



TRIO STUDENT SUPPORT SERVICES

Southern University at Shreveport

Jaggy News, Fall 2016 Issue #1

The SSS Directors' Note

HELLO TRIO SSS STUDENTS

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”

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UPCOMING Events



23	24	25	26	27	28	29
	Money Management Workshop 10:30		How To Workshop "Excel Made Easy" 10::30			
30	31					

November

Check your **EMAIL DAILY** for updates and changes
Tutorial Lab open Monday—Thursday 8– 5pm. NCR Rm. 101.

EVENT/WORKSHOP	DATE	TIME / PLACE
Financial Literacy Workshop How To get the Money?	11/1	10:30 NCR 101
Fall Financial Literacy How To Get the Money? Grant Aid Applications Release	11/2 11/3-18	1:30 NCR 101 SSS -C15
Miss Elite	11/9	1:30 (TBA)
ELITE Club Meeting	11/11	1:30 NCR101
Grant Aid Deadline	11/18	4:30– SSS C15

*TBA– To Be Announced

Class Scheduling Dos and Don'ts for First-Year Students

Face it. If you weren't a morning person in high school, it's not likely that will change when you enter the halls of ivy. In fact, an 8 a.m. class could mean disaster for your first semester in college. And while the time of day you schedule a class is important, it's not the only consideration. Number of classes, days of the week, class location—these are just a few of the things you'll want to think about before you click the send button on your first-semester class schedule. Here are some tips for creating a college class schedule that's right for you.

- **Do look over the course catalog and familiarize yourself with the class offerings before arriving on campus.** If you've decided on a major, determine which required classes you'd like to take in the beginning. Then, schedule some additional courses that seem interesting—or that will fulfill the college's core requirements.
- **Do schedule a good mix of classes.** For instance, you might want to sign up for a writing class, a reading class, and a problem-solving class at the same time—but not all writing classes or all reading classes. Too much of one type could be overwhelming.
- **Do meet with your advisor before scheduling classes.** And be sure to prepare a list of questions beforehand.
- **Do sign up for a writing class.** If taken during your first semester, it will prepare you for future classes.
- **Do schedule a first-year experience class, if it's offered.** These classes teach students about goal-setting, using campus resources, and making the most of the college experience.
- **Do make a list of alternative class choices in case the classes you select are full.** At many schools it's not uncommon for underclassmen to have trouble getting into their first choices.
- **Don't over-schedule.** A weekly schedule of at least 12 credit hours is generally considered a full load (this varies by school), and first-year students probably shouldn't schedule beyond that. While it may not seem like much class time after spending the entire day in high school, you'll soon discover that college classes are more rigorous and demand more of your out-of-class time.
- **Don't sign up for all hard or all easy classes.** Consider what's going to be your biggest challenge and make sure you mix it up with something less intense. For instance, if you struggle with math, you may want to pair it with some language arts classes. Or, if a science class requires long lab hours, be careful not to overbook it with another similar course.
- **Don't postpone your core requirements.** Not only will this free up your schedule for your major classes down the road, but taking core classes early on could help you uncover some additional interests you weren't aware that you had.
- **Don't schedule early-morning classes if you don't function well in the AM hours.** On the other hand, if you are involved in social activities or a job later in the day, you may want to get classes and studying done while the day is young.
- **Don't overlap classes.** Remember, you'll need enough time to hike from one class to another. Also, be careful not to schedule all your classes on the same day. Instead, spread them throughout the week so you have plenty of study time as well.



Election Day is near, November 8th. Make sure your voice is heard, Louisiana will vote for a new United States Senator. Make sure you have registered to vote. You must be 18 years or older. Go Vote!!



Christian Blanton and Ajanae' Lee

**Southern University At Shreveport
TRiO Student Support Services
ELITE CLUB members elect**

Ajanae' Lee to serve as President and Christian Blanton Vice President for 2016-17. The purpose of the **ELITE CLUB** is to expose students to events and activities beyond the classroom and /or enhance skills that are necessary to be "totally" successful in today's society; in other words, TRiO Student Support @ SUSLA will assist in polishing students up through such activities as: Everyday Etiquette, Conversation English, Social Gatherings, Dressing/ Grooming Art/Music Appreciation.

Elite Club elect Francine Brown to serve as Miss ELITE 2016-17.



Counselors' Corner

Education Corner

Great quotations throughout history remind us that education is the key to life, unlocking otherwise hidden joys and satisfactions. Education uplifts our spirits. It's a well that never dries up. And it's been said, and said beautifully, that teachers who share this gift are our inspiration, friends, and saviors. ~ Roger Lewin

MR. BELL, Educational Counselor

Tutoring Corner

SSS Students,

Now that mid-terms are over and behind you, ask yourself if you did as well as you anticipated. If not, you still have time to pass that class with an "A". I urge you to put in some extra time by visiting the Tutorial Lab in the **F Building, NCR 101** and get acquainted with the tutors.

