

# TRIO/SSS Connections

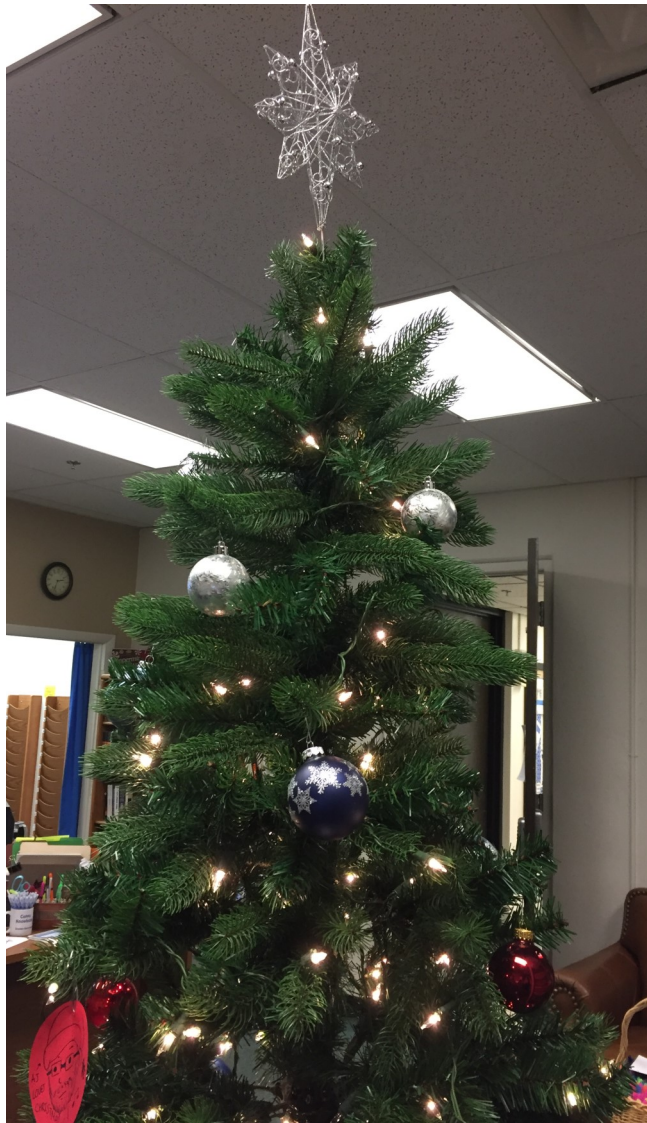
December 2017

## *Angel Tree: Bring Joy to a Child This Holiday Season!*

We are participating in the Angel Tree program again this year. Do you know of an MSUB TRIO/SSS student who could use a little extra help with gifts for their children this holiday season?

Parents with children in the K-12 system or younger can pick up an Angel Tree application at the SSS TRIO front office or go to [here](#).

Complete your application and return it to our office by **December 4th at 5 pm** at the very latest. Be sure to pick up your child's present from our office between December 14-16. This year each child's present will not be



(Angel Tree in the TRIO/SSS Office)

wrapped, so parents can see what was purchased. However, giftwrap will be provided and parents are welcome to wrap presents in our office.

If you would like to purchase a gift for a child, simply pick a card off of the holiday tree in the TRIO/SSS office and **deliver the unwrapped gift to us by Monday, December 11th.**



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





# *From the Director: Laura Gittings-Carlson*

Greetings from TRIO/Student Support Services!



As you read this newsletter, do you realize that you are just about one more semester closer to reaching your goal of achieving a bachelor's degree? Take a minute to let that sink in. Wow - way to go!!

Finals week this Fall is Monday, December 11 through Thursday, December 14. Stop by our office during the week to pick up a snack and a cup of coffee or hot cocoa. Take a little break, say hi to your friends, and relax for a moment. Be sure to take a look later in this newsletter for a few tips to help you successfully navigate finals week. You got this!

To those of you who will be graduating this semester, congratulations! We knew you could do it. To everyone we will have the pleasure of assisting next semester, we look forward to working with you and seeing you succeed!

