

TRIO 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

COMPUTER AND INFORMATION SYSTEMS MANAGER

CONTRIBUTED BY
JAMIE SWARTS
EOC SECRETARY



**LOCAL NEED BETWEEN
2019-2025: 219**

Occupation: Computer and Information Systems Manager

Education: Bachelor's Degree

Work experience required: None

Local need between 2019-2025: 219

Median Earnings in Oklahoma: \$78,745

Median Earnings in Arkansas: \$68,038

Computer and Information Systems Manager is a growing career field! Some duties carried out by these employees include planning and coordinating computer-related activities.

Typically, a bachelor's degree is needed, and related experience in the field is always a plus. Employment as a Computer and Information Systems Manager is expected to grow more than 10% over the next 5-10 years. This is a much higher growth rate than most occupations! Pursuing a degree in Computer Technology allows you to seek employment in almost any field or organization!

AGENCY HIGHLIGHT

PRN MEDICAL SERVICES

CONTRIBUTED BY
MARSHA FANNING
EOC ADVISOR



PRN Medical Services is a healthcare service provider that provides Fort Smith and Northwest Arkansas with:

- CNA Certifications
- CPR Training
- First Aid Courses
- Medical Staffing
- Home Care Services

PRN Medical Services is locally owned and operated by a Registered Nurse since 1990.

PRN works hard to maintain high standards and meet their communities' needs for medical staffing, home care, and nursing assistant training with dependability and professionalism. They have designed outstanding medical staffing services to provide well-matched professionals with the skills needed to meet the demands for the qualified position.

PRN Medical Services is licensed and accredited by:

- Arkansas Department of Labor
- Arkansas State Board of Health
- Arkansas Department of Higher Education
- Arkansas Office of Long Term Care

PRN Medical Services facilitates a 90-hour CNA Certification Program that prepares students for Arkansas State Certification. Graduates who successfully pass the competency evaluation are eligible to work in clinics, hospitals, long-term care facilities, and home healthcare.

PRN Medical Services CPR courses are approved by the American Heart Association. The CPR classes that are offered teach adult and infant/child resuscitation, the proper use of Automated External Defibrillators (AED), choking relief, and the bag-mask method.

PRN also works with local, long-term care facilities, which often provide sponsorships to the CNA students. In return, the student agrees to be employed with the facility for a specific length of time. The Education Coordinator at PRN will inform the student of the facilities offering sponsorship or make every effort to create a payment plan to best fit your financial needs. There are also other sponsorships available through the Arkansas Department of Workforce Services.

PRN Medical Services has 3 locations:

- 4500 Rogers Avenue, Fort Smith, Arkansas 72903
- 100 North 8th Street, Rogers, Arkansas 72756
- 4400 South Thompson, Springdale, Arkansas 72764

**For more information about PRN:
visit www.prnmedstaff.net
or call toll-free: 800-500-9295**

MINDFULNESS MATTERS

QUITTING IS TRUE FAILURE

CONTRIBUTED BY
CHAD ROGERS
EOC ADVISOR



Einstein said, *"Anyone who has never made a mistake has never tried anything new."*

Failing does not make you a failure.

Failure does not define you, but quitting can. Being someone who fails is being normal. Everyone who tries, fails at some point. In fact, failure is just part of life. Even the most successful people have failed often, and it would be surprising if they hadn't failed more than most people. We are not defined by failure; we can be defined by quitting.

Don't talk to yourself negatively, you are not a failure, you just failed. Everyone who has tried, has failed.

Failure is an opportunity to learn try again. Sometimes the process you are using is the issue, not you. Check your process, see what might have gone wrong, and start again. Don't make excuses for yourself, but see if adjustments need to be made.

Failure is not just an option, it is inevitable. So, when you fail:

1. Admit your failure. Don't overreact or underreact. Say it out loud to yourself and maybe someone who cares about you. That way it is out there and you can't talk yourself out of the fact of failing.
2. Ponder why you failed. Don't make excuses. Reflect rationally on the event. Outline the facts.
3. Fix what can be fixed. If your process sets you up for failure, change the process or you will fail again.
4. Reframe your thinking. Growth and change go hand in hand with failure. *"Failure isn't fatal, but failure to change might be."* John Wooden
5. Don't be afraid to try again. Jack Canfield said, *"Everything you want is on the other side of fear."* Be at peace with yourself and go back to work.

Don't worry about how others might be thinking of your failure, worry about what you would think of yourself if you quit.

JM Barrie, *"We are all failures, at least the best of us are."*

QUICK TIP

FOR THRIFTY STUDENTS



Before you spend your hard earned dollars, ask yourself, "Is this something I need?" Think about the things you spend your money on (clothes, entertainment, transportation, etc.) and differentiate between wants and needs. Be selective when it comes to things you don't need, but just want. Spend your money on things that are truly important to you.

STUDENT TO STUDENT

PREPARING FOR THE FIRST DAY OF CLASSES

CONTRIBUTED BY
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EOC ADVISOR

“Starting college classes for the first time has been pretty scary. Early on in the summer, I really didn’t think about it too much, but now that we are a week away I am starting to get a little more nervous. To prepare, I made sure that I knew exactly where all of my classes are. I think the thing that scared me the most was not knowing where I was supposed to go. So, after walking around the campus a few times it really made me feel at ease.

