



Where Your Academic Success Becomes a Reality.

Real People...Real Life  
**REAL TALK**

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**CONGRATULATIONS 2008  
TRiO GRADUATES / TRANSFERS!!**

- Rena Assad**
- Anne Belln**
- Yvette Cavada-Garcia**
- Roberta Dang**
- Pamela Dixon**
- Luisa Garay**
- Christopher Harrington**
- Donna Johnson**
- Michelle Marchese**
- Benjamin McFarlane**
- Sharon McWilliams**
- Stella Mosler**
- Natasha Pane**
- Magdalena Perez-Heywood**



- San Juana Ramlrez**
- Palwasha Salam**
- Raquan Snead**
- Sandra Spencer**
- Monique Sulls**
- Michelle Tillet**
- Tamara Torres**
- Cathellna Valasquez**
- Chappelle White**
- Summer Wood**

- Takisha Franklin, Gary Gutierrez, Steven Lubick, Conchita Garcia, Linda Newberg, Elizabeth Sclafani,
- Norma Flores, Magda Escamilla, Luis Ornelas, Lola Robinson, Lilia Avalos, Sarah O'Leary, Veronica Ramirez, Rachel Baptiste, Mariah Abercrombie, Aria Heraypur, Denyse Kidd, Michelle Tillet, Amela Kopicic, Lisa Moreno, Yajaira Mendez, Angelee Cathcart, Alethea Keith, Brittany Christian, Daleena Hall, Sana Khan, Sheryn Pope, Kristy McNulty, Claudia Rodriguez, Titus Burton, Lynn Gonzalez, Frances Lopez, Andres Molina, Melissa Sura, Beatrice Taylor, Dana McCarrol, Amanda Bishop, Marylou Hernandez, Tanisha McGee, Margarita Ortiz,
- Shereyll Epps, Lina Brous, Geneva Preciado, Mitz Biason, William Lowe,

"It has been a pleasure and honor to call myself a TRiO student ... I always felt safe and reassured that I could count on someone to help me on my educational journey ... Thank you TRiO for Helping me navigate the road to my degree in Business"—Yvette Cavada-Garcia

**TRiO ACADEMIC ACHIEVERS  
2.80 – 4.00 GPA**

Georgia Roberts, Hazel Turgeon,

Yvette Cavada-Garcia, Claudia Magana, Wing Fu, Jenny Martin, Sonia Rodriguez, Adriana Marquez, Melanie Foronda, Lorena Landa, Monique Sulls, Marie Pajarillo, Chris Harrington, Aurora Guzman, Susan Urich, Shiloh Wroe, Keren Sclafani, Elizabeth Morken, Tony Ducksworth, Felisa Dinlap-Huene, Stella Mosier, Dishonne Muhammad,

Dionne Wallace, Momoka Caceres, Rodan Petros, Jeanine Bright, Destiny Dykes, Evelyn Munoz, Jessica Butanda, Janiva Fernandez, James Aird,

Tamara Torres, Sarah Lerma, Laura Tinney, Devron Turner, Qiana Griffin , Frances Lopez, Blanca Robles, Jeffrey Mockbee, Chelsea Marx

Yanisleidys Larrea, Brigitte Gonzalez,

Jessica Magana, Raquan Snead, Jonathan Marquez, Mike Holt, Cythhia Brown, Cindy Chavez, Lionel Stoxstell, Rena Assad, Brae Butler, Alexis Key, Michaela Giblin, Palwasha Salam, Chris Cosgrove, Alexis Key,

Mark Bigley, Derrick Washington

**Fantastic  
JOB!!**

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## TRiO TRAVELS

### PHANTOM of the OPERA



On April 17, 2008 forty TRiO participants traveled to The Venetian Resort, Hotel, and Casino to experience the world's most recognized musical theatre masterpiece, The Phantom of the Opera.

The 95-minute spectacular included each and every song from the original production.

The magnificently custom-built theatre was designed to create an ongoing sense of anticipation with a layout that literally surrounded the audience in action. It was as if we were in the famed Paris Opera House entranced in the Phantom's world.



### SOUTHERN CALIFORNIA

Ten lucky TRiO Participants were treated to 3 days 2 nights in beautiful Southern California June 2nd- 4th, 2008 .

Participants toured Cal State San Bernardino, San Diego State University, and UC Riverside.

The priceless collection of art work displayed at the LA County Museum of Art allowed

participants to mingle with artistic creations of past and present.

The Farmers Market and Olvera Street afforded participants a buffet of wonderful experiences as they explored a variety of vendors and restaurants.

