

TRIO

Transforming Reviving, Introducing, Outstanding

Students of SSS Newsletter

TRIO STUDENT SUPPORT SERVICES

Southern University at Shreveport

Fall 2019, Issue #2

INSIDE THIS ISSUE

1. Student of the Month
2. College Tours
3. SUSLA Homecoming
4. Top five Tips for Finals
5. Workshop Pictures
6. Apple Teacher Congrats



Upcoming Events

SSS End of the Year Leadership Workshop, Dec. 3rd

SSS Looking Toward the Future 2020 Christmas Party, Dec. 11

JAGUAR STUDENT OF THE MONTH

Isabella Desselle was born in Ecuador, South America. At the age of two, she was adopted and brought to The United States. Growing up in Louisiana she relocated from Baton Rouge to Shreveport overcoming many economic adversities. Isabella is Residential Adviser at the Jaguar Courtyard, and plans to graduate this spring with a degree in Computer Science. Her aspiration is to become a Software Developer for Google.



CONGRATULATIONS! ISABELLA DESSELLE STUDENT JAG OF THE MONTH



Ja'Braylyn Gipson

SSS Student of the month for November 2019



Fall 2019 Ralph & Kacoo's Etiquette Lunch



Students at the SSS Round Table talking about voting at the 2019 Gubernatorial Runoff Election with John Bel Edwards the Incumbent vs. Eddie Rispone. Edwards Wins!!!

College Tours Alcorn State & Texas Southern University



ALCORN STATE UNIVERSITY OCTOBER 17th



TEXAS SOUTHERN UNIVERSITY OCTOBER 31st

SUSLA Homecoming Gala

SSS Students participated on Homecoming Court 2019



Homecoming Queen 2019 Ajacia Butler

The Royal Court 2019



Dominique Jones and Jason Clegg

Christian Harris

Ja'Braylyn Gipson

Top Five Tips for Finals Exams

1. Build a Time Management Plan

Since the majority of final examinations will cover an entire semester or year's worth of curriculum, it is no surprise that you are going to have to plan ahead to manage your time wisely and cover all your bases. Since research consistently indicates the [negative effects of cramming](#), it is recommended that you begin scheduling study times at least two weeks before your final exam week starts. Break down the material into manageable sections and allot more time to spend on the classes that will likely have the most challenging tests. While it may seem counterintuitive, be sure to also remember to schedule in break times to rest, digest the material fully, and recover from study sessions.

2. Find a Study Partner/Group

While abstaining from attending a long list of parties and end-of-the-year events is highly beneficial, it is important to not cut yourself off from the rest of campus during final exam weeks. In fact, your friends and classmates can provide a valuable resource for keeping you motivated and allowing you to talk through topics you are struggling with. Since studying with other people is obviously much more fun too, you should seek out a study partner, [members of your sorority or fraternity](#), or group of colleagues from your classes to prepare for finals together.

3. Take Good Care of Your Health

Despite popular belief, huddling over a book at all hours of the day and night will not guarantee that you achieve straight As during finals week. In order to maximize your studying potential, you need to make sure that your body is receiving the nutrients it needs to perform well. Feed your brain with well-balanced meals to avoid feeling sluggish. Rather than pulling all-nighters, also get plenty of sleep throughout final exams week to aid in memorizing the information you studied earlier. Furthermore, schedule in plenty of time to exercise because working out will release endorphins through your body that can boost self-confidence and combat anxiety.

4. Sign Out of Social Media

Although social media websites can be an excellent source for networking and staying in touch with friends, they can also be a huge distraction that wastes valuable time in your day. If you are busy checking your Facebook, Twitter, Tumblr, or Instagram account, you will not be giving your undivided attention to the study materials before you and will not retain the information. Therefore, make sure that you lock your phone away in a safe place where you will not be tempted and refrain from checking it until you have finished your study sessions.

5. Remember to Breathe!

Overall, final exams week is undoubtedly one of the most stressful weeks of the school year with tremendous amounts of pressure to succeed. However, it is essential that you do not let the stress overwhelm you. Before taking your examinations, make sure you take a few deep calming breaths to release all of the built-up tension and put your body at ease. With [top survival tips for final exams](#) in your arsenal, be confident in your intelligence, stay relaxed, and try your best.

Workshop Pictures



Study Skills Workshop



Effective Note Taking Workshop



Public Speaking Workshop



How to Ace Your Finals Workshop



Congrats, to our SSS Students who are now Certified Apple Teachers:

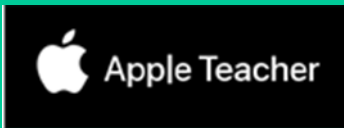
Isabella Desselle

Ameerah Jones

Dominique Jones

Terronesha Lubom

Mr. Kevin Watson, SSS Program Support Specialist



Participated in a three day training creating apps for the Apple IPADS during HBCU2 Movement; Everyone Can Code and Everyone can Create Academy. Facilitator: Dr. Robbie Melton from Tennessee State University and E-Learning Dr. Veronica McEachin.



Learning how to Budgeting on a budget.



Students at the SSS round table peer to peer tutoring.

TRIO

STUDENT SUPPORT SERVICES

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

Fine Arts Building. RM. C15

Staff

Karen Coco, Director (318) 670-9324

Kevin Watson, Program Support Specialist (318) 670-9412

Jay Bell, Education Counselor (318) 670-9327

Deloris Surles, Transfer Counselor (318) 670-9325

Linda Robinson, Tutorial Counselor (318) 670-9326



Southern University at Shreveport does not discriminate on the basis of race, color, national origin, gender, age, disability or any other protected class. Title IX Coordinator: Dr. Tuesday W. Mahoney, Johnny L. Vance, Jr. Student Activity Center, Room 208, (318) 670-9201. Section 504 Coordinator: Ms. Jerushka Ellis, Health & Physical Education Complex, Room 314, (318) 670-9367.