

Newsletter

Monday – Friday 8:00 a.m. to 5:00 p.m.

February 2021

Get Fit February!
February Fitness Challenge

Can you walk 40,000 Steps in February?
 In February TRIO will be hosting weekly Fitbit Step Challenges.



Drawings for a Weekly Prize
 Each week TRIO members with at least 10,000 weekly steps will be entered to win a prize.

Drawing for the Grand Prize
 The person with the most steps at the end of February will win a new Chromebook!



Sign up now!
 Find the “WCCC Fitness Challenge” in the Fitbit App

Don't have a Fitbit???
 Join a Fitness Workshop to learn the benefits of 10,000 steps a day - be entered for a chance to win a Fitbit Alta!

Mon: January 25th @ 1pm
Wed: January 27th @ 11am
Fri: January 29th @ 2pm



<https://zoom.us/j/9061345866>

You must be a TRIO member to win...*Not a member?* →

Additional Benefits of TRIO Membership

Headphones: This year TRIO has assisted our participants who attend our virtual workshops live or on Brightspace by providing them with noise cancelling headphones. We have 6 pairs left. New participants in this semester's workshops will receive a set until our supplies run out. All past workshops are posted on Brightspace for you to watch at any time.

Find out if you qualify to become a TRIO Scholar!

Apply to TRIO in one of three ways

ONE: You have the option to use the application attached in this email and return it to trio@wccc.me.edu. **Note:** save the completed application under your name, “Smith TRIO Application” *before saving* and emailing to TRIO.

TWO: You can apply online through your student portal by following these directions:

1. Log into the portal <https://portal.wccc.me.edu/ICS>
2. Select “Academics” from the top blue menu bar.
3. Select “TRIO” from the left grey menu.
4. Open the “TRIO Student Application”.
5. Complete the questions and click “Submit”

THREE: Printed applications should be mailed to:

TRIO Student Support Services
 WCCC, 1 College Drive
 Calais, ME 04619

Spring TRIO Workshop Schedule
March – Career Readiness

March 1st – 5th Resume Readiness

Spruce up your resume or create one from scratch! Get it ready to use for your job applications.

Options for participation:

- 1) **Meet with Nicole** any day this week between 2pm and 3pm. Use this Zoom link to join: <https://zoom.us/j/91500277637>.
- 2) **Schedule a private 1:1** session at your convenience.
- 3) **Email nnygren@wccc.me.edu** with your current resume attached to have it reviewed.

March 15th–19th Step into your Career with Confidence

Do you ever feel overwhelmed when you think about your career? Searching for a job, entering a new career field, writing cover letters, and interviewing can be nerve wracking. Join one of these sessions to prepare yourself with the skills you'll need to land your next job.

Options for participation:

- 1) **Meet with Nicole** any day this week between 2pm and 3pm. Use this Zoom link to join: <https://zoom.us/j/97174136130>
- 2) **Schedule a private 1:1** session at your convenience.

April – Financial Literacy

All Month: Finances impact all of us, no matter our situation. Taxes, student loan repayment, saving for retirement, budgeting – find information to guide you through making wise financial decisions at whichever step you find yourself.

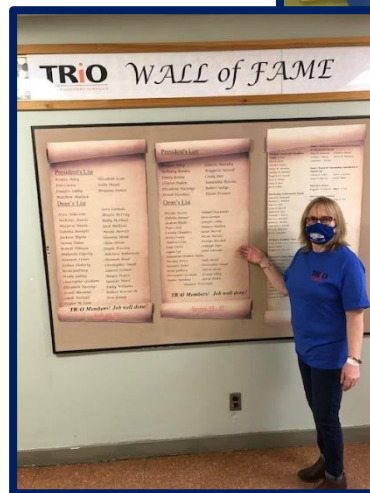
How to participate:

- 1) Log into TRIO’s Brightspace course.
- 2) Find the Financial Literacy Module
- 3) Browse at your leisure; use the discussion forum to ask questions or share your helpful insights.

FREE!

TRIO T-shirt
with
Membership

Apply now
while supplies last



Do you have
questions about
TRIO membership or
applications?

Contact
Linda

Linda Shattuck, TRIO SSS AS III
lshattuck@wccc.me.edu 207.454.1064

We realize it is sometimes difficult for students to attend live Zoom sessions with so many other commitments. All of our TRIO Workshops are recorded and posted on the TRIO Brightspace “course” which has many resources.

Spring Transfer Fairs

We will use the “mini” transfer fair format this spring, inviting one to three colleges to present together. Students are welcome to attend the live Zoom session; they will also be posted on Brightspace for you to view.

College presentations will be in March through early April. Colleges are in the process of scheduling their spring presentations now. Look for announcements in the Transfer News. Updates will be posted in the March TRIO Newsletter. Questions? Email pfeeney@wccc.me.edu.

LIVE WEEKLY TUTORING AVAILABLE

Monday – Friday

English

Humanities & Social Science

Monday & Tuesday 11:00 a.m. to 6:00 p.m.

Wednesday & Thursday 1:00 to 7:00 p.m.

Friday 9:00 a.m. to 5:00 p.m.

Contact Pam pfeeney@wccc.me.edu

Math

Available Mondays – Fridays

Contact Linda for an appointment

lshattuck@wccc.me.edu

For all other subjects

Contact Nicole nnygren@wccc.me.edu

Plan ahead and set up Tutoring now

Spaces for weekly appointments fill quickly

If you set up a weekly appointment to meet and do not need help one week, simply email your tutor to cancel. The tutor can work with someone else during that time but save your weekly meeting time.

Brainfuse 24/7 Online Tutoring



Find a tutor even when the Study Center is closed!
FREE 24/7 Tutoring

Find the Brainfuse link online:

Log into Brightspace.

Enter the Study Center course.

Click the Content tab.

Open the Brainfuse module; click the link.

Select your topic and subject. Connect!

Are you interested in or planning

TRANSFER

to a 4-year program?

The Transfer Counselor can help you with:

- Career counseling
- Program and college search
- Academic advising to maximize transfer credit
- Completing college applications and documents
- Advising on and editing college essays
- Dual advising with transfer representatives
- Contact Pam at pfeeney@wccc.me.edu

New! Virtual Study Hall

What: Daily Study Hall for all WCCC Students

When: NOON! 12:00 - 1:00 p.m. Mondays – Fridays

Where: Zoom: <https://zoom.us/j/2074541064>

Study Hall Schedule

Mondays, Liz ~ Tuesdays, Nicole

Wednesdays/Thursdays, Pam

Fridays, Linda

Log on daily when school is in session to ask questions, get academic help, or set up tutoring appointments.

We need your pictures!

All TRIO students are invited to contribute.

Thank you to everyone who has contributed thus far.



Is there something you would like to see in the Newsletter? Let us know!

editor: pfeeney@wccc.me.edu
