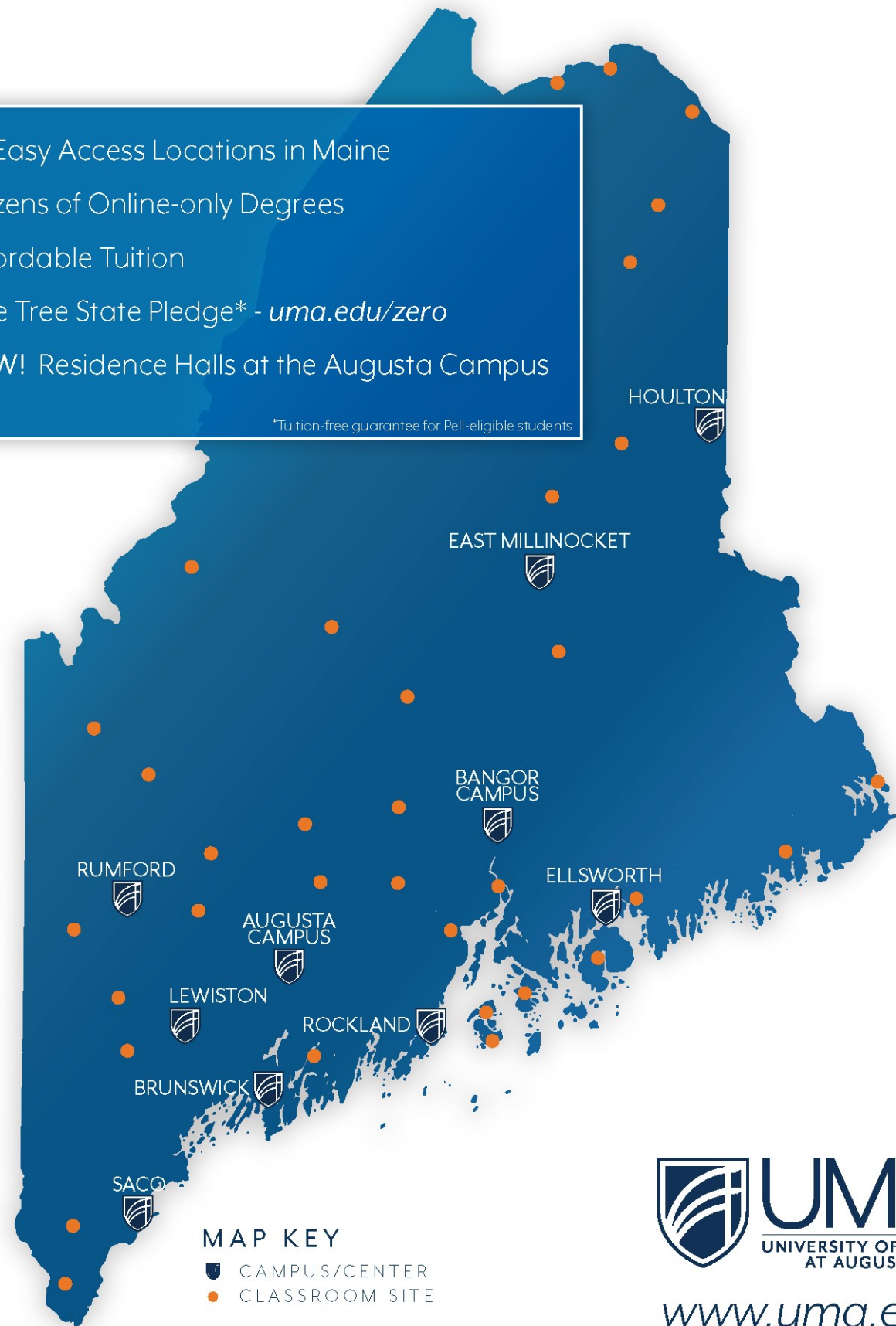


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## Refilling the Well: Reenergizing TRIO in 2023



## Maine Educational Opportunity Association 40th Annual Conference

January 4-6, 2023

Auburn, Maine

## In Memoriam and Dedication to Jerry Ellis

In Maine, we used to say, "It's not a conference until Jerry cries." Jerry Ellis was not a man who was afraid to show emotion, and those of us who worked with him were so lucky to experience his passion for this work. Whether it was a hug, a concerned hand on a shoulder, congratulations on a job well done, or laughing tears at the silent auction, Jerry lived his life in the moment. He was present for his students and colleagues in a rare way amid the busy lives of TRIO professionals.

