

TRIO EOC *The Scoop*

Educational Opportunity Center Newsletter



**BIG NEWS:
2022-2023 FAFSA
OPENS OCT. 1**

**LET EOC HELP YOU
COMPLETE YOUR APPLICATION!**

MAKE YOUR APPOINTMENT TODAY! 918-647-1396

IN THIS ISSUE:

- A Career in Demand
- Agency Highlight
- Mindfulness Matters
- Student to Student
- Quick Tip
- Workshop Spotlight
- Dining on a Dime
- Important FAFSA Guidance

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

HUMAN RESOURCES SPECIALIST

CONTRIBUTED BY
JAMIE SWARTS
EOC SECRETARY



**LOCAL NEED BETWEEN
2019-2025: 339**

Occupation: Human Resources Specialist

Education: Bachelor's Degree

Work experience required: None

Local need between 2019-2025: 339

Median Earnings in Oklahoma: \$96,010

Median Earnings in Arkansas: \$98,820

Human Resources Specialists are an important part of operations for businesses and corporations. These specialty employees are tasked with recruiting, screening, interviewing, and placing employees. They often handle all other tasks related to employee relations such as training, compensation and benefits, and record keeping related to employees. Human resource specialists work throughout all departments and guide employees through policies and procedures when needed. They are also responsible for ensuring all policies comply with federal, state, and local regulations. If maintaining desirable places of employment interests you, consider exploring a career in human resources.

AGENCY HIGHLIGHT

LITERACY COUNCIL OF WESTERN ARKANSAS

CONTRIBUTED BY
MARSHA FANNING
EOC ADVISOR



The Literacy Council of Western Arkansas (LCWA) is a non-profit providing free services in three areas. The LCWA provides one-on-one Adult Basic Education tutoring in reading, writing, math, financial literacy, and digital literacy. They also provide small classes in English-as-a-Second-Language and U.S. Citizenship. All of the LCWA services are free!

The Literacy Council of Western Arkansas has been providing adults with educational services since 1985. The LCWA has averaged 120 students served per year and offers flexible class schedules that include day and evening sessions to meet the unique needs of their adult learners. The LCWA recognizes the diversity of needs and aspirations of their students. The LCWA is committed to the development of each individual student and prepares the student for the challenges of the future.

The Literacy Council of Western Arkansas has just recently welcomed their new Executive Director, Bente Eriksen. Bente is originally from Denmark, she speaks multiple languages and started her journey at the LCWA as a volunteer tutor.

The LCWA mission is to promote literacy and improve the quality of life for adult learners in their community through basic education and personalized instruction. The LCWA realizes that different students require different approaches to learning. They offer a variety of study plans, with different tutors, that allows the student to learn at their own pace.

If you would like to donate or volunteer, please contact the amazing individuals that make a difference each and every day. The Literacy Council of Western Arkansas is located at: 300 South 11th Street, Fort Smith, AR. 72901.

Phone Number: (479)-783-2665
Email: helptoread@lcowa.com

MINDFULNESS MATTERS

STRUGGLES MAKE YOU STRONGER

CONTRIBUTED BY
CHAD ROGERS
EOC ADVISOR



“The struggle you’re in today is developing the strength you need for tomorrow.”

Unknown

In an arboretum in Fort Worth, Texas, arborists were attempting to grow a sapling from South America into a tree. It was not a tree they were familiar with, and almost immediately they faced a serious problem. No matter what they tried the sapling slumped over. They adjusted overhead lights trying to get it to grow toward the light. They tied it to stakes, planted it in different locations, tried different soil and plant food, and adjusted its watering schedule. The sapling was getting bigger, but would not stand on its own.

Finally, having tried all they could think of, the Fort Worth arborists consulted a specialist in South America. What they learned was astonishing. There was nothing wrong with their lighting, soil, or water; the missing element was wind.

In its natural, outdoor habitat, these trees thrived, but in the walls of the arboretum, without the wind, their bark would not stiffen. These trees needed something to struggle and push against to grow stronger. If there was no opportunity to struggle, they would not grow stronger, and could not stand on their own.

The arborists rigged up a fan, and given something struggle against, the tree began to stand on its own.

“Embrace the struggle and let it make you stronger. It won’t last forever.” Tony Gaskins

STUDENT TO STUDENT

SURVIVING THE FIRST MONTH OF CLASSES

CONTRIBUTED BY
ERIC RAIBLE
EOC ADVISOR

"The first semester of classes, especially the first month or so of each semester, always seems to be the most stressful. It's not necessarily because the work is hard, but because everything is so new. The people in class are new, the professors are usually new and the workload itself is new. Each semester around this time of year, I always try and get to know everybody that I can. Whenever you make friends in class it not only helps with future networking but also can help ease the tension or awkwardness that you may have in class. The more relaxed and comfortable you are, the easier it will be to actually learn. So, if I were to give a piece of advice to my fellow students it would be to break out of your shell and get to know people. Especially having to go through COVID, it feels good to just get out and talk to people".

