TRIO SSS STAFF

STUDENT SUPPORT SERVICES

hello

Congratulation 2023 Graduates

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Marcel Sanchez

Madison Sliwa

Mildred Velez

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IMPORTANT DATES TO

REMEMBER

Thursday, May 4th, 2023

- End of Spring Semester classes
- Last day for withdrawal with "W" for Full Semester Classes

Friday, May 5th, 2023

• Make Up Day for Cancelled Classes

Monday, May 8th- Friday May 11th, 2023

• Final Exams (required as scheduled)

Wednesday, May 17th, 2023

 Honors & Awards Night -6:30 pm

Monday, May 22nd-July 7th, 2023

- Summer Session
- Last day to add class-May 23rd
- Last day to drop class-May 24th

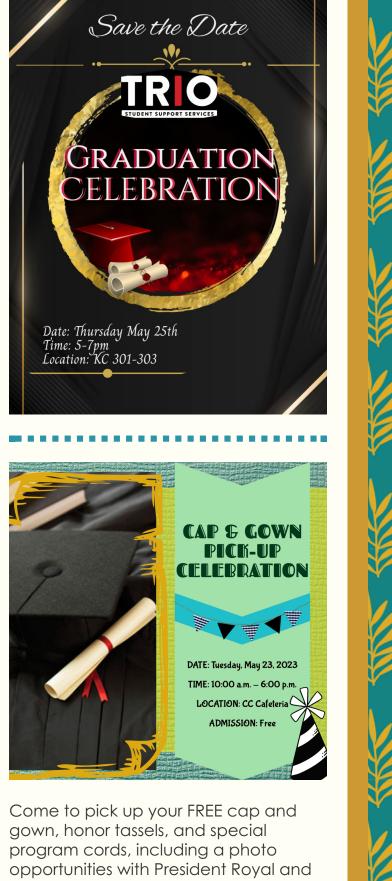
Monday, May 29th, 2023

 Memorial Day: Holiday (Campus Closed)

Transfer Trip to **Westfield**

Thank you to all students who joined us for the Westfield Transfer trip!





the Cougar, decorate your cap, enjoy food, and more!



Thank you to all of the students that joined us!

Transfer Trip to UMASS Amherst











CONGRATULATIONS! Linnette Hernandez,

for being selected as a recipient of the Victor E. and Mariellen Quillard Scholarship for the upcoming academic year. Way to go Linnette!!!

HELP US CELEBRATE!

TRIO SSS Student Achievement Award award winners :

Linnette Hernandez and Carineh Santana

CONGRATULATIONS ON YOUR AWARD!

Studying Pro tip from Heather Ruel STEM Health Sciences Learning Coach

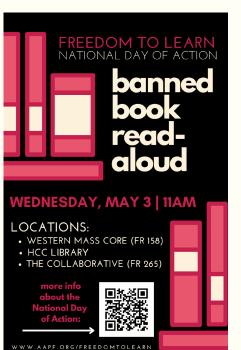
"I encourage my students to save their quizzes and ask them to write out the correct answers under the questions in longhand. Even if it was multiple choice, the physical act of writing reinforces memory. I recommend students study from those quizzes as well as their notes for the finals." *Heather*

Banned Books Read-along



In a time of book bans, the removal of Black scholarship from African-American studies courses, and coordinated attacks on critical race theory, equity, and inclusion, we want to celebrate the power of literature and the importance of critical thinking! Join us for a Banned Book Read-Along across campus. During the event, we will conduct a community readalong and hold a discussion for folks who want to engage.

DATE: Wednesday, May 3, 2023 TIME: 11:00 a.m. LOCATION: HCC Library, The Collective (FR 265), Western Mass CORE Lounge (FR 158)





Its never too early to ask for help, <u>Set yourself up for Success!</u> <u>SUMMER TUTORING APPLICATION</u> <u>NOW OPEN!</u>

TRIO SSS is still offering our students the opportunity to meet weekly with math tutors, writing tutors and learning coaches to help you meet your goals and finish the semester successfully.

Click below to submit a tutor/learning coach request form!

Tutor/Learning Coach Request

Summer Tutoring Request



Word of mouth is our greatest advertisement!

Tell your friends and classmates about all the great services they could be receiving if they were a TRIO student. Follow the Link below to get an application and learn about all the



support services for students who are first generation to college, low-income or have a documented disability.

Refer a friend

GET IN TOUCH



TRIO Student Support Services counselors are available via phone or email Monday – Friday, 8:30 a.m. – 4:30 p.m. Call **413.552.2505** or <u>email</u>

Already have a counselor? Schedule a meeting with them below

Schedule time with Monica

Schedule time with Derek

Schedule time with Luis

Schedule time with Chaitali

Schedule time with Xandria





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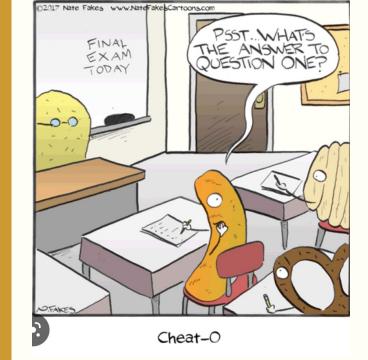
DID YOU

KNOW?

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At one point, May was once considered a bad luck month to get married. There was a poem that said, "Marry in May and you'll rue the day.



RESOURCES FOR STUDENTS

Mental Health Counseling and Stress Management

HCC is proud to partner with the Center for Human Development (CHD) to provide FREE inperson and telehealth counseling for students. HCC's Mental Health Center offers a broad range of programs and services to assist students in dealing with life's challenges and stresses before they become insurmountable. Our professional staff offers the following counseling services free of charge to students who are currently enrolled at Holyoke Community College:

- Individual counseling
- Group counseling
- Specialized workshops



CHD CLINICAL SERVICES ON CAMPUS Where: Frost 232 When: Monday - Friday, 9 a.m. - 4 p.m. Contact: **413.552.2626** ext. 2626 (during normal office hours)

Reach out to CHD

Student Emergency Fund

If you are struggling financially, the President's Student Emergency Fund can help! This fund assists HCC students who encounter unforeseen financial emergencies that would



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prevent them from continuing their education.

The COVID-19 pandemic has made these emergencies even more prevalent, but funding is available to help you overcome barriers related to housing, food, utilities, transportation and childcare. The application takes just a few minutes to complete and is reviewed within 48 hours. Students receive the support they need -- or are directed to other resources -- within a few days. The application form and details can be found on the President's Student Emergency Fund webpage.

Learn More

THRIVE Center

Are you dealing with homelessness or legal issues? Are you struggling with food insecurity? Do you think you qualify for SNAP or MassHealth benefits? Need help balancing your budget? Have questions about managing your credit? The Thrive Center can help! The Food Pantry is offering food pickup by appointment only from 10 a.m. - 2 p.m. Monday -Friday at the bus circle. (If coming to campus is not an option for you, please contact Thrive to discuss possible alternatives.) For more information on how to pick up food from HCC's food pantry, click below.

Click Here for more

Microsoft

Stock up for academic success with free Office. Students and educators at eligible institutions can sign up for Office 365 Education for free, including Word, Excel, PowerPoint, OneNote, and now Microsoft Teams, plus additional classroom tools. All you need is an HCC student email address. Check out <u>HCC Help Desk</u> for more information.

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