Success Week is presented each spring and fall semester by the Eastern Campus Success Center team, with the support and dedication of campus faculty, staff and administrators.

**MONDAY, SEPT. 26**
**Success Week Kickoff**
11 a.m. – 2 p.m. | ESS Street Café
Success Center

**TUESDAY, SEPT. 27**
**All About the Transfer Center**
10 – 11 a.m.
ESS President’s Plaza 2-3
Kim Johnson
**Workforce Training and Certificates**
10 – 11 a.m. | EMHC 234
Victoria Berry
**SMART Goals**
10 - 11 a.m. | ESS 1531
Cassandra Williams
**Self-Awareness to Success**
11 a.m. – noon | ESS 1531
Supriya Draviam

**WEDNESDAY, SEPT. 28**
**Active Minds**
10 - 11 a.m. | EEC 155C
Cassandra Williams
**How to Flunk a Class**
10 - 11 a.m. | ESS 1531
Sheila Manley
**The More You Learn the More You Earn: Best College Majors**
10 - 11 a.m. | ESS President’s Plaza 3
Gayle Gannon
Dan Safko
**Explore a Career in Fitness**
11 a.m. - noon | EEC 155C
Chris Faciana
**New Job: Tips for Success!**
11 a.m. - noon | ESS 1531
Maria Brathwaite

**THURSDAY, SEPT. 29**
**Boundaries: Where are the Lines?**
10 - 11 a.m. | ESS President’s Plaza 3
Arelia Dalton
**Financial Aid 102: Requirements, REFUNDS and More!**
10 - 11 a.m. | ESS 1531
Financial Aid Office

**EVENTS**

**English as a Second Language: Business Communication**
Noon - 1 p.m. | EMHC 234
Stephanie Kasuboski
Matthew Pierce

**A.L.I.C.E.: Protecting Yourself in an Emergency Situation**
1 - 2 p.m. | ESS 1531
Officer Brandon Tisdale

**The Veteran Connection**
1 - 2 p.m. | ESS 2406
Alaina Foster
Mick Munoz

**You Have the Right to Remain Silent: Constitution Day Seminar**
2 - 3 p.m. | ESS President’s Plaza
Douglas Gunnerson

**Informed Voting**
2 - 3 p.m. | ESS 1531
Angela Ugran

**Saving Money with Coupons**
11 a.m. - noon | ESS President’s Plaza 3
Tina Darrisaw

**WOOP It up for Success**
Noon - 1 p.m. | EEC 152
Bridget Kriner

**Set Yourself Apart: Student Leadership Certification Program**
Noon - 1 p.m. | EEC 155C
Sarah Szwed

**Civilization and Social Media**
Noon - 1 p.m. | ESS 1531
Bridget O’Hanlon

**Parenting as a College Student**
1 - 2 p.m. | EEC 155C
Sam Posey

**Career Speed Networking**
1 - 3 p.m. | ESS President’s Plaza 2-3
LaTice Levert
The ABCs of HBUs
2 - 3 p.m. | EEC 202
Kim Johnson

**FAFSA Completion Workshop**
2 - 3 p.m. | ESS 2311
Financial Aid Office

**Student Ambassadors: Who? How? Why You Should Apply!**
2 - 3 p.m. | ESS 1531
Bridget O’Hanlon
Jazmin Jackson

**Optimist or Pessimist? Using Positive Psychology to Build Resilience**
11 a.m. - noon | EMHC 236
Teresa Egan

**Civility Matters: The Student Conduct Code, Complaints and Other Reasons Why You Need to See the Dean!**
11 a.m. - noon | ESS 1531
Rachel Anderson

**Stress: How it Affects Sleep and Your Ability to Sleep Soundly at Night**
Noon - 1 p.m. | ESS 1531
Pam Mismas

**Keeping Your Cool When You’d Rather Not**
Noon - 1 p.m. | ESS 2410
Bill Cunion

**The Food Dude**
12:30 - 2 p.m.
ESS President’s Plaza 3
Student Life Office

**A.L.I.C.E.: Protecting Yourself in an Emergency Situation**
1 - 2 p.m. | EMHC 236
Officer Brandon Tisdale

**Top 10 Tips for Proofing Perfect Papers**
1 - 2 p.m. | ESS 1531
Sarah Szwed

**Introvert Survival Tips**
2 - 3 p.m. | ESS 1531
Kim Johnson
Shamiure Spivey

**Budget Travel Tips for Adventure in Ohio and Beyond**
2 - 3 p.m. | ESS President’s Plaza 3
Maria Oriti

**Snack ‘n Chat with Your Campus President**
4 - 6 p.m. | ESS President’s Plaza 2-3
J. Michael Thomson, Ph.D.
The ABCs of HBCUs – Have you heard of Howard University, Spelman College or Hampton University? Learn about these historically black colleges and universities and find out what they offer and how to apply.

