Editor and Chief: T'Keyah Sutton

FALL 2017

THE TRIO NEWSLETTER

Student Support Services

Director's Corner

Season's Greetings Scholars,

Can you believe it? Fall semester is now in the record books. My hope is that you will take some time during winter break to reflect! Reflect on those things that have made you successful academically and otherwise. Then, reflect on those unsuccessful attempts and remember the definition of "insanity" as coined by Albert Einstein: "doing the same thing over and over again and expecting different results". Start to regroup and develop, if you haven't already, your "spring semester plan"! As Ben Franklin once said: "if you fail to plan, you are planning to fail". The TRiO staff is planning for a successful spring 2018 and we want to make sure you are along for the ride.

Our theme this year is Engage.Empower.Evolve. We have worked very hard to carry out our theme this fall. We started the fall with a GREAT kickoff featuring the engaging author, consultant and nationally recognized speaker, Richard Taylor. In addition to our familiar way of providing services, we continued to engage you with "pop-up" seminars on stress. Ms. T'Keyah Sutton, our TRiO "resident artist", along with the counseling center offered three stress management seminars around midterms and finals on how you can use art to relieve stress. Each participant walked away with a personal work of art fit for an art museum! Jody Stone, our new TRiO graduate assistant, offered a seminar on how exercise is "good medicine" for stress. Participants in attendance were encouraged by Jody to get moving! TRiO also opened an avenue of engagement with #TRiOCARES! Each Thursday at 4pm, Adam Hogue from the Counseling Center engaged small groups offering participants an opportunity to talk about anything from music to math!

Another opportunity for engagement is through the hiring of our now full-time Academic Success Coach, Dr. Thomas Bullock. Dr. Bullock's sole responsibility is to offer total academic support to any TRiO scholar who may need additional academic help.

Ten TRiO scholars sought active engagement at the 17th Annual Georgia Association of Special Programs Personnel Student Initiative Leadership Conference at Savannah State University. The theme was VIP Leadership. They were encouraged to have vision, be innovative and always persevere. We entered two teams in the debate competition, Armstrong 1: Nia Skelton and Adalis Ball as well as Armstrong 2: Shanelle Dillon and Chakym Cummings. Armstrong 2 won and came home with a $500 prize. Scholar Timmy Askew entered the essay competition and walked away with a $75 prize. Scholars not competing attended enrichment workshops. Talk about "engagement"! Congratulation Scholars! You are ALL winners!

It is our hope that all scholars will take advantage of engagement opportunities so that you may be empowered to reach all of your goals. Just think, if the spring is anything like fall, you can't help but "evolve" into the "Scintillating Sophmores", "Judicious Juniors" and "Graduating Seniors" you strive to be! Stay Engaged, Be Empowered and Watch yourself Evolve! Merry Christmas and see you in the New Year! Mrs. J

TRiO Welcomes Academic Success Coach, Dr. Thomas Bullock.

Affectionately known in TRiO as Dr. B, Dr. Bullock completed his undergraduate work at Xavier University in New Orleans, Louisiana and earned a bachelor's degree in Physics. His graduate work has included engineering at Tulane University, and mathematics at Georgetown University and the University of the District of Columbia. Dr. Bullock earned his Education Doctorate in Higher Education Management and Leadership from the University of Pennsylvania.

As a mathematics professor, Dr. Bullock has taught undergraduate and graduate level courses at Georgetown University, Towson State University, Trinity University, and the University of the District of Columbia. At the University of the District of Columbia Dr. Bullock also served as chairperson of the Department of Education and as Faculty Athletics Representative.

In addition to his higher education work, Dr. Bullock remains passionately engaged in supporting underrepresented youth through many community organizations he belongs to and through the nonprofit organization, LEADERS, Inc., which he is the founder and CEO. In recognition for creating outstanding national models for the college preparation of underrepresented students, Dr. Bullock received the prestigious 2004 Washingtonian of the Year award by Washingtonian Magazine. Numerous articles including the HHMI Bulletin and NCAA Challenge Magazine have also featured his accomplishments.

One of his favorite sayings is, "Don't wait for tomorrow to be successful, do one successful thing each day."

Richard Taylor
Fall 2017 Kickoff Speaker

On stage or on the page, Richard's remarkable display of transparency enables him to connect with audiences beyond the surface of the subject matter and continues to be the hallmark of his career. His inspiring message of hope and perseverance delivered with undeniable authenticity has helped to establish him as one of the most influential voices of this generation. A dynamic speaker, thought-provoking author, and passionate mentor, whichever platform he uses, Richard continuously proves himself to be an agent for change and an advocate for life.

Scholars received an "autographed" copy of his book, "Love Between My Scars".

Richard encouraged Scholars to "walk in purpose"!

TRIO SPOTLIGHT

Fall 2017 Graduates

Shantol Mitchell

Bachelor of Science in Medical Laboratory Science.

Melaijah Armstrong

Bachelor in Liberal Studies, Sociology.

Keilondria "Ke-ke" Robertson

Bachelor of Health Science, Public Health.

TRiO Health Majors' Outing

Four TRiO Health majors traveled to the quarterly meeting of the Chatham County Board of Health. There students got a first-hand experience of how health policies are created. They met with leading health administrators of the county. Pictured from left to right are Pascal Harley, Wessleigh Holloway, Ella Williamson of the African American Health and Resources Center, Ebony Williams and Nehemiah Kiruy.

TRiO Scholars attend 17th Annual Student Initiative Leadership Conference at Savannah State University

Armstrong TRiO was in the house with more than 200 other college and public school students on November 12 at the 17th Annual Student Initiative Leadership Conference at Savannah State University. Opening the conference was nationally recognized motivational speaker Keith L. Brown, aka, Mr. I'mPossible. Brown motivated the attendees to have a vision, be innovative and always persevere through hardships and barriers to success. Four scholars, Adalis Ball, Shanelle Dillion, Nia Skelton and Chakym Cummings (pictured top left), represented Armstrong in the debate competition. Debate team winners were Chakym and Shanelle (pictured top right). Timmy Askew (pictured bottom left) entered and won the essay competition. Other Scholars in attendance were Ebony Williams, T'Keyah Sutton, Kasey-Lee Neal, Kendrick Johnson-Burney and Monique Pilcher (not pictured).

Armstrong School of Nursing White Coat Ceremony

TRiO Scholars Morgan Baker and Jameisha Porter received their white coats. A White Coat Ceremony is a formal welcome into the nursing profession. The ceremony signifies the transition from classroom learning to clinical learning. Congratulations Scholars!!

Art Relieves Stress Regardless of Skill!

Studies say that making art reduces stress even if you kind of "suck" at it. Amanda Kort from the University Counseling Center gave students this reassurance. Afterwards, TRiO Scholar T'Keyah Sutton, Art Education major, guided Scholars in the development of their very own "masterpieces". Good job Scholars!

Contact Us!
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Office Hours
8:15 a.m. - 5 p.m.

Study Lounge
Solms 208
Mon -Thu:
8:30 a.m. - 8 p.m.
Fri:
8:30 a.m. - 5 p.m.

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