Jerry died on May 9, 2022, in Wesley Chapel, FL. He directed the Student Support Services program at the University of Maine for many years. Those of us who knew him appreciated how talented, determined, dedicated, compassionate, and generous he was. Jerry was an accomplished athlete and used that talent to organize and implement the first (and only!) MEEOA road race at the University of Maine. He was a leader throughout New England and served in many leadership roles, including MEEOA president, NEOA president, and Director of the Arnold Mitchem Leadership Institute. Many of his "students" have benefitted from his thoughtful, supportive, and introspective leadership style, and as a result, his "graduates" have had the opportunity to excel in their own leadership positions, many in TRIO and GEAR UP positions throughout New England.



Jerry, we will miss your spirit as we gather at our first in-person MEEOA conference in three years. Know that as we engage in inspiring dialogues with our treasured colleagues, learn new skills in workshops, and laugh until we cry at the auction, we will remember you and remain grateful for your leadership and service.



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1984 – 1985	Jerry Ellis, UMaine SSS	2005 – 2006	Faith Erhardt, UM UB
1985 – 1986	Ludger Duplessis, Bowdoin UB	2006 – 2007	Danette Madore, UMPI UB
1986 – 1987	Clair Nelson, UMF SSS	2007 – 2008	Steve Visco, UM EOC and ETS
1987 – 1988	Dave Megquier, UM EOC and ETS	2008 – 2009	Linda Rottmann, UM SSS
1988 – 1989	Scott Bradley, Bowdoin UB	2009 – 2010	Sarah Sockalexis, UM ETS
1989 – 1990	Lynn Ploof-Davis UMF UB	2010 – 2011	Laurie Davis, USM SSS and UB
1992 – 1993	Jane Kimball Foley, UM ETS	2011 – 2012	Dori Fellman, UMF GEAR UP
1994 – 1995	Kristi Pierce, UMPI UB	2012 – 2013	Shawn Garahm, UMFK SSS
1995 – 1996	Jane Kimball Foley, UM ETS	2013 – 2014	Chris Turner, USM UB
1996 – 1997	Carol Brush	2014 – 2015	Kelly Isleman, UM UBMS
1997 – 1998	Judy Look, UM ETS	2015 – 2016	Teri Morse, UM EOC
1998 – 1999	Maureen Ferriter, UM SSS	2016 – 2017	Laurie Davis, USM SSS and UB
1999 – 2000	Dave Megquier, UM EOC and ETS	2017 – 2018	Dori Fellman, UMF GEAR UP
2000 – 2001	Johannah Burdin, USM UB	2018 – 2019	Mary Kate Barbosa, UMFK SSS
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2004 – 2005	Ginny Fowles-Ward, Bowdoin UB	2022 – 2023	Terry Charlton, CMCC SSS

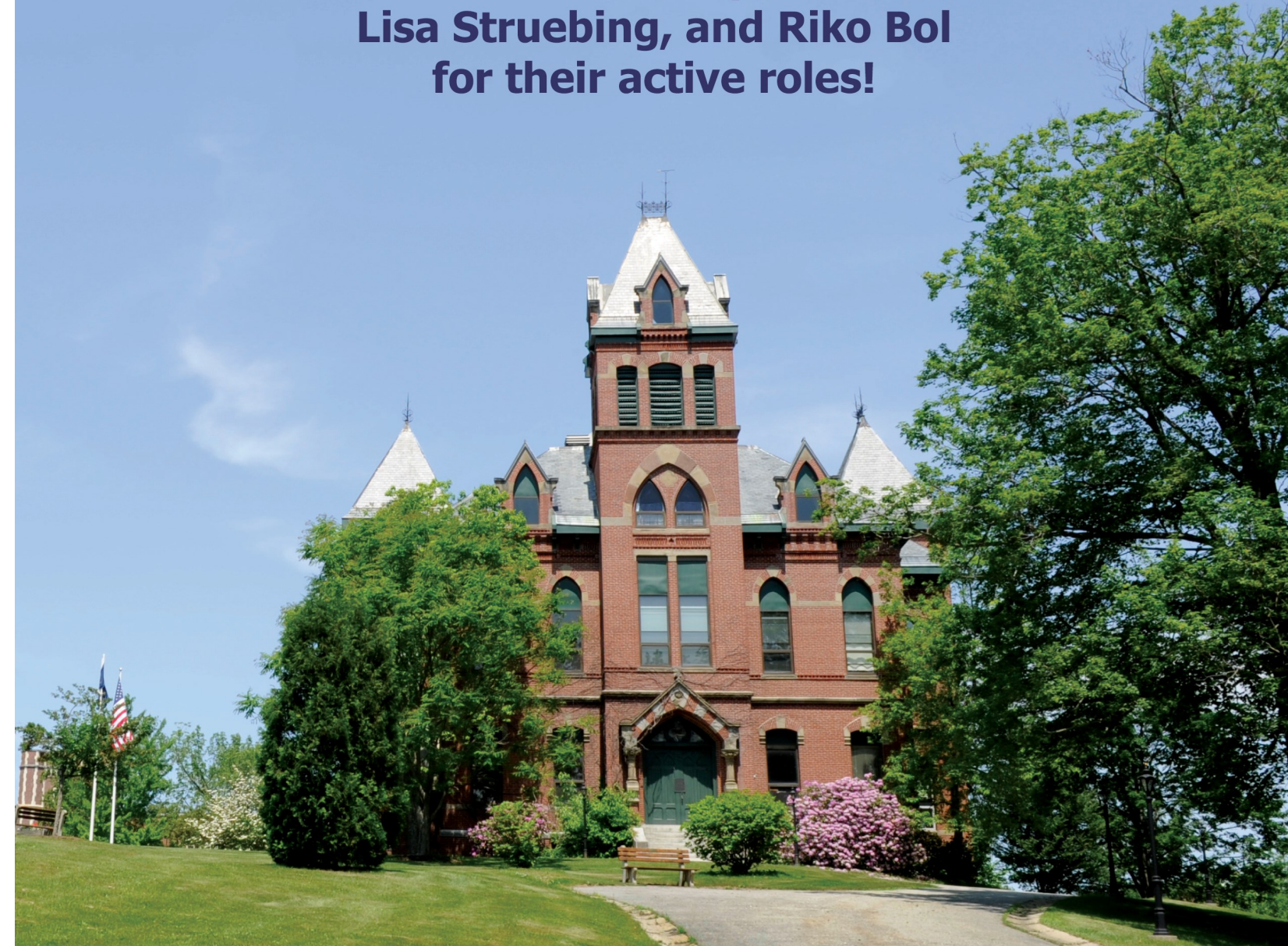
## New England Educational Opportunity Association (NEOA) Presidents from Maine

