



### TRIO SSS STAFF

Elsie Rodriguez-Garcia  
Director  
DON 209  
413.552.2610  
erodriguez@hcc.edu

Derek Estrella  
STEM-H Program Coordinator  
DON 233  
413.552.2593  
destrella@hcc.edu

Monica Ovalles  
Academic Counselor  
DON 231  
413.552.2044  
movalles@hcc.edu

Luis Carrasquillo  
Academic Counselor  
DON 235  
lcarrasquillo@hcc.edu

Xandria Sotomayor-Wright  
Academic Counselor  
DON 233  
xsotomayorwright@hcc.edu

Chaitali Brahmhatt  
Academic Counselor  
DON 237  
cbrahmhatt@hcc.edu

Michelle Blanchard  
Office Assistant  
DON 240  
413.552.2505  
mblanchard1@hcc.edu

### IMPORTANT DATES TO REMEMBER

**Wednesday, March 8th, 2023**

- International Women's Day



**Women's History Month**, celebrates the contributions women have made and recognize the specific achievements women have made over the course of American history in a variety of fields such as STEM, arts, Literature and more.

source:womenshistorymonth.org



**Sunday, March, 12th, 2023**

- Daylight Savings ( start)

**March 13th-18th**

- Spring Recess

**Friday, March, 17th, 2023**

- St. Patrick's Day

**Wednesday, March, 22nd, 2023**

- Beginning of Ramadan

**Looking at Transferring?  
Want to learn more about  
colleges/universities in your  
area?**

**Join us**

Monday, March, 20th, 2023

**TRANSFER TRIP**  
to

**ELMS**  
**COLLEGE**

10:00am-1:00pm

Check out the campus, learn more about Elms College, ask questions and learn about resources available.

Lunch will be provided



The Holyoke Community College Foundation offers more than \$250,000 in life-changing scholarships each year to new, current, and transferring students. This is money that our students never have to pay back. Scholarship awards can be spent on tuition, and it can also be used for books *and* other resources depending on the award and award amount.

The 2023 Scholarship Season opens Jan. 30, 2023. Applications may be submitted between Jan. 30 through March 10, 2023.

Questions? Email: [scholarships@hcc.edu](mailto:scholarships@hcc.edu)

More Info



The Helen M. and James E. Izatt  
**BUILD**

(Better Use of Information and Library  
Databases)

is your chance to turn your research  
paper/project into a cash prize.

Students can submit research papers from Winter 2022, Spring 2022, Summer 2022, and Fall 2022 terms. The goal of the award is to promote the value and use of library services and information resources. The competition is open to all currently enrolled students. Research papers/projects must be endorsed by the faculty member responsible for the course.

The application deadline is Fri., March 17,



**Its never too early  
to ask for help,  
Set yourself up for Success!**

TRIO SSS is still offering our students the opportunity to meet weekly with math tutors, writing tutors and learning coaches to help you meet your goals and finish the semester successfully.

Click below to submit a tutor/learning coach request form!

[Tutor/Learning Coach Request](#)



Please join the HCC Library in supporting the college community by donating to the Annual Food Drive. The food drive will run from January 27 - March 27, 2020, and ALL food donations will go to the HCC Food Pantry

For a list of items needed, please click below.

2023, at 4 p.m.

Students can pick up a BUILD competition application packet at the circulation desk in the library or download the application packet at the link below.

Please contact Camille Close with questions at 413.552.2277 or at [cclose@hcc.edu](mailto:cclose@hcc.edu)

[Download Application](#)

Please help us Congratulate  
**Derek Estrella**  
in his new role as  
**Program Coordinator-TRIO STEM  
Health Services!**

**DEREK ESTRELLA**  
Program Coordinator  
TRIO STEM-Health Sciences SSS Program

Prior to his role as a Program Coordinator Derek served as an Academic Counselor in the TRIO SSS program, as a Bilingual Senior Community Outreach Counselor for the Spanish CDA program, and as a Financial Aid Counselor in the Financial Aid department. In his various roles, he has held a focus on improving access and transforming the student experience so that students from QTBIPOC (Queer-Trans-Black-Indigineous-People of Color) feel a sense of belonging and empowerment on campus. Derek is a first-generation college graduate who hopes to demystify the STEM-Health Science field as a former STEM student. He earned his Bachelor of Arts in Spanish, Mathematics, and Economics from Westfield State University and Masters Degree in Education in Higher Education Administration from UMASS Amherst.

