Dear Students we are saddened by the passing of our Director Jay Wright on December 23rd

John "Jay" Wright

( October 05, 1966 - December 23, 2019 )

John "Jay" Wright

John “Jay” Wright passed away on Monday December 23, 2019 in St. Marys, WV, while he was home visiting for the holidays. Born in Wetzel County, WV on October 5, 1966. He graduated from Paden City high school in 1984. In 1994 he graduated from Marshall University with a Masters Degree in Counseling, with specialization in student personnel. He touched many lives throughout his career and his life.

Jay spent the majority of his professional career investing himself into the lives of his students and colleagues. He served the TRIO Community not only on a program level, but also through his service as the President of the WV TRIO Association and the MEAEOPP Region. He fought passionately for TRIO through various advocacy efforts; including his annual attendance at the Council for Opportunity in Education’s Policy Seminar. His passion for the rights of his students was heartfelt and contagious.

In addition to his grandparents, he is preceded in death by his parents Karen and Lee. He is survived by his sister Jodi Wright Keller, brother in law Allen Keller, sister Pam Croasmun, nephew Justin Nichols (Suzie), niece Tara Kaye Kent (Chris), and his very special great-nephews and nieces, Ryan, Easton, Brooklyne, Madeline, Jaxson and Harlyn.

A celebration of his life will be held 2 P.M. on January 25, 2020 at The Family Life Center at 426 Barkwill Street, St. Marys, WV 26170. The family requests that memorial contributions be made to WV TRIO. They can be sent to Gullickson Hall, Room 210, One John Marshall Drive, Huntington, WV 25755. Make checks payable to WV TRIO. An online guest register is available at www.ingramfh.com.
If you're getting ready to head off to college, it's time to create a pre-college reading bucket list. Great works of literature will prepare you for all aspects of the journey ahead, from new roommates to difficult assignments to major life decisions. Before your schedule fills up with required reading, spend some time immersing yourself in transformative novels, essays, and works of non-fiction. Not sure where to begin? Start with this list.

"This is Water," by David Foster Wallace
"The Importance of Being Earnest," by Oscar Wilde
"Leaves of Grass," by Walt Whitman
"The Elements of Style," by William Strunk Jr. and E.B. White
"Exit West," by Mohsin Hamid
"1984," by George Orwell
"How to Be a Person in the World," by Heather Havrilesky
"Persepolis: The Story of a Childhood," by Marjane Satrapi
"Eat That Frog," by Brian Tracy
"The "Outliers: The Story of Success," by Malcolm Gladwell
"Idiot," by Elif Batuman
"The Naked Roommate," by Harlan Cohen

Any student interested in going to Jay's Celebration of life on January 25 please let your counselor know as soon as possible. Thanks!

Also, don’t forget we have ACT waivers here for you, just let me or one of your counselors know...text, call or email us & we can get that waiver number to you ASAP. The first ACT testing day for 2020 is February 8th.

Barb Rush-Meador will serve as our interim Director.
January Birthdays

We want to wish all our students with Birthdays in January a very Happy Birthday!

Tiffany Jones
Amya Padgett
Jenna Atwell
Gabriella Dickerson
Na’Tina Calvo
Maggie Hess
Hunter Rutter
Caroline Mc Million
Aliyah Taylor
Haley Collins
Abbigayle Collins
Timothy Laxton
Mckenzie Perkins is a writer and researcher specializing in southeast Asian religion and culture, education, and college life.

Updated February 27, 2019

Nearly every college student detests cram sessions. Intense, high-stress study sessions can have detrimental effects on both your GPA and your health. And while there's no guaranteed roadmap to success in college, changing your study habits and adjusting your approach to your classes can make a big difference. The following tips are a great place to start.

**Use Two Notebooks**

Bring one notebook with you to class, and use it to scratch and scribble down everything you can. It doesn’t need to look neat—it doesn’t even need to be legible. After class (within an hour or so), transfer your notes to your second notebook. Take your time with these notes: highlight key points, mark subject areas your professor emphasized, look up definitions, and record questions for the next lecture. The two-notebook method will help you retain information you might otherwise forget within days. Reviewing all the new material immediately after the lecture will keep it fresh in your mind. Plus, writing things down instead of typing them leads to better retention, according to the *Scientific American*.

**Find a Study Buddy**

Make friends with someone in your class during the first week of the semester and schedule a regular study session. During your study sessions, review complicated chunks of information and explain them to each other. Think of the process like storytelling—turn your homework into stories, and tell those stories to each other. In addition to making a new friend, you and your study buddy will keep each other accountable all semester long.

**Get Enough Sleep**

The importance of hydration, nutrition, and especially sleep cannot be overstated. Your ability to remember can drop by as much as 40 percent if you haven’t had adequate sleep. Aim to get adequate sleep as many nights as possible, and try to keep the same sleep schedule every night, even on weekends.

**Know When You Work Best**

Speaking of a sleep schedule, it’s important to note that there is no one-size-fits-all study schedule. There is plenty of research indicating benefits for both nighttime studying and early morning studying, so you shouldn't feel pressured to maintain an uncomfortable schedule. As long as you are getting enough sleep and keeping up with your commitments, your schedule is up to you. If you work late at night, make sure to give yourself space and time to sleep in every morning (don't sign up for 8 AM classes if you can help it). Not everyone is a morning person, and that is perfectly okay.

**Try The Pomodoro Method**

The Pomodoro Technique is a focusing method that relies on short bursts of intense work and plenty of breaks. To try the technique, set a timer for 25 minutes and work on a single task. When the timer rings, take a five-minute break, then set another 25 minute timer and get back to work. After four 25-minute intervals, take a longer break. You may find that the Pomodoro Method helps you get more done in a shorter period of time without feeling burnt out. Plus, short study breaks are known to improve concentration.

**Optimize Your Learning Style**

Figure out your learning style, then adapt your study techniques to suit that style. Remember to experiment with a few strategies to find what works best for you. If none of the three primary learning styles feel like a great fit, you might benefit from a study strategy that combines two different styles.

**Go to Office Hours**

And not just when you’re struggling. Open lines of communication with your professors early in the semester so that, when questions arise, your professor will know you have a vested interest in the class and the material. Developing strong relationships with faculty will also help you if you are considering applying for scholarships or you need letters of recommendation for graduate school.

**Bring Back Mario Kart**

Or, more specifically, integrate the music into your study sessions. Music enhances brain activity, and the video game music is specifically design to stimulate brain activity and keep you focused. The wordless, upbeat songs will keep you motivated without distracting you.

**Space Out Your Studying**

Spacing out your studying is beneficial for long term retention of the material. If you review your notes each day for 15 minutes, you'll be able to retain what you learn in your classes for the long term. Try not to skip review days, or you risk losing what you have retained (especially if it’s new material).

**Sweat and Study**

There is a massive body of research that links exercise with good grades and improved learning and cognitive skills—especially if you exercise first and study second. If you are stuck in a study rut and your don’t have time to hit the gym, go for a quick walk. Fresh air and a change in environment will help you create connections and solve problems.