

# 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.



# A CAREER IN DEMAND

## ELEMENTARY EDUCATION TEACHER

CONTRIBUTED BY  
JAMIE SWARTS  
EOC SECRETARY



**LOCAL NEED BETWEEN 2019-2025:  
CURRENT SHORTAGE**

Occupation: Elementary Education Teacher

Education: Bachelor's Degree

Work experience required: None

Local need between 2019-2025: Currently in a shortage

Median Earnings in Oklahoma: Starting around \$29,000

Median Earnings in Arkansas: Starting around \$29,000

Education professionals in Oklahoma and Arkansas are in great need. For several years, these states have been experiencing a teacher shortage, even more so with specialty teachers, such as upper level math, and special education instructors. Educators serve so many roles today at every level of an individual's education. Great people are needed to fill these positions for the future of children from preschool all the way through their college careers. Education is a great way to impact future generations!



# AGENCY HIGHLIGHT

## JOHNSON COUNTY ADULT EDUCATION CENTER

CONTRIBUTED BY  
MARSHA FANNING  
EOC ADVISOR



The Johnson County Adult Education Center is located at 18 Sherwood Plaza, Clarksville, Arkansas 72830. The center's program director is Regina Olsen. The center was established 22 years ago and managed to serve 168 students during the very challenging previous year. 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 Johnson County Adult Education Center are free. The 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 skills in computer, math, literacy, and/or English. The Johnson County Adult Education Center is committed to encouraging and motivating all community members who would like to continue their education or retrain for employment.

In addition to GED and English as a Second Language (ESL) classes, the Johnson County Adult Education Center offers classes to assist adults of all ages and educational backgrounds. They provide expert assistance with improving the student's basic skills in reading, math, language, computer, and financial literacy to prepare those students to enter post-secondary training and/or employment. Certification programs include GED, NCRC, WAGE, CAN, Pre-Apprenticeship in Industrial Manufacturing, and Microsoft Office User certifications.

**To learn more about their services offered, operation hours, or class schedule contact the Johnson County Adult Education Center at 479-754-2620.**



# MINDFULNESS MATTERS

## EDUCATED; THEREFORE, ARMED

CONTRIBUTED BY  
CHAD ROGERS  
EOC ADVISOR



***"Education is the most powerful weapon which you can use to change the world."***

Nelson Mandela

Graduates, consider yourselves armed, and, well, hopefully only dangerous toward evil in the world. Congratulations on this achievement. We at EOC remain confident this will not be the summit of your achievements but is only the first few strides of your journey. Though the author of this quote is uncertain, its words remain true ***"What lies behind us and what lies in front of us, pales in comparison to what lies inside of us."***

We are confident in you, and depending on you, to use this weapon wisely, so that you may help, as Michael Jackson sang, ***"Heal the world, make it a better place, for you and for me and the entire human race."***

***Congratulations, Fall Graduates of 2021!***

# STUDENT TO STUDENT

## PREPARING FOR FINALS

CONTRIBUTED BY  
ERIC RAIBLE  
EOC ADVISOR

“Even though we are 2 weeks away from finals, it’s very important to start preparing now, so then when the time comes you won’t feel overwhelmed or as nervous. The mid-term tests are a good way to determine whether or not your study tactics are working or if they aren’t working. If they are, then keep it up! Keep studying the same way and taking notes the same way even if you don’t have any tests coming up. If you didn’t do too well on mid-terms, maybe change some things up. Ask a friend or even your advisor for some study tips! If you take the time now to write down extra notes or even ask a few extra questions, it will better prepare you for the finals.”

-Katie, Sophomore



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## QUICK TIP

### FOR THRIFTY STUDENTS



Earn while you learn. There are plenty of ways to earn money while in college. On-campus jobs can include work in libraries, dining services, tutoring centers, and elsewhere across campus. Popular off-campus jobs are at coffee shops, restaurants, and retail stores. Apply everywhere, and apply early!

Keep in mind, however, that academic success and career preparation are your priorities in college, and your work schedule should not interfere with your academics.

# WORKSHOP SPOTLIGHT

## STRESS MANAGEMENT TECHNIQUES

CONTRIBUTED BY  
THERESA ORWIG  
EOC ADVISOR



### **A StudentLingo Workshop presented by Ms. Jennifer Dupree, Health Educator**

"Life is just a bowl of cherries..." wait, what? No, no, life is not just a bowl of cherries --- or any other fruit for that matter. Life is busy, jammed packed with the responsibilities of work, parenthood, succeeding in college; you name it—the list goes on. So, What's my point? My point is, all of us who live from one day to the next, face more often than not - "stress". For that reason, I want to discuss the workshop, "Stress Management Techniques", presented by Ms. Jennifer Dupree.

Ms. Dupree explains and defines stress as "tension" that comes from the pressures we all experience as we go about living our life, working at our jobs, and yes, even living with our families. These pressures that lead to tension are "stressors", triggers that set off stress. Ms. Dupree helps us understand our stress response and what happens to us physically when something or someone has stepped on our last nerve. In this workshop, Ms. Dupree has given several useful tools to help us understand and combat the physical damage caused by stress.

Ms. Dupree gives us a list of warning signs that tells us we are under stress. In addition, Ms. Dupree helps us learn how to respond to stress in an action plan full of suggestions and techniques to help manage stress. The following are some of those techniques: meditation; visualization of a favorite, peaceful place; deep breathing in and exhaling. In addition, there is a quiz, "Warning Signs of Stress", the participant can take to ascertain if she/he is under stress. Also, there is a quiz that helps clarify what stress actually is.

