

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

CHILD, FAMILY, AND SCHOOL SOCIAL WORKER

CONTRIBUTED BY
JAMIE SWARTS
EOC SECRETARY



**LOCAL NEED BETWEEN
2019-2025: 6,716**

Occupation: Child, Family, and School Social Worker

Education: Bachelor's Degree

Work experience required: None

Local need between 2019-2025: 6,716

Median Earnings in Oklahoma: \$32,080

Median Earnings in Arkansas: \$29,810

As a Child, Family, or School Social Worker, you will have many opportunities to give back to your community after receiving a Bachelor's degree. Social workers identify needs in individuals or communities, and then help assess those needs, situations, strengths, and support systems to guide individuals toward achieving their goals. Social workers help clients adjust to changes in their lives, and refer them to community resources that may be useful, as well as assessing and implementing plans and programs to meet basic needs in communities. Many social workers hold a degree in psychology or sociology to better prepare themselves to assist with counseling and other psychotherapy services. If you are interested in making an impact in your community consider becoming a Child, Family, or School Social Worker.

AGENCY HIGHLIGHT

LONG TERM CARE OMBUDSMAN PROGRAM

CONTRIBUTED BY
MARSHA FANNING
EOC ADVISOR

The Ombudsman program advocates for residents of nursing homes, board and care homes, and assisted living facilities. Ombudsman programs work to resolve problems individual residents face and effect change at the local, state, and national levels to improve quality of life and care. Ombudsmen provide information about how to find a facility and what to do to get quality care. Whether through individual contact with residents or systemic advocacy, ombudsmen make a difference in the lives of residents in long-term care facilities every day.

A Long-Term Care Ombudsman:

- Resolves complaints made by or for residents of long-term care facilities
- Educates consumers and long-term care providers about residents' rights and good care practices
- Promotes community involvement through volunteer opportunities
- Provides information to the public on nursing homes and other long-term care facilities and services, residents' rights, and legislative and policy issues
- Advocates for residents' rights and quality care in nursing homes, personal care, residential care and other long-term care facilities
- Promotes the development of citizen organizations, family councils and resident councils
- Long-term care ombudsmen efforts are summarized in the National Ombudsman Reporting System to include the number of facilities visited, the types of complaints handled, and the kinds of complaints filed with ombudsmen

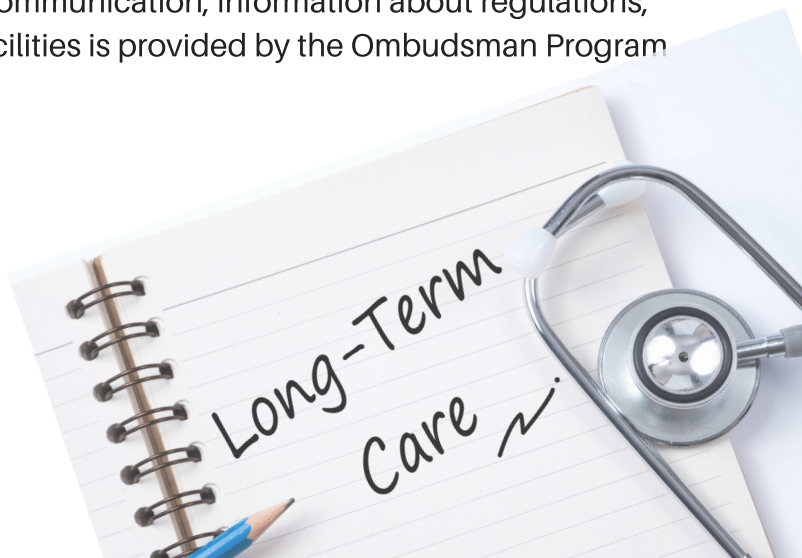
The Ombudsman Program is supported by local volunteers committed to improving and enriching the lives of older persons living in Nursing Homes and Residential Care Facilities.

A goal of the Ombudsman Program is to have volunteers at each facility in the State to work with the facility and surrounding community.

