



Where Your Academic Success Becomes a Reality.

Real People...Real Life
REAL TALK

September 2010

Volume III, Issue 1

www.csn.edu

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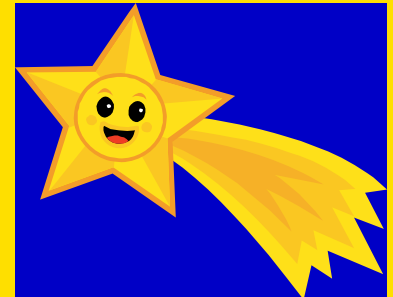
CONGRATULATIONS!!!!
2010 TRiO SSS GRADUATES and TRANSFERS

Allen, Brenda
Beaver, Cecelia
Brambila, Rocio
Cave, Noah
Christian, Brittany
Duarte, Samuel
Ewalt, Kristy
Foronda, Melanie
Gallardo, Nathaly
Garrett, August
Gonzalez, Lynn
Gutierrez, Gary
Harris, Sona
Heraypur, Aria
Hernandez, Marylou
Huene, Felisa
Jackson, Stephen

Johnson-Harris, Aundria
Kelly, Apryl
Kennedy, Patricia

Kidd, Denyse
Landa, Lorena
Magana, Claudia
Marquez, Adriana
Mata, Ana
McGee, Tanisha
Mckenna, Katrina
Mendez, Darguin
Molina, Andres
Monk, Mallorie
Moreno, Lisa
Morton, Jessica
Muhammad, Dishonne
Nelson, Natalie
Pelletier, Anthony
Petros, Rodan
Ramirez, Veronica
Robles, Blanca

Schneider, Chantavia
Sclafani, Keren
Stevens, Gregory
Stoxstell, Lionel
Urich, Susan
Wallace, Qiana
Washington, Nathel
Wikene, Rachel
Wright, Tiffany



I EARNED STRAIGHT A's
SPRING and SUMMER 2010

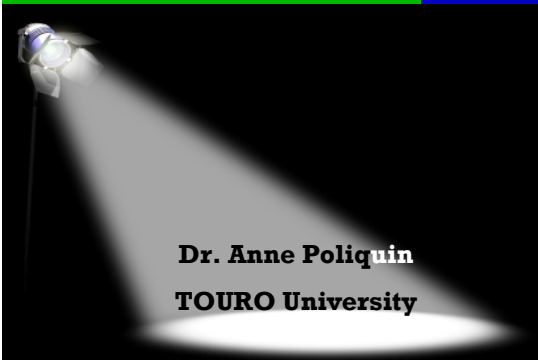
SPRING 2010

Melanie Cane
Melanie Foronda
Valerie Johnson-Wiggins
Patricia Marshall
Shatara Morris
Hikaru Poindexter
Tracy Robinson
Maritza Villalobos
Tracey Warren

SUMMER 2010

Laura Bryant
Brent Buffone
Allyson Codak
Elizabeth Lule
Patricia Marshall
Marie Clare Pajarillo
Johnetta Rayford
Maritza Villalobos
Gabrielle Yates

Where Your Academic Success
Becomes a Reality



Sacrifice + Effort = Outcome

Students need to understand that the amount of effort they put into their academic success does have a measurable outcome. Students who do not assess why they are in school and what they ultimately hope to achieve are at a disadvantage. Indeed it is the process of evaluating your reasons and identifying your goals that helps students focus and power through tough times.

During a recent Trio tutor training this subject came up, and Denise (a Biology Tutor) articulated this process in a simple formula. She said, “well I think you need to consider sacrifice and then the role of effort. After that is done you can add in the results, or ultimately outcome”. I put her comments together in this formula, sacrifice + effort = outcome.

The biggest issue to explain for students is the idea of sacrifice. Some students will never have heard of sacrifice and of course this is a notion that for some is totally new. Sacrifice involves giving up fun things, entertainment, and any sort of distraction that is not beneficial to studying. This is an alien concept for many students. Effort is easier to explain but it is also a concept that may be misunderstood and perhaps under estimated. How is effort measured? Often students will say they tried and exerted effort and yet this may be a false perception.

