530

This career field has many options for employment after obtaining your associate's or bachelor's degree in accounting or finance. It includes positions such as accounting clerks, accounts payable/receivable specialists, auditing clerks, bookkeeping, and numerous positions in banking institutions. This career field is expected to grow in the next 5 years with the need increasing to over 17,000. If you are looking for expansive options and opportunities, consider accounting for your future!



# AGENCY HIGHLIGHT

## HOPE CAMPUS

CONTRIBUTED BY  
MARSHA FANNING  
EOC ADVISOR



Hope Campus is located in Historic Fort Smith, Arkansas at 301 South “E” Street. Hope Campus is the largest emergency shelter in the area that provides a safe and secure shelter for the area’s homeless population. The purpose of Hope Campus is to better the lives of the impoverished residents of Sebastian, Crawford, Franklin, Logan, Scott and Polk counties in the River Valley, and to strengthen the community by offering comprehensive services that help individuals be self-sufficient.

The Hope Campus facility is a dormitory that provides free services such as shelter, 3 meals per day, men’s and women’s showers, kitchen, cafeteria, barbershop, laundry room, library, community room, dog kennel, dentist office, a full-service medical clinic provided by Mercy Fort Smith, personal hygiene products, life skills education, addiction and mental health services, case management, social security/disability case management, housing case management, and employment coaching.

Hope Campus is client-centered and they use that approach to meet their residents where they are. Once the resident enters the Hope Campus facility, case managers work diligently with each resident to determine the needs of the resident. The Hope Campus case managers use a needs assessment to determine what is causing the resident's homelessness.

The case managers then place the resident into a track. The resident is either in an employment track, disability track, or mental health and life skills track. The employment track helps residents build skills, find employment and then obtain permanent housing. The disability track assists residents in applying for social security disability and residents use the SOAR program. The mental health and life skills track, helps residents understand mental health, coping skills, and strategies as well as learn life skills needed to become self-sufficient.

Self-sufficiency is an individual goal and just as every person is unique, so is what self-sufficiency looks like for each person. Residents are at Hope Campus until they obtain self-sufficiency. Hope Campus serves the most vulnerable populations such as the chronic homeless, street homeless, Veterans, seniors, SMI (Severely Mentally Ill), aging out foster youth (18 & older), and hard-to-house individuals.

Hope Campus recently implemented a mental health day treatment and clinical program, "Hope Cares" through evidence-based practices, focusing on mental illness, substance abuse, and trauma recovery in hopes to increase self-sufficiency. Their goal is to prepare their residents to be able to manage symptoms and engage in activities of daily living so that their residents will be well prepared to successfully live independently and reduce the rates of long-term homelessness.

By using a campus-model approach, Hope Campus decreases the likelihood that individuals will fall through the cracks of social services and increases the likelihood that they reach self-sufficiency. Hope Campus is help for today, and hope for tomorrow!

A special shout out to Mrs. Jennifer Oliver, Hope Campus Program Director, for all of the contents in this agency highlight.

**If you would like to donate or volunteer, please contact the amazing individuals that make a difference each and every day.**

**Jennifer Oliver, Program Director: [operations@riverviewhopecampus.org](mailto:operations@riverviewhopecampus.org)  
Chris Joannides, Executive Director: [chris@riverviewhopecampus.org](mailto:chris@riverviewhopecampus.org)**



# MINDFULNESS MATTERS

## TIME WELL SPENT

CONTRIBUTED BY  
CHAD ROGERS  
EOC ADVISOR



*"It is not that we have a short space of time, but that we waste much of it. Life is long enough, and it has been given in sufficiently generous measure to allow the accomplishment of the very greatest things if the whole of it is well invested." Seneca*

You are already investing wisely in your future by furthering your education. Time is the most valuable thing you have, because you will only ever have so much of it.

To determine if you are wasting your most valuable resource, consider what you value. The most common answers are things like family, freedom, justice, religious beliefs; to name only a few, but the list is usually remarkably short. Add to this list anything you wish.

Now consider how much time you are spending on things that don't make your list of things that are valuable, at the expense of things you do consider valuable. If watching TV didn't make your list, and you spend a lot of time on that activity, perhaps a decrease in that activity should be considered, so that an increase in a valuable activity can be increased.

Seneca finishes his thought with, *"So it is—the life we receive is not short, but we make it so, nor do we have any lack of it, but are wasteful of it."* Seneca

# STUDENT TO STUDENT

## WHY ENROLL EARLY?

CONTRIBUTED BY  
ERIC RAIBLE  
EOC ADVISOR

"Enrolling early these past two years has been something that has made my life here at Carl Albert State College that much easier. From my first year to my last, whenever I have enrolled early I have been able to get into the exact classes I want/need. Also, I feel like it better prepares me for the upcoming semester. I have time to get my books and other required materials without having to run around last second hoping that my book order comes in on time before the first day of classes."

-Kalei, Sophomore  
Carl Albert State College

Procrastination, it effects almost all of us. When it comes to college enrollment, procrastinating can be the difference in chasing after a dream or watching one go by. Don't procrastinate! Enroll Now!



# WORKSHOP SPOTLIGHT

## UNDERSTANDING & AVOIDING PLAGIARISM

CONTRIBUTED BY  
THERESA ORWIG  
EOC ADVISOR

### Plagiarism

#### A StudentLingo Workshop presented by Stephanie Carter

There is a word in our language that is heavy and not very pretty. It is a word no one wants to be attached to their name. That word is "plagiarism". We have all, you who are reading this, and I, have attended classes and have been given assignments that require researching and reading others' original work. We use that research and reading of others to help create our own work. What we must understand is that we have to be careful that we are blending without offending. In her workshop, Ms. Carter does an excellent job in defining plagiarism and helps us understand just exactly what plagiarism is and what it is not.

