

TRIO

EOC

The Scoop

Educational Opportunity Center Newsletter



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

TECHNOLOGY CAREERS

CONTRIBUTED BY
JAMIE SWARTS
EOC SECRETARY



Occupation: Technology Careers

Education: Usually a certification earned through a technology center

Work experience required: None

Local need between 2019-2025: Combined, 7,000 positions

Median Earnings in Oklahoma: \$15.00 - \$20.00 / hour

Median Earnings in Arkansas: \$15.00 - \$20.00 / hour

Careers achieved through attending a Technology Career Center are in very high demand. These include occupations such as electrician, welding technology, construction manager, diesel technology, pre-engineering, industrial technology, police and sheriff's patrol officers, health care assistants, and so much more. Certification to begin work in any of these positions usually, but not always, requires attending career technology institutions such as Kiamichi Tech or Indian Capital Technology Center. With such a wide variety of options in health care, construction, or public service careers, there is something for everyone! Compensation typically falls between \$15 and \$20 dollars per hour, but often comes with additional compensation based on experience.

AGENCY HIGHLIGHT

HARBOR RECOVERY CENTER

CONTRIBUTED BY
MARSHA FANNING
EOC ADVISOR



Harbor House, Inc. is a behavioral health agency that offers residential, outpatient, and transitional living treatment services. The treatment program at the Harbor Recovery Center is for men struggling with addiction issues. The recovery center blends the traditional 12-step recovery model with evidence based, cognitive behavioral, and motivational enhancement therapy with cutting-edge modalities.

Since 1966 Harbor Recovery Center has been a safe harbor for hope and healing. The residential facility (Harbor House) is located at:615 North 19th Street in Fort Smith, Arkansas. The treatment program exceeds the high standards set by accrediting and licensing agencies that require evidence-based practices and person-centered treatment. The clinical team is well trained and experienced to address compulsive and self-destructive behaviors. Their goal is to help clients be restored to their best self, with an even higher quality of life than before entering treatment.

Harbor House, Inc. mission is to provide a safe harbor of hope and healing for those men that are suffering from addiction. They treat the whole person—mind, body, and spirit—offering evidence based treatment targeted to your specific needs.

Sometimes individuals need help when it is time to make a change. If now is the time for change for you, they are there to help.

Harbor Recovery Center: 479-785-4083

MINDFULNESS MATTERS

CREATING YOURSELF

CONTRIBUTED BY
CHAD ROGERS
EOC ADVISOR



Ralph Waldo Emerson wrote, *“what lies behind you and what lies in front of you, pales in comparison to what lies inside of you.”* Part of the journey of the pursuit of education is self-discovery. Who you were, who you are, and who you can become. All three are important, but the last of the three is something you can shape from this moment moving forward. Like a sculptor mashing clay into the object they desire, begin taking actions that will shape you into the person you want to be. After all, *“Life isn’t about finding yourself. Life is about creating yourself.”*

- George Bernard Shaw

STUDENT TO STUDENT

ADJUSTING BACK TO SCHOOL LIFE

CONTRIBUTED BY
ERIC RAIBLE
EOC ADVISOR

“Coming back from Christmas Break is always hard. Your sleeping pattern is off and it feels like you have lost all motivation to do anything school-related. I think for me it was important to get a head start the week before classes. If I had an 8 am class, I would make sure to be up by 8 am to get my body adjusted to being up early. I also would take a look at the syllabi for each of my classes. This way I would have a heads up on when major projects are due. I understand that this may be all unnecessary, but for me, it really helps get me kick-started into the new semester. Hopefully, if other students haven’t tried this before, they can give it a shot for future semesters to come!”

-Tabitha, Sophomore



QUICK TIP

FOR THRIFTY STUDENTS



"in this world, nothing can be said to be certain, except death and taxes." - Benjamin Franklin

Tax returns must be filed on or before April 18. Your employer will provide you with a W-2 form, typically in January. This form reports the taxes that were withheld during the previous year. You will need your W-2 to complete and file your taxes.

Once you have filed your taxes, you should always keep a copy of all of your tax documents. The information on your W-2 and form 1040 help determine when you are eligible for federal student aid.

WORKSHOP SPOTLIGHT

SMART MONEY SKILLS FOR COLLEGE & BEYOND

CONTRIBUTED BY
THERESA ORWIG
EOC ADVISOR



A StudentLingo Workshop presented by Danielle Champagne

Happy New Year to all. The new year is a great opportunity to take a deep breath, exhale and promise ourselves that this is the year that we are really going to be successful in managing our money. And that is a great goal, but let's face it, most of us will miss that mark -- unless we have a playbook. All good coaches have a playbook, and you are your own coach, so let's take a look at a workshop that can help you win the Super Bowl of financial literacy.