There is also a caution that Ms. Dupree gives in this workshop. She strongly suggests staying away from energy drinks, but if one does often consume energy drinks, she encourages one to be cognizant of physical, emotional and behavioral characteristics that are different than their usual actions. If one does notice a change, Ms. Dupree suggests that drinking too many energy drinks could actually be a component that adds to stress and contributes to a change in their behavior.

This is a packed workshop that anyone and probably everyone should attend because of the information, techniques and activities that can help us all maintain a mentally and physically balanced life.



# DINING ON A DIME

## A RECIPE FOR THRIFTY STUDENTS

CONTRIBUTED BY  
LAURA SMITH  
EOC ADVISOR

### Spaghetti Carbonara



- 8 ounces spaghetti
- 2 large eggs
- 1/2 cup freshly grated Parmesan
- 4 slices bacon, diced
- 4 cloves garlic, minced
- Kosher salt and freshly ground black pepper, to taste

#### Instructions:

In a large pot of boiling salted water, cook pasta according to package instructions; reserve 1/2 cup water and drain well.

In a small bowl, whisk together eggs and Parmesan; set aside.

Heat a large skillet over medium-high heat. Add bacon and cook until brown and crispy, about 6-8 minutes; reserve excess fat.

Stir in garlic until fragrant, about 1 minute. Reduce heat to low.

Working quickly, stir in pasta and egg mixture, and gently toss to combine; season with salt and pepper, to taste. Add reserved pasta water, one tablespoon at a time, until desired consistency is reached. Serve immediately.

# FITNESS TIPS

## THREE AT HOME WORKOUTS FOR BEGINNERS

CONTRIBUTED BY  
NOAH MARTIN  
EOC ADVISOR

### "Knee Pushups"

A beginner-style pushup, this move will help you build strength before attempting a standard pushup.

Directions:

1. Get into a high plank position from your knees.
2. Maintaining a straight line from your head to your knees, bend your elbows to lower yourself down to the ground. Keep your elbows at a 45-degree angle.
3. Push back up to start.

### "Stationary Lunge"

Hit your quads, hamstrings and glutes with a stationary lunge.

Directions:

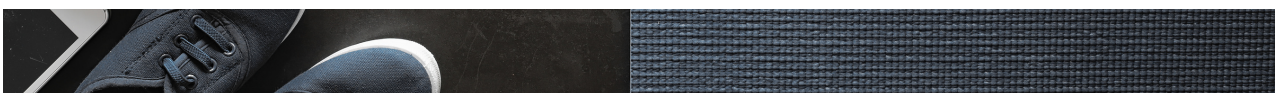
1. Split your stance with your right leg in front. Your right foot should be flat on the ground, and your left foot should be up on its toes.
2. Bend your knees and lunge, stopping when your right thigh is parallel to the ground.
3. Push up through your right foot to return to the starting position. Repeat for desired number of reps, then switch legs.

### "Stationary Lunge"

Although you'll work your core with almost all of these strength exercises, a targeted ab move doesn't hurt.

Directions:

1. Lie on your back and bring your legs to a tabletop position. Bend your elbows, and put your hands behind your head.
2. Crunch up and bring your right elbow to your left knee, straightening your right leg.
3. Release the crunch slightly. Bend your right leg and straighten your left leg, then bring your left elbow to your right knee.
4. Repeat for the desired number of reps.



# RESOURCE HOTSPOT

## LOCATIONS FOR FREE THANKSGIVING DINNER

CONTRIBUTED BY  
CARA COMER  
EOC COORDINATOR

Pick Up  
Only

Poteau 7th & 8th Grade Center Cafeteria  
102 Mockingbird Ln Poteau, OK  
Thanksgiving Day, 11:00 am -- 1:00 pm

Dine in  
Only

Sallisaw Middle School Cafeteria  
2301 W. Ruth Ave, Sallisaw, OK  
November 24, 11:00 am - 2:00 pm

KATS will provide  
free transportation  
within city limits

Pick-up at Alma  
Farmers Market

Heritage Methodist Church  
Deliveries for Crawford County Residents  
Thanksgiving Day, 11:00 am - 1:00 pm  
Families must call 479-474-6424 to Register for Meals

Families outside of  
Crawford County Pick-  
up at 1604 E. Pointer  
Trail, Van Buren, AR

Broadway Joe's Cafe

313 W. Shawntel Smith Blvd, Muldrow, OK  
Thanksgiving Day, 11:00 am - 2:00 pm

The Apostolic Tabernacle of Poteau  
579 Waddle Street, Poteau, OK  
Thanksgiving Day, 2:00 pm

The Altar

101 Division Street, Heavener, OK  
November 21, 4:00 pm

Riverview Hope Campus  
301 South E. Street, Fort Smith  
Thanksgiving Day, 10:00 am & 4:00 pm

Lunch  
and  
Dinner

Ed and Linda's 128 Bar & Grill  
401 OK-128, Heavener, OK  
Thanksgiving Day, 2:30 pm



**Midland Heights United Methodist Church**  
3500 N. 6th Street, Fort Smith, AR  
Thanksgiving Day, 12:00 pm

**Bubba's Dairy Bar**  
507 E. Schley Street, Vian, OK (HWY 64)  
Thanksgiving Day, 11:00 am - 2:00 pm

**The Salvation Army**  
301 N. 6th Street, Fort Smith, AR  
Thanksgiving Day, 11:00 am - 1:00 pm

**St. Boniface Catholic Church**  
1820 North B Street, Fort Smith, AR  
November 21, 11:00 am - 1:00 pm

**EOC wishes you a very Happy Thanksgiving!**



## 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
- 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!