

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

MARKET RESEARCH ANALYST

CONTRIBUTED BY
JAMIE SWARTS
EOC SECRETARY



Occupation: Market Research Analyst

Education: Bachelor's Degree

Work experience required: None

Local need between 2019-2025: 727

Median Earnings in Oklahoma: \$39,290

Median Earnings in Arkansas: \$41,920

Market research analysts, study and examine market conditions, and analyze potential sales of products and services. Their main objective is to provide companies with information regarding what products and services consumers will buy, how much consumers will pay, and who is buying the products. This helps producers to decide what items to bring to the public for sell. Market research analyst duties can include monitoring market sales trends, devise methods of gathering data, analyzing data with statistical software, and converting that data into understandable reports to present to clients. To become a research market analyst a bachelor's degree is required, along with a strong statistical and analytical skills. Employment growth in this field is expected to rise 18 % between now and 2029, driven by an increasing need to understand the needs and wants of consumers.

AGENCY HIGHLIGHT

ARKANSAS REHABILITATION SERVICES

CONTRIBUTED BY
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Arkansas Rehabilitation Services' (ARS) provides a variety of free training and career preparation programs for individuals with disabilities. Their services include career/technical education and training, transition from school to work or post-secondary education, on-the-job training, and ancillary support services that clients may need for successful employment.

Arkansas Rehabilitation Services' has 19 field offices across the state of Arkansas. The Educational Opportunity Center is proud to support the Sebastian County field office. The ARS Sebastian County field office is located at 400 Rogers Avenue, Fort Smith, Arkansas. Mrs. Dana Byrum is the District Manager over the Fort Smith location.

The ARS mission is to prepare a job-ready, career-bound workforce to meet the needs of Arkansas employers. In achieving its mission, ARS works with both business and industry to identify and provide grants for workforce training needs. They offer the residents of Arkansas options by providing a wide range of career choices, ensuring workers the foundation for lifelong learning, and assisting individuals with disabilities in becoming productive citizens and workers.

**To learn more about what they can do for you,
please don't hesitate to call: 479-755-3300.**

MINDFULNESS MATTERS

FAILURE

CONTRIBUTED BY
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EOC ADVISOR



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

Failure is not just an option, it is inevitable.

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, but we can be defined by quitting. Failing is normal, that doesn't make you a failure. A failure is someone who quits or never tries in the first place.

Be encouraged, you are doing something. You are making progress, even failure is a kind of progress if we learn from it and make adjustments so we avoid similar mistakes in the future. JM Barrie said, *“We are all failures, at least the best of us are.”*

STUDENT TO STUDENT

ASK QUESTIONS

CONTRIBUTED BY
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EOC ADVISOR



"A lot of students are afraid to ask questions in class because they are afraid of what others may think of them or they would rather not put themselves out there in front of others and just Google the question whenever they get home. When it comes to this time of the year, it's important to get all of your questions asked and answered. With finals coming up quickly, it's important to go into them prepared ahead of time rather than waiting until the last second to get all of your questions answered. At the end of the day, remember, half of the class is in the same boat as you. Too afraid to ask a question."

-Jacob, Sophomore



QUICK TIP

FOR THRIFTY STUDENTS

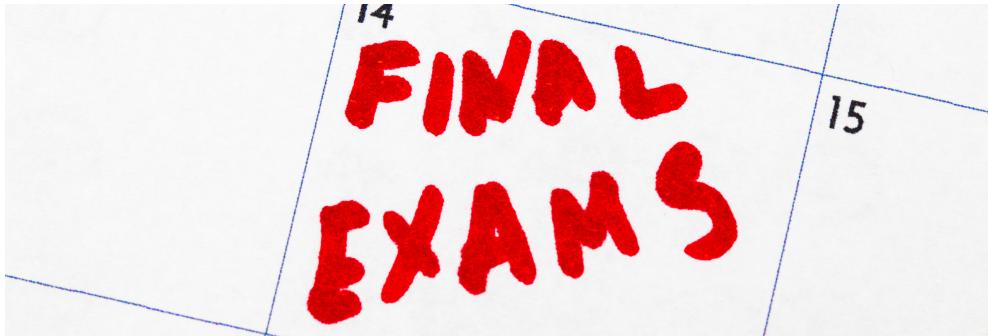


To be independent and make your own financial decisions, you need to educate yourself and take ownership of your finances. Having good financial management skills will help you create the life that you want to live. To set up a budgeting workshop, reach out to EOC.

