April, 2021 Talon Talk I



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Be A Leader! Run for a SGA Office for 2021-22 Contact Chip Bolyard today! Details Inside.





2021-2022 Academic Calendar

Summer 2021

May 24

May 31 June 18

July 5 June 30

August 3

Fall 2021

August 23

August 23-27

September 6

October 15

October 19

November 5

November 5

November 5 November 22-26

December 3

December 6-10

November 14

December 22-January 2

Classes Begin

Memorial Day - College Closed

Last Date to Withdraw with a Grade of "W"

4th of July Day Holiday - College Closed

Last Day of Classes/Final Exams

Final Grades Due by 12:00 Noon

Classes Begin

Add/Drop Period

Labor Day Holiday - College Closed

End of Mid Semester (1st eight weeks completed)

Mid Semester Reports Due

Last Day to Withdraw with a Grade of "W"

Registration for Spring 2022 Begins

Deadline for Graduation Applications for Fall 2021

Thanksgiving Break—No Classes

Last day of classes (full term classes only)

Final Exams

Final Grades Due by 12:00 Noon

Holiday Break - College Closed

Thank You for Your Service to Our 2020-2021 SGA Officers

Vanessa Hinger: President

Megan Wells: Vice-President

Shayla Hartman: Secretary /Treasurer



Farewell Dr. Terrell



From the President's Desk

I was recently asked to speak at a PTK Induction ceremony, and I am shar-ing my remarks in this newsletter. One of my favorite quotes is: "Life is a journey and not a destination." This is very personal to me, because my last day as President at Eastern is June 29, 2021. It has been an amazing eleven-year journey serving students and local communities.

I will begin a new journey on June 30th and participate in ING activities: walking, biking, hiking, camping, gar-dening and do not judge, drinking craft beverages at local breweries. This is a beginning of a new chapter in my life to prepare for the next journey.

I am sharing this because you too have a choice to see your life as a journey and not a destination. What are your next adventures? What are your personal, educational and professional goals? Who will you meet and/or take with you on your journey?

Congratulations to our spring 2021 graduates and to all of you for successfully completing the spring semester. It has been a challenging academic year and unique journey for all of us. A journey is not always easy, it may encounter challenges and require us to take risks. That is what make the journey exciting! It helps us to discover our potential.

I wish you a safe and healthy summer. I hope our paths will cross again. Until then, have a great journey and live a great story!

Dr. T

We wish Dr. T the best as he begins his next chapter!



Be Part of Your College! Be a Leader! Why Be Part of Eastern's Student Government Association?

- You'll develop leadership skills: As a student leader you are going to develop innumerable leadership skills including conflict resolution, cultural intelligence and professional advancement.
- 2. You'll experience working on a team: In any student leader-ship position you will not be working alone. As with working on any team, there will be challenges in communication and work style. This is the perfect time to find how you work with others and where your areas for improvement might be. Plus you can learn more about the strengths you already bring to the table.
- 3. You'll gain valuable skills: As a student leader, you will learn valuable skills while gaining real-world leadership experience. Meetings will teach you communication and expectation setting; projects will teach you time management and responsibility; presentations will teach you public speaking and organization. These are only a few of the many soft skills that are required to be successful in any profession that you will gain through a student leadership position.
- 4. You'll learn about yourself: As a student leader, you will learn more about your dreams and goals. Where do you want to go in life, and how do you plan on getting there? Being a student leader is a great way to learn about yourself because you will find who you can become and all the opportunities that are available to you.
- It looks great on your resume: Employers are looking for candidates with leadership experience. SGA is a great way to earn this experience.

And as a bonus: You'll have fun!

Want to Run for SGA Office?

Contact Chip Bolyard if you would like to run for office! Charles.Bolyard@easternwv.edu / 304-434-8000 x 9261

Do You Know About the New WV Invests Grant Program?

West Virginia Invests is a new grant program available to community college students just like you.

West Virginia Invests is a state-funded grant program that covers the full cost of basic tuition for select certificate and associate degree programs at a West Virginia public two- institution. Priority is given to programs in high-demand fields, such as information technology or healthcare, as determined by the West Virginia Department of Commerce. This is a last-dollar-in program, meaning that it will pay for any amount up to the total cost of tuition and fees that isn't already covered by other state or federal grants or scholarships.



