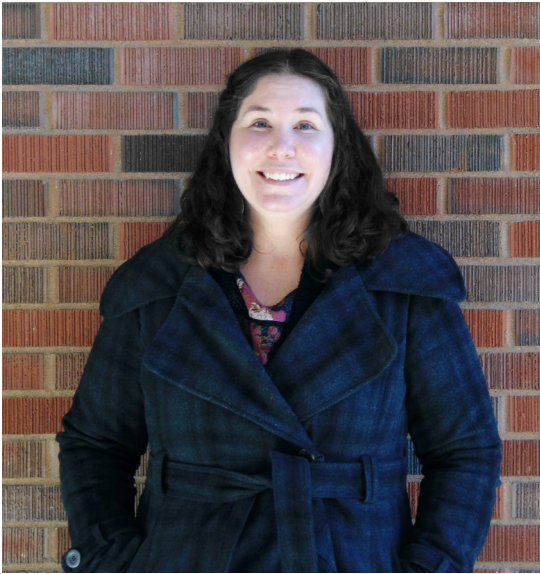


TRIO/SSS Connections

January/February 2019

Meet The New Peer Mentors



Hi, my name is Laurel Lawrence. I am a senior and will be graduating this spring with my B.S. in Rehabilitation & Related Services. I started my degree 16 years ago and am so excited to finally complete it! I have lived in Billings for many years although I was born and raised in the mountains of California. I enjoy being outdoors and love sitting down with a good book and a hot cup of tea! I am a registered yoga instructor with a certification in trauma sensitive yoga. I hope to work holistically with people to overcome their past trauma and hardship and to become the person they aspire to be!

Hello, my name is Liz and I am currently in my senior year at MSUB. I will graduate this spring with my B.S. in Human Services and my A.A. in Rehab and Related Services. This fall I plan to move to Missoula and attend the University of Montana to obtain my MSW. With my degrees, I hope to ultimately work with sex and violent offenders in some sort of capacity, more than likely in a therapeutic way. In addition to schooling, I also work full-time at the YWCA and am a very busy single mom to a rambunctious three-year-old little girl. Currently, I just enjoy spending all of my free time with her doing anything that peaks our interests.



Have you made a meeting with your Peer Mentor yet?

If not, you can do so by calling 406-657-2162 or stop by the TRIO Student Support Services office between 8AM and 5PM, Monday through Friday.



TRIO Student Support Services
Located: Room 141 Library Building
Office Hours: Monday—Friday
8am-5pm
406-657-2162
trio_sss@msubillings.edu
www.msubillings.edu/sss/



TRIO Week 2019

February 25th – March 1st

National TRIO Week takes place across the nation during the last week of February every year. TRIO Week is based off of National TRIO Day, where the success of former and current TRIO students is celebrated. The goal of TRIO Week is to bring awareness to the importance of TRIO programs and the educational opportunities they provide for low-income, first-generation, and students with disabilities. This year at MSUB, TRIO Student Support Services and the TRIO Advocates Club will collaborate with other MSUB organizations to put on a series of events around campus including:



(From BINGO with TRIO 2018)

Monday, February 25th

Time: 8AM-10AM **Location:** Library 141

Event: Roll out of bed and wake up to energize your week with a **FREE cup of coffee and a delicious muffin**. All MSUB students are welcome!

Time: 11AM-12:30PM **Location:** Library 121

Event: **TRIO Rocks!** Come paint rocks to spread warmth and cheer throughout MSUB!

Tuesday, February 26th

Time: 11AM—2PM **Location:** Library 141

Event: Stay positive, contribute, and take what you need from the **Positive Affirmation Board**.

Time: 6PM **Location:** Glacier Room at the SUB

Event: TRIO Advocates will be teaming up with HEROES for **Microwave Chopped**, a cooking competition using microwavable foods. Teams of two will compete against each other. One more Judge is needed. To sign up, stop by the housing desks at Petro or Rimrock Hall.

Wednesday, February 27th

Time: 11AM-1PM **Location:** Library 141

Event: **Try TRIO** and come find out how TRIO SSS can benefit you as a student. Enjoy a slice of scrumptious pizza and cake and mingle with current TRIO SSS students. All MSUB students are welcome!

TRIO Week 2019 Continued...



(From the Food Drive in 2018)

Thursday, February 28th

Time: 11AM-1PM **Location:** SUB Atrium

Event: Spark your creative juices and make a **vision board** to share your aspirations. A **light lunch** will be provided to fuel your brain.

Time: 6PM-8PM

Location: SUB Atrium

Event: Play and win awesome prizes at **BINGO with TRIO!**

Friday, March 1st

Time: 11AM-1PM **Location:** Library 141

Event: Relieve your stress by **making your own stress ball**. All materials will be provided. Drop-in anytime during the session.

Time: All Week

Location: Library 141

Event: TRIO SSS will be collecting nonperishable food items all throughout TRIO Week for the **2nd Annual Food Drive**. All donations will be given to the Yellowjacket Emergency Food Pantry. Bring any donations to the TRIO SSS main office in Library 141 anytime during TRIO Week.

We hope to see you at one or all of these events. If you have any questions about please call 406-657-2162 or email Stephen at stephen.stefan@msubillings.edu.

Follow Us on Social Media!