The KEDDO Area Agency on Aging Ombudsman Program provides local supervision and support for the volunteers and additional support is provided by the State Ombudsman Program staff.

Training in skills such as problem solving and communication, information about regulations, the processes of aging, and Long-Term Care facilities is provided by the Ombudsman Program for volunteers.

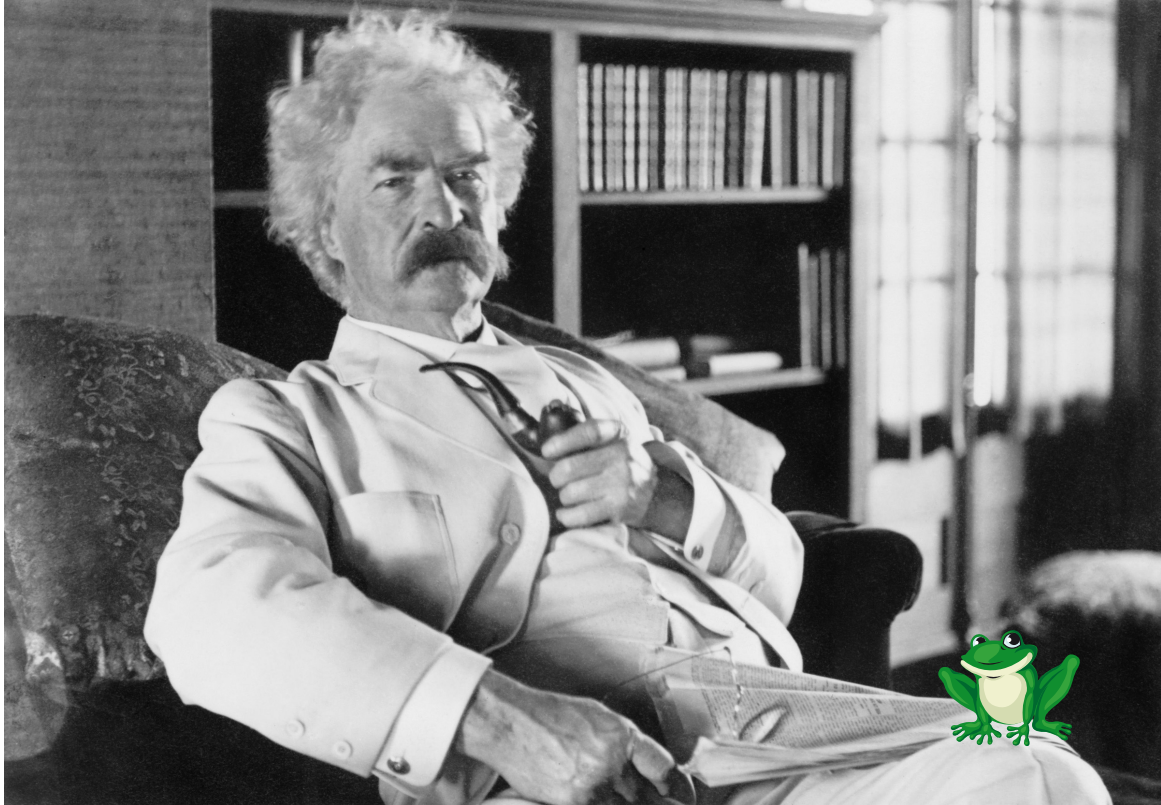
If you would like more information about becoming an Ombudsman Volunteer, please contact Shawna Nixon or Renee Johnson at KEDDO Area Agency on Aging 918-465-2367



MINDFULNESS MATTERS

WHEN TO EAT YOUR FROG

CONTRIBUTED BY
CHAD ROGERS
EOC ADVISOR



Mark Twain said, If it is your job to eat a frog today, eat it first thing in the morning. The idea is to get the worst thing on your list done so it is over and done with, but as it turns out, there is science to support this idea, and the science takes it a little deeper as well.

