

THE SAS BULLETIN

ACT 101

✳️ STUDENT ACADEMIC SUCCESS ✳️

SSS-TRIO

MEET THE TEAM



Lisa Tatone - Director

Tayia Karpinski - Assistant Director

Christina Andrae - Academic Coach

Terron Colson - Academic Coach

Ishmael Solomon - Academic Coach

Amanda Thomas - Academic Coach

Andrew Stano - Graduate Assistant

Nicole Kerr - Academic Accommodations Coordinator

Dr. Lea Delcoco-Fridley - Academic Accommodations Specialist

TRIO
STUDENT SUPPORT SERVICES

SSS-TRIO is a federally funded program that supports income-eligible & first-generation college students. Through academic coaching, mentoring, and personalized support, SSS helps students build essential skills, navigate challenges, and persist toward graduation.

Act 101

ACT101 is a Pennsylvania-funded program that supports income-eligible students through personalized advising, financial literacy education, and academic skill development, helping them overcome challenges and persist to graduation.



Anthony Capozzoli

From Player to Leader. A Student-Athlete's Growth at SVC.

When I came to Saint Vincent College as a freshman, I thought my main job was to be a football player. Like a lot of freshman athletes, I believed that if I worked hard on the field everything else would just work out. It did not take long for me to realize that mindset would not work. Early in my college career, I had to take a hard look at myself and recognize that if I wanted long-term success, academics needed to become just as important to me as football.

That realization changed how I approached my time as a student-athlete. I began to spend a lot of time in professors' offices and tutoring sessions. At certain points in my academic career, I found myself meeting with my academic coach sometimes three times

a week.

At first, it was about staying eligible and doing what I needed do so I could be on the field 100% of the time. Over time, however, it became about building discipline and taking pride in the work I produced. I learned that the same habits that make someone successful on the field and in the weight room; consistency, accountability, and diligence are the same habits that lead to success in the classroom.

I became a captain at the end of my junior year heading into my senior season, which pushed that responsibility even further. As a leader, I knew younger players were watching how I handled adversity and managed my academics,

especially under pressure. Being a captain meant setting the standard every day, whether that was in a workout, a meeting, or a class. Leadership is not just about what you say, but about the the example you set.

Now, as I prepare to attend graduate school and pursue a graduate assistantship as a strength and conditioning coach, it represents something much bigger than just the next step in my career. It represents the growth that happened during my time here and the lessons in discipline, accountability, and leadership that Student Academic Success, the football program, and SVC helped shape in me.

Looking back, I am grateful for the challenges and the people who pushed me to grow. Those experiences have prepared me not only for graduate school, but also for the responsibility of mentoring and developing the next generation of student-athletes.



@Leo_Murray_Photography

2026 Honors Recognition Event



The Student Academic Success Academic Honors Recognition Dinner celebrated students who earned a 3.00 GPA or higher during the 2024–2025 academic year. Of the **116 eligible students**, many attended the evening with family members and guests as we recognized their academic dedication and achievements over dinner.





ANDREW DOWNS

Performing, Leading, and Growing: A Senior's Journey

Camelot has been a phenomenal experience for me. Reflecting on what made it so special, it was very unique to have an entire group of friends thrown together on stage. Rehearsals could easily get off the rails because we're having so much fun, but being able to work with some of my closest friends on stage is always a blessing. This production was also the final musical for many of the students here at Saint Vincent College, making it an especially emotional journey.

As a senior, I have met many of my friends here through the theater program. When I was in my freshman year, I signed up for my first musical without knowing anything about it, and I almost missed the deadline. Luckily, I ended up loving it and found my calling there.

Theater had always been a passion of mine in high school, and the people I met here only fueled that passion. I quickly felt at home performing with others on the stage of the PAC, and looked up to many of the upperclassmen during my first year. Since then, I have drastically improved as a performer, and a few younger performers have told me that they look up to me, just as I once looked up to others.

Although this has been one of my most enjoyable experiences, fitting in schoolwork around the show has been challenging. With a busy schedule, I worked to manage both the show and my schoolwork, giving attention to each as needed. I am also the president of The Company and the current music director for our Cabaret, which took a lot of time and energy away from me. In many ways, Camelot felt like a final send-off for the senior class, with around half of the cast being students graduating this spring. Hugging one of my best friends on stage after our final performance nearly brought me to tears.

When I look back upon these past years at Saint Vincent College, I have been incredibly grateful for the opportunities to perform. As I prepare for graduation I am trying to find out what will come next with my future. My performances here have had a profound influence on my life, and the people I have met really helped show me that what I want to do with my future is performing.





CAMDON BASHOR

Beyond the Court: Balancing Athletics, Academics, and Leadership

Being a student-athlete at Saint Vincent College has required balancing a lot of responsibilities, but it has also helped me grow in ways that go far beyond the court. Between academics, athletics, and work commitments, I've learned that success often comes down to discipline, time management, and staying focused on my goals.