-Aaron, Sophomore

"Life is beautiful not because of the things we see or do. Life is beautiful because of the people we meet"- Simon Sinek



QUICK TIP

FOR THRIFTY STUDENTS



Be smart when using credit cards! Pay your credit card balance in full and on time every month. This way, you'll avoid paying interest and late fees while building your credit score.

Use just one card, and be cautious of cards that offer no payment for the first year. These cards can automatically charge an annual fee every year thereafter. Read the fine print before you accept any credit card offer.

WORKSHOP SPOTLIGHT

LEARNING STRATEGIES EVERY STUDENT SHOULD KNOW

CONTRIBUTED BY
THERESA ORWIG
EOC ADVISOR



A StudentLingo Workshop presented by Dr. Saundra Yancy, McGuire Louisiana State University

Have you ever taken a class, completed all assignments, earned a good grade - but can't really remember much about the actual material? If so, you might want to log into the StudentLingo workshop, "Learning Strategies Every Student Should Know". Dr. McGuire's workshop is an excellent resource because she discusses a very important topic: Studying Vs Learning. She explains that "studying is memorizing information" while learning is gaining the ability to understand the knowledge in order to apply that knowledge in the future. So the question is: How do we change our mindset from studying to memorizing, to learning for knowledge? Dr. McGuire tells us that the answer is metacognition.

Okay-so what is metacognition? In short, it is the fact that you, as a student, "have the ability to solve problems by creating your own strategies to solve problems". In addition, Dr. McGuire tells us there are levels of learning that help students find those strategies for solving problems.

The levels of learning are found in Bloom's Taxonomy. Dr. McGuire explains in her workshop how using the six levels of Bloom's Taxonomy can help students move from just memorizing material to applying that material. The question is, how does one move herself from one level to another? Dr. McGuire has the answer.

A student can move from one level of the Bloom's Taxonomy to another by applying a program that LSU has created: The Study Cycle.

The five steps of the Study Cycle are as follows:

1. Preview class information before going to class
2. Go to class, commit to yourself that you're not going to miss one single class
3. Review information that was covered in class as soon as possible
4. Do intensive studying to learn
5. Assess your studying technique

At the end of the workshop, Dr. McGuire presents activities that underscore the information she has presented in this workshop.

This is an intense workshop with valuable information. I would recommend it to both students and suggest that it is a valuable tool for professors who work with incoming freshmen.

DINING ON A DIME

A RECIPE FOR THRIFTY STUDENTS

CONTRIBUTED BY
LAURA SMITH
EOC ADVISOR

5 Ingredient Pesto Pasta Salad



- 1 lb dry pasta
- 1 (12-ounce) jar roasted red peppers, drained & chopped
- 1 (6-ounce) jar pesto (about 3/4 cup)
- 1 ball fresh mozzarella cheese, diced
- 3 handfuls fresh arugula

Instructions:

Cook pasta in a large stockpot of generously salted boiling water until al dente (see package instructions). Drain pasta and rinse under cold water for about 20-30 seconds until no longer hot.

In a large serving bowl, toss pasta with the remaining ingredients until combined. Serve immediately, or refrigerate in a sealed container for up to 3 days.

RESOURCE HOTSPOT

FAFSA GUIDANCE

CONTRIBUTED BY
CARA COMER
EOC COORDINATOR

Important Information for Students and Parents

- The **2022-2023 FAFSA** (Free Application for Federal Student Aid) opens on **October 1, 2021**
- Anyone hoping to attend college or technical school during the 2022-2023 academic year should complete the 2022-2023 FAFSA
- Even students who do not think they will qualify for a Federal Pell Grant should complete the FAFSA. Many other types of financial aid, including scholarships, require that the FAFSA be completed in advance
- Complete the FAFSA as soon as possible after October 1, 2021, because some funds are first come, first serve)
- The 2022-2023 FAFSA will require 2020 year income information for:
 - the student only if the student is considered independent according to the FAFSA (24 years of age or older, is married, has children, or is on active duty in the U.S. Military); or
 - the student and the parent if the student is dependent according to the FAFSA (under the age of 24, unmarried, without children, not on active duty in the U.S. Military)
- Students with special circumstances at home (those in legal guardianship, foster care, homeless situations) should complete the FAFSA. Note that in these situations additional paperwork may be needed by the student's educational institution for verification purposes before granted awards are processed
- Other items needed on the FAFSA include social security numbers or alien registration number, birth dates, dates of divorce, marriage, or widowed status, records of untaxed income, and information about cash, savings and checking account balances, investments and assets for student and parents of dependent students

EOC is taking appointments for FREE hands-on assistance with the FAFSA. We can make the FAFSA process easier for students and parents while limiting common mistakes made on the application. Please email us or give us a call!

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

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 Reading Plus and Applied Educational Systems
- Career exploration resources such as Virtual Job Shadow

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