

TRIO

EOC

The Scoop

Educational Opportunity Center Newsletter



IN THIS ISSUE:

- A Career in Demand
- 10 High Paying Jobs
(That Do Not Require a 4-Year Degree)
- Agency Highlight
- Mindfulness Matters
- Student to Student
- Workshop Spotlight
- Dining on a Dime
- Quick Tip
- Affordable Health Care

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

GENERAL OR OPERATIONS MANAGERS

CONTRIBUTED BY
JAMIE SWARTS
EOC SECRETARY



**LOCAL NEED BETWEEN
2019-2025: 1,790**

Occupation: General or Operations Managers

Education: Associate's or Bachelor's Degree

Work experience required: None

Local need between 2019-2025: 1,790

Median Earnings in Oklahoma: \$55,660

Median Earnings in Arkansas: \$46,150

Becoming a General or Operations Manager usually requires an associate's or bachelor's degree in business administration. These positions have to be filled in many industries such as manufacturing, professional services, scientific services, technical services, healthcare and social assistance, government, wholesale trade, construction, and retail trade. Locally, by the year 2025, employment as a general or operations manager is expected to exceed 29,000 positions! In Oklahoma, the need will be particularly prevalent in the agriculture and transportation industries. Pursue your degree in business administration today to have innumerable options for your future!

10 HIGH PAYING JOBS

(THAT DO NOT REQUIRE A 4-YEAR DEGREE)

CONTRIBUTED BY
CARA COME
EOC COORDINATOR



Ken Coleman, America's Career Coach and host of a nationally syndicated radio show called The Ken Coleman Show, which is part of the Ramsey Network, spends his time traveling all over the country speaking on topics such as talent and careers. He helps individuals discover what they do best so that they can pursue careers that they enjoy and that bring personal satisfaction and financial stability to people's lives.

Ken recently published an article naming 10 jobs that not only provide substantial pay but also require less time in an educational setting to obtain. He stresses that despite what many institutions, individuals and even your own inner critic might say, there are many high-paying jobs that do not require a four-year degree.

He goes on to say that although a bachelor's degree from a university is not required for the jobs on his list, some education is required for all of them. Some jobs require an associate degree, some trade school and some require specific certifications or time in an apprenticeship program. The bottom line, he emphasizes, is that you can earn good money without spending four years in college.

Careers on his list include:

- **Wind Turbine Technician, median salary: \$52,910**
- **Electrician, median salary: \$56,180**
- **Occupational Therapy Assistant, median salary: \$59,200**
- **Radiologic and MRI Technologists, median salary: \$62,280**
- **Aerospace Technician, median salary: \$66,020**
- **Diagnostic Medical Sonographers/Cardiovascular Technologists, median salary: \$68,750**
- **Web Developer, median salary: \$73,760**
- **Dental Hygienist, median salary: \$76,220**
- **Elevator Installer and Repairer, median salary: \$84,990**
- **Air Traffic Controller, median salary: \$122,990**

To read the full article follow the link referenced below.

COLEMAN, K, [2021]. Good pay doesn't require a four-year degree. Here are 10 jobs that bring in the money [online]. Available from: <https://www.eastidahonews.com/2021/04/good-pay-doesnt-require-a-four-year-degree-here-are-10-jobs-that-bring-in-the-money/> [Accessed 13 July 2021]



If you are interested in exploring your career options and learning more about what type of education is required for different careers, contact an EOC advisor. We can provide our participants with access to an extensive career and major exploration database called Virtual Job Shadow. Virtual Job Shadow not only allows you to search for careers and education requirements, but it also provides detailed information about what a job looks like from the perspective of someone working in that field. It also links you to colleges, universities, and technical schools that offer programs related to the careers you choose to research. We would love to help you find a career and education path that is a good fit for you.

AGENCY HIGHLIGHT

CASS JOB CORPS CONSERVATION CENTER

CONTRIBUTED BY
MARSHA FANNING
EOC ADVISOR



Cass Job Corps is a tuition-free training and education program that connects eligible young men and women with the skills and educational opportunities they need to establish real careers.

The Cass Job Corps Civilian Conservation Center is located on 35 beautiful acres in rural Arkansas along the banks of Fane Creek near the Mulberry River and the Ozark National Forest. Their physical address is 21424 N. Highway 23, Ozark, Arkansas.