If you are trying to get a lot done in a day, pick the hardest thing on the list and do it first. Will power and creativity are limited resources. Brain function relies on glucose and oxygen, so your brain has a limited capacity for activity before it needs rest. So, do the hardest stuff first, while your brain has the resources available. Whatever your frog is, eat it first thing in the morning.

STUDENT TO STUDENT

UNPLUG AND RECONNECT

CONTRIBUTED BY
ERIC RAIBLE
EOC ADVISOR

"This time of the semester can be really difficult. You're at the mid-way point and you're starting to look forward to summer. For me and a lot of others, it's hard to really focus on school and getting things accomplished. Phones and other devices are already a big distraction to us, but now they seem to be an even bigger distraction. It's easier said than done, but if you can limit your phone use and dedicate that time to studying it can really make a difference. Instead of sitting on the couch at home on your phone, put it on "mute" and open a book. Again, it's easier said than done, but if I can do it then anyone can! With just a couple more months left in the academic year, it's time to get re-motivated and finish out strong."

-Makayla, Sophomore



QUICK TIP

FOR THRIFTY STUDENTS



Build good credit! Good credit will help you qualify for a mortgage, a car loan, and even a cell phone plan. Before a bank or business will loan you money or give you credit, they want to know that you'll make the payments you agree upon. So, they check your credit score.

Build a good credit score by always paying bills on time, paying off credit card balances at the end of each month, and refraining from applying for numerous credit cards or loans. These "hard inquiries" impact your credit score

WORKSHOP SPOTLIGHT

INFORMATION LITERACY: HOW TO MASTER COLLEGE RESEARCH

CONTRIBUTED BY
THERESA ORWIG
EOC ADVISOR



A StudentLingo Workshop presented by Laura Kohl

We have had our snow and cold. Winter is on its way out and spring is coming, bringing flowers, warmth, spring break – and oh, yes, that research paper your professor assigned at the beginning of the semester. I know time is going quickly, but don't panic! There is an excellent workshop in StudentLingo: Information Literacy: How to Master College Research. This workshop can help you write that winning research paper.

The workshop is full of information that will help the writer “learn where to go to and how to search effectively for information, how to cite that information appropriately and most importantly, how to evaluate what the writer finds to determine its worth and credibility.” In addition, this workshop helps the researcher learn how to distinguish similarities and differences between resource types such as newspapers, books, websites, and blogs. Also stressed in this workshop is learning to “develop key terms for searching the web, library, catalogs, and databases”. Ms. Kohl also emphasizes that learning how to evaluate tools and tips to help determine the credibility of located resources is very important to the credibility of the writer and to the research paper.

This workshop is an excellent tool for the student who has a research paper in their future. It will answer many questions and give direction to personal research. I would also suggest that professors take a look at this workshop as a potential lesson to those students who may be writing their first and probably not their last research paper.

DINING ON A DIME

A RECIPE FOR THRIFTY STUDENTS

CONTRIBUTED BY
LAURA SMITH
EOC ADVISOR

Teriyaki Chicken Thighs



- 3 pounds boneless skinless chicken thighs
- 3/4 cup sugar
- 3/4 cup reduced-sodium soy sauce
- 1/3 cup cider vinegar
- 1 garlic clove, minced
- 3/4 teaspoon ground ginger
- 1/4 teaspoon pepper
- 4 teaspoons cornstarch
- 4 teaspoons cold water
- Hot cooked rice, optional

Instructions:

Place chicken in a 4 or 5 qt. slow cooker. In a small bowl, mix sugar, soy sauce, vinegar, garlic, ginger, and pepper; pour over chicken. Cook, covered, on low 4-5 hours or until chicken is tender.

Remove chicken to a serving platter; keep warm. Transfer cooking juices to a small saucepan; skim fat. Bring cooking juices to a boil. In a small bowl, mix cornstarch and cold water until smooth; stir into cooking juices. Return to a boil; cook and stir 1-2 minutes or until thickened. Serve with chicken and, if desired, rice.

