

TRiO Student Support Services
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TRiO ORIENTATION & MIXER Spring 2009

If you missed the Orientation & Mixer you missed an awesome event.

Participants received a presentation on Credit Basics, TRiO History, CSN Tutorial Services, CSN Counseling and Psychological Services, Student Life & Leadership, and the TRiO Experience and Never Too Late Student Support Group. In addition, participants received a 1GB Flash Drive and a host of raffle prizes. One lucky winner walked away with a \$100 bookstore gift card. During the Mixer Portion of the

program participants were wowed by the talents of dancer Andrea Gonzalez who demonstrated a variety of Latin dance moves. The CSN Jazz TRiO amazed everyone with their musical virtuosity while a visit to the CSN Art Gallery's Gandhi, King, Ikeda Exhibit reminded participants of the great contributions the three leaders made to mankind. Oh Yeah , the food was great too. Take a look.



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CSN TRIO ALUMNUS CHRIS HARRINGTON MAKING A BIG IMPACT AT UNLV

I am sinking my feet into this UNLV life here, though I miss you and Denise awful sometimes. In addition to my classes, I am working on a textbook reserve program similar to the one offered at CSN through the library. It is in its prenatal stage right now, but we should be able to break ground soon once we answer some key developmental issues. I was featured on the front page of the Rebel Yell Newspaper concerning this project. If you are able to get your hands on a copy I am sure you'd be proud.

I have been nominated by Adam Cronis, Student Body President, to join the Student Fee Commission. I am pretty excited about my ability to serve the students in this capacity. Also, I will be affiliating myself with the Nontraditional Student Commission. My first meeting will be on Feb. 10th. Finally, I plan on involving myself with the Veteran's Alliance.

This organization is growing quickly on the campus. I am certain it will be very affective in the near future with regard to student life.

Oh, actually, there is one more thing. I have been accepted as a Research Assistant to the Achievement Center. This is a voluntary position within the Psychology Department. Its focus is to develop a family therapy program for drug abusing women who have been found to neglect their children. I am anxious toward the things I will learn here and the contacts I may acquire in the future through this opportunity. It is a year long commitment.

Needless to say, my feet are quite wet. As you know I like to remain very busy. Somehow I work best under pressure. I am certain to speak to you soon. Let me know how the Cheyenne campus is faring without me (just kidding, I am not that egocentric). LOL

Chris Harrington

**March 9, 2009
LAST DAY TO APPLY FOR
SPRING 2009 GRADUATION**

Where Your Academic Success
Becomes a Reality.

FREE TUTORING

- As a TRiO Participant you may receive up to 2 hours of **FREE tutoring** from TRiO tutors in **English, Biology, and Math**. Contact TRiO for a referral.
- **SMARThinking** 24/7 FREE online tutoring, writing services, and homework help services to help students succeed. Contact TRiO for User ID & password information. Visit SMARThinking @ <http://www.smarthinking.com>

DO YOU WANT TO 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

TRiO Study Groups

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

Trio can help.

Contact Tony for more
information @
antonio.talavera@csn.edu

Never Too Late Student Support Group

Move, Mentor, Motivate

Interested??

Contact Stephanie for more
information @
stephanie.hill@csn.edu

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

CSN Scholarships:

Currently accepting applications
for 2009-2010 Academic Year

[http://www.csn.edu/admissions/aid/
options/scholarships.asp](http://www.csn.edu/admissions/aid/options/scholarships.asp)

APPLY!!

CHECK YOUR EMAIL...

EVERYDAY

Thank You Very Much,



Important Dates/ Deadlines

January 20th - First Day of
Spring 2009 Instruction

March 9th- Last day to apply for
Spring 2009 graduation

March 30th- Final Date to
Officially withdraw with grade of
"W"

May 10th-16th - Final Exam week

May 16th - Spring 2009
semester ends

Where Your Academic Success
Becomes a Reality.

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
- Attend at least 1 educational and/or cultural program 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?

- In England, the Speaker of the House is not allowed to speak.
- A cat has 32 muscles in each ear.
- An ostrich's eye is bigger than its brain.
- Almonds are a member of the peach family.
- "Dreamt" is the only English word that ends in the letters "mt".