Also, I’ve double-checked with my professors that I have the correct books and materials for the class. Other than that, I think the next best way to prepare is to just prepare emotionally and psychologically. There are going to be times when I feel like I am too overwhelmed or feel like I am getting behind. I just have to understand that those times will come, but to just remain calm and push forward!” - Shelby, CASC Freshman

The Educational Opportunity Center is located on campus to help ensure students can academically achieve their goals. If you are in need of any extra help such as study tips or study resources, please stop by one of our offices either on the Poteau campus or the Sallisaw campus. We also have satellite offices located in Fort Smith and Van Buren Arkansas.



WORKSHOP SPOTLIGHT

10 HABITS OF MIND FOR COLLEGE SUCCESS

CONTRIBUTED BY
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A StudentLingo Workshop presented by Laurie Hazard, Personality Psychologist

“10 Habits of Mind for College Success” is a thought-provoking workshop. People who attend will more than likely find themselves thinking about their own personal “habits of mind”. Students will be presented with some excellent information and ideas that will, if followed and applied, definitely help them succeed in college and probably later in life as well. Right about now you are probably asking yourself, what is “habit of mind”?

According to the researchers in education, habits of mind are, “certain habits or patterns of ideas that people use to help find success not only in college but after-college life as well.” The real challenge of this workshop is to watch with an open mind and be prepared to ask yourself if you are ready to use these “habits of mind” to improve personally and succeed scholastically.

For example, the very first “habit of mind” that Ms. Hazard discusses is “humility”. She points out that this mindset is necessary to have, yet difficult to possess because one must, ironically, approach the college experience with the “wisdom” to know that one does not “know everything”. Ms. Hazard does not see “humility” as a weakness, rather as a strength that leads one to success and gives students the strength to ask for help when needed. “asking for help” is the second “habit of mind” for college success. In consideration of page space, I am going to list the other “habits of mind” and will urge you to go to this workshop to explore for yourself how these “habits of mind” can help you personally.

Habits of Mind

- 1. Humility**
- 2. Asking for Help**
- 3. Take Risks and Change**
- 4. Develop Critical Thinking Skills**
- 5. Healthy Relationships**
- 6. Be Self-Reflective & Realistic**
- 7. Time Management**
- 8. Respect Diversity**
- 9. Take Personal Responsibility**
- 10. Be Open Minded and Have a Growth Mindset**

I want to express that this workshop would be an excellent orientation workshop for professors to present to incoming freshmen. It would be a great way to help students understand ways to help themselves succeed in college and in life after college.



Taking online classes?

If so, you may benefit from the following StudentLingo workshops.

- 10 Tips for Success in Your Online Course**
- Effectively Communicating Online**
- Online Courses: Staying Motivated & Disciplined**
- Taking Tests Online: Strategies for Success**

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

DINING ON A DIME

A RECIPE FOR THRIFTY STUDENTS

CONTRIBUTED BY
LAURA SMITH
EOC ADVISOR

5 Ingredient Beef Enchiladas



- 1 pound lean ground beef
- 1 cup chunky salsa
- 1 (10 ounce) can red enchilada sauce
- 8 (8-inch) tortillas (corn or flour)
- 1 (8-ounce) package Mexican blend shredded cheese

Instructions:

Preheat oven to 350 degrees and lightly spray a 9x13-inch baking sheet with nonstick cooking spray.

In a large skillet, brown the ground beef over medium-high heat. Drain the excess fat away and return the meat to the skillet and to medium-low heat. Stir in the salsa and cook until heated through. Remove from heat.

Pour about 1/2 of the enchilada sauce in the bottom of the prepared baking dish.

Warm the tortillas according to the package directions. Add about 1/4 cup of the meat mixture down the center of each tortilla and top with about 1 heaping teaspoon of cheese. Tightly roll each tortilla up and place them in the dish, seam side down. Pour the remaining enchilada sauce over them and sprinkle the remaining cheese over the top.

Tightly wrap the dish with aluminum foil and bake for 30 to 35 minutes.

RESOURCE HOTSPOT

DRESS FOR LESS - LOCAL THRIFT STORES

CONTRIBUTED BY
CARA COMER
EOC COORDINATOR



Our Community Store

112 E Main Street
Stigler, OK

Lex's Treasures

1 E Shawntel Smith Blvd,
Muldrow, OK

The Green Frog Resale

100 W. Cherokee Ave,
Sallisaw, OK

Thrift General Shope

N. Main Street
Roland, OK

Purple Patch

1224 Towson Ave
Fort Smith, AR

Salvation Army

400 Dewey Ave
Poteau, OK

Second Chances

2312 N. Broadway Street
Poteau, OK

Goodwill

3225 S. 74th Street
Fort Smith, AR

Savers

7751 Rogers Ave
Fort Smith, AR

Goodwill

4600 Towson Ave
Fort Smith, AR

Salvation Army

2-18 N. 20th Street
Van Buren, AR

Back on the Rack

1102 Main Street
Van Buren, AR

LRCC

125 S 10th Street
Paris, AR

Presbyterian Church

214 N. College Ave,
Clarksville, AR

Veterans Thrift Town

3500 Jenny Lind Rd #B
Fort Smith, AR

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, 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!