The formula sacrifice + effort = outcome needs to be examined with self reflection, analysis and of course with the examination of grades!

Sacrifice + Effort = Outcome

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**My D.C.
Internship Experience**
By
Natalie Nelson

**TRIO
ALUMNI
SPOT
LIGHT**



I was offered the Larry Bolden internship in Washington D.C. working for Senator Harry Reid in the Communication Center. After two intense interviews I was asked to work for the local Las Vegas office for a semester before working in the D.C. office. Working in the Las Vegas office enabled me to familiarize myself with the Senator and the services that were provided by the office. The D.C. internship has allowed me to work with media and press and understand the function of both. I felt that this internship allowed me to gain experience with public relations, general office duties, and public service while living in our national's capitol. I was offered the Larry Bolden internship in Washington D.C. working for Senator Harry Reid in the Communication Center. After two intense interviews I was asked to work for the local Las Vegas office for a semester before working in the D.C. office. By working in the Las Vegas office I have been able to familiarize myself with the Senator and the services that were provided by the office. The D.C. internship has allowed me to work with media and press and understand the function of both. I felt that this internship allowed me to gain experience with public relations, general office duties, and public service while living in our national's capitol.

It was a rainy afternoon when I arrived in D.C. but it was beautiful. There was green everywhere you look. I stayed at Catholic University of America, which is located in just three train stops from the U.S. Capitol. This was the first time I stayed in a dorm and living like a real college student. It was such an amazing feeling to know that there's a new city to explore and new people to meet. I saw so many historic monuments and memorials. My favorite site was the Lincoln Memorial. Words could not describe how proud I was to be American when I looked down at the Washington Monument from the Lincoln Memorial. It was breathtaking! One thing I love about the city was all the cultural events to attend and the delicious food. One event that stands out for me was the Hawaiian hula workshop at the Native American museum. It was such a great experience to learn the hula and learn about the Native American culture.

This internship was a great opportunity to apply the skills I have learned in the classes I have taken at CSN. After taking Journalism 100 and Journalism 101, I was able to get a better understanding of the different parts of journalism and mass media. I discovered that I was interested in public service, event coordination and promotion. This internship was a great opportunity for me to gain experience working in public service as well as learning about the United States government and how it works. Working in D.C. I was able to attend several and important events such as the Elena Kagan hearings, political press events with U.S. senators and the Welcome to Washington Breakfast with senators Harry Reid and John Ensign.

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Overall, I enjoyed this internship opportunity. I learned about the U.S. government and the daily operations the communication center is responsible for. I feel that this internship has prepared me for future employment. I have learned new skills as well as strengthened skills that I already had. This internship was a great experience. Living in our nation's capitol is something I will never forget. I was able to meet Senator Reid and he inspired me to follow my goals. I was able to hear amazing speeches given by so many wonderful people. It was a unique experience and I was able to gain experience working with a fun and exciting department. I feel blessed to have been given a chance to live and intern in Washington D.C.

Where Your Academic Success
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FREE TUTORING

- As a TRiO Participant you may receive up to 1 hour per week of **FREE** one-on-one **tutoring** from TRiO tutors in **Biology and Math**. Contact TRiO for a referral.
- **Inside the TRiO Lounge you can receive up to 4 hours per week of drop in Math tutoring**
Math Lab every Tuesday 2pm - 4pm with Sina (No appointment needed)
Math Lab every Friday 11am - 1pm with Sina (No appointment needed)
- **SMARThinking** 24/7 **FREE** online tutoring, writing services, and homework help services for student success. 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 Amy for more
information @

amy.palmer@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??

Date, time, and location to be
determined

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

**2011-2012 Financial Aid
Priority Filing Deadline:**

May1, 2011

**FAFSA and General CSN
Scholarships**

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

**CHECK YOUR
EMAIL...**

EVERYDAY

Thank You Very Much,

TRiO STAFF



Important 2010 Dates/ Deadlines

Sept 17 - Last day to change from audit to credit
Oct 11 - Last day to apply for fall 2010 graduation
Oct 22—TRiO Progress reports due by 5pm
Nov 5 - Last day to change from credit to audit
Nov 7 - Last day to withdraw with a grade of "W"
Dec 12 -19 - Final Exams
Dec 19 - Semester ends

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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

- Complete scheduled check-ins with your TRiO advisor
- 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?

