

Marshall University

H.E.L.P. Program

Fall 2018 Vol. 23, Issue 3

CHANGING LIVES FOR OVER 35 YEARS

With seven unique divisions and programs, the H.E.L.P. Center provides academic assistance and support to a wide variety of learners.



Recognizing and Coping with Stress

"I am so stressed out! The stress is really getting to me. My life is so stressful!"

These are comments we likely hear or say daily. Certainly, stress is a part of our daily life. In some ways stress can be helpful as a motivator, to spur us to action, or to make a personal change.

Often, however, stress impacts us negatively.

This may take the form of physical symptoms such as headaches, muscle tension, sleep difficulties, fatigue, and stomach problems. Emotional impacts of stress can be widespread and intense, such as feelings of helplessness, panic attacks, depressed moods, or irritability.

For the individual with learning disabilities stress associated with school or work responsibilities can be a daily occurrence. Basic tasks, such as reading a text book, reviewing contracts, or writing a paper or business letter take much longer, and tasks may be harder to understand. Those with executive functioning problems struggle with sequencing and organizing tasks.

Making these circumstances more stressful is the tendency to feel embarrassed and attempt to conceal learning challenges instead of asking for help.

As with many things in life, structure and balance are key. A structured schedule and focus on short term steps towards a goal lead to being able to face stress proactively instead of always being in "crisis mode."

Balance is so important to general wellbeing and stress management. We must balance work time with leisure/social time and important things like regular meals, a good sleep routine, and exercise for optimal health. We must be at our best to do our best.

While stress is a part of daily life, its negative impacts do not have to be. With increased understanding of stress and a personal stress management plan, we can cope effectively with stress and increase our productivity.

Some key elements to stress management, particularly for the student with learning disabilities:

- Identification of the nature of the stressor. Is it the task itself? Is it the time pressure? Is it fear of failure?
- Understand your response to stress. Do you tend to avoid and procrastinate instead of asking for help? Do you underestimate the time or investment to complete a project?
- Develop a plan of attack. This includes a plan for addressing the actual stressor (such as chunking tasks, making a study schedule, getting a tutor, seeking and/or using accommodations).

3.0 and above G.P.A. Spring 2018

Jacob Abul-Khoudoud
Alexander Adkins
Emily Anderson
Sapphire Atkinson
Olivia Barlas
Cole Blake
Matthew Brown
Emily Burger
Katelyn Cassidy
Annie Clayton
Michael Converse
Meredith Currin
Jonmikel Donaldson
Leo Dupre
Hannah Eidt
Lydia Freeman

Chelsea Gale
Chana Gellert
Sophie Golomb
Jacob Gressang
Evan Griffith
Jacob Gross
Richard Halloran
Nathan Kunberger
Kyela Leadman
Kady Lemons
Jenna Lioi
Megan McGehee
Brittney Moore
Ethan Peake
Elvis Peralta
Madison Peters

Phillip Pisters
Logan Queen
Brendan Reardon
Chris Richards
Savannah Ruedt
Joseph Schwartz
Grant Sherles
Madison Silver
William Slone
Heidi Smith
Brandon Spittler
Zach Stopher
Allen Ray Vance
Eric Williams
Alex Yew

December 2018 Graduates Say Goodbye

Richard Halloran

Your degree and plans: Political Science, immediate plans are graduate school to get a Masters or going military as an easy way to get work experience and a step up against others in future careers.

How you feel about graduating: It came faster than I first thought it would, but I'm glad to finally be done.

How the H.E.L.P. Program helped: For me it was the small things with helping craft better papers to turn in and help me know what to expect from different classes.

People you want to thank: Kim Corriher and formerly Susie Bruhin have most certainly been the one who helped me the most while at H.E.L.P.. Notable tutors are Bill Christian, Mike Dolin, Blake Weekly, Muhammad Amin, Vinay, Saad, Sarah Morgan, Chris Lucas, and Annetta Coates. But most of all, I want to thank my mother for pushing and always being there for me. I wouldn't be where I am today without her or my father.

Advice for younger students: Take the Summer H.E.L.P. program before your first semester at school because I've noticed that everyone who took that program and didn't take it seriously didn't last in college. While very nearly everyone else that did take it seriously are about to or have graduated. Basically, if you won't take the first summer school serious then I recommend reconsidering the time and money you are about to invest by going to school. While this may not be a good move for everyone or even capable of doing this, but I'm glad the first school I went to out of high school was Maryville College down in Tennessee. While an 1.98 isn't 'flunking out,' I certainly learned a lot by failing. What I should have known from the start but had to learn was that college isn't like high school in that just showing up and passing a standardized test. Students should also expect to be in school for around 5 years

because changing majors and falling behind is part of college.