**TRIO**  
STUDENT SUPPORT SERVICES

## H.C.C 24th Annual Jazz Festival



**DATE:** Friday, March 3, 2023

**TIME:** 8:00 p.m.

**LOCATION:** Leslie Phillips Theater,  
HCC Fine & Performing Arts  
Building

**ADMISSION:** \$10 general  
admission; free for HCC students,  
faculty, and staff  
Bassist Avery Sharpe guest artist for  
24th annual Jazz Festival

24th Annual Jazz  
Festival



Do you want an exciting

## WELCOME

to our  
New **TRIO** staff members!

## CHAITALI BRAHMBHATT

Academic Counselor  
TRIO STEM-Health Sciences SSS Program



Before joining HCC, Chaitali served students as a Success Coach at Greenfield Community College in their Academic Advising Center. In this role she advised around 100 students in which she made academic plans for, tracked academic progress and advocated to key departments on campus for change. In addition, she taught a one credit course on Career Exploration and Planning.

Chaitali earned her Bachelor of Science in Rehabilitation and Disability Studies with a Concentration in Medical Therapeutic Rehabilitation and Masters degree of Education in Rehabilitation Counseling with a concentration in Psychiatric Rehab, Mental Health Counseling, and Substance Abuse.

**TRIO**  
STUDENT SUPPORT SERVICES

career helping others?

**DATE:** Wednesday, March, 8th, 2023

**TIME:** 4:00 p.m. - 7:00 p.m.

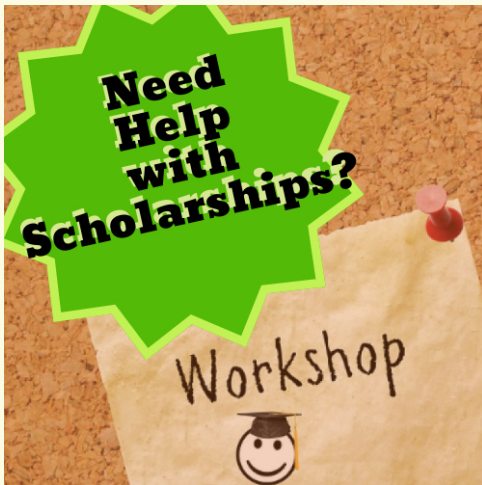
**LOCATION:** HCC Center for Health Education, 404 Jarvis Ave., Holyoke

**ADMISSION:** Free

Explore HCC's healthcare programs including radiologic technology; veterinary and animal science; nursing; Foundations of Health; direct care workers and community health workers; medical assistant; and certified nursing assistant (CNA)

Unable to make the Open House? click below to connect or receive more information.

[HCC Health Careers](#)



There are multiple Scholarship workshops available in February for students who need assistance with applying for scholarships, have general questions or want to learn tips on how to best apply.

Upcoming dates are:

**Scholarship Application workshop**

**DATE:** Wednesday, March 1, 2023

**TIME:** 11:00 a.m.

**LOCATION:** DON 254

**ADMISSION:** Free

**DATE:** Wednesday, March 8, 2023

# XANDRIA SOTOMAYOR-WRIGHT

Academic Counselor  
TRIO Student Support Services Program



Before joining HCC, Xandria served students as an Academic Counselor at Westfield State University in the Urban Education program, a program founded to provide college access, mentoring, and academic advising to students of color. In this program Xandria planned and implemented the Summer Bridge program, managed a caseload of students, trained | supervised peer counselors and so much more!

Xandria is a recent first-generation college graduate and TRIO alumna of Upward Bound and SSS who dedicates her career transforming the student experience with a focus on marginalized and underserved communities. She earned her Bachelor of Arts in Psychology at Westfield State University.

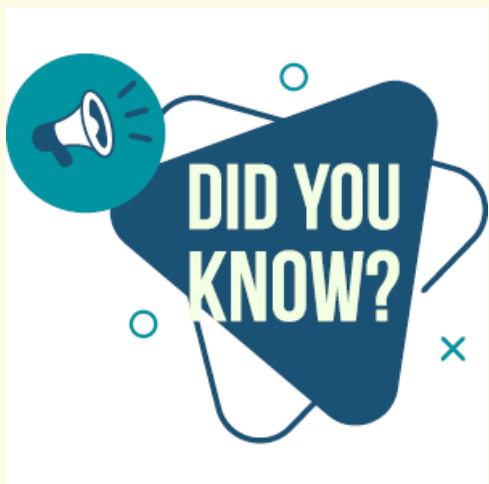
**TRIO**  
STUDENT SUPPORT SERVICES

TIME: 11:00 a.m.  
LOCATION: CC 227 (Student Engagement)  
ADMISSION: Free

DATE: Thursday, March 9, 2023  
TIME: 2:00 p.m.  
LOCATION: CC 227 (Student Engagement)  
ADMISSION: Free

### Scholarship Essay Writing Workshop

DATE: Monday, March 6, 2023  
TIME: 11:00 a.m.  
LOCATION: DON 171  
ADMISSION: Free



In the early Roman calendar, March (or Martius) was the first month of the calendar year. As March brought the first day of spring with the vernal equinox, it was the start of new beginnings. March became the third month when January and February, which were added to the end of the Roman calendar around 700 BCE, instead became the first and second months around 450 BCE.