Active Minds – Discover how you can participate in a student organization and utilize your voice to change the conversation about mental health and mental illness. Promote discussions that educate, empower and enlighten all about mental health before it ever reaches a tragic stage. If you are considering a career in the helping professions – human services, psychology, social work or counseling – this workshop is for you.

A.L.I.C.E. Protecting Yourself in an Emergency Situation – A.L.I.C.E. (Alert, Lockdown, Inform, Counter, and Evacuate) is designed to increase chances of survival during an active shooter emergency. This program teaches an aggressive response to threats to go along with the standard “lockdown” system used for emergency situations on school campuses.

All About the Transfer Center – Are you interested in transferring to a four-year college or university? Find out how the new Transfer Center at Eastern Campus can help you reach your goals.

Boundaries: Where are the Lines? – Do you know how to set healthy boundaries with people? Learn how establishing limits can help improve your relationships.

Budget Travel Tips for Adventure in Ohio and Beyond – Get tips to keep your travel adventures affordable so you can plan an easy getaway.

Career Speed Networking – Join us for a fun and interactive afternoon and network with Cleveland’s industry leaders and academic professionals representing numerous areas of career and technical education. Hear what those in the industry have to say.

Civility and Social Media – This year’s Common Reading program book – “So You’ve Been Publicly Shamed” – explores the phenomenon of individuals shamed by the masses on social media. This workshop builds on the book. Walk away with an awareness of what civility in digital media looks like, the tools to practice civility in your own digital life and an understanding of how civility in social media impacts your success.

Civility Matters: The Student Conduct Code, Complaints and Other Reasons Why You Need to See the Dean – Did you know there are different kinds of deans on campus to help you be a successful student? Discover how they can help you can solve problems on campus in a civil and effective manner by attending this interactive and fun workshop.

English as a Second Language: Business Communication – Designed for international students, this workshop will address culturally-specific behavior and communication found in American businesses. Specific topics include the interview process, appropriate dress for the interview and workplace and using civility in oral and written communication.

Explore a Career in Fitness – Do you have a passion for sports and fitness? Learn about the many career paths available – such as wellness coaching, personal training, corporate wellness and sports management – when you earn an associate degree in Sport and Exercise Studies. Explore how to get started and succeed in this growing field.

FAFSA Completion Workshop – Receive assistance completing the FAFSA Tri-C Foundation scholarship applications.

Financial Aid 102 - Requirements, REFUNDS and More – See how to navigate the financial aid process after your FAFSA has been completed and received by Tri-C. Get information regarding financial aid requirements, book accounts, refunds and more.

Five Tips on Being a Great Leader – Eastern Campus President J. Michael Thomson will discuss the positive culture leadership model used by innovative companies such as Google and Disney. Discover five key attributes of the leadership model that you can incorporate into becoming a highly successful student at Tri-C. Receive a workbook to start your journey toward great leadership.

The Food Dude – Learn valuable cooking tips from the Food Network Chef Kevin Roberts, who will teach you how to prepare healthy meals on a budget.

How to Become a Master Networker – Explore the techniques of power networking and other professional communication strategies in this interactive session designed to give you an edge in the workplace and life. You’ll leave with the tools to project your most powerful and best self.

How to Flunk a Class – Explore tips to becoming a good — or even great — student.

Informed Voting – Learning about a political candidate's policy ideas isn't always easy. This crash course will help you make more informed voting decisions. Resources will be provided.

Introvert Survival Tips – Are you a quiet student who is uncomfortable with public speaking, group work or small talk? Learn how to survive, and thrive, as an introvert in an extrovert world.

Keeping Your Cool When You’d Rather Not – Temper can flare in a college classroom. In this session, we’ll discuss the rules of behavioral expectations in the classroom and role play situations in which those rules are broken. Learn how to handle problems effectively and how to avoid causing them.

