Xavier University: TRiO, Student Support Services

Women of Excellence Report

Grant Cycle: 2012-2013

Submitted: December 19, 2013
TRiO, Student Support Services (TRiO, SSS) is a grant funded program by the U.S. Department of Education. Over the last three years, TRiO programs nationally have endured a reduction in funding. This led our program to apply for the Xavier University Women of Excellence Giving Tree Grant. Our program was awarded $7,700.00 to supplement our program offerings in the academic, professional and personal areas. These offerings provided students with opportunities to identify 1) their strengths, 2) educational opportunities beyond Xavier, and 3) common personal ties. This report will layout the successes, challenges, and the final budget of TRiO, SSS programming made possible by the Xavier University Women of Excellence.

TRiO, SSS programming is identified as Enrichment Xcursions. These Xcursions are grouped in three areas: academic, professional, and personal.

**Academic Enrichment Xcursions:**

TRiO, SSS has had 50 students take the StrengthsQuest Assessment. This assessment is a way for people to identify their natural talents to leverage success in life. Our purpose for using Strengths was to provide students with awareness of how they are uniquely different and how their talents can be used to leverage success in the classroom.

We had three (3) training sessions where students present were able to create learning plans with goals to effectively implement their strengths in the classroom. Staff members were present at each StrengthsQuest training session.

**StrengthsQuest Training: (7 students) – Friday, February 1, 2013**

- Angela Gray-Girton, Associate Director of Service and Justice in the Center for Faith and Justice, conducted a training held in the Gallagher Student Center, Room 214 from 11:30 am – 1:00 pm.

- Students present were able to select a meal from the Panera catering menu. Students discussed their strengths as a group before the session.

- Students participated in discussions and activities. Angela provided them a packet of information that they could keep and refer to in the future. She also provided them with her contact information should they want to follow up with her.

**StrengthsQuest Training: (10 students) - Tuesday, April 9th, 2013**

- Angela Gray-Girton, Associate Director of Service and Justice in the Center for Faith and Justice, conducted a training held in Hailstones, Room #19, from 4-6pm.

- All present were able to choose a meal from a local restaurant, Suzy Wong’s. Dinner was eaten over a conversation with a partner about their strengths.
• Students participated in discussions and activities. Angela provided them a packet of information that they could keep and refer to in the future. She also provided them with her contact information should they want to follow up with her.

**StrengthsQuest Training: (13 students) – Saturday, October 19, 2013**

• Tamara Giluk, Assistant Professor for the Department of Management & Entrepreneurship in the Williams College of Business, conducted a training held in Conaton Learning Commons, Room #406, from 1:00 pm – 5:00 pm.

• All present were able to choose a meal from a local restaurant, Jason’s Deli. Lunch was eaten over a lively conversation to help the group bond.

• Students participated in discussions and activities. Tamara provided them a packet of information that they could keep and refer to in the future. She also provided them with her contact information should they want to follow up with her.

**Student Quotes:**

"Attending the StrengthsQuest session has helped me to understand my study habits. Now, I am able to change my study habits in context with strengths to find more success in my academics. Also, my vocabulary has expanded in how I introduce myself to others."

"I had taken a StrengthsQuest session before, but I really liked this one because it was more in depth. I learned a lot about my strengths and how I can use my strengths to do almost anything from networking to getting my work accomplished. I thought it was great that the seminar stressed how we can all succeed with the strengths we have, we all just have to go about things in different ways."

"I learned that the talents you have are unique to your personality and once you understand them you are then able to use them to benefit yourself and others."

**Successes & Challenges:**

**Successes:** Students are now able to see themselves in a different light. This assessment has changed students approach on articulating worth and direction.

**Challenges:** Students were interested in taking the assessment; however, it was difficult to get students and presenters to find a common time to hold a session. Also, our staff is not trained to present sessions on ways to use strengths. Therefore, we are required to rely on the University to identify coaches/presenters who could fulfill this need. Moving forward we will investigate whether a Strengths coach might be assigned to the TRiO, SSS office to present two training sessions per semester.