Participants also explored Hollywood Boulevard and its cornerstone, the historical Grauman's Chinese Theatre, where the Hollywood's brightest stars have been immortalized.

As if this weren't enough, participants enjoyed the rich sands of Venice Beach and the Santa Monica Pier.

## HEY, HEY, HEY... BEFORE YOU PROCEED...

### CSN Scholarship Submissions:

8/1/2008 -10/31/2008

<http://www.csn.edu/admissions/aid/options/scholarships.asp>

**APPLY!!**

### CHECK YOUR EMAIL...

**EVERYDAY**

Thank You Very Much,

TRiO STAFF



### Important Dates/ Deadlines

August 25th - First Day of Instruction

October 10th – Last Day to apply for Fall 2008 graduation

December 7th-13th - Final Exam week

December 13th - Fall semester ends

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## POWER OF THE PEN

by Denise Sheffey

As I walked into the room of the grand old building the beautiful collection of pens seemed to jump out screaming for me to come hear their story. As I approached the sparkling glass case I heard a voice say, "Please allow me to tell you my story first. I have had such wonderful adventures and have been waiting to share them with someone." When I looked in the direction of the voice I saw it was a quill pen holding a small bottle of ink. As the quill pen began describing the first adventure it was if I were taken back in time. The pen was explaining the purpose of the meeting; they were all there to sign the Declaration of Independence and they were using him and his companion ink bottle. As he described what it was like to be held by John Hancock, Thomas Jefferson and Benjamin Franklin the excitement and pride in his voice made me thankful I had chosen him first.

Then I heard a woman's voice yelling, "Pick me, pick me!" As I turned I saw a beautiful fountain pen. She was so proud of the historical significance she had she could not contain herself. She began by telling me that on August 26, 1920 she was used to sign the 19<sup>th</sup> Amendment to the Constitution that gave women the right to vote. She described the event as exhilarating. She said it was a step to finally being a country that was truly liberated.

As I was seeing that picture in my mind's eye I heard a strong baritone voice say, "This way please, my story has changed the face of this country." At that moment I looked and saw an exquisite ball point pen that seemed to be filled with such dignity and pride. He told me that on July 2, 1964 he was used by President Lyndon B. Johnson to sign the Civil Rights Act of 1964.

Just then I heard the sound of many voices. I turned around suddenly to see where it was coming from and saw a pen that seemed to change colors depending on the direction of the light. There were students yelling "Here, over here!" They were all speaking in unison as they said, "This is the pen that signed the TRIO Student Support Services Program into existence in 1968." Then I heard them break out in jubilation yelling, "Yeah! Something to help us achieve our goals and at the same time empower us to move forward and be all that we can be!"

## GET INVOLVED

### the TRiO Experience

Want to get involved and  
interact with other students?

Join the TRiO Experience

Contact Sharnee for more  
information @  
[Sharnee.walker@csn.edu](mailto:Sharnee.walker@csn.edu)

### TRiO Study Groups

Want to form a study group  
for one of your classes?

Trio can help.

For details please contact  
Tony Talavera @  
[antonio.talavera@csn.edu](mailto:antonio.talavera@csn.edu)

### TRiO Peer Mentoring

Share your knowledge with  
others!

Be a Peer Mentor!

Interested??  
Contact Sharnee @  
[Sharnee.walker@csn.edu](mailto:Sharnee.walker@csn.edu)

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Real People...Real Life...Real Talk

# TRiO Student Support Services

## MISSION

To provide guidance, advocacy, and academic support to low-income, first generation and disabled students seeking to earn an associate's degree and/or transfer to a four year institution.

## METHODOLOGY

Through a highly comprehensive and individualized one-stop educational opportunity program, the project helps participants develop persistence, self-discipline, responsibility and confidence within the context of a learning community. All services are FREE.

## Remain in Good Standing with TRiO

- Check in with your advisor monthly
- Attend at least 1 workshop per semester
- Turn in progress reports on time
- Maintain a 2.0 Cumulative and Semester GPA

## Did You Know... You'll Never Know...When You'll need to Know?

- Odontophobia is the fear of teeth.
- Camels have three eyelids.
- On average, there are 178 sesame seeds on each McDonalds Big Mac bun.
- 315 entries in Webster's 1996 dictionary were misspelled. (This is why I didn't win the 1996 Spelling Bee)
- The Elephant is the only animal with 4 knees

- If you went into space, you would explode before you suffocated because there's no air pressure.
- Ketchup was sold in the United states as a patented medicine in the 1830's. It was known as "Dr. Miles' Compound Extract of Tomato."

