

### EOC Extended Hours

EOC will continue its extended business hours from 5 pm - 7pm on Mondays and Tuesdays until March 17.

You can schedule an appointment to see a counselor, set-up a tutoring appointment or come in and utilize the lab and other services available.

### EOC Student Spotlight



Currently, Angela Racy is a full-time student at Pulaski Technical College. She does not allow her nontraditional status and occasional, negative comments to hinder her college endeavor and potentiality. In fact, she recently received a certification in General Studies, and she anticipates completing her Associates of Arts in May 2015. Afterwards, she will pursue a Master of Art in Criminology and Criminal Justice. She maintains a 3.9

GPA and serves as president for Beta Zeta Omega of

Phi Theta Kappa Honor Society and Sigma Kappa Delta English Honor Society. In addition, she serves as a Student Ambassador and is actively involved in the community as a reading, writing, and English language tutor. Angela serves as a resource assistant for persons with disabilities. In 2014, she received an Outstanding Student award, Outstanding Dedication and Service to Beta Zeta Omega award and was on the President’s List with a 4.0 grade point average.

#### A Letter to Current and Future Trio Students:

Throughout my collegiate experience, I have grown in the understanding that the following are the things that bring me closer to my ultimate college degree: purpose, responsibility, commitment, and perseverance. Many will come to a point in their lives when they want to produce the most favorable results for their existence. I hope you will be one of them.

Therefore, if you have not so far, I urge you to sit down in a quiet place. Then, paint a mental picture of all your successes, including your family life, and what you perceive are unsuccessful events in your life. During this process of actual self-renewal, you may cry many heartfelt tears. However, you will grow in a new knowledge about yourself: You can make marvelous, beneficial changes in your life and the world. I know you can because everyone has a purpose beyond the ordinary. Now, will you seek for your amazing purpose?

When I began to seek my amazing purpose, I sat down in a quiet place and appraised myself. After I had cried for quite some time about what I perceived to be my failures, suddenly, a broad smile came about my lips. Then, a gleam of assurance surfaced through my red eyes. I thought to myself, “I can do it!” Shortly, I enrolled in a mathematics course at an adult education center.

Soon after, my teacher told me about the UALR Education Opportunity Center Trio Program. This program advised me about scholarships, college options, and financial aid. In addition, I had access to the necessary technology so that I could study for the college placement exam. As a result, I became well-prepared for the Compass exam. Since then, my endeavor to my amazing purpose continues to show promise. Because I show respect for the ones who I come in contact with at school, use the books and technology provided for studying, and study as needed, I have enjoyed a very successful college career. I hope the same for you.

### EDUCATIONAL OPPORTUNITY CENTER

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### INSIDE THIS ISSUE

Job Interview Tips.....2  
Finding Support.....3  
Things to Do..... 4

## Tips for Job Interviews

Preparing for the job hunt would do well to look at the job interview as a live audition—a real time, rolling question-and-answer session that employers hope separates the success stories from the wannabes. How can you as a college graduate ace that on-the-spot audition and win the job of your dreams? Try these tips:

### Research Your Potential Employer

Go to your potential employer’s website and find out all you can about the company. Research the company online too to find out if it has been featured in any news articles, and read up about industry trends and the company’s competitors.

### Align Your Skills with Those in the Job Description

Be prepared to address your unique skills, knowledge accumulated through life, and through college, and match those attributes with what the potential employer is looking for in a job candidate. Study the job ad or description and note every point where your knowledge or experience aligns and prepare to speak about them.

List Your “Top 10” Attributes and Work the Best Ones into the Interview

Make a list of your top 10 qualifications and weave them into your job interview. Any key skills—say computer software programming or superb writing skills—that can be applied to a given job can separate you from the crowd and get you a job offer.

### Test Yourself with Informational and Mock Interviews

Prepare for the real deal by arranging an informational interview with managers at companies in the field you’re interested in or with individuals who are in positions to which you aspire. The purpose of these interviews is to gain an understanding of a particular position or industry, to network and make professional connections, and better prepare yourself for future job interviews. Mock interviews are another great way to practice your “pitch” for job interviews. Arrange a meeting with a friend or, better yet, a college alum in the field of your choice, who can help you sharpen your focus and nail that interview.