- **Obstreperous** - Uncontrollably noisy
- **Loquacious** - Excessively talkative
- **Nefarious** - Very wicked, evil
- **Putative** - Commonly accepted

- **Diletante** - A person having a superficial interest in an art or branch of knowledge
- **Grandiloquent** - Marked by a lofty, extravagantly colorful, pompous, or

bombastic style, manner, or quality esp. in language

PUNCTILIOUS - Marked by precise accordance with codes or conventions

Until Next Time....



- Katy Perry, "Teenage Dream"
- Eminem ft Rihanna, "Love The Way You Lie"
- Taio Cruz, "Dynamite"
- Bruno Mars, "Just The way You Are"
- E. Iglesias ft. Pitbull, "I Like It"

GOT BOOK?

Safe Haven
Nicholas sparks

Fallout
Ellen Hopkins

Of Thee I Sing
Barack Obama, Loren Long

Wicked Appetite
Janet Evanovich

Freedom
Jonathan Franzen



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

FYI

Important Financial Aid Information

****You are required to meet with your TRiO Advisor prior to submitting a financial aid appeals****

Satisfactory Academic Progress: Attempted Credits and Maximum Time Frame Components

All attempted credits count towards the maximum credit frame component of the Satisfactory Academic Progress Policy. "Attempted credit hours" includes repeats, retakes, W, F, pass/fail, audits, letter grades, and transfer credits. The attempted credit count begins the first day of the semester.

The only exception is when you are making an **even exchange** to your schedule and no additional tuition is charged for the exchange.

Example: Once the semester begins, you switch English 101 section 103 for English 101 section 803 or a 4 credit Spanish 111 course for a 4 credit Political Science course and there is no additional tuition charged.

Declared major	Maximum attempted credits allowed
Certificate program	55 (56 and more will require a financial aid appeals)
Associate degree	90 (91 and more will require a financial aid appeals)
Bachelor degree	180 (181 and more will require a financial aid appeals)

Maximum Student Loan Amount at CSN

CSN limits undergraduate borrowing to \$20,000; this represents a combined limit (all previous outstanding loans from Federal Student loan programs count towards this limit regardless of the school from which you borrowed). You may submit a financial aid appeals to borrow beyond this limit.

Fall 2010 Workshop Schedule

Where Your Academic Success
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Join us for fun, innovative, and informative workshops to help you have a great semester!!! Unable to join us?? You can now complete your workshop online!!!

Just ask how!!!

Please RSVP for workshops at trio@csn.edu

Refreshments will be provided

Fall 2010 Workshops

Date	Day	Time	Workshop
September 2010	Wednesday, September 15 th	11:00am	<p>Getting Healthy – Come Learn How!!!</p> <p>Come learn 5 simple and important things you can do immediately to improve your health. We'll also discuss how putting these things into practice can directly impact your student success!!</p>
	Thursday, September 30 th	2:00pm	<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>
October 2010	Wednesday, October 6 th	1:00pm	<p>Overcoming Test Anxiety</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>
	Thursday, October 21 st	10:00am	<p>Career Boot Camp</p> <p>Are you at a crossroads? Still hoping to discover what you want to be when you "grow up?" Want to do more intentional career planning? If you answered yes to any of these then this workshop is for you!</p>
November 2010	Wednesday, November 3 rd	12:00pm	<p>Stop wasting \$\$! Utilize Your Resources</p> <p>Are you using your resources?? Do you want to stop throwing money away every semester?? CSN has so many great resources available to students! Learn what they are and how they can benefit you!</p>
	Thursday, November 18 th	3:00pm	<p>Getting Healthy – Come Learn How!!!</p> <p>Come learn 5 simple and important things you can do immediately to improve your health. We'll also discuss how putting these things into practice can directly impact your student success!!</p>
December 2010	Wednesday, December 1 st	11:30am	<p>Need \$\$ For College??</p> <p>There is so much free money out there!! Find out how to fill out your FAFSA and look for scholarships online.</p>