The More You Learn the More You Earn: Best College Majors – Have you heard of Howard University, Spelman College or Hampton University? Learn about these Historically Black Colleges and Universities and find out what they offer and how to apply.

Majors – The More You Learn the More You Earn: Best College Majors

New Job: Tips for Success – Get practical tips for establishing yourself in a new position and learn the value of respect and civility to ensure maximum workplace success as you begin your employment journey.

Optimist or Pessimist? Using Positive Psychology to Build Resilience – Discover how positive psychology can assist in developing a confident outlook, support a happy and healthy lifestyle and nurturing a sense of resilience for managing hard times.

Parenting as a College Student – Learn and discuss how to handle the stress of being a single parent while you strive to achieve academic and professional goals.

Saleen: Fast, Affordable, Awesome – Discover how Saleen, a company that builds affordable, high-performance cars, embodies the spirit of innovation and value.

Savvy Spending – Learn how to manage your finances and make smart decisions in the areas of budgeting, saving, investing and planning for the future.

Self-awareness and Resilience – Learn about the importance of self-awareness in the workplace and how to develop and use this skill to achieve success.

SMART Goals – SMART = Specific, Measureable, Attainable, Realistic, Timely. Grasp the difference between goals and objectives; the definition of needs, wants and values; and how to set SMART goals and priorities.

Snack ‘n Chat with Your Campus President – A meet-and-greet with Eastern Campus President J. Michael Thomson. Enjoy refreshments, meet fellow students, talk with administrators and build your campus support network.

So You’ve Been Publicly Shamed: (re)Imaginings Contest – Associated with the Common Reading program, the (re)imaginings contest is a co-curricular event that offers an opportunity to creatively interpret Jon Ronson’s book, “So You’ve Been Publicly Shamed.” Students can work in their medium of choice – poem, essay, song, sculpture, play, dance, short film, speech, recipe, photograph, painting, research project, poster, etc. – for a chance to win recognition and prizes. We will discuss entry guidelines and help brainstorm ideas for potential submissions.

Stress: How it Affects Sleep and Your Ability to Sleep Soundly at Night – Need more zzz’s to get things done? This workshop is an overview of body/mind reactions that occur in response to stress; the importance of sleep for daily functioning; strategies for relaxation; and tips for good sleep hygiene.


Student Leadership Certification Program – Set yourself apart from other job seekers by adding leadership certification to your resume and college transcript. Learn more about this opportunity to develop leadership skills that last a lifetime.

Success Week Kickoff – Find out what Success Week is all about with games and prizes. Light refreshments will be served.

Twee Tips for Proofing Perfect Papers – Want to learn the difference between earning an A or a B on your papers? Discover simple strategies for proofing to perfection.

The Veteran Connection – A brief and interactive session that offers an opportunity to creatively interpret Jon Ronson’s book, “So You’ve Been Publicly Shamed.” Students can work in their medium of choice – poem, essay, song, sculpture, play, dance, short film, speech, recipe, photograph, painting, research project, poster, etc. – for a chance to win recognition and prizes. We will discuss entry guidelines and help brainstorm ideas for potential submissions.

The Veteran Connection – A brief and interactive discussion on civility as it relates to veterans and the military.

Woop It Up for Success – See how you can use the technique of mental contrasting to achieve goals. WOOP (Wish Outcome Obstacle Plan) is easy to learn and will help you travel the path to success in college and beyond.

Workforce Training and Certificates – Get an overview of non-credit classes and what training opportunities Tri-C offers for those interested in workforce credentials.

Yoga Flow – Awaken the mind, body and soul through yoga. Journey through postures at a steady pace to deepen your awareness of breath, movement and, ultimately, self. Develop a self-awareness, mindfulness and a better understanding of who we are and we can be.

You Have the Right to Remain Silent: Constitution Day Seminar – Do you know the rights afforded to you? We’ll discuss how the Supreme Court, through its landmark decision in Miranda v. Arizona, helps protect freedom.

FOR MORE “CONNECT4SUCCESS” EVENTS VISIT WWW.TRI-C.EDU/CONNECT4SUCCESS

QUESTIONS? Visit your campus student success specialists in ESS 1209, or e-mail or call: Bridge.Hanlon@tri-c.edu or 216-987-2298 or Jazmin.Jackson@tri-c.edu or 216-987-2638

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