1984 – 1985	Doris Vladmiroff	2005 – 2006	David Megquier
1985 – 1986	Matthew Lamstein	2013 – 2014	Karen Keim
1992 – 1993	Jerry Ellis	2017 – 2018	Jane Kimball Foley
1999 – 2000	Kristi Pierce		

## The Council for Opportunity in Education (COE) Chairs from Maine

2007 – 2008 Dave Megquier

The University of Southern Maine is a proud sponsor of the Maine Educational Opportunity Association and we are deeply grateful to our colleagues - **Sam Prosser, Linda Freeman, Kelsey Bailey, Terri Plummer, Alyssa West, Lisa Struebing, and Riko Bol** for their active roles!





## Welcome from the MEEOA President

The Maine Educational Opportunity Association was formed in 1984 with Jerry Ellis as our inaugural President. Today the Association consists of 31 grant-funded programs across Maine, including Educational Opportunity Centers, Student Support Services, Talent Search, Upward Bound, and Veteran's Upward Bound, serving 7559 students and comprising \$10,890,487 in annual budgeted funds.

Our theme, Refilling the Well: Reenergizing TRIO, reflects our collective actions to shift from pandemic to endemic as we carry on the critical mission of TRIO to bring educational opportunity to Maine's low-income, first-generation, and disabled students. We intend to dive deeply into the well waters of best practices and emerging trends, network with colleagues and resource providers, reconnect with old friends, and make new friends. The goal is to make our practices, programs, students, and ourselves the best and most fulfilled we can be.

I want to thank our Conference Committee Chair, Kelsey Bailey, and conference committee members Ariel Anderson, Lisa Struebing, and Riko Bol, who have spent many hours planning this conference to be valuable and exciting. Thanks to CM TRIO staff members Donna Alexander, Amber Getchell, Erin Nason, Tatiana Pullen, and Abdimalik Maalim for handling the details with care and pizzazz. Many hands are needed to see our return to an in-person conference, and I thank you all.

Special thanks go to Dr. Betsy Libby, President of Central Maine Community College, who offered access to the Central Maine Community College campus for our conference and has always supported TRIO programs and their mission across the state.

We are grateful for our educational and corporate donors (the University of Maine at Augusta, the University of Maine at Machias, Kennebec Valley Community College, Worthington Scholars, and Machias Savings Bank) and to our silent auction donors who have provided both funding, in-kind donations, and items for the conference's financial success. Thanks also to the Southern Maine Community College SSS TRIO and Central Maine Community College SSS programs for bringing Jim Peacock of Peak Careers to our pre-conference.

Kudos to Linda Freeman for stepping in as Development Chair and working tirelessly to secure funding for the conference and who has also served a vital role in supporting the Annual Conference Committee to bring this live conference to us.

