

MSU BILLINGS

THE CONNECTION

Student Support Services TRIO

October
2015



Why should you be interested in SSS/TRIO?

You already know that college is going to be a lot different than high school—everyone you talk to has told you that because it's true. While the only person responsible for your success in college is you, there are many support services available to help you do well.

SSS TRIO is a federally funded program that helps you succeed in college by providing individualized academic and personal support.

SSS TRIO provides services such as tutoring in general education classes, mentoring and emotional support, assistance with academic planning and financial aid, and much more.

Who is eligible?

Students must meet at least one of the eligibility criteria:

- * Low-income (according to Federal Government guidelines based on taxable income).
- * First generation college students (meaning that neither parent has a bachelor's degree).
- * Have a physical/mental disability.

Applications are due by October 2nd, 2015.

Additional information is available by visiting www.msubillings.edu/ssss or calling 657-2162.

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2015

Career Services



Montana Career Information System (MCIS)

Log into MCIS at
[https://mtcis.intocareers.org/materials/
portal/home.html](https://mtcis.intocareers.org/materials/portal/home.html).

USERNAME: msubsos
PASSWORD: opportunity

One of the goals behind going to college is to graduate and get a job that meets your financial and career goals. Doing so starts with choosing a major, but not just any major-the right major.

MCIS can help you find what major/career fits you the best. MCIS won't tell you what major to choose, but will help you identify options through assessments. You never know what you might learn about yourself!

Getting started:

1. Create a portfolio

Creating a portfolio allows students to take assessments, save the results, and review them later.

2. Start taking assessments

- * Career Cluster Inventory-matches interests with activities and compares it to different career groups (entrepreneurial, investigative, artistic, conventional, etc)
- * Interest Profiler-Rate activity statements to determine what you might like to do (not based on skill, only interest)
- * Skills-Compares skills you have to ones that you may need to develop for certain occupations
- * Work Importance Locator-identifies work related needs (working conditions, creativity, recognition, etc.)
- * Reality Check- How much money will you actually need to support the lifestyle you want (buying a house, renting, buying cars, children, etc.)

Get Involved

Parent & Family Programs

Saturday, October 10th

9:00am

Welcome & Information Table (SUB Atrium)

9:30am-12:00pm

Service Saturday Participation (Billings Locations – Check In at SUB Atrium)

12:00pm-1:00pm

Lunch in Rimrock Café (Student Union Lower Level)

1:00pm-3:00pm

Explore Billings

3:00pm-5:00pm

Men's Soccer vs. Saint Martin's University (City College Soccer Field)

MSUB Evening at the Zoo 3:00pm-7:00pm

Live Music by MSUB Staff and Alumni on The Main Stage

MSUB Alumni Jessica Lechner (3pm-5pm)

John Roberts Y Plan Blanco (5pm-7pm)

Explore the Zoo and Visit The Animals (3pm-5pm)

Dinner provided by Sodexo (5pm-7pm)

Get your picture taken with Buzz and Family Photos on Site

Non Trad Coffee Hour

12:30 pm every Wednesday

Between LI and LA building in the 2nd floor

Movie: Minions

7:00 pm Tuesday, Oct 20th

Petro Theater

Pizza Day

11:00 am - 1:00 pm

Library 135 Wednesday, Oct 7



For more activities around campus please check 100 Days Calendar

http://www.msubillings.edu/newscale/100_Days_Calendar_Fall_2015.pdf

How to make friends in college

Making new friends can be a hard task for many people, let alone dealing with the newness of college life. But all in all college is a great place to make life long friends and meet new people.

Role Play 1

↳ Lets say you are sitting outside your class on the first day of school, and you notice someone waiting for the same class. What would you say to them?

Tips:

- * Introduce yourself
- * Make small talk such as "Have you ever taken a class from this professor before" or maybe "What's your major" etc.

Role Play 2

↳ You are eating lunch and notice someone from one of your classes studying for an up coming test. How would you approach them to study with them?

Go to events

↳ Go to basketball games, or other sport events which interested you. If sports are not your thing, check out school plays, concerts, art shows, or ask others around campus if something is going on. (This is also a good conversation starter)

Others...

