



Where Your Academic Success Becomes a Reality

Real People...Real Life Real Talk

Spring 2011, Issue 4

April 2011

Take Advantage of the Priority Registration!!!

The **Summer 2011** priority registration starts Tuesday, April 19th through Monday, April 25th for **CURRENT** students (currently attending classes). Current students **MUST** register only through the **current ONLINE REGISTRATION**, using their existing **C#**, during the given dates below.

Tuesday, April 19		Wednesday, April 20	
8:00AM – 12:00PM	G-H	8:00AM – 12:00PM	M
12:00PM – 4:00PM	I-L	12:00PM – 4:00PM	N-O
4:00PM – 7:00PM	G-L	4:00PM – 7:00PM	M-O
Thursday, April 21		Friday, April 22	
8:00AM – 12:00PM	P-Q	8:00AM – 12:00PM	S-V
12:00PM – 4:00PM	R	12:00PM – 4:00PM	W-Z
4:00PM – 7:00PM	P-R	4:00PM – 7:00PM	S-Z
Monday, April 25		NOTE: You are responsible for paying tuition for all classes in which you have registered. Do not assume that you have automatically been dropped from classes if you don't pay for them by the due date.	
8:00AM – 12:00PM	A-B		
12:00PM – 4:00PM	C-F		
4:00PM – 7:00PM	A-F		

Also, the **Fall 2011** priority registration starts on Tuesday, April 26th through Monday, May 9th for **CURRENTLY ENROLLED** students using the **NEW MyCSN** and your **NEW NSHE ID #**.

Below are the instructions to login to MyCSN;

- Go to www.csn.edu
- Click on MyCSN
- Enter NSHE ID
- Enter Password
- Click "Sign In"

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Who said life is simple? Often, life seems full with things to do, people to see, text/e-mail to reply, phone calls to return, etc. It is very important to set priorities and what needs to be done first. As a student, studying should be on top of your priorities to lessen the likelihood of “falling behind”.

From the desk of the TRiO SSS Interim Director

Dear TRiO Participants,

Most of us go through some level of anxiety when anticipating something stressful, such as speaking in public, competing in sports, performing on stage, or even taking tests. This tension is normal and positive; it motivates us to want to perform at our best level. However, “test anxiety” becomes problematic when this nervousness is so high that it interferes with test preparation and performance. Below are compiled suggestions that you, as a student, can take to reduce anxiety to a manageable level.

One Thing at a Time

Who said life is simple? Often, life seems full with things to do, people to see, text/e-mail to reply, phone calls to return, etc. It is very important to set priorities and what needs to be done first. As a student, studying should be on top of your priorities to lessen the likelihood of “falling behind”.

Be Well-Prepared

Nothing beats anxiety than being PREPARED. Learn your materials thoroughly by reading your textbook consistently. Avoid cramming! Studying notes immediately after class ends and repeating the process again later helps with material retention. A week before the test, reduce your notes to a page or a card. Simplifying your notes to remember important keywords will help you retain and remember the information.

Practice thought-stopping

Intrusive thoughts, such as, “I know I can’t pass,” “This is awful,” “I’m no good,” can, with practice, be stopped. Learn to become aware of these self-defeating negative thoughts when you prepare for an exam. Say “Stop!” or “Cancel that!” whenever these thoughts intrude upon your studying.

Visualize the Test Experience

Visualization is a way to mentally practice taking a test. With your eyes closed, picture yourself in the test taking room. See yourself looking at the test and remembering each answer as it comes. Mentally review what you know about the subject (if you do not know enough, go back and review). Use breathing technique every time you feel stress or worry.

Physical Preparation

Get enough sleep the night before the test! The morning of the test, you should try to eat a balanced breakfast. Don't eat a breakfast of ONLY carbohydrates (like cereal). This leads to a quick wake up, but you will feel tired two hours after breakfast.

Mental Preparation

You want to feel relaxed when you sit down to take the test, so make sure you do the following things: mentally review your notes, arrive to class on time, do a breathing exercise to relax.

During the Test

- Read the directions carefully.
- Budget your test taking time.
- Change positions to help you relax.
- If you go blank, skip the question and go on.
- If you are taking an essay test, pick a question and start writing. It may trigger the answer in your mind.
- Do NOT panic when students start handing-in their papers. There is no reward in finishing first.

Emily

TRiO Student Is On Her Way to Earn a Bachelor's Degree With ZERO Out-of-Pocket Cost

Melanie Cane could not contain her blissful excitement when she heard the great news that she has been accepted to the University of North Carolina (UNC) at Chapel Hill in Fall 2011 where she will be going for FREE through the Carolina Covenant. Melanie will be receiving a full scholarship with free room and board.