Please join me in congratulating our award winners for TRIO Rising Star, TRIO Achiever, and TRO Lifelong Learner. We are proud to also award a Dory Award for the first time since 2015. Thank you to the Alumni Committee chair Terri Plummer and members Andy Campos and Patty Herbert for bringing these powerful TRIO stories and everyone's favorite part of our conference, recognizing the strength and power of education, of the human spirit, and the individual pursuit of excellence.

As we gather again for our first in-person conference since 2020, special recognition belongs to our presenters, who have volunteered their time and expertise to create our professional development workshops. These individuals are leaders within our state, and we have much to learn from and share with them. Our conference is made more meaningful because of their contributions.

Thank you to Michelle Richards, the Public Relations Chair, who has coordinated with the conference committee and others to get information about our conference publicized and who will be continuing to tell our TRIO story on social media throughout the conference.

I want to thank the MEEOA board members who have supported this conference and lent their wisdom to the many aspects to make this a rich and worthwhile experience for us all. Special thanks to Casey Henderson for coordinating technology in two locations this year.

## 2022 - 2023 TRIO Programs in Maine

### **Bowdoin College**

Upward Bound  
Project Director: Bridget Mullen  
bmullen@bowdoin.edu

### **Central Maine Community College**

Student Support Services  
Project Director: Terry Charlton  
tcharlton@cmcc.edu

### **Eastern Maine Community College**

Student Support Services  
Project Director: Mike Schwabenbauer  
mschwabenbauer@emcc.edu

### **Kennebec Valley Community College**

Student Support Services  
Project Director: Lisa Black  
lblack@kvcc.me.edu

### **Northern Maine Community College**

Student Support Services  
Project Director: Tammy Nelson  
ntnelson@nmcc.edu

### **Southern Maine Community College**

Student Support Services  
Student Support Services Special Populations  
Project Director: Katherine Lualdi  
klualdi@smccme.edu

### **Thomas College**

Student Support Services  
Project Director: Cote Theriault  
tridir@thomas.edu

### **University of Maine at Augusta**

Student Support Services  
Project Director: Sara Flowers  
sara.flowers@maine.edu

### **University of Maine**

Maine Educational Opportunity Center  
Educational Talent Search  
Project Director: Karen Keim  
kkeim@maine.edu

### **University of Maine**

Student Support Services  
Project Director: Eric Chapman  
echapman@maine.edu

### **University of Maine**

Upward Bound  
Upward Bound Math Science  
Project Director: Rebecca Colannino  
rebecca.colannino@maine.edu

### **University of Maine at Farmington**

Student Support Services  
Upward Bound  
Project Director: Lynn Ploof-Davis  
lynp@maine.edu

### **University of Maine at Fort Kent**

Student Support Services  
Project Director: Nikolas Lallemand  
nikolas.lallemand@maine.edu

### **University of Maine at Presque Isle**

Student Support Services  
Project Director: Mary Kate Barbosa  
mary.barbosa@maine.edu

### **University of Maine at Presque Isle**

Talent Search  
Upward Bound  
Project Director: Carol McGlenn  
carol.mcglinn@maine.edu

### **University of Southern Maine**

TRIO Scholars  
TRIO STEM Scholars  
Project Director: Terri Plummer  
teresa.plummer@maine.edu

### **University of Southern Maine**

Upward Bound  
Veterans Upward Bound  
Project Director: Alyssa West  
alyssa.west@maine.edu

### **Washington County Community College**

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University of Maine at Machias, regional campus  
Christy Alley, Director of Early College  
ummearlycollege@maine.edu • 207.255.1268  
[machias.edu/earlycollege/pathways](http://machias.edu/earlycollege/pathways)

## Welcome from the MEEOA President

Thanks to each of you for bringing your experience, questions, and enthusiasm to our conference. Our membership is our strength! We are grateful for your support of our student participants by providing superior services to afford them access to support - the true measure of equity. We ask each of you to consider how you can become involved with MEEOA whether it is to serve on the board, serve on a committee, or join us for the advocacy work we do at Policy Seminar (Legislative Conference) each year in Washington, DC.

We look forward to this year's conference being a truly interesting, helpful, and FUN. I can't wait to reconnect with all of my TRIO friends and make new connections. For those new to TRIO and TRIO conferences, prepare to have your mind engaged and your hearts filled with TRIO positivity!

Welcome back!  
Terry Charlton  
Maine MEEOA President

Find more information and the 2023 MEEOA Conference Booklet at  
[www.meeoa.org](http://www.meeoa.org)  
[www.meeoa.org/conference.php](http://www.meeoa.org/conference.php)  
social media hashtag #MEEOA23



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# Welcome from the MEEOA Conference Committee

Welcome to MEEOA Con 2023!

