

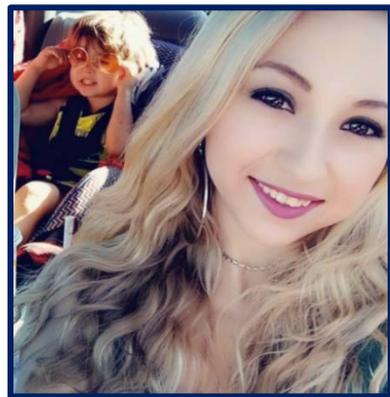


Newsletter

October 2020

TRIO Scholar Prepares for Veterinarian Degree

My name's Emily Perry. I'm 24 years of age and currently on the veterinary track to majoring as a Doctor of Veterinary medicine. Before I came to WCCC I would've



never expected to be where I am today with all the support and knowledge I've already received from the staff and teachers here. However, I am, nonetheless, on the road to exactly where I want to be. I came to WCCC through the FFD [Family Futures

Downeast] program, after much convincing from my mom. At first, I wanted to be a nurse, but growing up I never knew exactly what I wanted to do "when I grow up." I have always known within my heart that I wanted to be able to help people and their animals. Therefore, being a Veterinarian is the road I will take in order to do that. I plan on spending time at WCCC to work on classes required in a Pre-Vet program but will transfer in order to attain my bachelor's degree. My long-term goal is to work through medical school and then complete a doctorate in veterinary medicine. Then I can take the qualifying exams to finally become a licensed Veterinarian. After many years of hard work and determination I will be living in the future I used to only dream of, with no regrets. What motivates me to take on challenges is my family, especially my son Damian. I am in no rush to "just get it over with," because I believe anything that's worth having, is worth the wait. "Great things never come easy!"



First-Generation College Student Celebration

This year to date 73% of TRIO students identify themselves as a first-generation WCCC students.

If you identify yourself as a first-generation student, we want to celebrate with you by giving you an opportunity to submit a selfie to demonstrate your pride in being a first-generation college student. This will automatically enter you into two drawings for a bookstore gift card.

The selfie would contain yourself wearing the "Proud to be First Gen" sticker we provide or with a self-designed item (sign, banner, T-shirt, hat etc.) identifying yourself as proud to be a first-generation college student.

Upload your selfie on November 8th to TRIO's Facebook page <https://www.facebook.com/trio.washingtoncounty> Or, email your photo to trio@wccc.me.edu and be eligible for one of two drawings for a bookstore gift card.



Culture Corner: Indigenous People’s Day



In 2019 Maine joined 14 other states, the District of Columbia, and over 130 U.S. cities across the country celebrating Indigenous Peoples Day. This year we celebrated October 12th. See the links below to learn more.

“Dragonflies have special meaning to the indigenous people of each continent they inhabit. They represent swiftness and activity; change and transformation; joy and happiness; adaptability; and an invitation to dive deeper into feeling and understanding. They are symbols of courage, maturity, and depth of character.

Each of the wings of the REACH dragonfly is decorated with a double curve design that is specific to each of the four Wabanaki tribes: the Passamaquoddy, Penobscot, Maliseet, and Micmac. The body is made of blueberries, an indigenous fruit that has sustained Wabanaki and Maine citizens nutritionally and economically for generations. The color purple in the wings represents our highest selves, our connection to Spirit and calling on all healing powers. The iridescence of the blueberries illustrates the acceptance of and respect for our unique perspectives and life experiences. The blue and green in the circle represent Earth and Sky and REACH’s relationship to TRC [truth, healing, change].

The open circle denotes the inclusiveness of REACH’s process, the recognition of inter-connectedness and the ripple effect of what we are undertaking. Hovering over the circle symbolizes commitment to this work of restoration, engagement, advocacy, change, and healing.” (<http://www.mainewabanakireach.org/symbol>, retrieved 10/28/20)

How and Why Indigenous Peoples' Day came to Maine
<https://www.youtube.com/watch?v=Uqs71X0axbo> (10.12.20)

Indigenous Peoples Day Growing in Popularity: A History
<https://www.youtube.com/watch?v=WpkVH8CHYW0> (10.04.16)

Indigenous Peoples Day History in Song
<https://www.youtube.com/watch?v=PiGKxnfIkjA> (09/28/20)

Trio Scholar Senate Members

Congratulations to our new and continuing TRIO Student Senate members. *Thank you for your community service.*

- Nathan Andrick, returning member
- Marjorie Baron, returning member
- Brandi Ebbeson, new member
- Wendy Smith, new member
- Brianna Stahre, returning member
- Guy Woodruff, new member

TRIO Study Tip of the Month

Have you noticed that the default font on Word is 11-point text Calibri, while the requirements for MLA or APA formatting are 12-point text with Times New Roman as the most common font preference? Are you tired of having to make these changes every time you open a new document? Changing the default size and font in Word will save you time and frustration.

Changing Word’s Default Font & Text Size

1. Open Word 2016
2. Press Ctrl (lower left) and Shift (lower left or right) and the F key at the same time
3. In the upper left box select Times New Roman, or the text your instructor tells you to use
4. In the upper right box select 12-point text
5. In the lower left box click “Set as Default”
6. In the pop-up box, click on “All Documents ...”
7. Click OK; log off and log on again
8. Now your Word documents will open with Times New Roman, 12-point text



Encourage your friends to join us!

Tutoring



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

Find the Brainfuse link online:

1. Log into Brightspace.
2. Enter the Study Center course.
3. Click the Content tab.
4.  Open the Brainfuse module and click the link.

Once you have navigated to the Brainfuse landing screen, select your topic and subject. Connect!