WORKSHOP SPOTLIGHT

ACING FINAL EXAMS: IT'S NOT OVER 'TILL IT'S OVER

CONTRIBUTED BY
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Presented by Dr. Saundra Yancy McGuire

With the added stress of Covid-19, upcoming final exams might feel more daunting than normal. But there is help. There is a Studentlingo workshop that can not only show you how to prepare for final exams but also give you techniques for reducing stress. This workshop is a valuable tool that can and will help the student prepare for final exams not only now but in the future. Dr. Yancy presents the different stages of exam prep, from one to two weeks before the final until the exam is over.

What will you learn? 1. The relative importance of final exam scores on course grades; 2. The five stages of final exam preparation; 3. The importance of using course textbooks to prepare for final exams; 4. Strategies for reducing the stress that accompanies taking finals; 5. Resources that should be used when preparing for final exams.

When using this workshop, a student will find that "The five stages of final exam preparation" will be extremely useful because it will help the student understand the difference between studying and learning. To underscore this point, Dr. McGuire poses this question to the student taking this workshop: "For which task would you work harder? A. Make an A on the final exam or B. Teach a review session on the material using no notes. What would be your choice?"

This is such a rich and useful workshop. It truly is one of the most useful workshops I have reviewed. I urge every student who is or will be in the near future preparing for their finals to go to Studentlingo and take this workshop: "Acing Final Exams: It's Not Over 'till It's Over" and use this excellent material as a tool to ace your own finals.

DINING ON A DIME

A RECIPE FOR THRIFTY STUDENTS

CONTRIBUTED BY
LAURA SMITH
EOC ADVISOR



Slow Cooker Steak Bites Recipes

- 3 lbs round steak (cut into small pieces)
- 1/2 diced onion
- 2 teaspoons of minced garlic
- 1 teaspoon salt
- 1 teaspoon pepper
- 4 tablespoons butter
- 1 cup beef broth

Instructions:

- Place all the ingredients in a slow cooker
- Cover and cook on low for 6-8 hours or on high for 3-4 hours
- Serve and enjoy

You can also use stew meat or sirloin steak for Slow Cooker Steak Tips! You can also brown the cuts of beef for 2-4 minutes before placing them in the slow cooker to give the beef more color prior to cooking it.

Refrigerate the leftovers in an airtight container for up to 3 days

FITNESS TIPS

THREE AT HOME WORKOUTS FOR BEGINNERS

CONTRIBUTED BY
NOAH MARTIN
EOC ADVISOR



Superman

Work your lower back and your whole backside with a superman.

Directions:

- Lie on your stomach, arms and legs extended.
- Keeping your neck neutral, recruit your core and the back of your body to simultaneously raise your arms and legs up and off the ground as high as they'll go.
- Pause for 1 second at the top, and slowly lower back to the start position.

Get-Up Squat

Get-up squats are great for time under tension, or keeping your legs and glutes under continuous work, which adds to the burn.

Directions:

- Drop down into a squat position. You won't stand at all during this move.
- Drop your knees down to the ground one at a time so you're kneeling.
- Step your feet back to the ground one at a time, maintaining that squat position.
- Repeat as quickly as you can while maintaining good form.

Overhead Squat

Extending your arms overhead will challenge your mobility and range of motion in your upper body, as well as give your lower body the benefits of a squat.

To perform, complete a squat with your arms extended overhead throughout.

RESOURCE HOTSPOT

TUITION ASSISTANCE AND OTHER RESOURCES & TIPS

CONTRIBUTED BY
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EOC COORDINATOR

Do you work for a company that offers tuition assistance?

Many employers offer some type of education assistance to employees. The following list is just a sample of companies that offer tuition assistance. If you are unsure if your employer offers assistance, speak with your human resources department to find out.

AT&T	CVS	Lowes	Sprint	UPS
Bank of America	FedEx	Marco's Pizza	Starbucks	Verizon
Best Buy	Ford Motors	McDonald's	Taco Bell	Walmart
Capital One	Home Depot	Papa John's	Target	Wells Fargo
Chick-Fil-A	KFC	Pizza Hut	T-Mobile	Whirlpool



Check with your institution's IT department to find out if they offer discounted or free software such as Microsoft Office and/or Adobe.



Check out your textbook options. To save money, consider renting or buying used textbooks. You can also purchase textbooks online at places like Amazon and Chegg for discounted prices. Before you do this, check with your instructor to make sure that you purchase the correct edition of your textbook and whether or not you need to purchase a new book due to a required access code.



Need a computer or a laptop for class? You may be able to find a discounted or refurbished device at one of the following websites:

www.pcsforpeople.org
www.notebooksforstudents.org
www.pcliquidations.com

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!

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!