We are excited to welcome you to this year's conference in person for the first time in nearly three years. We look forward to connecting with you all and seeing all your bright smiling faces.

Our theme this year is "Refilling the Well: Reenergizing TRIO." The theme centers around replenishing our metaphorical wells as professionals so that we can be our best selves and provide the best support to the students we serve throughout Maine.

The conference committee would like to extend a special thank you to those who helped make this year's conference happen: Terry Charlton, our MEEOA President, for all her support and dedication to the association, and Casey Henderson, our MEEOA webmaster, and technology coordinator, for all his assistance throughout the planning process. Kate Walsh for her support in assisting us with the conference registration and membership renewals. Linda Freeman, as the development chair, and her collaboration. To all of our amazing speakers this year. Lastly, to Central Maine Community College for the generosity in allowing us to utilize your beautiful campus space.

We hope you can spend the next few days reminding yourself of the important work you do. This conference is a chance for us all to learn, connect, and celebrate with our MEEOA community.

Best wishes for 2023,

The Conference Committee  
Kelsey, Lisa, and Riko

Find more information and the 2023 MEEOA Conference Booklet at

[www.meeoa.org](http://www.meeoa.org)

[www.meeoa.org/conference.php](http://www.meeoa.org/conference.php)

**Please don't forget to fill out our Conference Evaluations!**

## Remember when....



Photos courtesy of:  
Randall Schroeder and Terry Charlton



## Thank you for your support!

The MEEOA Executive Committee and Conference Committee would like to thank the following organizations for their partnership in developing our conference. Please see their advertisements in this program.

We look forward to our future work together!

Machias Savings Bank – Annual Conference Coffee Break Sponsor



Kennebec Valley Community College (KVCC) – Annual Conference Coffee Break Sponsor



Worthington Scholars – Annual Conference Coffee Break Sponsor



Thank you for supporting MEEOA and helping us give back to our dedicated association members!

## 2022-2023 MEEOA Executive Committee

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**Vacant**  
President-Elect

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Past-President  
NEOA State Liaison  
Nominations/Election Chair

**Nik Lallemand**  
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## Thank you for your support!

The MEEOA Executive Committee and Conference Committee would like to thank the following organizations for their partnership in developing our conference. Please see their advertisements in this program.

We look forward to our future work together!

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Central Maine Community College (CMCC) – Annual Conference Partnering Sponsor



Bowdoin College – Annual Conference Partnering Sponsor



University of Southern Maine – Annual Conference Event Sponsor



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## 2022 MEEOA Awards MEEOA Lifelong Learner

**MEEOA Lifelong Learner – Jeremy Frey**  
**Nominated by: Terry Charlton, CMCC, SSS**



American art.

**Jeremy Frey** was part of the TRIO SSS Program at Washington County Community College, where he graduated in 2010. Though he had previously struggled with a learning disability and some resulting poor academic and social attitudes, Jeremy came to college motivated to get what he needed to better his life. At the time, life was coming together for him. Still, mostly, it was his determination to keep trying and refining his efforts over and over, increasingly gaining skills in efforts and motions to reach an ideal. Jeremy practices a very traditional craft of basket weaving but does so in an innovative way.

Jeremy has won several national competitions and is represented by a distinguished New York City gallery, Karma. His continual accomplishments and recognition from his selection in 2010 as a USA fellow by the United States Artists intertwine through to his current position as faculty at Haystack Mountain School of Crafts. His creations are featured in the Renwick Gallery of the Smithsonian Museum of



## 2022 MEEOA Awards MEEOA Rising Star

### MEEOA Achiever – Brandon McDonald

Nominated by: Carol McGlenn, UMPI Upward Bound, Talent Search

**Brandon McDonald** was an active participant in the UMPI TRIO Upward Bound program and Maine Educational Talent Search while he was in high school. Brandon graduated from Husson University with a Master of Business Administration (MBA), Nonprofit/Public/Organizational Management in 2020. He is currently part of the Damariscotta 2023 Class of Leadership Maine. Leadership Maine is a powerful 9-month outward journey that takes a leader beyond their day-to-day experience and expands their capacity to shape our state's future. Brandon is slated to complete the course in the spring of 2023.

While still in high school, Brandon developed a video game that eventually had over 4,000,000 mobile downloads. After receiving his Bachelor's degree in 2017, he started working as the entrepreneurial development program manager at Northern Maine Development Corporation. His passion for entrepreneurship and life in Aroostook County has led him to make many significant civic, community, and professional contributions. Brandon has served on the planning board of Presque Isle for over 4 years, is presently a mentor for SCORE, is the Vice Chair from Momentum Aroostook, and volunteers his time for our current Upward Bound students at UB-sponsored events.



