

TRIO/SSS Connections

March 2019

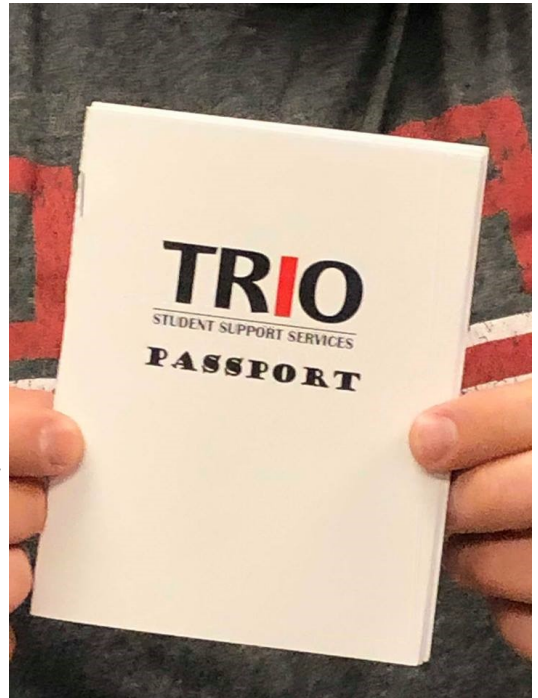
Get Your Passports!

Good students deserve to be rewarded. That is why we have decided to hold a Passport Contest for TRIO Student Support Services participants.

How does the Passport Contest work?

TRIO SSS students can pick up their passport in Library 141. Participants earn points for meeting with their Peer Mentor, being present at a workshop, attending events, answering questions about different departments on campus, and more.

Students can earn up to 50 points, but a minimum of only 30 points is needed to be entered into the drawing to win one of the three prizes. If the entire book is completed (50 points), then the student is entered into the drawing twice. The grand prize is a **Microsoft Surface Go**, second prize is a **\$100 Amazon gift card**, and the third prize is a **\$50 gift card for the MSUB Campus Store**.



Be sure to turn in your passport by 5PM on Monday, April 29th. Any entries received after the deadline will not be entered into the drawing for prizes. Students who lose their passport can request a new one, but will have to start over.

If you have any questions about the Passport Contest, call us at 406-657-2162, email trio_sss@msubillings.edu, or stop by our main office in Library 141. Good Luck!



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/ss/



The Fundamentals of Self-Care

Self-care is something that needs intentionality in order to be executed well. It is important to factor in the various facets of yourself when properly designing a self-care regimen. Taking good care of yourself not only helps your physical health, but also your mental health. Basics such as water intake and sleep can help protect you against stress, as well as help you perform better academically.

One way to start an intentional self-care plan is to break it down into categories. For example, you can choose to focus on what your body needs, what you need to do for your soul care, and if you are a spiritual person what is needed to maintain your spirituality.

Try these areas of focus:

Your body:

- Water intake
- Sleep routine
- Healthy food choices
- Regular exercise

Soul Care (mental health, emotional intelligence etc.):

- Schedule time to do something you enjoy (reading, watch a movie, etc.)
- Schedule some play time (with friends, a pet, or your family)
- Get outside
- De-clutter
- Unplug for an hour
- Listen to some music (and maybe dance?)

Religion or any Form of Spirituality:

- Do a daily reading (from the bible, Quran, Torah, other spiritual book)
- Listen to a podcast focused on a spiritual or religious principle you are learning
- Meditate on a recently learned principle from a teaching (via reading or podcast)
- Connect and share with others about what you are learning

Many of these practices can fulfill all areas of self-care. Don't be concerned with multi-tasking. Be sure to honor yourself when you are creating a self-care plan. If you hate running, don't force yourself to go for a run. You can find a different way to move your body and clear your mind. What works for one of your friends may not work for you! It is important to schedule times for you to complete these tasks and have obtainable goals.