Favorite quote: "... " -John Calvin Coolidge

The three branches of government are the Executive, the legislature, and the judiciary. The fourth estate is the press/media. The United States system is a Federal, Presidential, Constitutional, Republic, and that has regulated capitalism. D.C. stands for District of Columbia. The First amendment acknowledges the rights of: Freedom of religion, speech, the press, peaceful assembly, and petition. Congratulation, if you can remember this, you know more than roughly 80% of all Americans about the United States government!

Olivia Barlas

Your degree and plans: Psychology, planning on getting through St Mary's Nursing Program.

How you feel about graduating: I don't feel like I'm actually graduating.

How the H.E.L.P. Program helped: Tutoring helped me stay focused.

People you want to thank: Parents & Friends

Advice for younger students: Allow yourself 1 skip day per semester.

Favorite quote: Stay beautiful, keep it ugly.

Kyela Leadman

Degree and future plans: My degree is in psychology, and eventually plan on getting my masters. But I just haven't figured out what I want to get it in.

How I feel about graduating: I am nervous and excited. I am nervous that I will not have a set schedule that I have had for the last 15 and a half years. But I am excited to see what the world has in store for me. I am planning on moving up in my job, so I am excited for the transition.

How the H.E.L.P. Program helped: The H.E.L.P. Program has helped me achieve

accomplishments in school that I could not achieve on my own, including improving my grades and achieving the Dean's List in Spring of 2018.

People I would like to thank: I want to thank my mom for always believing that I could accomplish anything I set my mind to. For always reading over my awful papers. My grandparents have always been there as my cheerleaders and pushing me to be my best self possible. My sister for allowing me to make mistakes but always still being there for me.

Advice for younger students: My advice would be that it is okay to ask for help, and to always push yourself to achieve the impossible.

Favorite quote: "It's the oldest story in the world. One day you're seventeen and planning for someday, and then quietly, without you ever really noticing, someday is today, and that someday is yesterday, and this is your life." – Nathan Scott, *One Tree Hill*

Megan McGehee

Degree and future plans: My degree is Regents, with an emphasis in Early Childhood Development. My plans after I graduate are to move back home to Punta Gorda, Florida. I plan on gaining some classroom experience by either substituting or volunteering in classrooms to get my foot in the door. Maybe after I see if paraprofessional (teacher's assistant) positions are open, I plan on applying if I feel these are appropriate for my interests. I plan on staying in this position a few years. Upon a few years of experience, I plan on finishing my Teacher Certification, and I will become a Lead Teacher in the classroom.

How I feel about graduating: I feel as though all of my hard work has finally paid off. I have

been working so hard to achieve my goals to get to this point, and now it is finally ready! I feel there will be things I will miss about college: going to the home football games, living near friends, and having fun with friends.

How the H.E.L.P. Program helped: I feel the H.E.L.P. program helped me understand concepts in both core and elective classes. One of the most useful things H.E.L.P. taught me were skills when I first started HELP. I took skills for an additional two years. I feel the addition of skills helped me be successful.

People I would like to thank: I would like to thank my parents for giving me the confidence to go out of state to go to college. I would like to thank Florida and West Virginia Rehabilitation for their financial support over the past few years. I would like to thank my tutors for helping me and the HELP staff for being my home away from home.

Advice for younger students: It is okay if you change your major from what you started as a college student. Sometimes once you are exposed to different things in college you may want to change your major and plans afterwards. Sometimes you may feel a little defeated when you do not have any concrete job offers before graduation. Eventually you will get a job. Hang in there.

Favorite quote: "I have not failed, just found 10,000 ways for it not to work." –Thomas Edison

Underclassmen, enjoy the most college has to offer. Try being involved on campus in a number of activities to expand your own perspectives, and listen to friends' perspectives respectively.

"When things do not go your way, remember that every challenge — every adversity — contains within it the seeds of opportunity and growth."

— Roy T. Bennett

Student Profile: Jenna Lioi



Major: Early Childhood Education with an endorsement in Preschool Special Needs. Ever since I can remember I have always wanted to be a teacher. I am passionate about education and teaching young children.

Year: Senior

GPA: 3.2

Current goals: My goal before graduating is to continue to learn from my professors and tutors as much as I can to be the best teacher I can be.

Future goal: My goal after graduation is to become a Pre-K teacher.

Extra-curriculars: I am a Resident Advisor (RA) in Twin Towers East. I am also the President of National

Residence Hall Honorary (NRHH).

Favorite Part of Marshall: My favorite thing about Marshall University is the community. I have made amazing connections on Marshall University campus with my peers, professors, and professional staff.

Favorite Part of H.E.L.P.: My favorite thing about the H.E.L.P. Program is the relationships I have made with my tutors and other students.

Tutors: My tutors have helped me in many ways such as preparing for exams, homework help, and proofreading my papers.

Extra-curricular Activities Key to Balanced Student Life

A number of H.E.L.P. students are involved in extra-curricular activities. Extra curricular activities are a great way to socialize, relax, and learn new skills. Chris Richards, a computer engineering major is involved in a number of student organizations, including Sigma Phi Epsilon, and various academic organizations relating to science and engineering. Chris says that, in their own way, each of these organizations help him improve life skills, such as leadership, personal motivation, and workplace communication. These activities will even help with future employment. Chris explains, "These activities help me to ensure that I will have an attractive resume with lots of involvement, that will make employers more likely to hire me."