Ms. Carter begins her workshop with a "Plagiarism Quiz" to help us identify what we know or do not know about Plagiarism. Later in the workshop, Ms. Carter goes over the correct answers and explains why the statements are true or false. Also in this workshop, Ms. Carter explains the three main reasons one might plagiarize. The surprising thing is that much of what we call plagiarism can happen when people do not know how to properly cite their information.

Ms. Carter explains what to cite, and what "NOT" to cite. The information in this section of the workshop is clearly explained and very informative. Ms. Carter also gives excellent information on "Styles of Documentation", and she does explain that the style of documentation often depends on the style your professor might require. She suggests that one find a "good writer's resource book that could be used as a reference".

This is an excellent workshop, written in plain language and rich in information and knowledge that will help one stay away from that unpleasant word "Plagiarism"

**To gain access to this StudentLingo workshop, contact [cacomer@carlalbert.edu](mailto:cacomer@carlalbert.edu)**



# DINING ON A DIME

## A RECIPE FOR THRIFTY STUDENTS

CONTRIBUTED BY  
LAURA SMITH  
EOC ADVISOR

### Yummy 5-Can Taco Soup



- 1 (15 ounce) can prepared chili with beans
- 1 (14 ounce) can whole kernel corn
- 1 (10.75 ounce) can vegetable beef soup
- 1 (10.75 ounce) can tomato soup
- 1 (10 ounce) can diced tomatoes with green chili peppers
- 1 Tbsp chili powder
- 1 tsp ground cumin

Stir chili, corn, vegetable beef soup, tomato soup, diced tomatoes with green chile peppers, and spices together in a saucepan over medium-high heat; cook until hot, 5 to 10 minutes. Salt and pepper if needed.

Optional toppings: shredded cheese, tortilla chips, avocado, cilantro, & sour cream!



## QUICK TIP

### FOR THRIFTY STUDENTS

**Whatever your circumstances, you need to understand how much your education costs (tuition, room and board, etc.), how it's being paid for, and any debt you will be required to repay upon graduation.**

CONTRIBUTED BY  
CARA COMER  
EOC COORDINATOR

# RESOURCE HOTSPOT

## FOOD BANKS & PANTRIES

CONTRIBUTED BY  
CHARITY CRASE  
EOC ADVISOR



### **Haskell County, OK**

**Kibois Community Action**, 1007 E. Main St., Stigler, OK - (918) 967-9017

**Victory Worship Center**, 301 Main St., Keota, OK - (918) 966-2249

### **Latimer County, OK**

**Calvary Food Pantry**, 204 E. Ash Ave, Wilburton, OK - (918) 465-2548

**Kiamichi Valley Ministerial Alliance**, 900 2nd St, Talihina, OK - (918) 413-5501

### **LeFlore County, OK**

**Catholic Charities**, 410 North Bagwell Street, Poteau, OK. 74953 - (918) 647-2220

**Southside Baptist Church**, 505 Holsen Avenue, Poteau, OK. 74953 - (918) 647-2244

**Grace Community Church**, 19179 193rd Ave, Spiro, OK - (918) 721-9466

**First Baptist Church** - 200 W. Ave C, Heavener, OK - (918) 839-4880

**Bethel Baptist Church** - 303 Wann Rd, Howe, OK - (918) 655-7547

### **Sequoyah County, OK**

**Catholic Charities**, 409 North Adams Street, Sallisaw, OK - (918) 775-6111

**Cookson Hills Community Action**, 212 S. Elm, Sallisaw, OK - (918) 775-9116

**Vian Peace Center Pantry**, 208 Schley St, Vian, OK - (479) 739-5351

**Trinity United Methodist Church**, 1601 E. Shawntel Smith Blvd, Muldrow, OK - (918) 427-4151

### **Crawford County, AR**

**Living Waters Food Pantry**, 305 North Front Street, Chester, AR - (479) 651-3734

**Compassion Ministries**, 3812 Kibler Road, Van Buren, AR - (479) 474-7702

**Van Buren Full Gospel Church**, 700 Main Street, Van Buren, AR - (479) 474-4782

**1st Baptist Open Hands Ministries**, 1121 East Main Street, Van Buren, AR - (479) 474-2961

### **Franklin County, AR**

**Ozark Free Will Baptist Church**, 8414 Puddin Ridge Rd, Ozark, AR - (479) 667-1249

**Alma Community Outreach Center**, 135 Fayetteville Ave, Alma, AR - (479) 926-9614

### **Johnson County, AR**

**Seventh Day Adventist Church**, 2514 West Main Street, Clarksville, AR - (225) 754-2376

### **Sebastian County, AR**

**Mansfield First Baptist Church**, 405 East Center Street, Mansfield, AR - (479) 928-5440

**Salvation Army**, 301 North 6th Street, Fort Smith, AR - (479) 783-6145

**River Valley Regional Food Bank**, 1617 Zero Street, Fort Smith, AR - (479) 785-0582



# MEET THE STAFF



**Cara Comer - Coordinator**  
918-647-1395  
cacomer@carlalbert.edu



**Jamie Swarts - Secretary**  
918-647-1396  
jlswarts@carlalbert.edu



**Laura Smith - Advisor**  
918-647-1476  
lsmith@carlalbert.edu



**Charity Crase - Advisor**  
918-647-1396  
jlswarts@carlalbert.edu



**Eric Raible - Advisor**  
918-775-2337  
ecraible@carlalbert.edu



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



**Theresa Orwig - Advisor**  
479-782-7565  
tjorwig@carlalbert.edu



**Chad Rogers - Advisor**  
479-471-0019  
cerogers@carlalbert.edu

# 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!