- ↳ Get involved
- ↳ Create study groups
- ↳ Join clubs
- ↳ Get a job on campus
- ↳ Just say hi



Study Cycle

The cycle works by focusing and organizing your learning so that you retain material longer and recall it faster. Since it is a cycle, no one part is more important than any other part; all parts are equal and flow continuously from one to the other.

- 1. Attend Class.** This is vital. Your instructor cannot help you if he/she never sees you. Nor can you help yourself. However, simply being in class is not enough. When you are in class you must:
 - * Sit front and center, paying close attention to the instructor.
 - * Take numerous notes.
 - * Write assignments down in an appropriate place.
 - * If you miss class, arrange to get copies of the lecture notes from a classmate.

- 2. Post Class Review.** Spend 15 minutes after class reviewing your notes.

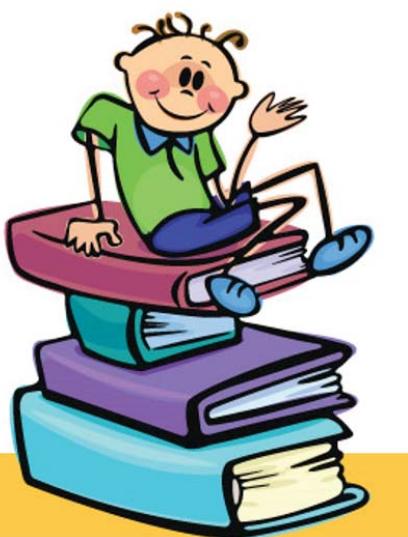
- * As soon after class as possible, and definitely within 24 hours, take a few minutes to review your notes. Use the time to fill in blank spots and clarify points that aren't clear.
- * Write in questions quickly on the left one-third portion of your notes.

- 3. Study.** Concentrate on necessities such as highlighting the answers in your notes and reading the text required for the course.

- * Plan regular study sessions to avoid falling behind. Plan what you will study and organized accordingly.
- * Take short breaks while you study. Set up in 10 minute segments. Use the first 3-5 minutes to preview what you will study, spend 10-12 minutes actually studying, and wrap up your study session with a 3-5 minute review. Then break for 5 minutes.
- * When you come back from your break, start you next study session block by reviewing the last material you studied before your break.
- * Create mnemonics, or memory devices to help you study. Such as My Dear Aunt Sally, to remember the order of mathematical steps Multiply, Divide, Add and Subtract.

4. Pre Class Review.

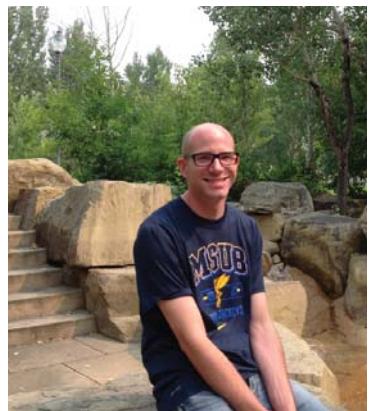
- * Complete the cycle by using those few crucial minutes before class.
- * Five or ten minutes before class warm up with a quick look ate the previous lecture notes.
- * Concentrate on two kinds of material: material just learned and material that involves simple memorization.
- * Use flash cards to help yourself review.



“We learn more by looking by the answer to a question and not finding it than we do from learning the answer itself”

~Loyd Alexander

Contact Info



Professional Staff:

Kelly Buck, Director
Barb Waters, Academic Coordinator
Daysi Bellota, Academic Counselor
Sally Nixon, Office Manager

Peer Mentors:

Susan Hayes, Peer Mentor
Daniel Mehrens-Wallace, Peer Mentor
Scott Gorman, Peer Mentor
Hillary Sexton, Intern Peer Mentor



Schedule an appointment online at
<http://www.msubillings.edu/sss/>

Office Hours

8:00 AM to 5:00 PM Mon-
day-Friday

Evening appointments may be available.

Call for details.

Phone (406) 657-2162

Fax (406) 657-1667

Check us out on
Facebook & Tumbler

