Seasons Greetings! It is with great pleasure to announce that TRIO Student Support Services (SSS) has successfully fulfilled its grant goals and objectives by serving more than 160 qualified students. During the 2013-14 academic year, TRIO retained 75% of its cohorts with 85% of the participants remaining in good academic standing. The ultimate goal of SSS is not only to coach its students to complete an associate’s degree, but also to successfully transition them from a two-year to four-year institution within the academic year or by the beginning of the next academic year. I am delighted to share with the TRIO family that of its 36 graduates, 14 students took the next giant step by pursuing a bachelor’s degree at St. Cloud State University. We salute our graduates and wish them the best of luck on their college endeavors!

Along with TRIO’s successes, we also are being faced with a big challenge ahead of us. Next year, all the TRIO SSS programs nationwide will be competing amongst each other to be funded by the U.S. Department of Education. As more and more first generation students, students from lower social economics background, veterans and students with disabilities are returning to college, it is imperative that SSS continues to exist to serve its student populations at SCTCC. We are committed and very optimistic TRIO SSS will be funded again, but nevertheless please keep us in the back of your thoughts over the holidays. Enjoy your winter break and safe travels to everyone. As always, thank you for being a part of the TRIO SSS family. I am privileged to have had the opportunity to serve you!
LEANN PUERINGER: TRIO ADVISOR & ACADEMIC COORDINATOR

Hello,

My name is LeAnn Pueringer and I have worked in SCTCC’s TRiO program for about 4.5 years now. My education background is consists of a Community Psychology undergraduate degree and a Rehabilitation Counseling graduate degree. I am very passionate about helping students succeed in college. My door is always open to questions or concerns that you may have so please feel free to stop in.

TRIO Laptop Updates

As a friendly reminder to all TRIO students who have borrowed a laptop, they will due no later than December 23rd. If you are interested in checking out a laptop, please come and see me. Depending on the program we may be able to assist. Students must meet the following requirements in order to borrow a laptop:

- Active TRIO participant
- Must maintain a GPA of 2.5
- Must show a demonstrated need (family status/financial issues) for laptop use
- Have no outstanding book or laptop loans

MEET HIEN STUDNISKI: TRIO ADVISOR AND TUTORING COORDINATOR

Hello! My name is Hien Studniski and I am a native of Vietnam but grew up in St. Cloud, Minnesota. I have a BA in Business Management and Communications and a MS in Higher Education Administration. I have been involved with TRIO since 2000, and am a proud TRIO Alum! Since then, I have been involved with CSB/SJU’s TRIO Upward Bound in various capacities (student, summer staff, and professional staff), and have fully enjoyed being their Program advisor for the last 5 years! I am super excited to continue my TRIO journey at SCTCC and be the newest member of SCTCC’s TRIO SSS as the Advisor/Tutor Coordinator. Don’t hesitate to stop by my office to say Hi!

TRIO RESOURCE ROOM & TUTORING UPDATES

A little stressed out for finals? The TRIO resource room is here to help you! We have plenty of tutors for you to sign up for to get one-on-one tutoring help in various subjects! Just a friendly reminder that we have a couple of useful updates on the computers in the resource room:

- We have installed Windows 8.1 on 3 computers
- We have AC & DC Challenge, & multi Sims installed on 2 computers for the electronics courses
- We have Keyboarding Pro installed on 1 of the computers
- We have AUTO CAD installed on 1 of the computers. This program is mainly used for construction, auto design, and many other classes
- All the computers have a shortcut link to a free online typing program on the desktop so that you can freshen up on your typing skills.

RESOURCE ROOM REMINDERS:

- Please keep in mind that the resource room is a QUIET STUDY zone. This is especially important due to testing adjacent to us in accommodations.
- Please do not forget to SIGN or SWIPE in and out
- Utilize the TUTORS! Sign up for a 1:1 tutoring session with a tutor!
- The computers in the resource room do PRINT. Ask a tutor for help if you don’t know how to print.

“You are never too old to set another goal or to dream a new dream.”- C.S. Lewis
HOW DO STUDENTS MAINTAIN “ACTIVE PARTICIPANT” STATUS IN TRIO?

Attend 3 Semester meetings with a TRIO advisor and/or participate in TRIO events. Here’s how...