A screenshot of the Brainfuse Live Help interface. At the top, there is a dark red header with a white icon of a person and a speech bubble, followed by the text "Live Help". Below the header, there are two white dropdown menus with blue arrows, labeled "-- Select Topic --" and "-- Select Subject --". Underneath these menus is a checkbox with the text "Por favor marque aquí si prefiere tutoría en español". Below that is a calendar icon and the text "Check Tutor Availability". At the bottom of the form is a large blue button with the text "Connect". At the very bottom, there is a link that says "Don't want a live session? [Send a question](#)".

A large blue promotional banner with a white border. The text is in large, bold, blue and white fonts. It reads: "FREE ONLINE TUTORING" in the largest font, followed by "LIVE ONLINE HELP, WRITING LAB, & SO MUCH MORE" in a slightly smaller font. Below this, it says "Get Help Today!" in a smaller font. At the bottom right, there is a small logo for "Brainfuse HelpNow". At the bottom left, there is small text: "web: www.brainfuse.com e-mail: info@brainfuse.com phone: 1.866.BRAINFUSE".

Upcoming Events

Save the Date!

What: Give yourself an “A”. With guest presenter, WCCC’s librarian Elizabeth Phillips

When: **Thursday, November 12th at noon.**

For those who cannot attend at that time, a second meeting will be offered on Friday November 13th also at noon.

Where: Zoom link - <https://zoom.us/j/96073869026>

Why: To prepare you to successfully tackle course projects, papers, and finals.

TRIO SSS is collaborating with the library to bring YOU the support you need to improve your study skills.

Please take this brief survey (only 9 questions!) to ensure the conversation is relevant to your needs:

[TRIO's Study Skills survey](#)

What: Student Life’s Office Trivia → TRIO Student Support Services

When: **Wednesday, November 18th at noon.**

Where: Zoom link - <https://zoom.us/j/94452750607>

Why: To better acquaint you with the friendly staff and functions of the TRIO office.

What: Exploring Culture

When: **November 16th – 20th**

- Monday 16th at 2pm
- Tuesday 17th at noon
- Wednesday 18th at 2pm
- Thursday 19th at noon
- Friday 20th at 2pm

Where: Zoom Link - <https://zoom.us/j/92733369558>

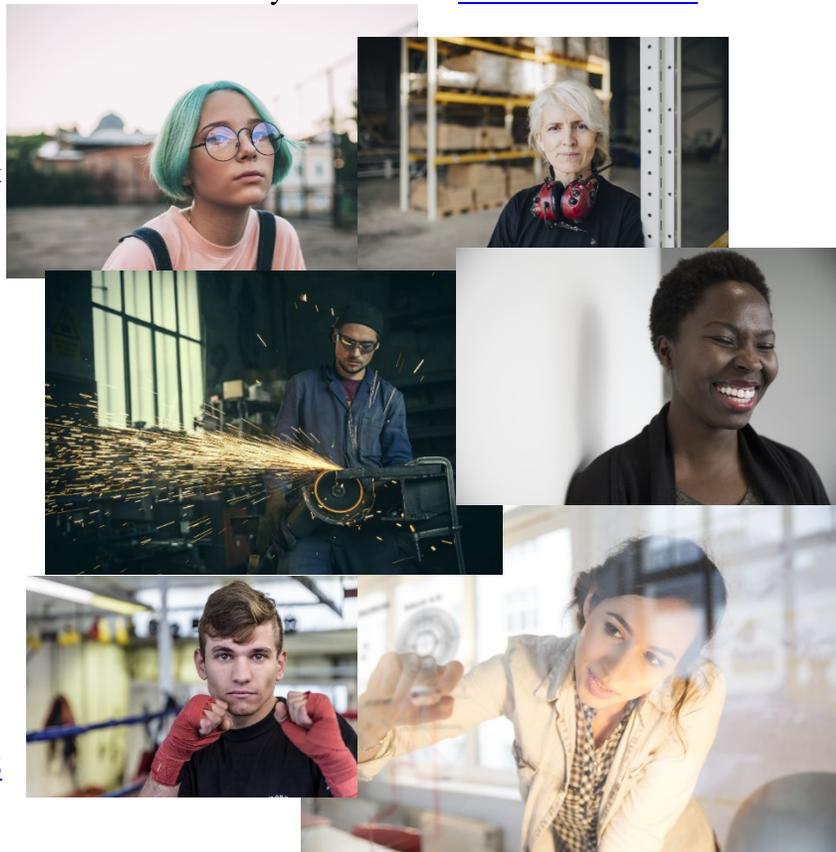
Why: To learn something new about other people with whom we share the world.

Workshop topics are chosen based on guidance from the Department of Education, our TRIO staff’s experiences in working with college students, and from direct feedback from the student body. Are you interested in a topic not on the schedule? Suggest it! We’re happy to try new things and to get you the information you want and need.

We need your pictures!

We miss seeing your faces in the office and around campus. Please email us/Facebook message us a picture of yourself that we may use. I would like to save it to your digital file and be able to use it in future TRIO communications. THANK YOU!

Send your selfies to trio@wccc.me.edu.



The Puzzler

We know students need a break occasionally. In that spirit, I am pleased to introduce a new game for us to play. This TRIO Works logo → will be hidden in each of our newsletters. Starting with this edition. Be the first to find it and let us know where it is hiding to win. Winners receive recognition in the next newsletter and bragging rights, of course!



2	3	1	8				4	
	7	4			3		8	9
				4	5			3
7	4		6			5		2
		3	9	7				4
		6			8			1
8			5	1		2		
	6		2			4		
				6	7			

I have the answer to this sudoku puzzle if you need it! ~Nicole