Cass Job Corps training and education are available at NO cost to students. To qualify for Job Corps, students must be:

- **16 to 24 years old**
- **In need of Job Skills**
- **Be income-eligible**
- **Able to work in the USA**
- **Have a child care plan**
- **No court dates or fines**
- **No behavior issues**
- **No illegal drug use**

Cass Job Corps provides students three meals a day, a place to stay in the on-center dorms, basic medical care, clothes, and supplies needed for their training. The student will receive a stipend as well.

Cass Job Corps offers the following training programs:

- **Welding**
- **Bricklayer**
- **Carpentry**
- **Facilities Maintenance**
- **Painting**
- **Culinary Arts**
- **Heavy Construction Equipment Operations**

Job Corps is self-paced, and the most successful students are in the program from 1 to 2 years. Since it is a voluntary program, students choose to enroll in the program and may exit at any time.



For more information: www.jobcorps.gov

Phone Number: 479-667-3686

MINDFULNESS MATTERS

TAKE CARE OF THE MOMENTS

CONTRIBUTED BY
CHAD ROGERS
EOC ADVISOR



“Start by doing what is necessary, then what’s possible; and suddenly you are doing the impossible.” St. Francis of Assisi

It is easy to become overloaded or overwhelmed trying to earn a degree. If you are starting college for the first time, it requires learning about a lot of administrative processes you have never encountered. Shuffling from one office to the next, not really sure exactly what it is you are applying for, why you are signing this, and why every document requires a social security number.

Coming off summer break as someone who has already completed some semesters of college course work has its own set of difficulties, many of which are mental challenges. It is easy to wonder if it is worth the struggle. It is hard enough to get everything done without being in school, how much harder will it be when school starts back?

An old joke starts with the question, *“How do you eat an elephant?”*, which is answered, *“One bite at a time.”* If the overall enormity of getting a college degree overwhelms you, start focusing on one bite of the process at a time. As St. Francis said, *“Start by doing what is necessary...”*. Simply do the task that is required of you at this moment, and soon the semester will have started and you will be precisely where you need to be.

Maria Edgeworth said, *“If we take care of the moments, the years will take care of themselves.”*

STUDENT TO STUDENT

FAFSA Q&A

CONTRIBUTED BY
ERIC RAIBLE
EOC ADVISOR

Why is the FAFSA important to you?

“Completing the FAFSA is something that I have done both years while attending CASC. For me, it’s like a weight lifted off my shoulders whenever I see that I have been offered any type of grant or scholarship. It’s a simple form that helps pay for my education!”

Why do you complete the FAFSA so early?

“It’s just one less thing I have to worry about whenever classes start. Also, I’ve always heard that the earlier you complete it the better your chances are at receiving financial aid. Completing it early gives me more of a heads up on how much I will actually need to pay out of pocket for tuition.”

Do you ask for help when filling out the FAFSA?

“Always! The only part I really ask for help on is the financial information. I’m always afraid I’ll put in the wrong information and mess up my chances at receiving financial aid. Knowing that I have someone that knows what they are doing when helping me gives me a little more comfort.”

-Kiana, Sophomore
Carl Albert State College

**If you need help completing
your FAFSA for the upcoming
school year, feel free to contact
any of our EOC Advisors!**



WORKSHOP SPOTLIGHT

DISCOVER YOUR LEARNING STYLE PREFERENCE

CONTRIBUTED BY
THERESA ORWIG
EOC ADVISOR



A StudentLingo Workshop presented by Dr. Sandra Yancy McGuire

As a student, if you are looking for techniques to help you get more out of your classes, use and retain information your professor presents, and of course receive higher grades on tests, then the StudentLingo Workshop, "Discover Your Learning Style Preferences", is an excellent resource to help you achieve these goals. In addition, you will discover efficient learning strategies that in turn, help you learn more about yourself. This workshop can be utilized by students of every level and as a resource by professors in every academic field as a practical approach to help students understand their particular learning style preferences.

