

# TRIO TRIUMPHS



A Publication of the TRIO Student Support Services Program

Volume IV, Issue I

## TRIO Student Writers' Spotlight

Calling all TRIO writers! Every month we will be featuring original work from one of our many talented TRIO writers. The guidelines are below:

- 70-100 words
- Original work
- TRIO student authored
- PG rated
- Topic: student life, encouragement, life-affirming, humor, goal-setting, seasonal.
- Format: Thought for the day, poem, short-short story, song lyrics.
- Submit it to Poppy Steele in the TRIO office by the 15th of each month.

## Mid-Term Test Tips

These tips may help you retain more information. Study smarter, not harder.

- Make facts meaningful to you.
- Use as many senses as possible to impress information into your memory: sight, sound, feel. Reading information aloud will encompass these three.
- Put the information into practice. Only half of your study time should be used in reading the information. Use the rest of the time to explain the information to other people or write out the information.
- Breathe. Relax. Do your best.

## TRIO SERVICES

**Tutoring**  
**Mentoring**  
**Orientation**  
**College Tours**  
**Cultural Trips**  
**Transfer Assistance**  
**Priority Registration**  
**Financial Aid Planning**  
**Learning Communities**  
**Career Assessments**  
**Scholarship Search**  
**Academic Advising**  
**Laptop Checkout**  
**Resource Center**  
**Workshops**

## Mid-Term Madness Week



**March 2nd—6th**  
**10:00 am—2:00 pm**  
**TRIO SSS Office**  
**Wood Campus Center**  
**Room 211**

Is the thought of mid-term exams causing you stress? Could you use some tips for studying effectively and relieving test anxiety? Would you like to release a little tension? If you answered "yes" to any of these questions, then you need to come to the TRIO SSS office next week for **Mid-Term Madness** from 10 am - 2 pm. Our goal is to equip you with the tools you need to score a 'slam dunk' on your mid-terms and final exams!

## Meet TRIO's New Secretary



We would like to take this opportunity to introduce our new secretary, Lynn Jones. She was previously with Health Services here at VSCC. At your convenience, please take a moment to come by, meet her and schedule your CILP...smile.

Although no one can fill Penny Tucker's shoes, Lynn is doing a wonderful job, and we are thrilled that she has become part of the TRIO family. For those of you who do not know, Penny is now working with Student Services as an executive aide for Patty Powell. Congratulations to Penny and a warm welcome to Lynn.

## Events Calendar

**March 2-6**  
*Mid-Term Madness*  
**10:00am-2:00pm**  
**March 4 SGA Forum**  
**12:15pm Cafeteria**  
**March 9-10**  
*VSCC Spring Break*  
**March 9**  
*TRIO Trip*  
**March 19**  
*Third Thursday*  
**1 pm, Carpeted DR**  
**March 27**  
*Last Day to WD*  
*with a "W"*  
**March 31**  
*Graduation*  
*Applications Due*  
**April 6**  
*Early Registration*  
*for Summer and Fall*

## Director's Corner

Hello Students,

I hope your semester is going great. As you know, one of TRIO's objectives is to assist you with meeting your goal of graduating from college. If you do not have a Graduation Plan, please come by the TRIO office during our Mid-Term Madness Week (March 2-6, 2009).

Take Care.

Andrea Boddie

## TRIO Student Support Services

Volunteer State Community College  
Wood Campus Center, Room 211  
1480 Nashville Pike, Gallatin, TN 37066  
Office: **615-230-3732**, Fax: 615-230-3750  
Monday-Friday, 8:00am—4:30pm  
[www.volstate.edu/TRIO](http://www.volstate.edu/TRIO)

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