The Carolina Covenant is a groundbreaking initiative that gives the children of low-income families an opportunity to attend Carolina — without borrowing a penny. The Carolina Covenant enables low-income students to come to Carolina and graduate debt-free if

they work on campus 10 to 12 hours a week in Federal Work-Study jobs. Carolina is the first public university in America to launch such an initiative, but more universities have similar programs as well.

If you are interested in finding out more universities who might be part of the covenant, please see your TRiO advisor.

We are very proud of you, MEL!!!



In The Spotlight: Lillie Collins

Hello, my name is Lillie Collins and I will be graduating from CSN with my Associates on May 23rd. My journey to this point has definitely been a test of my determination and the amazing support I have received from TRIO from start to finish.

When I first started at CSN, I was coming back from failing a semester at UNR. I knew that I wanted to finish school but it was hard not to be discouraged after being an honors student in high school. I decided to try and start slow with only two classes. Although I was only taking 100 level classes, I was struggling to focus and perform well. One day while I was studying in the computer lab I saw an ad for TRIO SSS. I remembered being in the TRIO-Gear Up program in high school and decided that I would apply.

After being accepted to the TRIO program, my advisor helped me create goals for each semester to get me on track for graduation. Everything was going well until Fall of 2010, when I got pregnant and failed out another semester. I was not sure if I could start again especially as a pregnant 19 year old. While pregnant, I had received many calls from my advisor at TRIO to see what was going on with me. Finally a week before Spring semester, I met with her in person.

With the support of TRIO and family members, I continued to go to school up until the day that I gave birth to my son. My son is now nine months old and I am set to graduate and attend UNLV in the Fall. I definitely appreciate all that the TRIO staff has done for me. I will take with me onto my future academic endeavors all the things that I have learned from workshops, and from my advisors.



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 1PM - 3PM 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 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

Do you wish to contribute to our monthly newsletter?

Please
Contact Emily @ emily.rafael@csn.edu

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

Please check your e-mail for your FALL priority registration date and time!

CHECK YOUR EMAIL...

EVERYDAY

Make it to your **CHECK-IN** appointment or call 651-4441 if you need to re-schedule

Thank You Very Much,
TRiO STAFF

Important 2011 Dates/Deadlines

April 19th—25th: Summer Priority Registration

April 26th—May 9th: Fall Priority Registration

May 22: Spring Semester Ends

May 23: Commencement

Spring 2011 Workshops

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

Please RSVP to workshops at trio@csn.edu

Refreshments will be provided

Spring 2011 Workshops			
Date	Day	Time	Workshop
February 2011	Wednesday, Feb. 9 th	2:00pm	Math & Science Success Strategies Math & Science – you either love it or hate it! If you want to improve your score on your math exams and remove obstacles that may be getting in the way of your progress, come join us to learn how to manage math anxiety and explore effective math study skills.
	Thursday, Feb. 24 th	1:00pm	“I’ll Do It Tomorrow” Is time slipping away from you?? There is no one size fits all, so it is important for you to understand yourself and how to optimize your schedule. Learn how to make the most of the 168 hours you have each week to accomplish what you have and want to do.
March 2011	Thursday, Mar. 10 th	2:00pm	Speed Reading 101: Mastering the College Textbook Felling a bit overwhelmed with the reading in your classes?? Wondering how you’ll manage to read it all?? Want to learn a few techniques to improving your reading speed and comprehension?? This is the workshop for you!!!
	Thursday, March 17 th	1:30PM	Special CAPS Presentation: “Say What?” - Mastering the Art of Interpersonal Communication Skills Need to freshen up your communications skills??? This is the workshop for you!! Communication is the basis for all relationships and is the key to success in our personal, social, and professional lives.
April 2011	Wednesday, Apr. 13 th	1:00pm	Eats, Shoots, and Leaves: The No Nonsense Approach to Punctuation Need to review the most common punctuation errors?? This is the workshop for you! Learn the common misuses of punctuation & how to avoid them!
	Thursday, Apr. 28 th	1:00pm	Overcoming Test Anxiety & Procrastination 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.
May 2011	May 9 th – May 20 th	During office hours	Final Stretch Event It’s almost finals time!! Stop by the TRiO Lounge for some refreshments to get energized!!

Your academic experience at CSN is what being successful is all about.
Be sure to stop by and see what’s new at TRiO’s Student Support Services Office!!
3200 E. Cheyenne Ave.
Room 1120, Tel. 651-4441

Please RSVP to workshops at trio@csn.edu

Unable to join us?? You can now complete your workshop online!!!
Just ask how!!!



Where Your
Academic
Success
Becomes a
Reality

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