

TRiO Student Support Services

Sort Code C1W

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CONGRATULATIONS

TRiO Participants Accepted Into CSN's Nursing Program

Congratulation's Rashod Allen, Dafina Miller, and Sarah O'Leary for your recent admissions into CSN's highly competitive Limited Entry Nursing Program. This type of accomplishment takes a lot of hard work, discipline, and dedication. On behalf of the staff and students of TRiO Student Support Services we commend you!!



Rashod Allen



Dafina Miller



Sarah O'Leary

Where Your Academic Success
Becomes a Reality.

CSN SPRING 2010 PRIORITY REGISTRATION

****PLAN TO REGISTER DURING YOUR SCHEDULED TIME****

Thursday, November 12

8:00 AM - 12:00 PM

M

12:00 PM - 4:00 PM

N - O

4:00 PM - 7:00 PM

M - O

Friday, November 13

8:00 AM - 12:00 PM

P - Q

12:00 PM - 4:00 PM

Q - R

4:00 PM - 7:00 PM

P - R

Monday, November 16

8:00 AM - 12:00 PM

S - V

12:00 PM - 4:00 PM

W - Z

4:00 PM - 7:00 PM

S - Z

Tuesday, November 17

8:00 AM - 12:00 PM

A - B

12:00 PM - 4:00 PM

C - F

4:00 PM - 7:00 PM

A - F

Wednesday, November 18

8:00 AM - 12:00 PM

G - H

12:00 PM - 4:00 PM

I - L

4:00 PM - 7:00 PM

G - L

Priority registration continues through the Web Registration
for **Returning Students** only.

Where Your Academic Success
Becomes a Reality.

FREE TUTORING

- As a TRiO Participant you may receive up to 2 hours per week of **FREE** one-on-one **tutoring** from TRiO tutors in **English, Biology, and Math**. Contact TRiO for a referral.
- **Inside the TRiO Lounge**
English Lab every Thursday 2pm-4pm with Qiana (No appointment needed)
Math Lab every Wednesday 11am-1pm with Sina (No appointment needed)
- **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:

Application deadline
for 2010-2011 Academic Year
May 12, 2010

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

APPLY TODAY!!

CHECK YOUR EMAIL...

EVERYDAY

Thank You Very Much,

TRiO STAFF



Important Dates/ Deadlines

Aug 31st - Fall 2009 semester
begins

Oct 12th - Last day to apply for
fall 2009 graduation

Nov 8th - Last day to officially
withdraw with a grade of "W"

Dec 10th-16th - Final Exam week

Dec 19th- Fall 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 Semester and Cumulative GPA

Did You Know...You'll Never Know... When You Need to Know?

- One quarter of the bones in the human body are in the foot.
- Onions have no flavor, only a smell.
- Coffee beans aren't beans, they are a fruit pit.
- Dogs have about 10 vocal sounds; cats have over 100.
- A snail can sleep for three

- years.
- The human eye can detect 10 million colors.
- Venus is the only planet that rotates clockwise.
- The Pope's have been known to

- wear red Prada shoes.
- If an Amish man has a beard, he is married.

Horses can't vomit and
pigs can't look up in the
sky.

Until Next Time...



Jason DeRulo, "Whatcha Say"
Owl City, "Fireflies"
Jay-Z & Alicia Keys, "Empire State of Mind"
Lady Gaga, "Paparazzi"
Taylor Swift, "Jump Then Fall"
Miley Cyrus, "Party In The USA"

GOT BOOK?

Ford County
John Grisham

Fancy Nancy
Jane O'Connor

Going Rogue
Sarah Palin

Heat Wave
Richard Castle

I, Alex Cross
James Patterson



**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 RealityFall 2009 Workshops

<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Workshop</u>
September 9, 2009	Wednesday	4:00 pm	<p>Demystifying Math</p> <p>MATH – you either love it or hate it! If you want to improve your score on your next math exam by one entire letter grade, bring a copy of your last math test (for your eyes only) so that you can analyze new math test-taking strategies.</p>
September 30, 2009	Wednesday	4:00 pm	<p>Use Both Sides of Your Brain to Beat Writer's Block</p> <p>Anybody who has ever put pen to paper or fingers to keyboard has suffered from writer's block. The good news is, there are ways to beat it. Come to this workshop to get some tips, tricks, and tools to help you overcome writer's block!</p>
October 14, 2009	Wednesday	4:00 pm	<p>Body Talk – Building Body Confidence & Self-Esteem</p> <p>How often do you look in the mirror and say "If I could just lose ten pounds, then I would be happy"? Unfortunately, many American women and men are dissatisfied with their bodies, and many take extreme measures in an attempt to change their bodies.</p>
November 18, 2009	Wednesday	4:00 pm	<p>UN-BROKE: What You Need to Know About Money</p> <p>An unconventional look at the fundamentals of everyday finance with all the facts about credit cards, mortgages, stocks and bonds, investing and 401(k)'s</p>

Fall 2009 Saturday Seminars

September 12, 2009	Saturday	11:00 am- 1:00pm	<p>Overcoming Test Anxiety & Procrastination</p> <p>Does the idea of taking a test send you into a panic? Learn strategies on test preparation and overcoming test anxiety. Taking a test no longer needs to be overwhelming when you practice these successful techniques</p>
October 3, 2009	Saturday	10:00 am- 2:00 pm	<p>MANDATORY Orientation & Mixer</p>
November 14, 2009	Saturday	11:00 am- 1:00 pm	<p>Sleep, Sweat, and Stress Reduction: Self-Care 101</p> <p>Did you know that nearly 50% of all college students report feeling so depressed that they have had trouble functioning? When it comes to your mental health, it is better to be proactive rather than reactive. Learn the basics of self-care and how these techniques and strategies can help you manage the everyday stress of being a student</p>