

# TRIO/SSS Connections

April 2018

## From the Director: Laura Gittings-Carlson

Happy Spring! Welcome back after a little spring break. Hopefully it begins to look and feel like spring soon and we get rid of the snow!

### Spring 2018 Graduation:

Please be sure to let us know if you will be graduating this semester. We will have a little gift for you to help remind you of your time with Student Support Services.

### Share Info about SSS and Enter to Win \$250:

With about a month left of the Spring 2018 semester, we have a challenge for all TRIO/SSS students. We need your help recruiting a few more students to join our program this semester. TRIO/SSS students who recruit the most students between now and April 20, 2018, will have the chance to win one of four \$250 awards!!!



### This is how it works:

1. Identify a current MSUB student who you feel fits the following criteria:

- Working towards a bachelor's degree at MSU Billings (or 2+2 program with City College & MSUB – ask us for more info on this...)
- Students must be low income or first generation (neither mom nor dad have a bachelor's degree) or be disabled (mental, learning, emotional, or physical).
- They are committed to obtaining their bachelor degree (regularly attend and participate in classes, dedicated and serious about their education, etc.)
- Students can be a freshman, sophomore, junior, or senior.
- And most importantly, would benefit by joining TRIO/SSS.

2. Bring the student into TRIO/SSS to complete an application between now and April 20th. If you cannot physically bring them in, ask them to tell us who told them about our program (that would be you).

3. If the student is qualified and accepted into the TRIO/SSS this semester (Spring 2018), you earn a point. Four students with the most points will earn one of four \$250 awards.

Awards will be announced and given out after the Spring 2018 semester in mid-May 2018.

Enjoy the rest of the semester!



**TRIO SSS  
WANTS YOU!**



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



# What is Your Learning Style?

We all learn information in different ways. Not everyone will learn best by lectures, reading a textbook, or watching a video. To earn the best grades it is important for students to find out what their preferred learning style is. If you haven't already, it is suggested that you take the Learning Styles Assessment. To take the evaluation please contact your TRIO/SSS Peer Mentor or Stephen at 406-657-1688.

Some people absorb information best by one specific style of learning. Other people retain information by a combination of learning strategies. The following are four common types of learners in the university level setting:

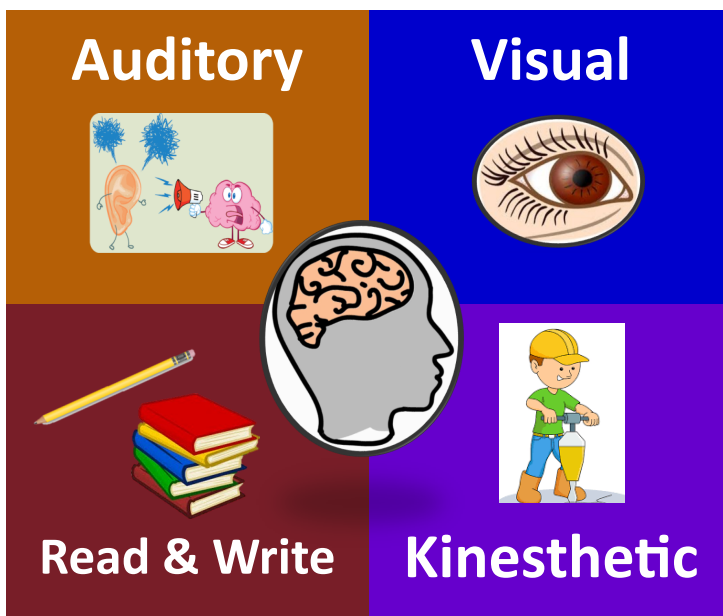
**Visual Learners:** prefer to learn by seeing graphs, pictures, diagrams, etc. Visual aids such as videos, models, maps, and paying attention to a speaker's body language and facial expressions help this type of learner retain information.

**Auditory Learners:** prefer to learn by hearing or speaking. Lectures and class discussions are the best ways these learners retain information. Auditory learners usually enjoy making speeches and giving presentations. Small group discussions are another way they actively learn.

**Read and Write Learners:** learn best by reading books, articles, texts, etc. They also are great note takers and learn by writing down information. Read and write learners usually do great with essay questions and are able to easily follow directions.