Spring Fever Word Search

Find the Following Words:

- Abloom
- Allergies
- Baseball
- Birth
- Cleaning
- Fledgling
- Hyacinth
- Pastel
- Robin
- Seedling
- Thaw

M I S S J Z S G Y X G B A H O
R G E F E L X O B E N D X T L
F B J I R I F J G Q I R L R Y
Y R S T Z L G F B X L I C I U
M O O L B A P R Y W G B L B A
C Y N W J A P D E H D S E T T
Z S A I S Q R Y T L E P A G U
D H E T B X B N M U L Z N C W
T M E E O O I L S T F A I T D
U L Y Y D C R M O R Y D N V F
O B A E A L G E H V C P G I A
Z B Z Y X Y I O N Q D D T K N
B W H R G I Y N U Z F J P R D
B A S E B A L L G X N N U J X
E R M L C P Y Y K N Q J T Z K

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Stellar Student March 2019

Jenny Toews

Jenny Toews is a Junior majoring in Elementary Education with a concentration in Early Childhood. She works part-time at Musikgarten, an early childhood music program. Jenny also volunteers a lot of her time helping with the children's ministries at Faith E. Church. Her passion has always been to positively influence children and help them understand that they can make a positive important impact in the world. Jenny's goal is to become an Elementary School Teacher.



What do you want people to know about you?

Jenny: "I am grateful to be a member of TRIO SSS."

How has TRIO SSS helped you?

Jenny: "TRIO SSS has been a much needed helping hand while navigating through the many demands in an often overwhelming system. I am thankful to know exactly where to go if I am confused, stressed, need tutoring, need resources, or need support. It is so reassuring to have people to rely on for help!"

What are 5 random facts about you?

1. I am a vocalist and the largest crowd I performed for was 10,000 people in Boston, MA.
2. I traveled for a year as a performer all across the states and to Europe with 2 different singing groups.
3. I worked with Americorps as an AmericaReads Vista Volunteer for a year.
4. I have worked in several career fields including healthcare, insurance, real-estate, hospitality, education, and more.
5. My hubby and I will be married for 15 years this summer and we have three children ages 10, 8, and 4.

Activities & Important Dates

Last Day to Apply to Graduate Summer Semester 2019 (attending ceremony) & Fall Semester 2019—Friday, March 22nd

