TRiO SSS: Gearing Up for a Great Year

The TRiO Student Support Services office is excited for the upcoming year. We have great plans for this semester, so please make sure and mark the dates on your calendar! During the Fall we will visit the University of Oklahoma, University of Central Oklahoma, Langston University and Oklahoma City University. Each campus visit will also include a fun activity in the area. If you are interested in attending an event with us make sure and RSVP! RSVPs are required to ensure that we made appropriate arrangements for travel and any purchases that must be advanced. Please understand if you RSVP and do not attend, that is money from the program that is wasted so please make sure you’re fully committed before signing up!

In addition to our off-campus events we are also excited about our workshop topics for the year. We are changing our workshop format just a bit; workshops will no longer be held exclusively on Tuesdays and will no longer be held in the TRiO lab. Please make sure an note the date and location of events and to come find us—we’ve got some great information to share! We are also rewarding workshop attendance, students who attend 3 workshops this semester will receive a TRiO SSS t-shirt!

The t-shirt is in addition to the points you will receive towards the participation reward trip. Attending workshops (either TRiO or other campus-sponsored workshops), campus visits, participating in tutoring and getting advised through the TRiO office will all earn you participation reward points towards the participation reward trip. If you earn 130 points in the Fall or Spring you will be eligible to attend our special reward trips at the end of each semester, which are a lot of fun and a great way to celebrate the end of another semester.

So stop by the TRiO office, sign up for events and tutoring, make an advisement appointment whatever it takes to make sure that this year is a great year for you too!

Act as if what you do makes a difference. It does.
~William James

We have a new Academic Support Specialist! Jessica Nelson joined our staff in July - we are thrilled to have her expertise and knowledge.
You can find her bio on the back page.
AA? AS? AAS? What do all these letters mean?

Colleges have their own language and acronyms and it can be very confusing to students. But TRiO is here to make sense of all this confusion and make sure that you are well informed when making your important educational decisions. One of the most important things for students to know that they often don’t is what kind of degree they are pursuing. And this is not just the major you’re interested in, but what’s most important, the letters beside that major.

Rose State offers 3 different types of degrees in addition to certificates. These degrees are: Associate of Arts (AA), Associate of Science (AS), and Associates of Applied Sciences (AAS). Both AA and AS degrees are geared towards students who plan on transferring to four-year colleges to earn a bachelor’s degree. AA and AS degrees include many general education requirements as well as many of the major courses or support courses you will need for your intended major at the four-year college. The difference between an AA and an AS degree is that an AS degree will include more science and math courses than an AA degree. The benefit to an AA or an AS degree is that if you transfer to a public four-year college in Oklahoma with an AA or AS degree from an Oklahoman community college your general education requirements at the four-year college will be waived.

AAS degrees have a different purpose. While AAS degrees require approximately 60 hours to complete, like AA and AS degrees, AAS degrees are intended to help a person enter a profession and not transfer to a 4-year college. While AAS degrees will require very limited general education courses (e.g. English, US Government, a basic math course) and some support classes (e.g. – Anatomy and Physiology for Nursing) most of the courses required for an AAS degree will be technical and geared towards your future employment. The courses you take will transfer to a four-year college, but will not necessarily waive all of your general education requirements. Instead each course will be looked at individually and while you will receive credit for the courses, it may not specifically match courses you will need to take at the four-year college and may only count as electives.

The best advice we can offer is to think about what your future plans are and make a degree plan. What kind of career do you want? Does that require an associate’s or a bachelor’s degree? Students are often most concerned with their major in thinking through their career aspirations, but what is most helpful in getting a job is the type of degree (associates or bachelor’s), experience and skills, and your ability to sell yourself. TRiO staff is here to talk your plans out with you and provide advice about what courses you should take, where to transfer, and building the best resume to help you find the career that best suits you.
**Fall Events:**

9/17 - Show Me the Money: Make Your $ Work for You

9/25 - What You Should Know When Planning to Transfer

9/30 - Playing Well with Others: Best Strategies for Teamwork

10/22 - TRiO Days At University of Central Oklahoma

10/24 - University of Oklahoma & TG Farms Pumpkin Patch

11/7 - Langston University & Historic Guthrie Trolley Tour

11/19 - Family & Cultural Celebration/ Potluck Lunch

11/21 - Oklahoma City University & House of Clay

12/11 - Come & Go End of Year Celebration

12/19 - Participation Reward Trip (only for students earning 130 or more participation points)

RSVP required for some events - check the spring calendar for full details!

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**From the Directors Desk**

The fall season is marked by change - leaves turn, the weather cools, and daylight fades a little bit sooner. There is excitement and energy, a sense of newness and rebirth that accompanies this season as we start a brand new academic year. It’s an exciting time as students are given the opportunity to begin a new chapter.

This particular semester marks significant change for the TRiO Student Support Services office too. We’ve added two new staff members: Jessica Nelson, who serves as our Academic Support Specialist and Dawn Roberts, one of our Academic Mentor. This too, is a new chapter.

As we begin this semester, we’re taking a look at our processes and policies and looking at ways we can improve the program. We’re asking ourselves hard questions and seeking ways to make our services the very best they can be.

I would encourage you, too, to view this semester as an opportunity for growth. Look at your academic career and identify ways that you can be the very best student. And know that TRiO SSS is here to help you achieve that!

You can now get text reminders about workshops, campus visits and events! Simply text (405) 896-3542 with the message @0bf06b

*The message includes zeros, not the letter O so make sure you type it correctly!
Hello! My name is Jessica Nelson and I am the new Academic Support Specialist for the TRiO Student Support Services office. While I am brand-new to Rose State, I have worked in TRiO programs for the past four years and have a great deal of experience working in higher education, especially at community colleges. I am from Oklahoma City and am a first-generation student myself. I attended the University of Oklahoma where I earned both my bachelor’s degree in Psychology and my Masters in Adult and Higher Education. It was while earning my Master’s degree that I learned of the struggles that many first-generation students encounter and I was motivated to work with and help other first-generation students. This was how I was first introduced to TRiO and why I am so happy to be working in TRiO currently. I am an OU college football fan and OKC Thunder fan. I enjoy trying new recipes and will often bring in dessert recipes to share with others (making desserts is fun, eating them for a week is not so good). I have two toy poodles and they are my babies and I will probably share lots of stories and pictures of them. I am very excited to be at Rose State and am looking forward to getting to know the campus, students, and staff here!

Did you know the TRiO SSS program has resources available for use in our lab? Headphones, calculators, textbooks, study guides, DVDs—we’ve got what you need to be successful!