Ericka Budd, in addition to working at our front desk, is involved with Track and Field team *and* intramural rugby. Ericka cites the family atmosphere and competitive nature of sports as key benefits. Additionally, these activities keep her from getting too stressed about classwork. She encourages other students to get involved by saying, "Don't be afraid. It is probably one of the best decisions you will make."

Freshman Audrey Bullock finds emotional and spiritual support through Campus Crusade (Cru). In addition to these benefits, Audrey says that Cru helps her with academics because prayer and mediation help relieve academic anxieties. Most importantly, though, Audrey says, is the fact that Cru gets her out of the dorm and prevents depression. Connor Smith finds similar social benefits by playing Dungeons and Dragons. Both Audrey and Connor encourage other freshman to get involved in campus activities.

Tutor Profile: Ellen McNamara



Undergraduate Work: I have a degree in Biology, and I graduated in December of 2017.

Classes You Tutor: I tutor science classes (biology and chemistry), criminal justice classes, some psychology classes, and FYS classes.

How being a H.E.L.P. student made you a better tutor: I knew how much H.E.L.P. had helped me through my undergraduate career, and since I had a degree in biology and minors in both chemistry and criminal justice, I wanted to assist as many students as I could. I know the patience, perseverance and determination that it takes to be a student and a tutor in difficult subjects. I think being a student in these classes once and now being a tutor in the same subjects, it gives me the ability to show students what worked for me and how I was successful in those classes, and that has shown to work very well.

Educational Goals: I am taking some prerequisite courses needed for nursing school. I plan to attend nursing school next fall at Xavier University in Cincinnati.

Volunteer Work: I volunteer as an NAS “baby cuddler” in Cabell Huntington Hospital. These are babies that are born addicted to opioids in the area, and they need special attention from the moment they are born. A lot of the babies’ families do not come to visit their babies due to a handful of reasons and science has shown just how vital physical contact is for growing babies and it is even more so vital to babies who have had a rough start, such as the babies I attend to have had.

What makes H.E.L.P. special: H.E.L.P. is like a home to me and has been since I started as a student in August of 2013. Everyone here has the same goal which is to help students be successful in a college setting. Everyone here really does go above and beyond for their students and truly cares deeply for their students.



Have something you want to share in our next newsletter?
Let us know!

Email Sarah Morgan: morgan105@marshall.edu

Where Are They Now?

Andrew Pisters, Graduated May 2018

Andrew is working for Thomas Memorial Hospital's Emergency Room. In June, he passed his State Nursing Boards.

Greg Bloss, Graduated May 1999

In June, Greg was named the safety and health manager for Kentucky Power. This is Greg's latest post for AEP. He has also served as the industrial hygiene coordinator senior, and safety & health consultant at other AEP locations.

Brenden Reardon: Putting Education to Work

Brenden started with Enterprise as an intern in April. From the start he could tell this was something he would enjoy and learn from. He never knew how far it would take him but soon realized he was performing well. He proved himself with sales and eventually was able to move to the next step: manager. Before becoming a manager there were two tests he had to complete. The Skill, which is a 170 multiple choice test, and then the MQI exam. This exam required Brenden go to all the administrative heads who then pose various questions. Brenden compared it to board exams for doctors. The administrators put him in situations and to see how he would handle it. As an intern Brenden was one of the youngest people to take this class, and he now has the opportunity to immediately become a manager upon graduation.

Amy Parent Wins National Award

Former HELP student and current member of our Board of Advisors, Amy Parent, is West Virginia's first recipient of the National University System's Sanford Teacher Award. The award goes to a teacher who inspires students. Amy was nominated by two parents, and she was ultimately selected by a committee following an application process. Amy says, "I am honored they know I am teaching the whole child and not just with book smarts, but that I love them and I want them to succeed no matter what their level."

How Can You H.E.L.P.?

As a 501c3 non-profit, the H.E.L.P. Program relies on the generous assistance and contributions, in whatever size or form, from people just like you. These contributions help us achieve our mission of ensuring that students with a specific learning disability and/or A.D.H.D. receive the academic support and assistance that will help them succeed at Marshall University and beyond. In addition, we serve school-aged students and medical students. All of the staff, tutors, and students at H.E.L.P. offer their sincere appreciation for any help you may be able to provide.

If you would like to contribute to the H.E.L.P. Program, you may mail a check made out to "MU H.E.L.P. Program" along with your name, address, phone number and email address to:

Marshall University H.E.L.P. Program
One John Marshall Drive
Huntington, WV 25755

Remember, the H.E.L.P. Program is a 501c3 non-profit, so your charitable donation may be tax deductible as allowed by law.

For more information about our services:

Contact Us

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