- The longest one-syllable word in the English language is "screched".
- Rubber bands last longer when refrigerated.
- Maine is the only state (in USA) whose name is just one syllable.
- Al Capone's

business card said that he was a used furniture dealer. (LOL)

- There are 293 ways to make change for a dollar.

**It is impossible to sneeze with
your eyes open.**

Until Next Time . . .



Jamie Fox/ T. Pain, "**Blame It**"
Toby Keith, "**God Love Her**"
Banda El Recodo, "**Te Presumo**"
Taylor Swift, "**Fearless**"
Shinedown, "**Second Chance**"
The Fray, "**You Found Me**"

GOT BOOK?

Act Like a Lady, Think Like a Man
Steve Harvey

Handle With Care
Jodi Picoult

Out of Captivity
Marc Gonsalves

The Shack
William p. Young



**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*

Refreshments will be provided

*** Attend at least 1 workshop per semester (fall & spring) to remain in good standing with TRiO*****YOU MUST RSVP TO 651-4441 FOR THE WORKSHOP YOU WISH TO ATTEND**Where Your Academic Success
Becomes a Reality

<u>Date</u>	<u>Day(s)</u>	<u>Time(s)</u>	<u>Workshop</u>
February 2, 2009 February 5, 2009	Monday Thursday	11:00 am 1:30 pm	Nevada State College Is Here!! Find out everything you want to know about transferring to this 4-year institution.
February 12, 2009	Thursday	2:00 pm CYE Campus Rm. 2411	Relationships: What's up with yours? Valentine's Day is coming...Is your relation cause for celebration? Or...Is it time to quit slackin' and send them packin'? Cheyenne Campus Rm. 2411
February 16, 2009 February 19, 2009	Monday Thursday	1:30 pm 2:30 pm	Need \$\$ for College?? There is so much free money out there!! Find out how to fill out your FAFSA and look for scholarships online.
February 23, 2009 February 26, 2009	Monday Thursday	1:30 pm 2:30 pm	Why Don't I Ever Have Any Time??? Learning how to manage your time in college can be critical for your success
March 2, 2009 March 5, 2009	Monday Thursday	1:30 pm 2:30 pm	Why Can't I Understand my \$100 Textbook?? There are many things that can interfere with effective reading. Learn how to get the most from your textbooks and increase retention.
March 9, 2009 March 12, 2009	Monday Thursday	1:30 pm 2:30 pm	Dollars & Sense: Why Finances Should Matter Learn budgeting information, advice, tips, and resources to help you set up a successful budget and stay motivated.
March 16-22, 2009	Spring Break	Spring Break	Spring Break
March 26, 2009	Thursday	2:00 pm	Dealing with unsupportive family members? Learn what to expect, and how to cope with unsupportive family members.
March 30, 2009 April 2, 2009	Monday Thursday	1:30 pm 2:30 pm	Thinking About Taking Online and/or Summer Classes?? Learn the facts about taking online and/or summer classes before you register.
April 6, 2009 April 9, 2009	Monday Thursday	1:30 pm 2:30 pm	Overcoming test anxiety & procrastination Most students who experience test anxiety also have a problem with procrastination. Learn techniques and strategies to help you succeed.
April 13, 2009 April 16, 2009	Monday Thursday	1:30 pm 2:30 pm	What's your personality? Discover your personality type and improve self-understanding. Learn how personality can help you come to a better understanding of your strengths and weaknesses.
April 20, 2009 April 23, 2009	Monday Thursday	1:30 pm 2:30 pm	Problem Solving & Critical Thinking What is critical thinking? What is problem solving? How do I use them??
April 27, 2009 April 30, 2009	Monday Thursday	1:30 pm 2:30 pm	Looking for a Job?? Finding a job is tough! Learn how you can stand out!
May 4, 2009 May 7, 2009	Monday Thursday	1:30 pm 2:30 pm	'TRiO Lounge' Finals Stressin' you out! Relax...join us for a stress free hour of fun!