

THE YOU FIRST PROJECT

# *FOCUS*

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*A NEWSLETTER FOR FIRST-GENERATION STUDENTS AT TSU*

*Excellence*  
is our Habit!

# *FROM MY DESK*

DONALD PERKINS, M.ED.

As we embark on the second half of this semester, let's finish strong. Let's learn from the past, but not remain there. We all know the old fable entitled, "The Tortoise and the Hare." The challenge was set for them to race. Although the hare was much faster than the tortoise, he became too comfortable. Several feet from the finishline line he decided to take a nap. The tortoise kept walking, slowly taking one step at a time.

He soon caught up to the hare, who was sound asleep, and passed him. The hare awoke, but at that point he realized that he had slept too long. The tortoise had crossed the finishline and won the race. I encourage all of you to finish strong! Don't relax now. Keep pushing through to the finish line. Always remember, it's not how you start, but about how you finish! Your You First Team is rooting for you from the sidelines!



# ***OUR FIRST GENERATION SPECIALISTS***

I believe that coaching is the process of encouraging and supporting others to unlock their potential, and eliminate self-imposed barriers to become the best versions of themselves.

## **About Me :**

I love to travel, mentor/counsel in meaningful ways, being outdoors, learning about people and their stories, music, and spending time with friends and family. Some of my top life defining moments in higher education are being a First-Generation Graduate, learning from and being inspired by exceptional students, and earning a Graduate Assistantship based on my reputation in the College of Business. I learned through my first advising position the positive impact advising (and later coaching) could have on a student's collegiate experience. My favorite food is anything chicken. My Favorite quote is, "If You're Blessed, Be A Blessing." - Author Unknown.

**Majors served:** Early Childhood Education, Criminal Justice, Communications, Political Science, Business Administration, Accounting, Economics & Finance, Business Information Systems.

**You can schedule an appointment today: <https://rbuggs.youcanbook.me>**



***ROBERT BUGGS, MBA***

***EMAIL:  
RBUGGS@TNSTATE.EDU***

I believe that coaching is about sharing your success story to empower students. I think it is the coach's responsibility to encourage, support, and guide students towards resources that will positively impact their academic journey. The reward of coaching is to entirely witness students taking their education into their own hands and use the skills learned to persist through academia.

## **About Me:**

I enjoy spending quality time with my family, friends, and fraternity brothers. I also love attending live plays/shows, and serving the community. My top life defining moment in higher education would have to be graduating with my master's in education from Tennessee State University, and enrolling in the doctoral program at Trevecca Nazarene University. The decision to tackle this program was a defining moment because it was after the birth of my son. I wanted to leave a legacy for my children. My favorite food is seafood boils, I love them! My favorite quote is "The illiterate of the 21st century will not be those that cannot read or write, but rather the illiterate of the 21st century will be those who cannot learn, unlearn, and relearn." -Alvin Toffler

**Majors served:** Cardio-Respiratory Care Science, Healthcare Administration and Planning, Health Information Management, Health Sciences, Human Performance and Sports Science, Nursing .

**You can schedule an appointment today: <https://bhaskins.youcanbook.me/>**



**BRANDON P. HASKINS, ED.D.**

***EMAIL:  
BHASKINS@TNSTATE.EDU***

I believe in mentoring to listen with the intent to understand. Listening is more important than speaking because many lives can change just by listening.

**About Me:**

I love reading, writing (two published books), traveling, riding my bike, and sporting events. As a first-generation student, one of my defining moments in higher education has been when I helped a student finish the semester strong after he was out for two months because he was hospitalized. My favorite food is chicken. My favorite quote is, "You have not lived a perfect day until you've done something for somebody who cannot repay you." -Coach John Wooden.

**Majors served:** Aeronautical and Industrial Technology, Agricultural Sciences, Architectural Engineering, Biology, Chemistry, Civil Engineering, Computer Science, Electrical Engineering, Family and Consumer Science, Mathematical Sciences, Mechanical Engineering .

**You can schedule an appointment today:** <https://donaldperkins.youcanbook.me/>



DONALD PERKINS, M.ED.

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***MOVIE OF THE MONTH***

**Summary:**

Born without legs and stuck in foster care for years, teen Zion Clark finds calling when he pursues competitive wrestling. (Duration: 12 mins)

**Starring:** Zion Short, Gilbert Donahue, Kyle Murphy, Kimberly Hawkins, Darese Sparkman, Kenneth Schafer, Massillon Tiger Wrestling Team, Kimberly Clark

Collins, C. (Producer), & Floyd, R. (Director). (2018). *Zion* [Motion picture]. USA: Netflix

**BE SURE TO TELL US WHAT YOU THINK ABOUT THE FILM ON TWITTER @TSU\_YOUFIRST**



# *STUDENT SPOTLIGHT*



## *JAZYMN WALL*

### **About Jazymn**

Jazymn is a biology student. She has always loved science and had a passion for being a part of the medical field. She wants to become an OB-GYN Doctor and open practices across the United States. She also wants to start a mentoring program. When asked what inspired her to attend TSU she said, "TSU had both of the main things I was looking for in a university: A great music program and a great biology department. During my junior year in high school, the TSU music department talked to the music students, and ever since then, I was very interested. TSU had many opportunities that would benefit me in the future, and I knew as soon as I stepped foot on campus that it was where I am supposed to be." Jazymn is now involved in the marching band and orchestra on campus.

### **Get to know Jazymn**

**Who's your favorite musical artist:** I don't have a specific one, but my favorite genre is R&B

**Mottos You Live by:** "Everything happens for a reason." "Be different."

**What country would you like to visit one day and why:** I want to visit England because it is breathtaking to me. I also always wanted to learn French and go to Paris.

**Who's your greatest inspiration:** Of course, my mom motivates and pushes me to continue to be my best self. I want to be able to take care of her and my grandmother once I make it.

**What's the name of your favorite book:** any book by Toni Morrison

**What genre of books do you prefer:** I prefer either mystery, historical, or sci-fi

**What your favorite food:** pasta or stir fry



# UPCOMING ACTIVITIES

**Chat and Chill, Part II:** Making it through the Semester (April 9th).

## Motivational Sessions:

By: Anika Evans, Ed.D.

**Topic:** Proactive Organization/Virtual Fatigue

**When:** April 1, @ 10, 11, and 2

**Zoom Link:** [HTTPS://Zoom.US/J/8217420236](https://zoom.us/j/8217420236)

By: Ashanti Chunn, Ed.D.

**Topic:** Belief, Positive Choice, and Hope: The Success Triangle

**When:** April 6, 1:00pm

**Zoom Link:** [HTTPS://Zoom.US/j/91068470132](https://zoom.us/j/91068470132)

By: Seneca McPhee, M.Ed.

**Topic:** How to Read a Chapter in 30 Minutes

**When:** April 7, 11:00 am

**Zoom Link:** [HTTPS://Zoom.US/j/96247941742](https://zoom.us/j/96247941742)

## Power Hour

**Topic:** Topic: First-Generation Student Success on IG live @tsu\_you first.

**When:** May 5th, 3 pm



**CONTACT US:**  
**SESSI ABOH, PH.D**  
**(615) 963-4969**

## WORD OF THE MONTH

**Immane:** adj. Huge  
also: means monstrous  
(gigantic, extremely and  
dauntingly large)