Like us on Facebook
@msubtrio

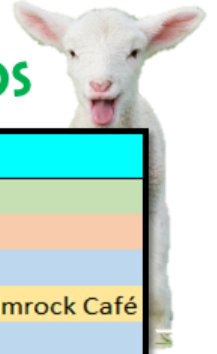


Follow us on Instagram
@triossmsgsub



Follow us on Twitter
@SSSTRIOMSUB

Spring 2019 TRIO SSS Workshops



Date	Workshop	Time	Location
1/22/2019	Microsoft Office & Computers Workshop	3pm	ASC Room 153
1/23/2019	MSUB Scholarships/FASFA Drop in session	11am-1pm	Library 302
1/28/2019	How to Study Science	2pm	Library 311
1/29/2018	QPR Training	12pm	Banquet A & B Room Rimrock Café
1/30/2019	How to Study Science	2pm	Library 311
2/5/2019	Time Management	2pm	Beartooth Room SUB
2/11/2019	Writing Papers	3pm	ASC Room 153
2/13/2019	University Campus Internship & Career Fair	1pm-4pm	Glacier Room SUB
2/14/2019	Stress Management	2pm	ASC Room 153
2/19/2019	Note Taking	2pm	Library 311
2/20/2019	Test Taking	3pm	ASC Room 153
2/26/2019	Smart Pen	3pm	Library 311
3/13/2019	Personal Budgeting	2pm	Beartooth Room SUB
3/13/2019	Learning Styles & Study Skills	4pm	Beartooth Room SUB
3/14/2019	Resume Workshop	1pm	Beartooth Room SUB
3/21/2019	Professional Etiquette	1pm	Beartooth Room SUB
3/26/2019	Applying for Grad School	2pm	Library 311
3/27/2019	Public Speaking	3pm	Beartooth Room SUB
4/4/2019	Job Interview	1pm	Beartooth Room SUB
4/9/2019	Life Fitness Dimensions	3pm	Missouri Room SUB
4/10/2019	Paying Back Student Loans	2pm	Library 311
4/15/2019	Prepping for Finals Drop In Session	12pm-2pm	Peer Mentor Room
4/23/2019	Cell Phone Addiction	2pm	ASC Room 153

Montana Trivia

1. What lake in Montana is the largest freshwater lake between the Mississippi River and Pacific Ocean?
2. Eleven tribal nations live on seven reservations in Montana. What is the name of a twelfth tribe who lives in the state or on the reservation without its own land?
3. Why is Montana called the Treasure State?
4. In January 1972, Loma, Montana, broke the national record for the greatest temperature change within a 24-hour period which was a _____ degree climb from _____ to _____ degrees Fahrenheit. *(Answers on Page 6)*

Stellar Student January 2019

Pedro Sosa

Pedro Sosa is a non-traditional student and Marine Corp Veteran studying Business Management. After graduation, he plans to get his Master's Degree in Clinical Rehabilitation and Mental Health Counseling. He is highly involved in the Billings community as a Mentor for the Courts Assisting Military Offenders (CAMO) Program and is a leader for his son's Cub Scout Pack.

What campus organizations and activities are you involved in?

Pedro: "I am a board member for the Student Veterans Organization and a work study student for the Veterans Center."

How has TRIO SSS helped you?

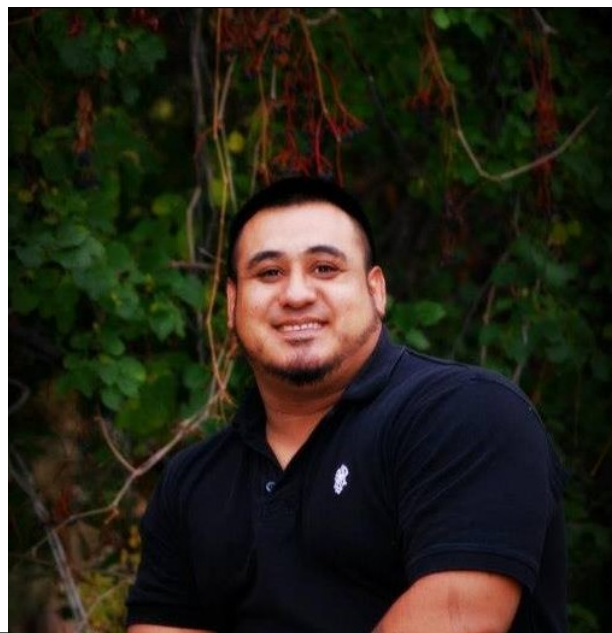
Pedro: "TRIO SSS has helped me by giving me the support, resources, and guidance needed to be a successful student."

What is your dream job?

Pedro: "I want to be a counselor and help Veterans and other people learn how to cope with the struggles of life and live a better life."

What are 5 random facts about you?

1. I like spending time with my family.
2. I enjoy working out.
3. I like motorcycles.
4. I like music.
5. I like art.



Activities & Important Dates

Last Day for Withdrawing/Dropping Classes with a Partial Refund — February 6th
University Campus Internship & Career Fair— February 13th, 1-4PM,
Student Union Building

Cultural Presentation on South Korea—February 13th, 5PM, Library Room 311

Sip N' Paint—February 14th, 7-9PM, Glacier Room, Student Union Building

Student Leadership Market—February 19th, 11:30AM—2PM, 2nd Floor of the LA Building

Registration for Summer Session 2019 Begins—February 19th

Cultural Presentation on South Korea—February 20th, 5PM, Library Room 311

Cultural Presentation on Germany—February 27th, 5PM, Library Room 311

Spring Break No Classes - March 2nd-March 10th

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

Puppy Kissing Booth



On Valentines Day

(February 14th)

11AM – 1PM

@ the SUB Atrium

Get your
picture
taken for
FREE!



Sponsored By TRIO Advocates and HEREOS

Trivia answers:

1. Flathead Lake
2. The Little Shell Band of Chippewa
3. Because of its large gold and silver mines
4. A 103 degree climb from -54 Fahrenheit to 49 degrees Fahrenheit