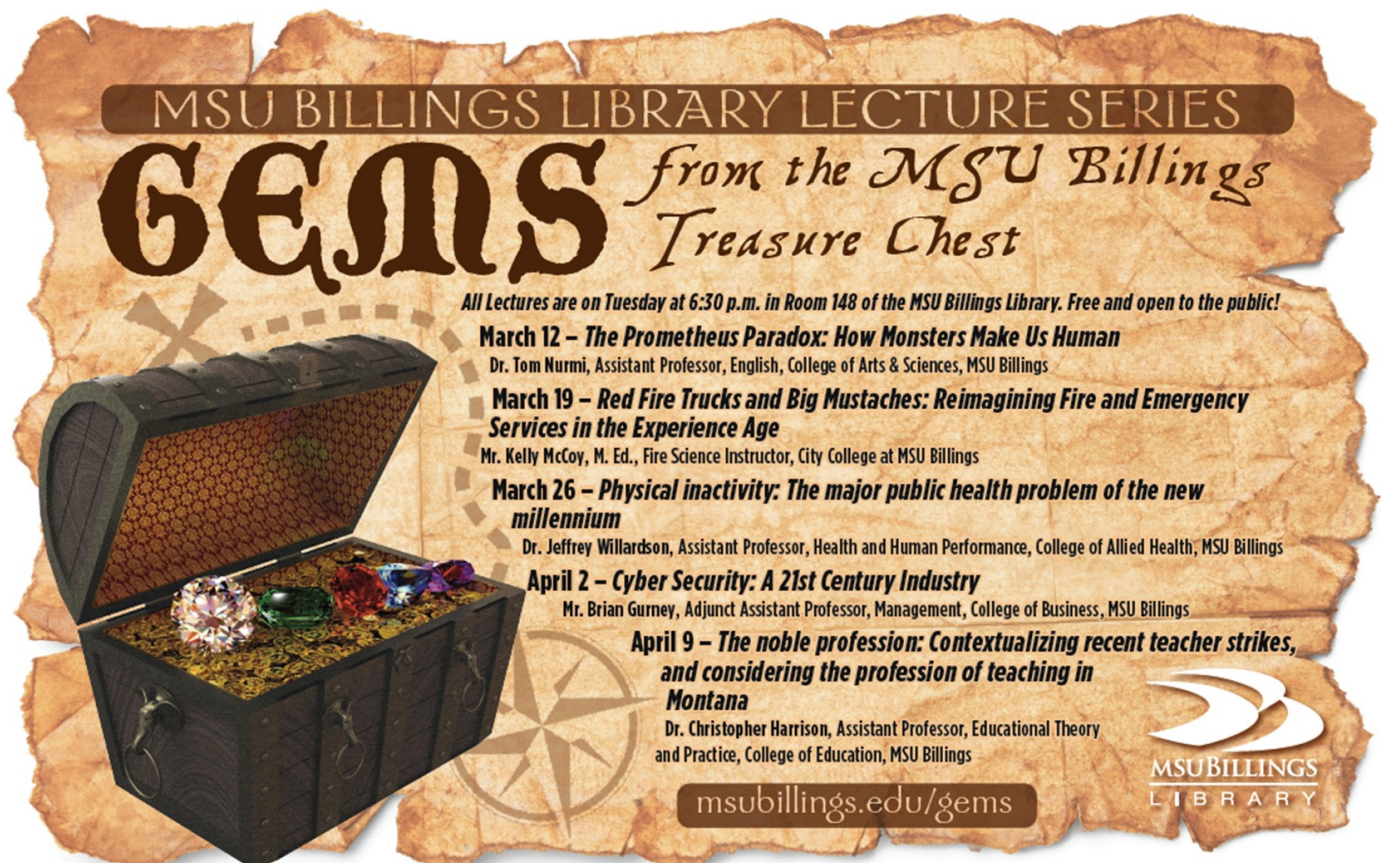
Applying to Grad School Workshop—Tuesday, March 26th @ 2PM in Library Room 311

Public Speaking Workshop— Wednesday, March 27th @ 3PM in the Beartooth Room, SUB

Last Day to Drop a Class with Approval of Advisor and Course Instructor (No Refund) - Tuesday, April 9th

Life Fitness Dimensions Workshop—Tuesday, April 9th @ 3PM in Missouri Room, SUB

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



MSU BILLINGS LIBRARY LECTURE SERIES

GEMS

from the MSU Billings Treasure Chest

All Lectures are on Tuesday at 6:30 p.m. in Room 148 of the MSU Billings Library. Free and open to the public!

March 12 – *The Prometheus Paradox: How Monsters Make Us Human*
Dr. Tom Nurmi, Assistant Professor, English, College of Arts & Sciences, MSU Billings

March 19 – *Red Fire Trucks and Big Mustaches: Reimagining Fire and Emergency Services in the Experience Age*
Mr. Kelly McCoy, M. Ed., Fire Science Instructor, City College at MSU Billings

March 26 – *Physical inactivity: The major public health problem of the new millennium*
Dr. Jeffrey Willardson, Assistant Professor, Health and Human Performance, College of Allied Health, MSU Billings

April 2 – *Cyber Security: A 21st Century Industry*
Mr. Brian Gurney, Adjunct Assistant Professor, Management, College of Business, MSU Billings

April 9 – *The noble profession: Contextualizing recent teacher strikes, and considering the profession of teaching in Montana*
Dr. Christopher Harrison, Assistant Professor, Educational Theory and Practice, College of Education, MSU Billings

msubillings.edu/gems

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