

MSU BILLINGS CONNECTION

THE

Student Support Services TRIO

September
2016

Tips for going back to school

We are excited to have you back this Fall 2016.

After a long, or maybe a short summer, we are all getting ready to go back to school. Staff and faculty have been in training trying to get new resources so we can help our students.

What can you do to in order to be successful at school?

1. Talk to your advisor. Do you still have questions about your course load for this semester? Are you considering having a tutor or joining a study group? SSS and the ASC are great resources to help you with your difficult classes.
2. Brush up on your skills. Did you read any school-related books during the summer?
3. In the classroom: Introduce yourself to the instructor. This will make it easier to discuss future assignments, grades, and so forth.
4. Keep up with assignments, homework, and tests deadlines on a planner.
5. Make connections. Classmates and professors are great resources of information about your degree option, career, new jobs or internships in the community. Don't isolate, even if you have a busy schedule.

Finally, ask questions, embrace change and don't be afraid. Many changes occur every year. Be on the top of your game. Be prepared.



2016

MSU BILLINGS

Types of Financial Aid

Scholarships

Scholarships are a form of financial aid that does not need to be repaid.

Many scholarships have a need component.

Some scholarships may be awarded based solely on academic merit.

For more information call 406.657.2188 or check <http://www.msubillings.edu/scholarships/ScholarshipList.htm>

Grants

Like scholarships, grants are a form of financial aid that do not need to be repaid. Grants are typically awarded based on financial need. The most common grant available is the Pell Grant. Pell Grants are awarded based on the income information you and your parents provide on the FAFSA. Each school may have additional state and institutional grants that you may be eligible for.

Fee Waivers

Some college fees, such as tuition or room and board, may be waived if you meet specific requirements. A few of the Montana fee waiver programs include:

- ★ American Indian Fee Waiver
- ★ Montana University System Honor Scholarships
- ★ Honorably Discharged Veteran Fee Waiver

Information about these programs can be accessed through www.mus.edu/Prepare.

Some colleges offer specific fee waiver programs designed for students attending their school. Check with the school you are planning to attend to see if there are any fee waiver programs that you would qualify for.

Work Study

This is a program that is based on financial need. Through the work study program, students may work on their campus and receive a paycheck.

Most work-study awards are need-based. Students indicate interest in work-study on the FAFSA.

Loans

There are a variety of federal and private loans available for college students. The loans are relatively easy to receive, but, unlike all of the options discussed above, they do have to be repaid... with interest! Federal loans are preferable to private or alternative loans because they typically offer better interest rates and repayment options.

- ★ Direct Subsidized: Currently awarded primarily to undergraduate students with need. Dept. of Ed. pays interest during in-school (and other) deferment periods.
- ★ Direct Unsubsidized: Interest accrues; however, students do not need to repay loan until they've passed their 6-month grace period.
- ★ Direct Parent PLUS: A loan that a dependent students' parents can take out to cover COA. This loan has to be repaid by the parents, as it is in their name, not the student's.



For more information about financial literacy please visit <http://www.msubillings.edu/bemoneysmart/>

Fall 2016

Tutoring

Hello Students!

My name is Kimberly Kost, and I'm the new Academic Coordinator for SSS TRIO; some of you know me, and others...well you'll get to know me. As I'm new to my position, there have been some changes with my areas, namely tutoring and inventory.

Tutoring hasn't changed all that much, we still have a fantastic team of tutors for you to meet with, including myself for Mathematics help! However, some changes that have come about are with policies. First, and most importantly, we will be strictly enforcing the "three strikes and you're out" rule. Our tutors' time is valuable and they get paid if you don't show. What does that mean? ...it means that money that could have been used for another student who would use the time has now been essentially wasted. We also have a deadline for when you can request a tutor. Our deadline is September 30, 2016 (the last Friday of the month). If you miss the deadline, do not panic! Set up an appointment with me (Kim) and we can discuss your options.

The real changes are with the inventory. Some of you have already come to realize that I am holding you to your return dates. Each student gets three messages when they have overdue equipment. The first is a reminder that the due date is coming up, the next is an e-mail telling you that your equipment is overdue and a hold will be placed if I don't hear from you by a certain date, and the last is a formal letter telling you that a hold has been placed. Our holds are simple to remove, just get the equipment back to me or pay for it and the hold disappears.

The next real change to inventory is the actual sign out sheets. Our new sheets (and policy) have a "Returned to" section. This section is to avoid any problems. Essentially, you MUST have a staff member initial the checkout form when you return your equipment.

If you think you might need tutoring for Fall 2016 classes, now is the time to submit your Tutoring Request Forms <http://www.msubillings.edu/sss/forms.htm>

Staying Active in SSS TRIO

Have you been wondering if you need to reapply for the SSS TRIO program each semester?

