

# U of A

PHILLIPS COMMUNITY COLLEGE

DEWITT | HELENA-WEST HELENA | STUTTGART

## TRIO Student Support Services (SSS)

### Student Support Services Staff

Sonya Allen-Jenkins  
Stuttgart Campus

Douglas Bielemeier  
Assistant Director

Adline Chandler  
Tutor Coordinator

Clarence Hayes, Ph.D.  
Director

Carolyn Holloway  
CAT Lab Supervisor

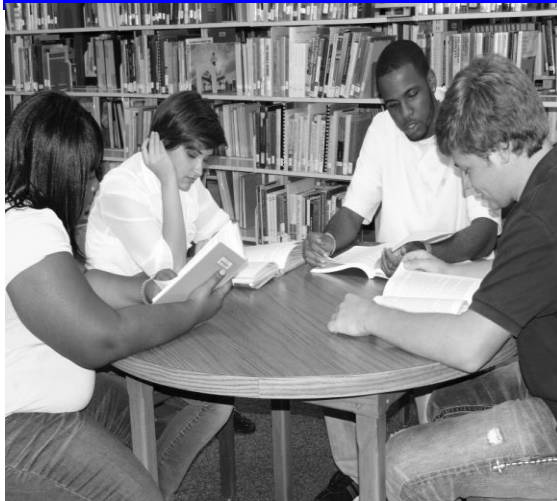
Jacqueline Johnson  
Project Specialist

Shawanna Wansley  
Dewitt Campus

### WELCOME

Greetings!

Welcome to the TRIO Student Support Services (SSS) Program. SSS is a great story to continue or begin at Phillips Community College of the University of Arkansas. The SSS staff is dedicated and invested in your academic, social and cultural enrichment. We are committed to providing individualized support until you graduate with your degree.



There are many upcoming events you will not want to miss. Be sure to take note of these and attend! There are many workshops being offered and I encourage you to take advantage of these learning opportunities. In addition, please come to our office and sign up for tutoring. If you are struggling in a class, why not get help? So take advantage of tutoring and other services and resources we offer. All services and resources are provided free of charge to you.

TRIO SSS is committed to your success and to creating a supportive environment that will help to make your educational experience a positive one.

We look forward to seeing and working with you!

Clarence Hayes, Ph.D.  
TRIO SSS Director

# TRIO

STUDENT SUPPORT SERVICES

## Tutoring

Tutoring will be offered throughout the year and on an ongoing basis in order to meet students' academic needs. Tutoring may take the form of study groups, regular study sessions and individualized and group tutoring. Tutorial help is available in the areas of basic math, algebra, physical science, writing and reading. We continue to have a positive impact through academic assistance for students. **For more information concerning tutoring, contact Adline Chandler (Helena Campus) – Room C302 Arts and Science Building ext. 1278; Shawanna Wansley (DeWitt Campus) – Room A106, ext. 1628; and Sonya Allen-Jenkins (Stuttgart Campus) - Room B105, ext. 1828.**

## CAT Lab

The Computer Assisted Tutoring (CAT) Lab is available on the Helena Campus. The CAT Lab will provide complementary instruction for students in high risk and/or demanding courses. The CAT Lab is located in the Library building – 3<sup>rd</sup> floor, Room L301. **For more information, please contact Carolyn Holloway, ext. 1102.**

## Campus Visits

At least four times each semester, pre-arranged college visits to four-year colleges and universities will be made available to all SSS participants. Participants will gain valuable experiences such as participating in campus tours, meeting with admissions and financial aid personnel, attending orientation sessions and visiting with academic departments faculty.

## Cultural Enrichment

Student Support Services sponsors cultural enrichment activities for all SSS participants to enjoy. The activities are provided to give you an opportunity to experience activities/events you may not otherwise experience.

**Please sign up for campus visits and cultural enrichment activities prior to the day of trip**

**For further information, please contact SSS Staff, Room C302, Ext. 1175.**



## Workshops

**\*These workshops are offered every fall and spring semester, unless specified.**

### **\*Career & Goal Setting** Presented by SSS Staff

This workshop will help students improve their knowledge and develop more realistic expectations and goals about their chosen careers, to include the education requirements, salary and where to look for jobs.

### **\*Math Anxiety** Presented by Carolyn Holloway

This workshop is designed to assist students in utilizing their TI-83 and TI-84 Plus calculators for Intermediate Algebra and above and help overcome math anxiety.

*In Addition: Getting the Job (fall) Resumé Preparation (spring)*

### **\*Stress Management** Presented by Adline Chandler

During this workshop, students will learn to recognize and understand stress. Practical tips and techniques are provided to help students achieve better results and health through the effective management of stress.

*In Addition: Healthy Eating*

### **\*Time Management** Presented by SSS Staff

During this workshop, students will create a chart representing a frank evaluation of how they currently allocate all 168 hours of their week. Through this method, students will more readily identify unclaimed time which could be allocated more efficiently, as well as identify and eliminate unnecessary or less productive uses of their time.

*In Addition: Growth Mindset*

### **\*Financial Aid/Literacy** Presented by SSS Staff

During this workshop, students will learn how to create a budget, stretch their paycheck, manage their credit cards, reduce their debt and meet other financial goals. Additionally, students will get assistance with completing the FAFSA.

### **\*Test Taking Strategies** Presented by SSS Staff

Student Support Services offers study skills workshops to help students develop practical academic success strategies. This workshop will focus specifically on strategies for actually navigating through the test on test day. The workshop will cover how to strategically answer and approach different types of test questions.

*In Addition: Dynamic Study Skills – Note Taking*