



Where Your Academic Success Becomes a Reality

Real People...Real Life Real Talk

Spring 2011, Issue 2

February 2011

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Important News!!!

MyCSN is Almost Here!

Update Your Information To AVOID Registration & Other Online Access Problems

CSN is excited to announce the new student information system called *MyCSN*, which students will use to register for the fall 2011 semester.

MyCSN will allow students to access online student account info, register and conduct other student services functions such as financial aid.

CSN will e-mail students a NSHE student ID number and password in mid-March, which they will need to access MyCSN and register for fall. Students will use their NSHE IDs (in place of their C-

numbers) at any Nevada System of Higher Education System institution they attend.

ALL CSN students will need to make sure that CSN's Office of the Registrar has the students' most current e-mail address on file NOW so that students do not have trouble registering for fall 2011 classes.

Students can easily update their e-mail address on file NOW by following the steps below:

1) Select the "Online Registration" link on

the left side of the screen.

2) Enter Online Registration through the highlighted link.

3) Enter your Student ID (C number) or Social Security Number.

4) Enter your four digit pin number.

5) Select "Update Address" under General Options column

6) Update this page with your current e-mail address, mailing address and phone number. Then click "Continue" to save changes.

...learning great time management skills will help you organize and prioritize your activities. It is one of those skills that is much needed in our day-to-day life and it extends to career success and achieving goals.

From the desk of the TRiO SSS Interim Director

Dear TRiO SSS Participants:

The Spring 2011 semester is now in full swing and with your increasing academic demands there seem to be less time to attend to other matters. However, learning great time management skills will help you organize and prioritize your activities. It is one of those skills that is much needed in our day-to-day life and it extends to career success and achieving goals.

Below is a comparison of poor and good time management characteristics I found on-line www.effective-time-management-strategies.com

Characteristics of Poor and Good Time Management	
Symptoms of Poor Time Management	Symptoms of Good Time Management
<ul style="list-style-type: none"> • Often missing deadlines and feeling stressed • Regularly working long hours • Feeling pressured by a lack of time or too many things to do • Lack of purpose or direction • Jumping from crises to crises 	<ul style="list-style-type: none"> • Meet deadlines and review quality of work • Achieving work life balance • Lower stress and feeling more control • Striving toward meaningful goals • Spending quality time on important tasks

Tips to improve your time-management skills:

- **Plan each day.** Write a to-do list, putting the most important tasks at the top. Keep a schedule of your daily activities to minimize conflicts and last-minute rushes.
- **Prioritize your tasks.** Spend your time and energy on those that are truly important to you.
- **Take the time you need to do a quality job.** Doing work right the first time may take more time upfront, but errors usually result in time spent making corrections, which takes more time overall.
- **Break large, time-consuming tasks into smaller tasks.** Work on them a few minutes at a time until you get them all done.
- **Evaluate how you're spending your time.** Keep a diary of everything you do for three days to determine how you're spending your time.
- **Limit distractions.** Block out time on your calendar for big projects. During that time, close your door and turn off your phone, pager and e-mail.
- **Get plenty of sleep, have a healthy diet and exercise regularly.** A healthy lifestyle can improve your focus and concentration
- **Take a break when needed.** Too much stress can derail your attempts at getting organized. Take a walk. Do some quick stretches. Take a day of vacation to rest and re-energize.

Emily

Mid-Semester Progress Report is DUE on March 15th

Your TRiO mid-semester progress report is due on March 15th, Tuesday. Please ensure to have all your professors or instructors complete the form before the due date and turn it in to the TRiO office.

Progress reports reinforce progress review, and encourage students to excel and improve their academic standing by taking a proactive approach in knowing how they are performing in their classes. These reports are not intended to be a burdensome exercise in documentation,

but rather are intended to aid the student in continuing their academic evaluation to hopefully obtain passing grades and prevent troubles later, especially for those who are receiving financial aid, and remaining "in good standing" with the TRiO Student Support Services (SSS).

