

TRIO TRIUMPHS

A Publication of the TRIO Student Support Services Program



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Fall 2009

Textbook Prices Hurting Your Wallet? APPLY NOW for the TRIO Retention Book Scholarship!!

The deadline to apply has been extended to Monday, December 14th.

For the first time, TRIO is able to offer one-time Retention Book Scholarships to eligible TRIO students. The purpose of this scholarship is to help and encourage students to keep pushing toward meeting their academic goals by staying in school. Come to the TRIO office to pick up an application.

Completed applications should be returned to the office no later than 4:30 p.m. on Monday, December 14th. All awards will be presented in the form of a \$490 bookstore credit available January 8th.

Our primary method for contacting students about opportunities is through your VSCC student e-mail. It is crucial that you check your e-mail regularly and delete outdated e-mails so that your mailbox does not get full and reject incoming messages.

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

Feeling “Stressed Out” About Finals? A Few Tips to “De-Stress”

- Tick, tick, tick, time management:
Think ahead, get organized, and prioritize what needs to get done.
- Create a good study environment:
Interruptions, noise, temperature and lighting all affect how efficient your study time is.
- Practice effective study habits:
Study each subject daily for moderate periods of time and take short breaks during study sessions.
- Develop Optimism:
People with positive outlooks are healthier, less stressed and more successful!
- Stay Healthy:
To do your best, you need to be well-rested. Exercise is a great stress-buster.

Spring 2010 Start to Finish (S2F)



Wed., Jan. 13th (9am-1pm)
Wood Campus Center
Carpeted Dining Room

The TRIO S2F Seminar is **mandatory** for new TRIO students and returning students who have not previously attended. Topics to be covered include career and educational planning, financial planning, and accessing academic support services on campus. The S2F seminar must be completed in order to be eligible for laptop checkout and TRIO trips. Contact the TRIO office to reserve your seat.

Events Calendar

Don't forget to register for Spring classes!

- Jan. 1 ***New Year's Day
Offices Closed***
- Jan. 7 ***Professional
Development Day,
Offices Closed***
- Jan. 12 ***Official
Registration for
Spring Classes***
- Jan. 13 ***Spring S2F
Seminar (for new
TRIO students)***
- Jan. 14 ***Classes Begin***
- Jan. 18 ***Martin Luther
King, Jr. Day***

Happy Holidays from TRIO

Hello Students,...I know finals are right upon you, along with the upcoming holidays. After you focus and do well on your exams, take time off to enjoy life with your family and friends. Remember not to take the 'little things' for granted. Free gifts involve letting people know you care and that you appreciate them. Good luck to those applying for book scholarships!!
Andrea

TRIO Student Support Services

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Office: **615-230-3732**, Fax: 615-230-3750
Monday-Friday, 8:00am—4:30pm
www.volstate.edu/TRIO

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