In this workshop, Dr. McGuire explains why it is not enough just to be aware of your particular learning style. She suggests students learn to recognize, adapt and use learning styles other than their own. In fact, Dr. McGuire emphasizes that while students prefer one or two learning styles over others, it doesn't mean that one cannot learn to utilize the other learning styles as well. Dr. McGuire uses the acronym "VARK" as a means to help students recall these styles. The letters stand for the following: Visual, Aural, Read/Write and Kinesthetic. (They were developed by Neil Fleming).

From this point, Dr. McGuire describes the way students can utilize each and every style of learning to help themselves succeed.

So, if you are interested in putting "Visual, Aural, Read/Write and Kinesthetic learning styles to work for you in your college experience, log into StudentLingo and visit this highly useful and practical workshop.

For online access to StudentLingo workshops, contact cacomer@carlalbert.edu

DINING ON A DIME

A RECIPE FOR THRIFTY STUDENTS

CONTRIBUTED BY
LAURA SMITH
EOC ADVISOR

Mexican Corn Salad



- 6 ears corn
- Kosher salt
- 1/2 c. mayonnaise
- 1/4 c. cotija cheese or feta, plus more for garnish
- Juice of 2 limes
- 2 tbsp. chopped fresh cilantro, plus more for garnish
- 1 tbsp. chili powder, plus more for garnish

Using a sharp knife, carefully cut corn kernels off the cob. Add about 1/2" water to a medium saucepan and salt well. Bring to a simmer. Add corn, cover, and cook until corn is tender, 3 to 4 minutes. Drain and pat dry.

In a serving bowl, toss corn with mayonnaise, cotija, lime juice, cilantro, and chili powder. Season generously with salt.

Top with more cotija, cilantro, and a sprinkle of chili powder before serving.



QUICK TIP

FOR THRIFTY STUDENTS

The FAFSA is only good for one year, so you must complete a new FAFSA each year. If your family's financial circumstances change midyear (your parent loses a job, parents' divorce, etc.), contact your institution's Financial Aid Office and request a re-evaluation of your aid.

RESOURCE HOTSPOT

AFFORDABLE HEALTH CARE

CONTRIBUTED BY
CARA COME
EOC COORDINATOR



Affordable Health Care Resources in Oklahoma

The following Health and Wellness Centers in Oklahoma offer a variety of services including medical, dental, behavioral health, pharmacy, optometry and substance abuse treatment. They provide services to individuals with private insurance, Medicare, Oklahoma Medicaid/SoonerCare, the uninsured and the under-insured. Fees are based on household size and income.

Poteau Health & Wellness Center

204 Wall St., Suite A,
Poteau, OK 74953
800-640-9741

Stigler Health & Wellness Center

1505 East Main,
Stigler, OK 74462
800-640-9741

Sallisaw Health & Wellness Center

1630 South Kerr Blvd,
Sallisaw, OK 74955
800-640-9741

Wilburton Health & Wellness Center

802 Hwy 2 North,
Wilburton, OK 74578
800-640-9741

Affordable Health Care Resources in Arkansas

River Valley Primary Care Services is a non-profit Federally Funded Health organization with several locations in Arkansas. Services are based on the commitment to provide quality comprehensive and preventative health care that is affordable to all Arkansans, including those with insurance, the uninsured and the under-insured. They also assist in connecting people with other community services and programs.

Bonanza Wellness Center

920 State Hwy 45
Bonanza, AR 72916
479-279-7690

Mulberry Family Clinic

421 North Main St.
Mulberry, Arkansas 72947
479-997-1484

Clarksville Community Health Center

708 West Main Street
Clarksville, AR 72830
479-668-3282

Northside Clinic at 6th Street

3202 North 6th Street
Fort Smith, AR 72904
479-783-3900

RVPCS - Eastside Family Clinic

4003 Massard Road
Fort Smith, Arkansas 72903
479-434-4747

RVPCS - Northside Clinic

4900 Kelley Highway
Fort Smith, Arkansas 72904
479-785-5700

Lamar Wellness Center

635 Childers Street
Lamar, AR 72846
479-668-4881

Lavaca Wellness Center

603 South Division Street
Lavaca, AR 72941
479-279-7700

Mountainburg Family Clinic

4 Highway 71 N.E.
Mountainburg, Arkansas 72946
479-369-2091



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



Noah Martin - Advisor

918-647-1239
nlmartin@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

**Please welcome
Noah Martin, EOC Advisor,
to our Poteau office!**

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, 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!