The purpose of tutoring is to help students help themselves and to assist or guide them to the point

What are the benefits of tutoring?

Tutoring can be beneficial in many ways. Here are some of the benefits.

- Provides personalized attention
- Improves grades
- Increases knowledge and understanding of subjects
- Increases motivation to succeed
- Provides intensive practice
- Allows progress at own pace

- Linda Robinson, Tutorial Coordinator

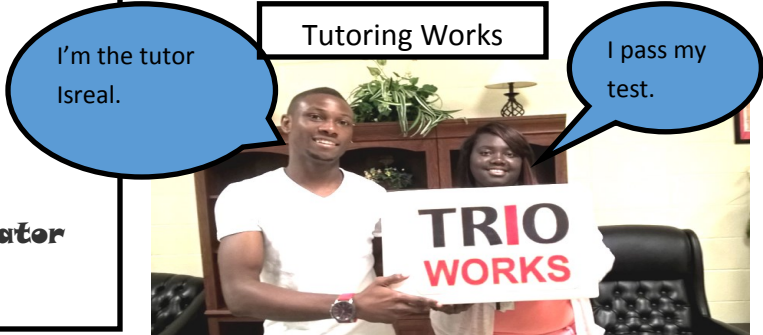
TRIO Student Support Services College Tours

Trio Student Support Services offers exciting college tours throughout the semester. SSS students visit four year institutions throughout Louisiana and East Texas. College tours allow students to hear detailed admissions presentations, tour the campuses, and meet University staff in person. While touring the four year institutions. SSS students have the pleasure of sampling the local cuisine and respecting diverse cultures along the way! Our tours are well planned and unique.

Students have expressed on via their evaluations (that are completed at the end of the tour) how exciting. The college tours are and how valuable the information is for as they prepared for graduation. Before choosing a college or university to attend, it is important for students to visit the college or university. Making a college visit and touring the campus can be critical in a student's decision to attend a four year institution.

Check with your SSS counselors and read your emails throughout the semester for the date, time and institution that Trio Student Support Services travel van will depart. Address any comments, questions or concerns to dsurles@susla.edu or 318-670-9325 located in the Fine Arts Building, Room C-15.

~ Delores Surles, Transfer Counselor



Fall Motivational Seminar

TRIO Student Support Services Fall Motivational Seminar

The TRIO SSS Motivational Seminar was pleasingly supported and well attended on Wednesday, October 6, 2016, in the Jesse Stone Lecture Hall at 10:30 A.M. – SSS celebration Theme was “Academic Success...Unlock Your Potential”. SSS Student, Christian Blanton open the seminar with meditation. La Darius Morgan welcome the students and guest with a warm fall greeting. Three other SSS students, Delashundra Johnson, Zakiya Chambers, and MacKenzie Palmer dramatically shared moments of fall poetry. The melodious voice of SSS student Jeneshia Scott was so inspirational and thought-provoking as she delivered the song, “The Greatest Love of All”.

Our speakers were introduced by SSS students Jade Edgefield, and Ajanae’ Lee. SSS featured two of our own success students to be guest speakers, Lovette Swearington, who togged our heartstrings as she shared the struggles of her past. She has found her hero in herself and has unlocked her academic potential here at SUSLA. Our second speaker was George Simon, a very enthusiastic student of Student Support Services. George reviled a very unique metaphor of how students can unlock their potential while in college. Both speakers hope that their few words of encouragement will meet students’ needs and will create the conditions to enhance their motivation to achieve, and unlock their academic success.

**The Speakers George Simon and
Lovette Swearington**



A Big Thank You, I'm Trio

To Student Support Services:

I Marsha M. Smith can never express how grateful it is to be a recipient of the 2015-2016 Grant Aid Funds.

I'm truly overwhelmed with joy. I'm thankful for SSS being a vital part of my education, life, and my goals. Upon receiving Grant Aid it help me tremendously with my educational purpose. Thank you TRIO SSS for always being professional & mentoring myself and other students in the program. Just to know without Student Support Services many would have lost their way, because of SSS they are found.

Thank You

Marsha M. Smith

Proud Student of SUSLA TRIO Student Support Services

TRiO Works



Darius Jefferson a former SUSLA SSS graduate stop by to visit after one year in United States Army.

Reflections Workshop's



LEADERSHIP WORKSHOP



PowerPoint Workshop



Finance Workshop



Dress For Success Workshop



Resume' Writing Workshop



Dealing with Stress Workshop

TRiO

STUDENT SUPPORT SERVICES

Phone: (318) 670-9412 Fax: (318) 670-6458

Fine Arts Building, Rm. C15



Excellence • Integrity • Accountability • Service

Southern University at Shreveport does not discriminate on the basis of race, color, national origin, gender or disability. Section 504 Coordinator: Jerushka Ellis, Fine Arts Building, Room C-5, Suite D, (318) 670-9473. Title IX Coordinator: Tilisha Bryant, Administration Building (318) 670-9210.