"SURROUND YOURSELF WITH PEOPLE WHO BELIEVE IN YOUR DREAMS, ENCOURAGE YOUR IDEAS, SUPPORT YOUR AMBITIONS, AND BRING OUT THE BEST IN YOU."  
— ROY T. BENNETT, THE LIGHT IN THE HEART

*A WARM 'THANK YOU' TO THE CONFERENCE COMMITTEE FOR YOUR HARD WORK AND DEDICATION*



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## 2023 MEEOA Conference at a Glance

Wednesday, January 4, CMCC		
Time	Session	Location
3:00 – 4:30 p.m.	Pre-Conference: What do you want to be when you grow up, is the wrong question – Jim Peacock	CMCC, Jalbert 15
6:00 – 8:00 p.m.	Dinner on your own	Hotel Lobby
8:00 – 11:00 p.m.	Hospitality	Hilton
Thursday, January 5, Hilton		
8:15 – 9:15 a.m.	Check-in and MEEOA Board Meeting	Hilton
9:15 – 9:30 a.m.	Welcome	Hilton
9:30 – 10:30 a.m.	Keynote	Hilton
10:45 – 11:45 a.m.	<b>Breakout Workshops I</b> 1. Embodied Leadership—Lisa Black 2. Update on the World of Financial Aid—Mila Tappan 3. Opportunities in Leadership—Jennifer Rudolph	Hilton 1. Great Falls Room 2. Canal Room 3. Millpond Room
11:45 a.m. – 12:45 p.m.	Lunch	Hilton
1:00 – 2:00 p.m.	<b>Breakout Workshops II</b> 1. FAME NextGen—Chris Young 2. Motivation—Elyse Pratt-Ronco 3. Purposeful Play—Jannie Durr	Hilton 1. Millpond Room 2. Great Falls Room 3. Canal Room
2:00– 2:15 p.m.	Coffee Break Sponsored By: Worthington Scholarship Foundation	Great Falls Room
2:30 – 3:30 p.m.	Plenary Session: COE Updates	Great Falls Room
4:30 – 5:30 p.m.	Alumni Meet & Greet	Canal Room
5:30 p.m.	Newcomer’s Reception & President’s Welcome	Great Falls Room
6:00 – 9:00 p.m.	Banquet and Awards	Great Falls Room
9:30 – 11:00 p.m.	Hospitality	Hilton

## 2022 MEEOA Awards MEEOA Achiever

### MEEOA Rising Star – Mariah Dee

Nominated by: Michelle Richards, UMPI Upward Bound



**Mariah Dee** was active in the Trio Upward Bound program at the University of Southern Maine and Presque Isle throughout her high school career. She was a member of the National Honor Society and valedictorian of her graduating class at Katahdin High School. According to her nominator Michelle, Mariah was a model Upward Bound student. She was motivated and determined, and her academics were essential to her. She dreamed of applying to Houghton College in New York, even if it meant paying out-of-state tuition. Mariah applied for every scholarship she could find and graduated Magna Cum Laude from Houghton in 2019.

Mariah is continuing her education at the University of Tennessee, pursuing a Master’s of Public Health and a Doctor of Veterinary Medicine. She has continued to develop herself as a leader. She was selected as one of two student ambassadors at the University of Tennessee and was the recipient of multiple scholarships awarded to those who demonstrate academic excellence and leadership. Mariah has also received a grant to organize and host a One Health leadership

summit at her university, which focuses on a collaborative approach across disciplines: veterinary medicine, human medicine, public health, and environmental sciences.



## 2023 MEEOA Awards MEEOA Achiever

### MEEOA Rising Star – Shannon Watts Nominated by: Alyssa West, USM Upward Bound

**Shannon Watts**, nominated by Alyssa West, was an Upward Bound student at the University of Southern Maine in 2006. Shannon's ambition and determination showed even back then, with her stellar grades, high SAT scores, positive attitude, and willingness to do whatever it took to get to college, despite significant adversity at home. Her situation was such that she needed to put herself and her siblings into foster care to succeed in life and at college. She was also part of the Breakthrough Series, including traveling to all New England states to change foster care policies. Shannon went to college in California, later returning to Maine to earn her Bachelor's degree in Sociology at UMaine and then her Master's degree in Social Work from Edinboro University.



While at Edinboro, Shannon wrote a guide for youth aging out of the foster care system and shared her story to inspire and change others. These experiences led Shannon to pursue a career in counseling. As a licensed clinical social worker, she spent years as an outpatient clinician, a clinician supervisor, and a clinical director, supervising other counselors in their work. Most recently, Shannon opened her private practice, Hope & Healing, LLC, where she provides counseling services for people seeking treatment for mental health and/or substance misuse. Most of her clients have a history of incarceration or probation and are either in recovery or actively misusing substances. Shannon has overcome so much, perhaps partly because of her participation in Upward Bound but more because of her grit and determination. She embodies these qualities, and she deserves to be recognized for the vital work that she continues to do every day.