**Kinesthetic Learners:** learn best by doing hands-on work. These learners do best when doing, touching, and manipulating things. Highlighting text makes information stick in their mind when reading. Kinesthetic learners like to draw and incorporate art work into class notes.

Along with knowing your learning style, it is important to have great time management skills and to study in an environment free of distractions. To learn more, talk with your peer mentor or contact TRIO/SSS by visiting Library Room 141, calling 406-657-2162, or emailing Stephen at [stephen.stefan@msubillings.edu](mailto:stephen.stefan@msubillings.edu).





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PHOENIX  
Center

CURIOUS ABOUT WHAT UNIVERSITY POLICE CAN DO FOR YOU? JOIN THE PHOENIX CENTER FOR AN OPEN Q&A WITH MEMBERS FROM YOUR UPD.

**KNOW MORE WITH THE POLICE**



MONDAY, APRIL 9TH  
11:30AM - LA BUILDING

**FREE FOOD & PRIZES**



## Step UP! Bystander Intervention Training

Step UP! is about leadership and keeping communities safe. This is a FREE training open to students, staff, and faculty to help develop skills to **Protect the Hive!**

**Monday, April 16<sup>th</sup>**  
**LA 205**  
**6:00-7:30 PM**

*Snacks provided,  
All participants receive a free t-shirt or  
pop socket*



# Stellar Student April 2018

## Kaley Olson

Kaley Olson is a non-traditional Sophomore who is a Biology major. She plans to attend medical school once she earns her bachelor's degree. Before coming to MSUB, Kaley was a CNA, took EMT classes, and was apart of a trauma team. All three of those experiences made her realize that she enjoys working in emergency care and does well in stressful situations. Recently, Kaley gave birth to a baby girl on February 16th. Her ability to manage her school work and family life has made her stand out as a Stellar Student.

### How has TRIO/SSS helped you?

**Kaley:** "I've been provided resources that I wouldn't normally have access to by TRIO. This has allowed me to keep up in school when I was struggling."

### What is your dream job?

**Kaley:** "Surgeon."

### What do you want people to know about you?

**Kaley:** "I'm dedicated, hardworking, caring, and love to spend time with my two children."

### What are 5 random facts about you?:

1. My favorite show is "*My 600 lb. Life.*"
2. My favorite animals are manatees and elephants.
3. I love math and chemistry.
4. I love horror movies.
5. I enjoy being out in the country more than anywhere else.



# Activities & Important Dates

**Writing Papers Workshop by TRIO/SSS**—Tuesday, April 10th at 1pm in Library 311

**United Blood Services Blood Drive**—Thursday, April 12th at 12pm - 3pm in SUB Beartooth

**Party @ the Pub Station**—Friday, April 13th at 8pm-12am at The Pub Station

**Dragon Naturally Speaking Workshop by TRIO/SSS**— Monday, April 23rd at 3PM in Library 311

**Stress Relief at City College**—Tuesday, April 24th at 11am-1pm in City College Commons

**Stress Relief at MSUB**— Wednesday, April 25th 11am-1pm in SUB Atrium

**Stress Management Workshop by TRIO/SSS**— Wednesday, April 25th 11am-1pm in SUB Atrium

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

## Throw it Grow it Earth Day Project

TRIO Advocates along with AmeriCorps VISTAs from the Billings Metro VISTA Project will be holding an event titled **“Throw It Grow It,”** on Saturday April 21st at 10am.

All MSUB students are welcome to attend, learn, and participate. Two of the VISTAs will kick off the project by discussing food insecurity in the Billings community and discuss seed bombing (or earth balling). Seed bombs consist of seeds, clay, compost, and water rolled into a ball. After the discussion, volunteers will plant these in various locations on campus in an effort to give back to mother nature.

**“Throw It Grow It”** is a family friendly event, so bring your kids, wife, husband, nephew, niece, etc. This is an awesome opportunity for people of all ages to learn about the environment. If you are interested in helping, meet the TRIO Advocates in Room 121 in the MSUB Library building. You can also contact Krystal at 406-657-2171 or [krystal.page@msubillings.edu](mailto:krystal.page@msubillings.edu).