The answer is No. Once you are accepted into the SSS TRIO program, you are accepted in the program until graduation.

To stay in the SSS TRIO program, students must do the following each semester:

- ★ Update documentation each semester with your mentor.
- ★ Participate in 3 or more services each semester.
- ★ Sign in and out every time you visit our office.

Don't forget that SSS TRIO staff are available from 8 am to 5 pm from Monday through Friday and from 9 am to 5 pm on Saturdays to assist you with any needs you may have.

If you know somebody that could benefit from our program, please invite them to fill out a Program Application at <http://www.msubillings.edu/sss/forms.htm>



Back to classes, time to take numerous notes; are your note taking skills the most adequate for different classes? Take a look to the following formats.

Note-Taking Formats

Cornell Method

- ★ Create a “recall” column
- ★ Write only in the wider column as you take notes
- ★ Use the recall column for main ideas and important details when going back through notes

Paragraph Format

- ★ Write summary paragraphs as you take notes
- ★ Might not work well for class notes

Outline Format

- ★ Roman numerals for main ideas
- ★ Uppercase letters for ideas related to main ideas
- ★ Arabic numerals and then lowercase letters for descending levels

Note-Taking Techniques

- ★ Identify main ideas
- ★ Don't write down everything
- ★ Don't be thrown by a disorganized lecturer
- ★ Keep notes and supplementary materials for each course separate
- ★ Download notes, outlines, diagrams, charts, and graphs and bring them to class
- ★ If handouts are distributed, label them and place them near your notes

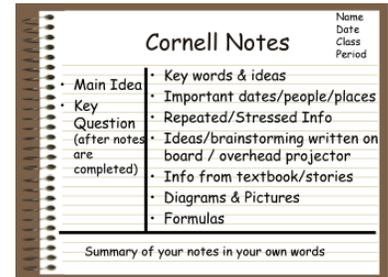
Taking Notes in Nonlecture Courses

- ★ Always be ready to change note-taking methods based on the situation
- ★ Record information presented by both the instructor and classmates
- ★ Consider all reasonable ideas
- ★ The way you organize notes depends on the purpose or form of the discussion

Taking Notes in Sciences and Mathematics

- ★ Write down equations, formulas, diagrams, charts, graphs, and definitions
- ★ Write instructor's words precisely
- ★ Use standard symbols, abbreviations, and scientific notation
- ★ Write down all worked problems and examples step by step

Garner, J. N. & Barefoot, Betsy O. (2014). *Your College Experience: Strategies for Success* (11th ed.). Boston, New York: Bedford/St. Martin's





Note Taking - Review your Notes

Forgetting curve

- ★ Decline of memory over time
- ★ We forget much within twenty-four hours

Strategies for remembering important details:

- ★ Write down main ideas
- ★ Repeat your ideas out loud
- ★ Review notes from the previous class just before the next class session

COMPARING NOTES

- ★ Probably take better notes
- ★ See if notes are clear and organized
- ★ See whether you agree on what the most important points are
- ★ Take turns testing each other

Using Technology to Take Notes

- ★ Word allows you to easily format and mark up notes
- ★ Excel is good for any class involving calculations or financial statements
- ★ PowerPoint can be invaluable for visual learners
- ★ There are numerous apps for note taking:
 - Pocket, Evernote, CamScanner, Scan Edit, Tiny Tap, and StudyBlue
- ★ Take notes on a laptop, tablet, or other mobile device
- ★ If you handwrite notes, entering them on a computer after class is a helpful review
- ★ Some students find it advantageous to record lectures

If you still need help with your notes. Please check out a Smartpen or recorder at our office.

Welcome Back BBQ

Join us for the annual BBQ with games and activities!

Learn about ways to get involved at MSUB!

Tuesday, September 6, 2016

5:00 pm - 7:00 pm (MT) SUB Patio

For more information contact

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For more information, visit

<https://ems.msubillings.edu/mastercalendar/>





Contact Info

Professional Staff:

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Annete Bratz, Program Coordinator
Elizabeth McMullen, Office Aid

Peer Mentors:

Patrick Cosgriffe, Peer Mentor
Jessica Esplin, Peer Mentor
Richard Dawes, Peer Mentor
Paradise Medicine Horse, Peer Mentor
Daniel Mehrens-Wallace, Peer Mentor

Office Hours

8:00 am to 5:00 pm Monday - Friday
9:00 am to 5:00 pm Saturday

Call for details.

Phone 406.657.2162

Fax 406.657.1667

Check us out on
Facebook & Tumbler

<https://www.facebook.com/sos.trio?fref=ts>

Schedule an appointment online at

<http://www.msubillings.edu/sss/>