## 2023 MEEOA Conference at a Glance

Friday, January 6, CMCC		
9:00 – 9:30 a.m.	Plenary Session: NEOA Updates	CMCC, Jalbert 15
9:45 – 10:45 a.m.	<b>Breakout Workshops III</b> 1. UMaine Early College Career Pathways—Christy Alley 2. Effective Boundary Setting—Samantha Prosser 3. A Day in the Life: The Student of Today —Riko Bol	Hilton 1. Tower 302 2. Tower 203 3. Tower 202
11:00 – 12:00 p.m.	Brunch	CMCC, Dining Commons
12:15 – 1:15 p.m.	Business Meeting	CMCC, Jalbert 15
1:15 – 2:15 p.m.	<b>Round Table Discussions/ Hot Topics</b>	CMCC SSS: Tower 203 TS: Tower 405 VUB/EOC: Tower 415 UB/UBMS: Tower 202
2:15 – 2:30 p.m.	Closing Remarks	CMCC, Jalbert 15

## 2023 MEEOA Conference at a Glance



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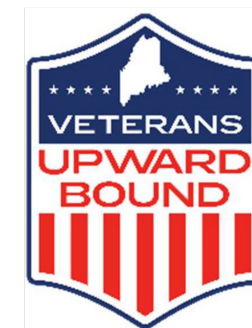
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[usm.maine.edu/veterans-upward-bound/](http://usm.maine.edu/veterans-upward-bound/)

TRIO Veterans Upward Bound Program at the University of Southern Maine thanks Kelsey Bailey for her contributions to the 2022 MEEOA Con!



The University of Southern Maine is an Equal Opportunity/Affirmative Action institution.  
TRIO Upward Bound at USM is 100% federally funded at \$297,601 annually.



## Workshop Session Descriptions

Friday, January 6

9:45 – 10:45 a.m.

### UMaine Early College Career Pathways – Christy Alley

Early College career pathways are the gateway for students to explore career paths while earning up to 15 college credits. Each of our 31 career pathways is a concentration in individual areas combined with essential general education requirements. These pathways can be earned at little to no cost to students. Learn more about our pathways, how to apply, and the services that we provide to our students.

### Effective Boundary Setting for the Empathetic Professional – Samantha Prosser

“Empathetic” is not a synonym for “walk all over me.” Sometimes as flexible and caring humans, our lack of boundaries can be construed by others as a lack of caring and can often result with the empathetic professional feeling hurt and frustrated. This workshop will address a step-by-step process of setting and maintaining boundaries including the following: 1) feeling deserving/worthy of boundaries 2) common boundary issues 3) how to create boundaries 4) how to maintain boundaries that you have already established.

This workshop can be useful in working with any age group and for professional and personal boundaries.

### A Day in the Life: The Student of Today – Facilitated by Riko Bol

Discover the new post-covid student environment from today's students. Join us for a panel discussion as we guide you through “A Day In A Life” of the student environment and how to best engage, communicate and partner with students.



## Early College Online Career Pathways

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The University of Maine is an equal opportunity/affirmative action institution.



## Pre-Conference Speaker

Wednesday, January 4

3:00 - 4:30 p.m.

### Jim Peacock, Principal, Peak-Careers Consulting



Jim Peacock is the Principal of Peak-Careers Consulting offering a variety of professional development for career practitioners, from the Facilitating Career Development (FCD) class, online seminars, weekly career emails, monthly interviews, and workshops for career practitioners. He is a Certified Career Services Provider (CCSP) and Global Career Development Facilitator (GCDF).

He is a Trustee at Large on the National Career Development Association (NCDA) Board of Directors and a two-time President of Maine-CDA, 2013-2015 & 2003 - 2004. In 2007 he received the NCDA Outstanding Career Practitioner Award. In 2020 he was honored to receive the Ken Hoyt Career Education Practitioner Award from NCDA. In 2020, he was also awarded the Mid-Atlantic Career Counseling Association (MACCA) Professional Contributors

award. Author of A Field Guide for Career Practitioners: Helping Clients Create Their Next Move. Learn more at <https://peak-careers.com/>

## Keynote Speaker

Thursday, January 5

9:30 - 10:30 a.m.