TRiO, SSS: 2
Professional Enrichment Excursions:

Graduate School Tours & Graduate Programming

TRiO visited three different universities throughout 2012 – 2013. These tours and graduate school programming gave students a chance to interact with admission offices and faculty/staff to learn about programs and how to gain admission. Each session/event had a specific focus. There were 36 students who participated in these events.

University of Toledo: (5 students) – October 12, 2012

- Students met with departments of interest – Psychology and Medical Campus
- Networked with Xavier and TRiO Student Support Services Alumni

Graduate/Professional School Information Session: (15 students) – August 29, 2013

- Students met to learn how to prepare for the graduate school application process
- Students provided feedback on the type programming needed to help them meet their graduate/professional school goals

GEM Program: Grad Lab – University of Kentucky: (3 students) – September 21, 2013

- Students attended sessions on: reasons to attend graduate school, application process, and funding options
- Networked with current undergraduate students who are underrepresented in the fields of Physics from University of Kentucky & University of Louisville
- Toured Physics labs and met with researchers
- Attended graduate research fair of local programs in the area

University of Cincinnati McNair/SSS TRiO Research Symposium: (6 students) – October 11 & 12th, 2013

- Gained knowledge on the application process for graduate school
- Gathered information about various graduate programs & departments at the University of Cincinnati.
- Developed networking skills through interaction with faculty, staff and fellow TRiO students from other universities
- Observed undergraduate research presentations from fellow students

Student Quotes:

"I loved this event – the people I met were very influential! Our hosts were wonderful and well prepared. The panels were amazing in which I learned a lot about Graduate School to the point

TRiO, SSS: 3
that I see no future without Graduate School involved. This event was very insightful and educational."

"It was fun and I learned a lot about graduate school so much that I am now considering law school as a possible option."

Graduate School Program: Personal Statement Workshop: (5 students) – October 18, 2013

- Dr. Stephen Yandell, Associate Professor in the Department of English at Xavier, presented ways to overcome common pitfalls when writing a personal statement for graduate admission.

University of Kentucky & University of Louisville Grad Tours: (2 students) – November 8, 2013

- Met with faculty and graduate students of programs students were interested in
- Met with admission office regarding the application process

Successes & Challenges:

Successes: We had a diverse student population of majors participating in our programming. We opened some programming up to campus, hoping to get more students involved. We were able to have one faculty member present a workshop. Furthermore, there was a range in offerings for students in this area, from a campus tour, to seminars, a research symposium and workshops.

Challenges: Challenges with the professional Xcursions programming were mainly related to timing. It was difficult to find common times for students to attend programs which did not interfere with other responsibilities. Furthermore, organizing campus visits required for students to miss class and this deterred some students from participating. Thus, it became difficult to spend the money allotted for this developmental area. Instead, alternative ways to support students in this regard were substituted. Graduate test preparation books and online materials were purchased to increase students’ opportunities to engage with and practice sample questions and tests. Materials were purchased for the GMAT, the GRE, the I.SAT, the MCAT, and the NCLEX.

Personal Enrichment Xcursions:

TRiO, SSS programming includes exposing students to experiences that may be outside of their current community. These events can range from arts related (i.e. symphony, theater, and art history) to sporting and ethnic dining. The goal of these events is to bring the TRiO community together to share an experience and form bonds of friendship. Depending on cost of tickets, most events will have at least 8 – 10 students.
Blue Man Group: (10 students attended) – October 25, 2012

Blue Man Group is known for their wildly popular theatrical shows and concerts which combine comedy, music, and technology to produce a totally unique form of entertainment.

- Students dined at Rock Bottom Brewery before the show.

Allowed for new TRiO students and continuing students to get to know each other and hold a variety of conversations that were not school related.