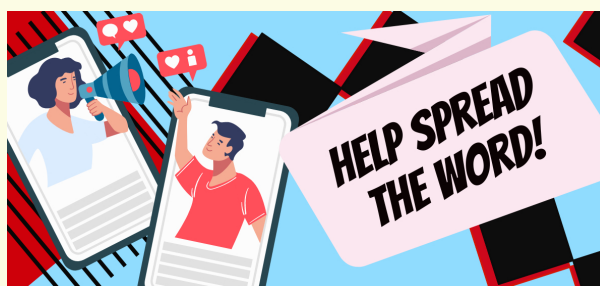
# LUIS CARRASQUILLO

Academic Counselor  
TRIO Student Support Services Program



Before joining TRIO SSS as an Academic Counselor, Luis served as the Special Program Coordinator for the ALANA Men in Motion program, a program designed to assist men of color by providing them with support in navigating college, along with personal encouragement and motivation. Luis is a HCC TRIO Student Support Services Program alum. He brings this culmination of experience in working with marginalized and underserved populations to the TRIO SSS program.

Luis is a first generation college graduate who earned his Associates Degree in Liberal Arts from HCC and his Bachelor of Science in Sustainable Community Development with a concentration in Urban Studies from Umass Amherst!



## Word of mouth is our greatest advertisement!

Tell your friends and classmates about all the great services they could be receiving if they were a TRIO student. Follow the Link below to get an application and learn about all the support services for students who are first generation to college, low-income or have a documented disability.

[Refer a friend](#)



## GET IN TOUCH

**TRIO**  
STUDENT SUPPORT SERVICES

TRIO Student Support Services counselors are available via phone or email Monday – Friday, 8:30 a.m. – 4:30 p.m. Call 413.552.2505 or [email](#)

Already have a counselor?  
Schedule a meeting with them below

Schedule a time with Monica

Schedule time with Derek



RESOURCES FOR STUDENTS

# Mental Health Counseling and Stress Management

HCC is proud to partner with the Center for Human Development (CHD) to provide FREE in-person and telehealth counseling for students. HCC's Mental Health Center offers a broad range of programs and services to assist students in dealing with life's challenges and stresses before they become insurmountable. Our professional staff offers the following counseling services free of charge to students who are currently enrolled at Holyoke Community College:

- Individual counseling
- Group counseling
- Specialized workshops

[Reach out to CHD](#)



**Your  
Mental  
Health  
is  
Important**

CHD CLINICAL SERVICES ON CAMPUS

Where: Frost 232

When: Monday - Friday, 9 a.m. - 4 p.m.

Contact: 413.552.2626 ext. 2626 (during normal office hours)



## Student Emergency Fund

If you are struggling financially, the President's Student Emergency Fund can help! This fund assists HCC students who encounter unforeseen financial emergencies that would prevent them from continuing their education.

The COVID-19 pandemic has made these emergencies even more prevalent, but funding is available to help you overcome barriers related to housing, food, utilities, transportation and childcare. The application takes just a few minutes to complete and is reviewed within 48 hours. Students receive the support they need -- or are directed to other resources -- within a few days. The application form and details can be found on the President's Student Emergency Fund webpage.

[Learn More](#)

## THRIVE Center

Are you dealing with homelessness or legal issues? Are you struggling with food insecurity? Do you think you qualify for SNAP or MassHealth benefits? Need help balancing your budget? Have questions about





managing your credit? The Thrive Center can help! The Food Pantry is offering food pickup by appointment only from 10 a.m. - 2 p.m. Monday - Friday at the bus circle. (If coming to campus is not an option for you, please contact Thrive to discuss possible alternatives.) For more information on how to pick up food from HCC's food pantry, click below.

[Click Here for more](#)

Microsoft

Stock up for academic success with free Office.

Office 365

W X P

Students and educators at eligible institutions can sign up for Office 365 Education for free, including Word, Excel, PowerPoint, OneNote, and now Microsoft Teams, plus additional classroom tools. All you need is an HCC student email address. Check out [HCC Help Desk](#) for more information.

Holyoke Community College | [www.hcc.edu](http://www.hcc.edu)

Holyoke Community College | 303 Homestead Ave, Holyoke, MA 01040

[Unsubscribe wmurphy@hcc.edu](mailto:wmurphy@hcc.edu)

[Constant Contact Data Notice](#)

Sent bytrio@hcc.edu