- Meet with your TRIO advisor for academic, career or personal coaching, to register for classes, to complete your FAFSA, for assistance with financial aid or literacy, etc.
- Use the TRIO Resource Room as a computer lab, study room, or to access the help of a tutor
- Attend SCTCC student success workshops
- Attend cultural events such as TRIO’s educational trips or SCTCC seminars

STUDENT SUCCESS STRATEGIES:

- Attend all of your classes
- Sit near the front
- Ask questions
- Participate in class discussions
- Read your syllabus
- Check your student email daily
- Check your D2L account for updates
- Connect with classmates
- Seek out your advisor with any questions
- Take advantage of available tutoring services

MEET SARAH GATLIN: TRIO INTERN

My name is Sarah Gatlin and I am a second-year graduate student in the Rehabilitation Counseling program at St Cloud State University. I have a BAS in Communication Sciences and Disorders, which I obtained at the University of Minnesota Duluth. In my first semester here at SCTCC, I have already had so many great experiences with the TRIO program and have met some exceptional students. I am very excited to be a part of the TRIO SSS team. I also work in the counseling center on campus. Please feel free to stop by any time!

MEET OUR STUDENTS

Name: Bryan Court
Major: Information Technology (AAS)
I’ve been with TRIO since the summer of 2010 with CSB/SJU’s Upward Bound program. I’ve developed leadership and communication skills on top of others. TRIO is such a benefit to me and my school career because I have more support in areas that I previously lacked support on. Also, I’ve met people who have helped me become the person I am. I’ve created some life long friends through TRIO. I’m glad to be a part of it here at SCTCC. Thank you, TRIO!!!

Name: Mowlid Ismail
Major: Liberal Arts (AA)
My name is Mowlid Ismail and I am second year student here going for my AA degree. After my AA degree I wish to go on to get a 4 year degree as a social worker so I can have a better education. In my free time I enjoy walking outside, especially in the summer, and I love reading novels. I am happy to be a part of TRIO as a student worker since I have learned so many things and I am able to help other students.

Become a Leader!

TRIO is sponsoring five of our sophomore students to attend the Adult Student Leadership Conference on February 7th at the University of Minnesota campus. Come join other TRIO students to gain insight and inspire others! Contact Nhia Yang at (320)308-0977 to sign up.
IS TEST STRESS GETTING YOU DOWN?

TRY THESE HELPFUL TIPS FOR DEALING WITH TEST ANXIETY:

⇒ Be prepared. Divide your study time out between a few days to avoid cramming the night before the test.

⇒ Get active! Exercising a couple days before a test will help you focus and reduce negative stress levels.

⇒ Catch some ZZZs! Getting a good night’s sleep before a test will improve cognitive functioning and memory.

⇒ Stay optimistic! Try to maintain a positive attitude while studying and taking the test. You can do this!

⇒ The early bird gets the worm! It won’t do any good to add additional stressors before your big test, such as being late!

⇒ Chew gum or suck on a piece of candy. Research has shown that it stimulates cognitive functioning and memory!

⇒ Fuel up on H2O! Dehydration causes tiredness, anxiety, and irritation.

⇒ Stay relaxed. If nervousness starts to set in, take a few long slow breaths, counting to ten as you inhale and exhale.

⇒ Have a peppermint. Studies show that peppermint oil stimulates memory and concentration!

TRIO HAPPENINGS

Academic Student Success Workshops

Once a month, TRIO offers free workshops for students to promote academic success. Typically, these informative sessions are accompanied by complementary lunch and beverages, as well as a prize giveaway for those in attendance! Remember, attending a TRIO workshop counts as one of your three mandatory meetings with your advisor. Some of the topics covered in our workshops include:

- Financial literacy
- Stress and time management
- Test taking skills
- Learning styles/Study strategies

Educational/Cultural Trips

Over the course of a semester, TRIO offers free educational trips to its students. These trips are meant to provide students with a fun and informative cultural experience. Some destinations TRIO has attended are:

- Glensheen Mansion in Duluth, MN
- The Science Museum
- The St Cloud Heritage House
- The Renaissance Festival
TRIO Student Support Services is a student retention program that fosters students’ academic and personal growth by providing a supportive environment and experience for first generation, income eligible and students with a disability in higher education.

“TRIO is such a benefit to me and my school career because I have more support in areas that I previously lacked support on.”

– Bryan Court

TUTOR SPOTLIGHT:
SUSAN PAULSON

My name is Susan Paulson and I am a Writing tutor for TRIO as well as a tutor in the CAS. In addition to writing, I am also a certified Microsoft Office Specialist and able to help with computer classes. I am just completing my first semester for my AAS degree in Computer Programming. Computer Programming and tutoring are similar to me because both require the skills to take a big problem and break it out into small, step-by-step details. This helps me tutor because sometimes writing papers can be very overwhelming and it is easier to take it a step at a time but remain focused on the goal.

My favorite part about tutoring is meeting the wonderfully diverse students. It is very important to me that a tutoring session is fun yet educational. I find that I have a lot in common with everybody. I have had some amazing conversations with students and enjoy hearing everyone’s stories. I love watching everyone learn and succeed.