- Exposed students to downtown Cincinnati with a short walking tour.

Students were able to see the theater & arts area downtown, along with learning a little about the history of Cincinnati.

Student Quotes:

“I had the chance to meet other TRiO students that I had not met before, and got to bond with them during dinner and the show.”

“Met nice TRiO member, got to go to the Aronoff for the first time, and it was a great experience.”

Cincinnati Symphony: Beethoven 9 – Thursday, November 15, 2012

- Eight TRiO, SSS participants and one TRiO, SSS staff member attended the symphony at Music Hall.

- The group had a buffet dinner upstairs prior to the performance. Students engaged in discussion around the table while waiting for the music to begin. Juniors and seniors shared advice and gave recommendations to freshman and sophomore students informally.

Student Quotes:

“One of my personal goals is to go beyond my comfort zone in regards to social interaction as well as to network and make friends in the process. During this event I was able to successfully go outside of my comfort zone and interact and make friends with new people. I also got passed the idea that I would feel uncomfortable in a ‘cultured’ setting like a symphony orchestra and now I even look forward to attending similar activities and events in the future.”

Cincinnati Reds Game: (9 students) – Tuesday, May 7, 2013

TRiO, SSS: 5
Cincinnati Reds Game: (9 students) – Friday, September 6, 2013

- Students were able to practice interpersonal skills.

**Student Quotes:** Students were asked to respond to the following: “Did you learn anything by participating in this event which might help you accomplish any personal goals?”

“Attending the Reds game allowed me to spend time with my TRiO family allowing me to de-stress... which is one of my personal goals is to find time to relieve stress.”

“I learned a lot about my TRiO peers and about the game of baseball in general, it was fun!”

“Riding with, sitting with, and talking with people I don’t know on a regular basis allowed me to step out of my comfort zone and can help me with my personal goals related to initiating relationships.”

**Successes & Challenges:**

**Successes:** We were able to creatively plan events that reached various students. Students were able to bond with each other, learn something new, and practice using interpersonal skills. Students are more likely to engage in conversations with their fellow peers in passing and within classes.