### Pay Attention to Your Body Language

During the interview, sometimes what your body language says is more important than what you say. Make eye contact with your interviewers (low or no eye contact tells a hiring manager you lack self-confidence), sit up straight in your chair, and lean forward to show that you’re interested in the conversation. Don’t cross your arms, mumble, slouch, or look too relaxed. Take cues from your interviewers—if they remain formal or are more casual.

### Follow Up With a Thank You

You might be surprised how many hiring managers will pass over a great candidate because she didn’t follow up with a thank-you note. Thank the hiring manager in person for the opportunity to state your case, and then follow up with an e-mail expressing your appreciation for the opportunity, restate your strongest qualifications and offer to provide any information that can help your cause. It’s best to send a thank-you e-mail to each person you met, so be sure to ask for business cards. Send a thank you even if you’re not interested in the position. You never know if the perfect position will open with the same manager.

# Finding Support in College

Going to college is a life-changing experience for most students. But for first-generation college students, the transition can be even more difficult. Unlike many other college students, you don't necessarily have the support and encouragement back home to help guide you in this new endeavor. Because you may lack the understanding and support from your family and friends, it's important for you to reach out and build relationships on campus to create a sense of belonging. Here are some tips to help you get the support and resources you need:

## Make Friends with Student Services

Most colleges have academic advisers who you can talk to when a class may not be going so well. College advisers also are able to talk with you about how to manage your time. Be sure to meet with your adviser at least twice each semester to discuss how your classes are going and plan your next semester's schedule. Your adviser also can talk with you about your adjustment to college life. Your adviser's contact information can usually be found online.

## Know That a College Counselor Is Just a Phone Call Away

The good news is that a trained college counselor is never far on a college campus. If you're dealing with serious health or emotional issues, contact a counselor to discuss how best to cope. Many students, especially first-generation students, work while in college and some are under a lot of pressure to maintain a high GPA for scholarship purposes. This combined with adjusting to a new lifestyle could lead to depression or anxiety issues. Most counselors have walk-in hours, and you can typically book an appointment online

## Get Involved With Peer Study Groups

Always be open to forming a study group for the classes you struggle with. It's likely your peers are struggling with the same material you are. If creating a weekly study group is too much of a commitment, consider forming a study session prior to midterm or before the class final. Getting to know others in your class helps you build relationships on campus, and it's likely those friendships will last even after the class ends.

## Reach Out to Your Favorite Professor

Finding a mentor can make the college experience one of the best experiences of your life. Consider dropping in on your professor during office hours. Chances are he or she will be happy to talk to you about his own journey in college, giving you a support system that can last your entire college career—or a lifetime.

Clearly, there are many ways of making your transition a little easier. Don't be shy about seeking out advice or help when you need it. College counselors and academic advisers want to see you succeed and make a better life for yourself.

## Things to Do

It's that time of the year. Not only is it time to file your taxes but it is also time to complete the Arkansas Academic Challenge Scholarship. The deadline is June 1st. You should also complete your FAFSA for the 2015-2016 academic year as soon as possible. Below are a list of websites that will help you get started.

### Internal Revenue Service

[irs.gov](http://irs.gov) (Click on Get Free Tax Preparation Help)

### Arkansas Academic Challenge Scholarship

[scholarships.adhe.edu](http://scholarships.adhe.edu)

### Federal Student Aid

[FAFSA.ed.gov](http://FAFSA.ed.gov)

For more information or assistance completing your FAFSA or Academic Challenge Scholarship application, call 907-2470.

## EDUCATIONAL OPPORTUNITY CENTER

The Educational Opportunity Center is a federally funded TRIO program that assists adults ages 19 and above and U.S. veterans to enroll in and complete a postsecondary education program. All services are provided free of charge to participants who meet the eligibility requirements.

### Services provided

- Academic Assistance
- Career Assistance
- Enrollment Counseling
- Financial Aid Counseling
- Computer Lab

## Educational Opportunity Center

5820 Asher Avenue, Suite 800

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