COLLEGE OF SOUTHERN NEVADA

TRiO
STUDENT SUPPORT SERVICES

Where Your Academic Success Becomes a Reality.

Real People...Real Life
# REAL TALK

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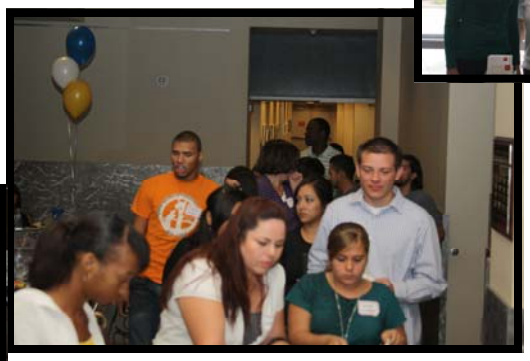
## TRIO Student Support Services
## Fall 2009 Orientation and Mixer
## Saturday October 3, 2009

If you missed the TRiO Fall 2009 Orientation and Mixer, you missed out. What a great time we had inside of the Morse Arberry, Jr. Telecommunications Building on Saturday October 3, 2009.

Kyle Ethelbah of UNLV's Adult Educational Services program introduced participants to all of the TRiO opportunities available at UNLV. Bernadette Lopez-Garret and Jim Hammond, both with CSN's Student Financial Services, provided valuable information on various student financial aid opportunities in addition to educating participants on what is needed to maintain their eligibility.

Once business was taken care of, participants enjoyed lunch catered by At You Service Catering, a little Mingle Bingo, a Cultural/Educational activity, and over 40 raffle prizes. A very lucky participant even won a$100 Bookstore gift card!! The best part is that all attending participants were able to fulfill the TRIO Workshop and Cultural/ Educational requirement for fall 2009.



# CSN FALL CAREER FAIR

YOU MAY ALSO BE ELIGIBLE TO WIN A DOOR PRIZE

Tuesday October 27, 2009

10:00am - 1:00pm

CSN Cheyenne Campus

Student Lounge

****BRING RESUMES AND DRESS FOR AN INTERVIEW****

For More Information contact:

CSN Career Services 702-651-4700

## TRIO is on ANGEL:

**Ask Your TRiO Advisor How You Can:**

**Complete TRiO Workshops, Read TRiO's Newsletter, Learn about upcoming TRiO Activities and Events, and Receive after-hours Advising…**

**ALL FROM THE COMFORTS OF HOME!!!!**

## TRiO Orientation and Mixer Photo's

**Last Day To Apply For Fall 2009 Graduation**
**Monday October 12, 2009**
**For More Information Visit:**
http://www.csn.edu/pages/2216.asp

# 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 . . .

## **FINANCIAL AID**

If you have not completed your 2009-2010 Free Application For Federal Student Aid (FAFSA) please do so ASAP. Your TRiO advisor is available to assist you.

**FINANCIAL AID**

## 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'll Need to Know?

- Everyday, Americans eat an estimated 18 acres of pizza.
- In Omaha, NE it's illegal to burp or sneeze in church.
- It's against the law to stare at the Mayor of Paris.
- Every person has a unique tongue print, just like finger prints.
- Salt is the most widely used seasoning in the world.
- The official state sport of Alaska is dog mushing.
- Americans spend $630 million per year on golf balls.
- Hawaii is the only U.S. State that was once a kingdom.

The human brain can hold 500 times the information in a set of Encyclopedia Britannica.

# Until Next Time....

Black Eyed Peas, "**I Gotta Feeling**"
Jay Sean ft. Lil Wayne, "**Down**"
Miley Cyrus, "**Party In The U.S. A.**"
Jay –Z ft. Rihanna & K. West, "**Run This Town**"
Jason DeRulo, "**Whatcha Say**"
Taylor Swift, "**You Belong With Me**"

**GOT BOOK?**

**The Lost Symbol**
*Dan Brown*

**Half Broke Horses**,
Jeanette Wells

**Going Rogue**,
Sarah Palin

**A Touch Of Dead**,
Charlaine Harris

**Have A Little Faith**,
*Mitch Albon*

**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 2009 TRiO Workshop Schedule



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

## Fall 2009 Workshops

| Date | Day | Time | Workshop |
|---|---|---|---|
| September 9, 2009 | Wednesday | 4:00 pm | **Demystifying Math**<br>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. |
| September 30, 2009 | Wednesday | 4:00 pm | **Use Both Sides of Your Brain to Beat Writer's Block**<br>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! |
| October 14, 2009 | Wednesday | 4:00 pm | **Body Talk – Building Body Confidence & Self-Esteem**<br>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. |
| November 18, 2009 | Wednesday | 4:00 pm | **UN-BROKE: What You Need to Know About Money**<br>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 |

## Fall 2009 Saturday Seminars

| | | | |
|---|---|---|---|
| September 12, 2009 | Saturday | 11:00 am- 1:00pm | **Overcoming Test Anxiety & Procrastination**<br>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 |
| October 3, 2009 | Saturday | 10:00 am-<br>2:00 pm | **MANDATORY Orientation & Mixer** |
| November 14, 2009 | Saturday | 11:00 am-<br>1:00 pm | **Sleep, Sweat, and Stress Reduction:<br>Self-Care 101**<br>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 |