Would you like to share some random facts with us? Please email them to: [stephanie.hill@csn.edu](mailto:stephanie.hill@csn.edu)

If you have 3 quarters, 4 dimes, and 4 pennies, you have \$1.19. You also have the largest amount of money in coins without being able to make change for a dollar.

## Until Next Time...



Rihanna, "Disturbia"  
Coldplay, "Viva la Vida"  
Lil Wayne, "Milli"  
Motley Crue, "Saints of Los Angeles"  
David Archuleta, "Crush"  
Leona Lewis, "Bleeding Love"

### GOT BOOK?

In Search of Our Mothers' Gardens  
*Alice Walker*  
The Big Brain Workout  
*Jack Botermans*  
Strange but True  
*John Searles*  
Good Things  
*Mia King*



DON'T WASTE YOUR TIME...  
WHEN IT'S GONE...  
**IT'S GONE**

### A Little Motivation

The Key To Success:



Be prepared to take advantage of **ALL** opportunities

# Fall 2008 TRiO Workshop Schedule

Join us for fun, innovative, and informative workshops to help you have a great semester!!!

Refreshments will be provided

**\*\*\* Attend at least 1 workshop per semester (fall & spring) to remain in good standing with TR O\*\*\***

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<u>Date</u>	<u>Days</u>	<u>Times</u>	<u>Workshop</u>
September 9, 2008 September 10, 2008 September 11, 2008	Tuesday Wednesday Thursday	1:00 pm 12:00 pm 12:30pm	<b>Computer Basics</b> What's in your student email? What's a student account? And what about Blackboard? Many teachers are requiring it.
September 16, 2008 September 17, 2008 September 18, 2008	Tuesday Wednesday Thursday	1:00 pm 12:00 pm 1:00 pm	<b>7 ways to get A's!</b> Study tips for the first week and beyond to help you get A's in college!
September 23, 2008 September 24, 2008 September 25, 2008	Tuesday Wednesday Thursday	12:30 pm 12:00 pm 1:00 pm	<b>What's My Learning Style?</b> By understanding your own learning preference, you can learn, reason, and communicate more effectively.
September 30, 2008 October 1, 2008 October 2, 2008	Tuesday Wednesday Thursday	12:30 pm 1:00 pm 1:30 pm	<b>What's Time Management?</b> Learning how to manage your time in college can be critical for your success
October 7, 2008 October 8, 2008 October 9, 2008	Tuesday Wednesday Thursday	2:00 pm 12:00 pm 12:30 pm	<b>Money Management 101</b> Where are you spending your money??
October 14, 2008 October 15, 2008 October 16, 2008	Tuesday Wednesday Thursday	2:00 pm 12:30 pm 1:30 pm	<b>Talking to Professors</b> Professors can be intimidating, but talking to them is one of the smartest things a college student can do!
October 21, 2008 October 22, 2008 October 23, 2008	Tuesday Wednesday Thursday	12:30 pm 1:00 pm 12:00 pm	<b>Note-Taking Made Easy!</b> Taking notes can be overwhelming in some classes. This workshop will focus on the different styles of note taking that can be used in any class!
October 30, 2008	Thursday	1:00pm	<b>Positive Self-Talk</b> <b>A special presentation by CAPS</b> Positive thinking helps with stress management and can even improve your health!
November 4, 2008 November 5, 2008 November 6, 2008	Tuesday Wednesday Thursday	2:00 pm 12:00 pm 1:00pm	<b>What side of YOUR brain do YOU think with??</b> Knowing your brain type may lead you to great success! Discover your brain type and improve your study methods
November 12, 2008	Wednesday	12:30 pm	<b>Is your Relationship in Trouble?</b> <b>A special presentation by CAPS</b> Wondering what to do about your relationship? Come learn what to look for in good and bad relationships.
November 18, 2008 November 19, 2008 November 20, 2008	Tuesday Wednesday Thursday	12:30 pm 1:30 pm 1:00 pm	<b>Test Anxiety</b> Does stress get to you? Does the word "panic" come to mind as soon as the instructor says "test"? Come get some helpful information to ease your anxiety pains.
November 25, 2008 November 26, 2008	Tuesday Wednesday	12:30 pm 1:00 pm	<b>Studying for Finals</b> Final exam week is dreadful! Here are some time & stress management tips to help you excel.
December 2, 2008 December 3, 2008 December 4, 2008	Tuesday Wednesday Thursday	12:30 pm 12:00 pm 1:00 pm	<b>'TRiO Lounge'</b> Finals Stressin' you out! Relax...join us for a stress free hour of fun!