The importance of progress reports is particularly noteworthy as they serve as the primary means of communication between the student, their professors, and the TRiO SSS.

Scholarship available for Teacher Education Students

NSHE is sponsoring this scholarship fund in order to support National College Goals for increasing college graduation rates. This generous scholarship while paying for tuition, books and fees, also offers strong student support from the Department of Education at CSN in assisting and facilitating access to coursework leading to completion of an Education related Associates Degree. This is a once in a lifetime opportunity for anyone that is struggling to finish the last couple of semesters of their AA degree. If you or someone you know might be interested, please contact us as soon as possible. This scholarship is only available to students who apply this semester. Funding is available for Summer '11 and Fall '11 Semesters.

Recipients: Students with declared majors in Secondary, Elementary or Special Education who can complete their AA Degree by the end of Fall Semester 2011. (Funding available for 10 additional students for spring semester

on a first come, first serve basis).

Scholarship funds for: tuition, fees, and books for 12 credits. (Laptops are available for checkout for duration of the scholarship).

Scholarship Requirements: 1) Completion of AA Degree Education Emphasis by the end of Fall Semester 2011. (This is a Fast Track Scholarship.) 2) U.S Citizen and 3) 3.0 college/university, cumulative, GPA.

Preference given to

- o Students identified as low-income (Pell recipient, unemployed, under-employed, and other documentation of individual need.
- o Students under-represented in the education profession (minority status, Low-income, bilingual, special education majors, first generation to attend higher education etc.

Scholarship Application: Contact Connie Christensen for application and further information at 651-4803 or connie.christensen@csn.edu.

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 ...

CSN Cheyenne Campus
Tuesday, March 8, 2011
10:00am-1:00pm
Inside the Student Lounge

Bring Resumes and Dress for an Interview
For more information: CSN Career Services 651-4700

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

Mar 7: LAST day to APPLY for GRADUATION

Mar 15: TRiO Mid-semester Progress Report is DUE at the office!!!

Mar 21-27: CSN Spring Break

Financial and Economic Literacy

This article has been adapted from Amy Fontinelle's Eight Financial Tips For Young Adults

This is part 6, 7, & 8 of 8 series of Financial Literacy.

Get a Grip on Taxes It's important to understand how [income taxes](#) work even before you get your first paycheck.

For example, \$35,000 a year in California will leave you with about \$27,600 after taxes in 2008, or about \$2,300 a month. By the same token, if you're considering leaving one job for another in search of a salary increase, you'll need to understand how your [marginal tax rate](#)

will affect your raise and that a salary increase from \$35,000 a year to \$41,000 a year won't give you an extra \$6,000, or \$500 per month - it will only give you an extra \$4,200, or \$350 per month (again, the amount will vary depending on your state of residence).

Guard Your Health By taking daily steps now to keep yourself healthy, like eating fruits and vegetables, maintaining a healthy weight, exercising, not smoking, not consuming alcohol in excess, and even driving defensively, you'll thank yourself down the road when

you aren't paying exorbitant medical bills.

Guard Your Wealth If you want to make sure that all of your hard-earned money doesn't vanish, you'll need to take steps to protect it. If you rent, get renter's insurance to protect the contents of your place from events like burglary or fire.

Remember, you don't need any fancy degrees or special background to become an expert at managing your finances.

"Remember, you don't need any fancy degrees or special background to become an expert at managing your finances."

UNLV @ CSN

Meet with Admissions - no appointment necessary

Henderson – Thursday, February 10 @ 11 a.m. – 2 p.m.

Cheyenne – Tuesday, February 22 @ 11 a.m. – 2 p.m.

W. Charleston - Thursday, February 24 @ 11 a.m. – 1 p.m.

W. Charleston – Tuesday, March 15 @ 10 a.m. – 12 p.m.

Henderson - Wednesday, March 16 @ 11 a.m. – 1 p.m.

Cheyenne - Thursday, March 17 @ 11 a.m. – 1 p.m.

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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