

In the Know With TRIO

October 11th, 2019
Volume 1 Issue 1

Student Support Services, 355 Wiecking Center,
Mankato, Minnesota 56001
Email: Student-Support-Services@mnsu.edu
Phone: 507-389-2797

INSIDE THIS ISSUE

1. Introduction/Celebration!
2. Additional Financial Aid assistance for eligible SSS students
3. TRIO Talks, Events, and Activities
4. Introduction to our Academic Success Coach/Technical Intern and Student Highlight!

Getting Started

TRIO Student Support Services is celebrating 30 years of service to students on our campus! Over the past three decades we have developed and adapted our services to meet the unique needs of eligible students (first-generation college students, income-eligible and students with disabilities). Our tagline, “We Believe in You!” really says it all. We see the potential in each and every one of our program participants and strive to help our students achieve their dreams. 30 years is a huge accomplishment for a federally funded program. However, we believe that every day should be a celebration with TRIO . . . a celebration of dreams and accomplishments and growth!

TRIO Students, I encourage you to consider participating in any or all of the events and services listed in this newsletter. Be adventurous! Try something new. Meet new friends. Develop new skills. And be sure to let us know if you have ideas for other services or events we could provide to meet your needs.

Best wishes for a wonderful fall semester!

Director,
Margaret Hesser

“You are not alone in the struggles of life. Entire Cosmos is with you. It evolves through the way you face and overcome challenges of life. Use everything to your advantage” -Amit Ray

Looking For Some Additional Financial Aid Help?

As a participant in TRIO Student Support Services, you may be eligible for additional financial assistance. If you are an active SSS student and currently receiving a Pell grant as part of your financial aid package, you are eligible to apply for an additional grant through our office. Actual awards will vary, but the minimum amount will be \$600. In order to apply, you just need to attend one of the following workshops:

“None of us got to where we are alone. Whether the assistance we received was obvious or subtle, acknowledging someone’s help is a big part of understanding the importance of saying thank you.”- Harvey Mackay

November 6th: 10:00am-11:00am

November 11th: 2:00pm-3:00pm

November 12th: 1:00pm- 2:00pm

November 18th: 4:00pm-4:30pm

November 21st: 11:00am-12:00pm

November 26th: 2:00pm- 3:00pm

December 4th: 11:00am-12:00pm



Upcoming TRIO Activities/Events

TRIO Support Services hosts interactive events/activities that allow SSS participants to connect with other students and establish beneficial relationships with one another. Also, we want these events/activities to be a way for students to alleviate stress, lessen hardships, and recover from fatigue. Being a college student is a journey that can make your life feel like a never-ending rollercoaster. If you ever feel as if your positive spirit is declining, these events/activities are an excellent way to bring your spirit back up quickly.

In conjunction with these events, our department also hosts “TRIO Talks”. The purpose of these presentations is to inform our students about various resources and recommendations that will help guide them towards success as students. If you believe these informal gatherings and events would be beneficial for you, here are some upcoming events, activities, and TRIO Talks that we will be hosting:

Upcoming Dates

October 16th- TRIO Talk: Study Abroad

- Have you ever thought about studying in a different country or state with a completely different environment? Does the thought being away from Minnesota for 7 days, or even up to a year interest you? This discussion will give you all the information you need for this amazing opportunity.

October 22nd- TRIO Activity: Painting

- Reducing stress increases an individual's productivity. This event will allow students to create peace of mind.

October 24th- TRIO Event: Teambuilding

- Working collaboratively in groups will give students the chance to improve their leadership, productivity, creativity, and communication skills.

November 13th- Pop-In Day!

- Pop in the Student Support Services office for some tasty snacks and to socialize with other TRIO students! Also, you can use this time to chat and catch up with your advisor.



Team building activity that was held during our “Ropes Course” event earlier this month.



SSS students described this event as exhilarating, thrilling, and breathtaking.

“It does not matter how slowly you go as long as you do not stop”- Confucius

Student Highlight: Adam Stenning

Adam is a sophomore here at MSU, Mankato and is studying Aviation. He was the winner of the “Bruce Vento TRIO scholarship” award, which is awarded to students who demonstrate powerful leadership qualities and who are committed to the mission of TRIO. As a winner of this award, Adam spoke out about his accomplishments as a community advisor on his dorm floor and how much this position has influenced him. “This role allowed me to be a leader because I was able to host events that helped new students get to know each other and get adjusted into college.” He also noted the leadership development within himself was a crucial factor for his success.

For his long term plans, Adam is aiming to become a pilot for Delta Airlines after he graduates from college. We wish nothing but the best for you and your goals, Adam!

Academic Success Coach: Emily Crawford

Emily is the “Academic Success Coach” in our department here in TRIO. She is a second-year graduate student in the “College Student Affairs” track at this institution. After she graduates, she wants to work in student affairs here in Minnesota, or back in her home state of Iowa.

Outside of her professional career, Emily enjoys hanging out with friends, spending time with her dog, watching basketball (especially Iowa State University), and reading.

Technical Intern: Timmy Nguyen

Timmy is one of the new Graduate Assistants for our department. He is a first-year graduate student in the “Professional School Counseling” track at this institution and is striving to become a school counselor at an inner-city high school. He wants to raise awareness of the hardships that these kids encounter daily and to guide them to success.

Outside of his academics and work life, Timmy enjoys spending time with his family and friends, participating and watching sports such as Basketball, Volleyball, and Football, traveling and cooking.