The grant program requires students who:

- Have not already earned a college degree (associate level or higher) or have attempted 90
 or more college credit hours;
- Be in compliance with the college's Satisfactory Academic Progress policy; for renewal you
 must also have a 2.0 cumulative grade point average;
- Not be in default on a federal student loan;
- Are willing to make a commitment to improving the state by living in West Virginia for at least two years after graduation and completing at least 2 hours of unpaid community service each academic term;
- Pay for and pass a drug screening before the start of each academic term you are receiving an award. You have a 60 day window prior to the start of each term to pass the drug screen.

You may be eligible for the Sumer and Fall Funding. Learn more about the West Virginia Invests program by visiting www.wvinvests.org.

Questions may also be directed to Charles "Chip" Bolyard, Student Program Advisor, at charles.bolyard@easternwv.edu

Managing Finals Stress

Here are some tips to help alleviate the pressure of finals week:

Sleep

It may seem like there is not enough time in the day to study for final exams and get seven hours of sleep! But, making time to sleep can improve your academic performance. Don't stay up late cramming, instead, start studying earlier so you can get your beauty rest.

Exercise and Stay Hydrated

Exercise can help you better concentrate and improve your energy level. It also releases endorphins (a chemical your body produces) which can make you feel positive and happy. Hydration can help boost your performance, regulate body temperature, and provide oxygen throughout the body. Make sure to have a water bottle with you when you study!

Take Study Breaks

Many college students spend long hours trying to cram in all the information they can. When you are studying, though, you should take study breaks to give your brain a break! These study breaks don't have to last long — they can be as quick 10 minutes. During these breaks, it is smart to grab a healthy snack and drink some water.

Positive Self Talk

Take a deep breath (feel better?). Know that everyone else is in the same shoes as you. Positive self-talk is more important than you think.

Ask for Help

If you feel like you are really struggling, don't be afraid to reach out for help. The Student Services Team is always willing to help

Congratulations Graduates

YOU DID IT!

It is time to celebrate your success! You completed your certificate or degree in the most challenging time of our lives!



Congratulations to our 2020 & 2021 Graduates walking in May

Enjoy Your Special Day!

Did you pave the way?

Are you the first person in your family to graduate with a college degree?

Then, you have paved the way... And, it is now time for you to help family & friends find their way. Share your educational experience with them and how they can discover their potential at Eastern this Summer or Fall.

REGISTRATION IS NOW OPEN FOR SUMMER & FALL 2021

Register Yourself on MyEastern

 Using MyEastern to register allows you to choose your courses and schedule from anytime and from anywhere.
 Just connect to a web browser.

Check Out This MyEastern Video to Learn How

Register with Your Advisor

- You may Email or Call your Advisor
- You may schedule an In-Person or Teams Conference

Check Out These Other Helpful Videos

Using the Catalog

Reading the Schedule

Are You Missing Out?

Make Sure You Check Your Eastern Student Email Regularly for Important Financial Aid and Student Services Information!



Updated Standards of Academic Progress Policy

http://easternwv.edu/documents/Student-Services/FinAid/Standards-of-Academic-Progress FA-Recipients 05231.aspx

Nominate Alumni for this Distinguished award

http://easternwv.edu/Eastern-Alumni-Friends/Eastern-Alumni-Award.aspx





SERVILICIE

\$157.00 per credit hour

Students may obtain free, unlimited, unofficial copies of their transcripts, current address, financial aid and billing information from the Web.

- 1. Log on to the MyEastern link[at https://rand.wvnet.edu:9797]
- 2. Click on "Enter Secure Area"
- 3. Type in your User ID (usually begins with "S000")
- 4. Type in your PIN (your birthday in six digits -- for example, October 10, 1970 would be 101070)

*Equal Opportunity Policy Eastern West Virginia Community & Technical College, pursuant to the requirements of Titles IV, VI, VII of the Civil Rights Act of 1964, Title IX of the Educational Amendment of 1972, Section 504 of the Rehabilitation Act of 1973, and the Age Discrimination Act of 1975, does not discriminate against applicants, employees or students on the basis of race, color, religion, sex, disability, age or national origin in its employment policies and/or educational programs or activities, including admission to such.