### Dan Belyea, Chief Workforce Development Officer, Maine Community College System

Dan Belyea is the Chief Workforce Development Officer at the Maine Community College System (MCCS) and the new Harold Alfond Center for the Advancement of Maine's Workforce. This Center manages MCCS's short-term training funds that currently exceed \$62M. He serves as a member of the senior management team, and he is responsible for providing statewide leadership and coordination in support of Maine's workforce needs with the goal of creating an educated, skilled, and adaptable labor force that is responsive to changing economic needs and promoting local, regional, and statewide economic development.

Dan has worked for the MCCS for over 34 years. In February 2020, he was appointed Chief Workforce Development Officer for the MCCS. Before that appointment, he acted as the Executive Director of Workforce Training and served in various administrative positions at Eastern Maine Community College in Bangor, Maine.

He serves on the State Workforce Board, is a board member of the Maine Technology Institute (MTI), and serves as a public member on the Grievance Commission with the Maine Board of Overseers of the Bar. He was appointed to the Board of Visitors and Chair for the Long Creek Development Center with the Maine Department of Corrections and to the Maine Connectivity Authority board by Governor Janet T. Mills. He is also a proud member of the long-term recovery community.





## Pre-Conference Session Description

Wednesday, January 4

3:00 – 4:30 p.m.

### **What Do You Want to be When You Grow Up, Is the Wrong Question. – Jim Peacock**

This workshop explores the process of choosing a career by flipping the question from “What job title do you want?” to “What challenge do you want to solve?” We do this by using the Challenge Card Sorts that removes job titles from the equation. We will look at our own challenges by using the cards, then work in triads to explore how you can use the cards with your students. All participants will receive a deck of cards they can take back to use with their students / clients.

#### **Outcomes:**

By the end of this workshop, all participants will:

- Be able to describe the process of choosing a challenge first in order to make career decisions
- Have completed their own challenge card sort
- Be able to describe at least 5 questions to ask students using the challenge cards to help them explore career options

## Workshop Session Descriptions

Thursday, January 5

10:45 – 11:45 a.m.

### **Embodied Leadership, TRIO-style! – Lisa Black**

Embodiment is a newer concept in the self-care world that rejects the idea that our minds and bodies are separate and refers to a state of wellness where our minds, bodies, and emotions are aligned and integrated. This can run counter to the way we show up to our work as TRIO professionals (all head and heart but ignoring our physical being, leading to burnout) and the systems we work within, where enrollment and academic achievement are prioritized but the backgrounds of the students we serve, many of whom come from communities with health disparities, are overlooked. This workshop will explore the ways the concept of embodiment can help TRIO professionals adopt more grounded, responsive, and sustainable leadership practices in order to transform student outcomes and the systems that serve them. Please bring your favorite mindfulness techniques and resources to add to a “community care” repository we will co-construct together.

### **Update on the World of Financial Aid – Mila Tappan**

There’s been so much going on at the U.S. Department of Education - Student Loan Repayment Restart, FAFSA Simplification, Student Loan Debt Relief, PSLF, and more! This session will provide an overview of these updates and initiatives with a focus on the impact on borrowers, students, and their families. The goal will be to provide you with the critical information needed to support students, help them plan, and ensure they don’t miss out on any beneficial initiatives.

### **Opportunities in Leadership—Jennifer Rudoph**

Working in TRIO provides all staff members with the opportunity to lead on numerous levels. Through this presentation we will examine the various avenues of leadership, and the ways TRIO staff can connect to and through them to create impacts that will benefit both themselves and the students they serve. If you have already raised your hand to lead, or are thinking you may want to, join us to learn more about the opportunities and how to further your leadership journey.

1:00 – 2:00 p.m.

### **Something for you and your family, and NEXT GEN brainstorming about reaching TRIO students – Christopher Young**

A brief overview of the Maine NEXTGEN 529 Plan, the Alford Grant, and ways to start saving, make automatic contributions (Payroll deduction or through your own bank) and other ideas about saving for college for your children, or grandchildren, nieces and nephews. Finally a roundtable conversation about reaching TRIO students who may be single parents, parents juggling college and children, and as they graduate thinking about when they have a family and planning to make sure college is affordable for them.

### **M = V x E – Elyse Pratt-Ronco**

This interactive workshop will explore the research behind what motivates people (our students and ourselves). Through discussion and activities, participants will explore concepts of intrinsic and extrinsic motivation, agency, academic perseverance, hope, and the motivation equation. This may be just what you need to reflect on your own motivation, or to better understand your students.

### **Purposeful Play: Developing Meaningful Connections Through Engagement – Jannie Durr**

Join us for a playful session! Learn more about how to infuse your initiatives, meetings, workshops, or group activities with play. In this session, we will delve into the full spectrum of play and how it can help create meaningful connections across your entire program—with both participants and staff!



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