

TRIO/SSS Connections

September 2018

Meet The New Mentors



Hi, my name is Autumn Nott. I am in my senior year at MSU Billings and will graduate in the spring with a B.S. in Human Services. I plan to become a Licensed Addictions Counselor. I am interested in the entire spectrum of healing arts. My dream job is to become a therapeutic yoga instructor to assist in recovery from addiction and healing from trauma. I am also a very busy single mother to a son in fifth grade, twin daughters in fourth grade, and a three-year-old daughter. Currently, my greatest hobby is relaxing at home with my children with a movie and popcorn or doing other fun activities and creating memories with them.

Hello, my name is Dustin Duke. I am originally from Tulsa, Oklahoma and I moved to Billings, Montana in 2015. After graduating high school, I attended the University of Oklahoma. After my freshman year, I decided to enlist in the Military. I served in the United States Navy for 21 years and after retirement I decided to go back to school in pursuit of a B.S. in Human services. My long range goal is to complete my education in mental health and work for the Veteran Affairs specializing in Post-Traumatic Stress Disorder (PTSD).



My name is Maddy and I am a senior at MSUB. I am majoring in Psychology with a minor in International Studies. I love to head up to the mountains in the winter and ski with my husband. I also love to travel when I get the chance. I've lived in Billings my whole life, but I plan to move somewhere else after I graduate. I would like to go to graduate school for Forensic Psychology after I finish here at MSUB. Ultimately, I would like to get my PhD and be able to do clinical assessments of prisoners, but that's a long term journey that I get to look forward to.



TRIO Student Support Services
Located: Room 141 Library
Building
Office Hours: Monday—Friday
8am-5pm



From the Director: Laura Gittings-Carlson

Happy fall semester and happy back to school! We are so glad to see you at MSUB and in the TRIO Student Support Services (TRIO/SSS) program! It was a productive, but lonely summer in the office because we didn't have many student visitors. It's great to see the main office, lounge/computer room, tutoring spaces, and mentor lounge abuzz again.



This year (2018) marks the 50th Anniversary of the TRO SSS program nationwide, which has guided millions of students and their families through the college preparation and application process. Student Support Services was established in the 1968 reauthorization of the Higher Education Act, which established President Lyndon B. Johnson's goal of seeing that "no American talent is wasted."

This month (September) also marks a few more anniversaries at TRIO SSS in Billings. Sonja Jones, Stephen Stefan, and Laura Gittings-Carlson have all been here for a year! It has been a pleasure working with you all and we look forward to this fall semester.

Let us know how we can help you. Be sure to stay active in the program by meeting with your mentor three times this semester (in person, via email, or by telephone) and attend at least one workshop. As you'll see in this newsletter, there are numerous workshops available.

Welcome back and we all wish you a happy and productive fall semester!

Fall 2018 TRIO Workshops

<u>Date</u>	<u>Workshop</u>	<u>Time</u>	<u>Location</u>
9/18/2018	Nobody Told Me Workshop	3PM	ASC 153
9/19/2018	Library Workshop	3PM	TRIO SSS LI 141
9/24/2018	How to Study Science Workshop	2PM	Library 311
9/25/2018	Personal Budgeting Workshop	2PM	Beartooth Room SUB
9/26/2018	Exercise and Wellness	3PM	Banquet A & B Room Rimrock Café
10/1/2018	Computers Workshop	2:30PM	COE 319
10/4/2018	Read and Write Gold Workshop	12:00 PM	Library 311
10/10/2018	Writing Papers Workshop	12:00 PM	Library 311
10/11/2018	Smart Pen Workshop	12:30 PM	Beartooth Room SUB
10/15/2018	Note Taking Workshop	2PM	Library 311
10/16/2018	Cell Phone Addiction Workshop	1PM	ASC 153
10/22/2018	FASFA Drop-in Session	10:30AM - 1PM	Library 302
10/24/2018	Stress Management Workshop	12:00 PM	Beartooth Room SUB
10/29/2018	Applying to Grad School Workshop	3PM	Library 311
11/1/2018	Test Taking Workshop	2PM	Library 311
11/7/2018	Cover Letter & Resume Workshop	2PM	Library 311
11/8/2018	Learning Styles & Study Skills Workshop	12:30 PM	Library 311
11/13/2018	Job Interviewing Workshop	2PM	ASC 153
11/14/2018	Public Speaking Workshop	2PM	Beartooth Room SUB
11/15/2018	Time Management Workshop	12:30 PM	Library 311
11/19/2018	MSUB Scholarships Drop-in Session	10 AM - 1PM	Library 302
11/27/2018	Internship Prep. Workshop	2PM	ASC 153
12/3/2018	Prepping for Finals Workshop	1PM	Library 311



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Stellar Student September 2018

Sarah McCaughtry

Sarah is a non-traditional Senior studying Biology with a Medical Laboratory Science option. She is a hard working student who sets goals for herself, is driven to succeed, and is family oriented. When she graduates, she plans to work in a lab and do work in Antarctica. Before attending MSUB, Sarah served 8 years in the United States Army. Because of her outstanding qualities and the example she sets for other students, Sarah is recognized as the September 2018 TRIO SSS Stellar Student.

How has TRIO SSS helped you?

Sarah: "TRIO has given me the skills and encouragement I needed to succeed. I'm very comfortable seeking guidance from the staff."

What is your dream job?

Sarah: "Pastry Chef."

What are 5 random facts about you?

1. I served on medical support during the 2010 Winter Olympics.
2. I have an 11 year old daughter.
3. I have lived in Alaska.
4. I have worked as an Ophthalmic Tech for 14 years.
5. I have 2 dogs, a rescue named Casey and a boxer named Meisha.



Activities & Important Dates

American Indian Heritage Day—September 28th, from 4PM—8:30PM, Peaks to Plains Park

Library Lecture Series: *Making Monsters: The Devil, Demons, and Witches of Early Modern Europe* — October 2nd, from 6:30PM—8PM, Library Room 148

MSUB Homecoming 2018—October 5th through October 7th

MSU Billings Mile—October 6th, from 9AM—11AM, MSU Billings, Cisel Hall Lawn

Library Lecture Series: *Divine or Natural? Marvelous or Deviant? Monstrous Bodies in European History*—October 9th, from 6:30PM—8PM, Library Room 148

Jackets, Java, and Jams—October 9th, from 5PM-7PM, SUB Atrium and Stingers

For more information [click here](#) to see the master calendar

TRIO Advocates Meeting

Leadership Opportunities!

Help plan events & service projects!

Socialize

Fun

**Tuesday, October 16th
at 4pm**