



NEW ELITE CLUB OFFICERS



From Left to Right
Iranika Spencer, Sergeant at Arms
Ja'Quayveon McGee, Co-President
Stedman Jarmon, President
Desteanna Morrow, Vice President
Janeshia Scott, Secretary



Black History
Motivational Seminar
February 24th



March, Elementary School Visit,
Date to be announced
Sign up with your counselor!!!!



Black History Month Convocation:

Guest Speaker David Banner

SUSLA will present its annual Black History Month Convocation. This year's guest speaker will be Southern Alum, artist, activist, lecturer, David Banner.

February 10, 2016



Don't forget FREE Tutoring!!!
Monday - Thursday 8am - 5pm
NCR ROOM 101



JAGGY NEWS PAGE
"Minds Under Construction"

Spring Edition, Issue 1, Feb. 2016

HELLO TRiO SSS STUDENTS AND WELCOME BACK!!

As we approach a new semester, I would like all of you who have declared a major to stop and ask yourself the following questions:

- Does the subject fit your interests, abilities and skills?
- How well does this major match your personality and strengths?

If the answer to these questions is "No", "Not well" or "I'm not sure....", then let me take this further by asking:

- Have you thought about what you *value* most in life?
- Did you select this major based on suggestions or influence from others – such as family members or friends – *rather than listening to what is important to YOU?*
- Was this a major that you selected based on a preconceived notion in high school that "this was the only path" to get you into a certain type of career?
- What is really the "driving force" that is keeping you in this major?

At the beginning of each semester, I usually have a few students come to me wondering what they can do to perform better THIS semester in their major. I hear them tell me that they do the work, go to class, read the material, form study groups and write the papers but I don't hear the "passion" in their words. Rather than *expressing true excitement* about what it is next that they will learn, I hear them heading into the next semester with a sense of toil or boredom. I ask them, "If this is how you feel about this area now, what makes you think you will enjoy it more as a career?"

Did you know that according to some research, the typical student who starts their first year of college with a declared major will change it three to five times?!

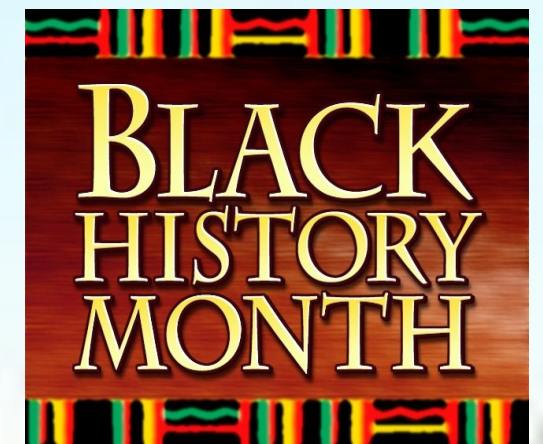
On the Career Center website, three of the top ten career myths are:

- There is one perfect job for me.
- My major is going to lead to my career.
- I will have only one career in my lifetime.

Keep this in mind: *it is OKAY to make changes!* According to statistics gathered in a survey by an economist who works for the U.S. Bureau of Labor Statistics (BLS), most of the 10,000 individuals who participated had averaged 10.8 jobs between the ages of 18 and 42!

If you would have questions about your major or possible future career path, the TRiO SSS staff would love to meet with you and help you explore various options or alternatives. We also encourage you to make an appointment with one of the Counselors. They will be happy to assist you with learning more about how your interests, skills, personality, strengths, abilities and values can guide you to a major and a career which will bring you the greatest satisfaction! Best of luck this semester! We look forward to seeing you soon!

Karen B. Coco, Director
TRiO Student Support Services
"I'm Third"





WORKSHOP	DATE	TIME /PLACE
FEAR of Math "Beating the BAD WOLF"	2/2/16	10:30/1:30pm NCR 101
"Get Smart" Test Taking Skills Workshop	2/4/16	10:30/1:30pm NCR 101
Resume Writing (Part 1)	2/10/16	10:30am/1:30pm NCR 101
ELITE CLUB MEETING Decision Making /Making Health Choices	2/11/16	2:00 NCR 101 Guest
Mix & Mingle (New Enrollees)	2/15/16	2:00 PM Jesse Stone Lecture Hall
Resume Writing : Tools and Tips for Creating a Successful Resume	2/16/16	10:30am/1:30pm NCR 101
Motivational Seminar Black History (SSS Student's) Announcement- Winner of Short Film	2/24/16	Jesse Stone Lecture Hall



Budget Well- Bank It, Part 1
Workshop



Budget Well-Bank It, Part 2 Receipts
Workshop



How to Deal With Stress/Time
Management Workshop

Student Support Services (SSS/TRiO) welcomes back our students with open arms. We hope you had a wonderful holiday break and are ready to start the spring semester with a bang. SSS/TRiO is always trying to find ways in order to help our students gain the most from their college experience.



Paperwork

- Updating your contact information each term
- Goal Sheet each term
- Requesting a tutor (if needed)

Contact

- An SSS/TRiO staff member will be assigned to look after your academic progress
- We will be in contact with you at least every two weeks to check your progress and make sure your academic journey is going smoothly

Participant Expectations

- Meet with project staff 3 times per semester
- Complete 3 workshop per semester
- Complete 2 Financial Literacy requirement
- Ask for HELP when you need it!

Always visit with your counselor, each visit to SSS office Interested in joining SSS/trio? Stop by TRIO SSS office in the

Fine Arts Building Rm. C15
What in it for me?

CHECK OUT THESE SERVICES AVAILABLE TO YOU...FOR FREE!

- ACADEMIC ASSISTANCE
- TUTORING
- MIDTERM EVALUATIONS
- ACADEMIC SUCCESS WORKSHOPS
- FAFSA APPLICATION ASSISTANCE
- FINANCIAL AID INFORMATION
- FINANCIAL LITERACY
- SCHOLARSHIP PREPARATION
- CAREER EXPLORATION
- PREPARATION FOR TRANSFERRING
- CAMPUS TOURS
- PREPARATION FOR GRADUATION
- LETTERS OF RECOMMENDATION
- REFERRAL SERVICES
- NEWSLETTERS

Real Skills for the Real World

Whether you realize it or not, a college education teaches you more than just about a particular field of study.

Along with knowledge gained from coursework, there are other skills you will no doubt acquire:

Time Management—with so much going on all the time, you learn to organize your time, the most precious commodity.

Dealing with Stress—the demands of college are an initiation into the “real world.” Deadlines and high expectations don’t go away when you graduate.

Finances—you have hopefully learned that loans, rent, and credit cards are not to be taken lightly. Dealing with finances in college will ensure you are realistic about budgets and bills after graduation.

Self Reliance—your parents will more than likely not support you the rest of your life, and they probably didn’t write your term papers either. After all, no one cares more about your education or future than you.

An Open Mind—being exposed to different cultures and points of view will benefit you in the long run since you will more than likely need to interact with a diverse population on a daily basis, both at work and in your community.

There are many other skills you’ll gain as well—although it may take time and some distance from college for you to recognize them.

Please check your email for workshops on the above topics.

We hope that you will join us!