In her workshop, Smart Money Skills for College & Beyond, Ms. Champagne gives the reader the top ten tips to be successful with money while in college and beyond. Let's take a look at these tips and add them to our coaching playbook.

Number one: Learn the Lingo of personal finance which includes financial aid for college. The EOC office is a great place to begin financial literacy education.

Number two: Organize your knowledge of where your money goes by getting it out of your head and down on paper. Make sure your playbook tells you what money is coming in and where it is going out.

Number three: Create SMART goals. Ms. Champagne presents an exercise to help create short-term "Smart Goals". Add these to your playbook.

Number four: Evaluate your personal lifestyle and truthfully answer if you are living beyond your means.

Number five: After you evaluate your personal lifestyle, build a budget.

Number six: Here is where you really need that playbook: Keep track of your spending (I know, that's a hard one).

Number seven: Review your financial planning and tracking (playbook) regularly.

Numbers eight and nine go hand in hand: Use credit wisely and AVOID DEBT (this is a no-brainer that is really hard to control, but you CAN do this).

Number ten: This is the fun tip. Plan for the future.

This is an excellent workshop with lots of information. I recommend this workshop so you can get the "big picture" of "Financial Literacy".



DINING ON A DIME

A RECIPE FOR THRIFTY STUDENTS

CONTRIBUTED BY
LAURA SMITH
EOC ADVISOR



Slow Cooker Lemon Garlic Chicken

- 4 lemons
- 2-3 heads of garlic
- 1 Whole chicken (4-5 lbs)
- Fresh rosemary or any fresh herbs
- All-purpose steak seasoning and/or salt & pepper

Instructions:

- Cut garlic heads and lemons in half and lay in the bottom of slow cooker (Cut the bottoms off the lemons so they lay flat)
- Add a sprig of rosemary and/or herbs
- Remove insides from chicken, rinse & pat dry
- Season chicken with all-purpose steak seasoning and/or salt & pepper
- Lay chicken on top of garlic and lemon, stuff the chicken with one head of garlic (cut in half) and a lemon (cut into quarters)
- Cover top of chicken with additional lemon slices and rosemary
- Turn slow cooker to high, and cook for about 4 hours, or until chicken reaches 165 degrees (use a meat thermometer to check doneness)
- When chicken reaches 165 degrees, turn off slow cooker and let chicken rest for 15 minutes
- Remove from slow cooker, carve and serve
- Liquid from slow cooker can be strained and served over chicken

RESOURCE HOTSPOT

TAX FILING INFORMATION AND TIPS

CONTRIBUTED BY
CARA COMER
EOC COORDINATOR

- The IRS is currently accepting 2021 tax returns and the tax deadline is April 18, 2022
- The IRS anticipates that most taxpayers who file an electronic tax return without complications are expected to receive their refund within 21 days (requesting direct deposit is recommended)
- Those individuals filing a paper tax return can expect delays
- Check your tax returns for accuracy before filing. An accurate return will help you to avoid lengthy processing delays
- Avoid tax advance loans. Some tax services offer money before the IRS processes your return. These loans can end up being very expensive! If the IRS can process your refund in 21 days or less, wait it out if you can
- Some tax preparers advertise advance loans with no fees or interests. However, you are still paying fees to have your taxes prepared. (Remember, there is no such thing as a free lunch, and those fees are factored in somewhere)
- If you do not pay for your tax preparation at the time of filing and opt to have a fee deducted from your return instead, you will probably be charged more
- If you choose to have your tax return issued on a payment card, instead of having it sent by direct deposit, you will be charged additional usage fees and charges when you use the card
- If you have a simple tax return, you can file your own taxes using an online tax service, such as FreeTaxUSA. FreeTaxUSA.com offers a very user-friendly platform. It walks you through questions that allow you to report your income and expenses. The program offers a free federal filing and it is \$14.99 per state

www.freetaxusa.com

- If your taxes aren't simple, and you need help, go see a tax preparer
- Keep in mind that tax preparers come in all shapes and sizes. It isn't necessarily best to seek out the biggest, most well-known company that offers seasonal help at your local big box store. Instead, it makes a lot more sense to use the accountant down the road who offers his/her support and services all year long.

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!