FITNESS TIPS

THREE AT HOME WORKOUTS FOR BEGINNERS

CONTRIBUTED BY
NOAH MARTIN
EOC ADVISOR



Elevated Push-Ups

- Place your hands shoulder-width apart on a low box or step and assume a high plank position with your feet, knees, hips, and shoulders in a straight line
- Brace your core and keep your elbows tucked in close to the sides of your torso (This is the starting position)
- Bend your elbows and pull shoulder blades together to lower your chest to the box
- Press through your palms to straighten your arms back to starting position

Burpees

- From a standing position squat down until your thighs are parallel to the floor and place your palms on the floor
- From there kick your feet back as far as you can while keeping your arms extended
- As soon as your feet land jump them back in towards your hands, then jump up into the air Land and immediately squat down to go into the next rep

Bench Dips

- Stand facing away from a bench
- Grab the bench with both hands at shoulder-width
- Extend your legs out in front of you
- Slowly lower your body by flexing at the elbows until your arms (at forearm) create a 90-degree angle
- Using your triceps lift yourself back to the starting position

RESOURCE HOTSPOT

MARIJUANA USE & CONSEQUENCES AMONG YOUNG PEOPLE

CONTRIBUTED BY
CARA COMER
EOC COORDINATOR

Marijuana use rose significantly among U.S. college students in 2020, while the use of alcohol, a more commonly misused substance among the age group, declined. According to a September 2020 report from the Monitoring the Future survey, the study found an increase in cannabis use, with about 44% of college students using the drug at least once over the past year, an increase from 38% recorded five years prior (thenationshealth.org).

Substance misuse brings a variety of problems to the entire population of college students and presents difficult challenges for campus administrators and surrounding communities. A number of conditions, including developmental, social, and environmental factors, contribute to college students' substance misuse and other risky behaviors. Students' use of illicit drugs, though largely casual and focused on marijuana, increasingly includes misuse of prescription and over-the-counter drugs, often for self-medication.

Social influences on substance use also include norms—also known as widespread but often mistaken beliefs—about the extent and acceptability of substance use among students. Like other young people, college students are buffeted by broader forces in popular culture, including advertisements, as well as portrayals of substance use and product placements in entertainment. These messages often glamorize or encourage substance use, treat it as normal and integral to social and other situations, and do not accurately depict its adverse consequences. Friendship, adventure, sex appeal, wealth, status, sophistication, and humor are some of the key ingredients in messages that may hold special allure.

A large concern is as marijuana becomes more accessible; marijuana use disorder may increase. Nearly one in three people who use marijuana may have some degree of marijuana use disorder. Nearly one in 10 people who try marijuana also become addicted to it. Nearly one in three people who use marijuana may have some degree of marijuana use disorder. One in six people who start using marijuana as teenagers will become addicted.

The LeFlore County Coalition for Healthy Living and Community Based Prevention Services of SE Oklahoma encourages parents to talk to their teens and college students about marijuana misuse, the risks of sharing marijuana, and marijuana use disorder.

This information was provided by Marcey Ford of SE Oklahoma Community Based Prevention Services. For more information and resources, please contact Marcey:

Marcey Ford

SE Oklahoma Community Based Prevention Services
LeFlore County Coalition for Healthy Living
E-Mail- Marcey.Ford@forestgrove.k12.ok.us
Phone-405-687-1301

Join our new Facebook group!

To learn more about EOC, visit:
EOC.Netlify.App

Welcome

Thank you for joining

EOC's College Info & Resource Group



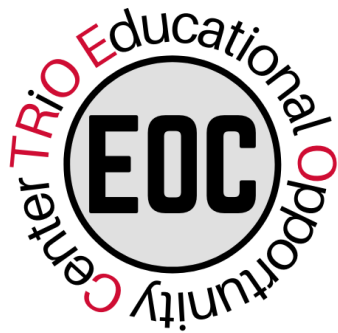
<https://www.facebook.com/groups/collegeinfoandresources>

Scan Here



We hope to see you there!

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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!