In addition to playing on the Saint Vincent women's basketball team, I work as the Social Media Coordinator for Saint Vincent Women's Soccer and as a Marketing Operations Assistant for Doctor Mom Digital Marketing, all while also being a double major in Digital Art & Media and Sports & Media. Managing all of these responsibilities at once can definitely be challenging, especially during the basketball season when practices, games, and travel take up a lot of my schedule. However, these experiences have pushed me to become more organized and intentional with how I use my time.

During the season, my days were often packed from morning until night. Classes, team activities, work responsibilities, and assignments all competed for my attention. I quickly learned that planning ahead was



@Leo_Murray_Photography

essential. Whether it was doing classwork between classes, working on projects after practice, or reviewing notes during travel, every bit of time mattered. Learning how to manage my schedule has been one of the most valuable skills I've developed while at Saint Vincent.

Being a student-athlete also teaches you about leadership, responsibility, and teamwork. You are constantly representing your teammates, your coaches, and the name on your chest. That mindset pushes you to give your best effort in every environment whether on the court, in the classroom, or in a business meeting. Leadership, I've learned, often comes through consistency and actions such as showing up prepared, putting in effort, and supporting the people around you.

Balancing athletics, academics, and work has pushed me to grow in ways I didn't expect. The experiences I've had at Saint Vincent have helped me become more disciplined, organized, and confident in my ability to handle multiple commitments. These lessons will stay with me long after I finish my time at Saint Vincent College.





Katelyn Pippin

Changed by Service: A Journey Beyond the Classroom.

When we first started talking about going on a mission trip, we were informed that we would be making an impact on these children for the rest of their lives. Little did we know that they would be making an impact on us for the rest of our lives. The second time around showed the roots that the first service trip had planted and allowed us to grow. As a pre-dental student, I worked with the dental team for both trips, gaining experiences that I could never get in the States.

We are all told that service is small acts that make large impacts, and as much as the average college student doubts it, that statement is so true. This service trip is built on kindness and unconditional love, most of our time was playing with the children. My trip was a little different from the others' experience because of the hands-on aspect.

As I worked beside the dental team brushing and applying fluoride to over 400 students and assisting multiple extractions for the community, I learned that community is not just the people that

live in your hometown, it is the people that you meet on your journey. Many of the students that I was helping remembered me from doing the same thing last year, often greeting me with a hug and smile. The trust we established last year has grown beautifully this year, and I cannot wait to see it flourish next year, if possible.

Personally, this year has been a tough one as I am balancing 16 credit hours, studying for the Dental Admissions Test (DAT), and I am in my first semester as Student Government Association President. To say that I am busy is an understatement, but I still can choose to take a breather and make an impact on children 1,630 miles from my hectic life in PA. Planning for my future by pausing in the present and taking it in is the best advice I can give to anyone who is planning to attend this trip. As I go through the dental school application process and interviews, these are the experiences I will continue to think back on and reflect. It is amazing to see what will be coming soon as I plan for my career and to know I can come back and continue to serve.

The Dominican Republic Medical Mission Trip



Walking the streets of Santo Domingo.



Katelyn and Cori Bieber getting their hair braided!



Katelyn cleaning a student's teeth and teaching them about dental care.



Katelyn and Mario Violante with the Dental Team!

Jaida Walker

More Than Just Getting It Done



When I first started at Saint Vincent College as a first-generation student, I thought the most important thing was just to get everything done as quickly as possible. I focused on completing assignments fast, without really thinking about fully understanding the material or asking for help. Now, as a junior, I've learned that success isn't about speed—it's about staying organized, engaging with the material, and seeking support when you need it. Taking the time to truly understand my courses has made a big difference in my academic growth and confidence.

On campus, I've found ways to get involved while balancing academics. I've worked as library staff since my first week at SVC, serve as president of the Nursing Club, and began writing for *The Review* this past fall. Being president of the Nursing Club has taught me a lot about leadership and responsibility. Planning meetings,

organizing events, and coordinating charitable activities like delivering Christmas cards to the elderly or hosting free flu shot clinics have helped me develop skills in communication, teamwork, and time management. Writing for *The Review* has strengthened my ability to meet deadlines, contribute thoughtfully to a collaborative project, and it's also a chance for me to write for fun—something I don't often get to do as a nursing major.

Working in the library has been one of my favorite parts of life at SVC. The staff is welcoming and kind, and I always look forward to seeing them. Decorating for holidays is something we do every year, and it's always fun. The library has truly become a second home on campus—a space where I can focus, study, and feel welcomed always.

Balancing multiple commitments can be challenging, but I rely on tools and habits that keep me organized and motivated. Google Calendar helps me track deadlines and schedule events as soon as I'm notified. I also make full use of the free tutoring services on campus, which have been invaluable since my freshman year. Having a plan, staying organized, and knowing where to seek help allows me to maintain academic success while participating in leadership and campus activities.

What makes my experience at SVC truly special is the welcoming, supportive environment. From professors and the Student Academic Success Office to friends and even the FMO staff, everyone greets you with a smile, a friendly hello, or a simple "How are you?" The campus feels

vibrant and alive, and it gives me a real sense of belonging. Being surrounded by kindness and support makes it easier to stay focused, motivated, and confident in my academic and personal growth.