**Challenges:** Challenges with the personal Xcursions programming were mainly related to funding. We were able to spend more than the budget allotment because of the cost of tickets. With this in mind we will work to partner with other organizations that are interested in exposing students to similar events and experiences.
Students Participating in StrengthsQuest Session: October 19, 2013
Students Enjoying a Reds Game – September 6, 2013
<table>
<thead>
<tr>
<th>New code</th>
<th>TRIO BUDGET REQUEST</th>
<th>2012-2013</th>
<th>1st quarter</th>
<th>2nd quarter</th>
<th>3rd quarter</th>
<th>4th quarter</th>
<th>1st quarter</th>
<th>2nd quarter</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>BUDGET</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Academic Development</td>
<td>$ 2,000.00</td>
<td>$ -</td>
<td>$ 625.00</td>
<td>$ -</td>
<td>$ 887.40</td>
<td>$ -</td>
<td>$ 1,512.40</td>
<td></td>
</tr>
<tr>
<td></td>
<td>SteerQuests and Training - 50 @ $20 = 1000.00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Meals - 2 Sessions X 25 participants @ $10 = 500.00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>$ -</td>
<td>$ 625.00</td>
<td>$ 332.59</td>
<td>$ -</td>
<td>$ 887.40</td>
<td>$ 145.06</td>
<td>$ 477.65</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Professional Development</td>
<td>$ 4,400.00</td>
<td>$ -</td>
<td>$ 75.54</td>
<td>$ -</td>
<td>$ 117.26</td>
<td>$ -</td>
<td>$ 194.56</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Transportation - 1 Graduate School Xcursion per semester</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>X 1 van @ $50 + Gas = $600.00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>TOTAL</td>
<td>$ -</td>
<td>$ 152.93</td>
<td>$ -</td>
<td>$ -</td>
<td>$ 248.04</td>
<td>$ -</td>
<td>$ 501.87</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Meals - 1 Graduate School Xcursion per semester 2 days of per diem</td>
<td>$ -</td>
<td>$ 186.48</td>
<td>$ -</td>
<td>$ -</td>
<td>$ 481.34</td>
<td>$ -</td>
<td>$ 667.82</td>
<td></td>
</tr>
<tr>
<td></td>
<td>@ $50 X 10 students and 2 staff = $2400.00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>TOTAL</td>
<td>$ -</td>
<td>$ 186.48</td>
<td>$ -</td>
<td>$ -</td>
<td>$ 481.34</td>
<td>$ -</td>
<td>$ 667.82</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Lodging - 1 Graduate School Xcursion per semester X 1 night @ $175 4 nts</td>
<td>$ -</td>
<td>$ -</td>
<td>$ -</td>
<td>$ -</td>
<td>$ -</td>
<td>$ -</td>
<td>$ 1,360.80</td>
<td></td>
</tr>
<tr>
<td></td>
<td>= $1400.00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Graduate/Professional School Test Prep Resources</td>
<td>TOTAL</td>
<td>$ -</td>
<td>$ -</td>
<td>$ -</td>
<td>$ -</td>
<td>$ -</td>
<td>$ 1,580.90</td>
<td></td>
</tr>
<tr>
<td></td>
<td>TOTAL</td>
<td>$ -</td>
<td>$ -</td>
<td>$ -</td>
<td>$ -</td>
<td>$ -</td>
<td>$ -</td>
<td>$ 3,771.98</td>
<td></td>
</tr>
<tr>
<td></td>
<td>$ 1,300.00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Personal Development</td>
<td>$ 1,300.00</td>
<td>$ -</td>
<td>$ 288.48</td>
<td>(98.17)</td>
<td>$ 104.00</td>
<td>$ -</td>
<td>$ 296.31</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Transportation - 1 Cultural Xcursion per semester</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>X 1 van @ $75 + Gas = $200</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>TOTAL</td>
<td>$ -</td>
<td>$ 316.48</td>
<td>(96.17)</td>
<td>$ 104.00</td>
<td>$ -</td>
<td>$ 40.00</td>
<td>$ 336.31</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Meals - 1 Cultural Xcursion per semester @ $25 X 10 students and 1 staff = $500.00</td>
<td>$ -</td>
<td>$ 182.25</td>
<td>$ -</td>
<td>$ 230.52</td>
<td>$ 136.25</td>
<td>$ -</td>
<td>$ 649.02</td>
<td></td>
</tr>
<tr>
<td></td>
<td>TOTAL</td>
<td>$ -</td>
<td>$ 182.25</td>
<td>$ -</td>
<td>$ 230.52</td>
<td>$ 136.25</td>
<td>$ -</td>
<td>$ 649.02</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Tickets - 1 Cultural Xcursion per semester @ $25 X 10 students and 1 staff = $500.00</td>
<td>TOTAL</td>
<td>$ -</td>
<td>$ 472.50</td>
<td>$ 210.00</td>
<td>$ -</td>
<td>$ -</td>
<td>$ 682.50</td>
<td></td>
</tr>
<tr>
<td></td>
<td>$ -</td>
<td>$ -</td>
<td>$ 973.23</td>
<td>(96.17)</td>
<td>$ 544.52</td>
<td>$ 146.25</td>
<td>$ -</td>
<td>$ 1,567.83</td>
<td></td>
</tr>
<tr>
<td></td>
<td>TOTAL</td>
<td>$ 7,700.00</td>
<td>$ -</td>
<td>$ 1,937.64</td>
<td>$ 236.42</td>
<td>$ 544.52</td>
<td>$ 887.40</td>
<td>$ 4,063.29</td>
<td>$ 7,659.27</td>
</tr>
</tbody>
</table>