The Student Academic Success Office provides countless opportunities to flourish, and the community encourages students to grow as leaders, learners, and individuals. Thanks to this environment, I've grown academically, socially, and personally I'm proud to be part of a campus that truly nurtures its students and helps them be their best selves.



Meet Amanda Thomas

While I am new to the SAS Office I am not new to the Bearcat family. Prior to being an Academic Coach I was in the Admission Office and before that with Saint Vincent Prevention and Intervention Projects.

I am excited to be able to support the students here as they grow, learn, and achieve their goals. In addition to my role on campus, I also serve as a representative for SVC as a board member for the Greater Latrobe Laurel Valley Chamber of Commerce. I love that I have the opportunity to strengthen the connections of the campus and the local community.

Outside of work, I'm a proud mom of one amazing son. Going to concerts, Broadway shows, and enjoying all things Disney.



Study Skills

WORD SEARCH

Can you find the words hidden in the puzzle?



- | | | | |
|----------|---------|----------|------------|
| NOTES | READING | QUIZ | DISCIPLINE |
| FOCUS | MEMORY | TIME | PLANNING |
| ORGANIZE | REVIEW | STRATEGY | PRACTICE |



December 2025 Graduates

Kayla Sharman, Danny Leyton Jr,
Logan Johnson, Aidan Gilson &
Kayleigh Orr



February

Feeling stressed about classes? **Pop** into Student Academic Success, we've got you.

studentacademicsuccess@stvincnt.edu

724-805-2255



Monthly Pop-Up's

March

"CARRY OUT A RANDOM ACT OF KINDNESS."

PRINCESS DHARMA

STRONG LEADERS SUPPORT OTHERS ALONG THE WAY.

"ONE BOOK, ONE PEN, ONE CHILD CAN CHANGE THE WORLD."

MIKALA YOUMFAR

EDUCATION IS POWERFUL — YOUR EFFORT MATTERS.



"EVERY GREAT DREAM BEGINS WITH A DREAMER."

HARRIET TURPIN

GOALS START WITH BELIEVING IN YOURSELF.

"EVERYTHING HAS A PURPOSE."

SACAGAWEA

EVERY CLASS, REQUIREMENT, AND CHALLENGE IS PART OF THE JOURNEY.

APRIL

<p>HOW TO STUDY</p> <ul style="list-style-type: none"> NOT JUST "DO HOMEWORK" STUDY IN 30-45 MINUTE BLOCKS USE ACTIVE STUDYING: PRACTICE PROBLEMS, FLASHCARDS, TEACHING SOMEONE ELSE, ETC. REVIEW NOTES WITHIN 24 HOURS OF CLASS DON'T JUST RE-READ, QUIZ YOURSELF <p>QUALITY > QUANTITY</p> <p>SHORT FOCUSED STUDY SESSIONS BEAT ALL-NIGHTED EVERY TIME</p>	<p>TIME MANAGEMENT THAT WORKS</p>	<p>GAME PLAN FOR ACADEMIC SUCCESS</p> <p>PRACTICAL STUDY TIPS FOR BUSY COLLEGE STUDENTS</p>
<p>STAYING FOCUSED & AVOIDING BURNOUT</p> <ul style="list-style-type: none"> PUT YOUR PHONE AWAY (GO TO SILENCE MODE) TRY YOUR BEST STUDY SPACE PROTECT YOUR ENERGY TAKE REST DAYS AND BREAKS SLEEP TO PREP FOR STUDYING (ASK A SCHEDULE FOR IT) <p>RECOVERY MATTERS IN ACADEMICS TOO.</p>	<p>USING CAMPUS RESOURCES EARLY</p> <p>USE YOUR SUPPORT TEAM</p>	<p>WHEN THINGS START SLIPPING</p> <p>IF YOU'RE FALLING BEHIND...</p> <p>DON'T PANIC</p> <ol style="list-style-type: none"> ACT EARLY ASK FOR HELP TALK TO YOUR PROFESSOR SET UP A MEETING WITH AN ACADEMIC COACH MAKE A GAME PLAN MOVING FORWARD <p>EVERY STUDENT HAS BUMPS. SUCCESSFUL STUDENTS ASK FOR SUPPORT.</p>



UPCOMING EVENTS AND IMPORTANT DATES

April 2nd -6th Easter Break

April 7th -14th Registration for Summer 2026 and Fall 2026

April 10th -12th Spring Family Weekend

April 11th First-Gen Networking Mixer

April 13th Withdrawals Receive a W/F

April 14th Financial Literacy Lecture

April 15th Pop-Up Event

April 16th Adulting Fair

April 22nd Honors Convocation and Academic
Conference

May 1st Last Day of Classes

May 4th -7th Finals Week

May 4th Finals Week Pop-Up Event

May 9th Spring Commencement Ceremony

Looking Ahead

August 2nd -August 21st Summer Bridge Program



Editor: Jayia Karpinski