Here are a couple things to put on your 2018 calendar for the spring semester: Set up a time to meet with your mentor in January or early February and be ready to sign up for a brief TRIO/SSS orientation.

Hmmm...orientation. What is this all about? Beginning the spring of 2018, we will provide brief orientations to the TRIO/SSS program, so you better understand all of the FREE services and opportunities we provide. Plus, get some cool swag that your friends will be envious of...

During the holiday break, our office will be open with the exception of Monday, December 25 and Monday, January 1. If you need to talk to any of us, call (the main number is 406-657-2162) or stop by. Enjoy some well-deserved time away, have fun with your friends/family, and happy holidays!







Like us on Facebook @msubtrio

Follow us on Twitter @SSSTRIOMSUB



**Native Holiday Craft Show**  
Friday December 8  
1 - 4 p. m.  
Native American Achievement Center  
2630 Normal Avenue

Original Native Designs in Jewelry, Clothing & Accessories  
Live Music

Fundraiser for a Marita Growing Thunder exhibit in tribute to missing and murdered indigenous women.

**WANT TO STAY OVER WINTER BREAK?**  
SUBMIT YOUR FORM BY DEC. 8TH.

If you are looking to stay over the break, please sign up for [winter break housing](#). Due December 8, 2017. Any late forms we receive will incur an additional \$25 late charge.



ASMSUB & Junior Jackets Present  
**JINGLE & MINGLE**  
**WHO-BILATION!**  
Friday, December 8th, 2017  
5-6:30 pm in Rimrock Cafe  
**JOIN US FOR A GRINCHMAS PARTY, TASTY DIMMER, HOLIDAY ACTIVITIES, & PICTURES WITH THE GRINCH!**  
Families & Children are Welcome!

Want to write for the SSS TRIO Newsletter for the Spring 2018 semester? Contact Stephen @ 406-657-1688 or email him at [stephen.stefan@msubillings.edu](mailto:stephen.stefan@msubillings.edu)

**NO MORE EXCUSES**

Get your flu vaccine at Student Health Services

Anyone can get the flu, and it can be serious. Every year, protect yourself and those around you by getting a flu vaccine.

Flu vaccines are available in Student Health Services for \$20.  
Cash, check, or billed to your student account!

For more information on the flu, visit <http://www.cdc.gov/flu>



**BRING JOY TO A CHILD THIS HOLIDAY SEASON!**  
**NOVEMBER 20TH THROUGH DECEMBER 8TH**

1. CHOOSE AN ANGEL TAG FROM ONE OF THE MANY TREES AROUND CAMPUS
2. PURCHASE A GIFT FOR THE CHILD
3. RETURN THE UNWRAPPED GIFT AND ANGEL TAG TO THE OOI (SUB 222) OR TRIO/SSS (H 141) DEPENDING ON THE TAG BY DECEMBER 8TH.

**TREE LOCATIONS**  
STUDENT UNION BUILDING - ATRIUM  
OTY COLLEGE - BUSINESS SERVICES  
TRIO/SSS (H 141)  
MCNULLEN HALL  
ROAMING TREE: ALTEROWITZ GYM AND LIBRARY





# Finals Week: Things to Keep In Mind

*Written By: Kim Kost, TRIO/SSS Academic Coordinator*

As we approach finals week and the end of the semester, it occurred to me that maybe some of you needed a reminder of forgotten skills, while others probably would like some first time advice. So here is the best advice I can give you all: “Do not take things too seriously and relax.”

Now, I know that this seems rather counter intuitive...we are taking finals! These tests/term papers make up a large majority of your grades. However, if you have paid attention in classes, participated, and finished your homework, you are probably more prepared than you think. Several of you are probably already at a point where you can pass even if you take a zero on the final...keep that in mind while you study.

Okay, now the real tips for term paper writing and taking finals.

## **Term Papers:**

- Do your research well in advance (like NOW). This way you can juggle ideas in your head and possibly begin to form good ideas that will pay off later.
- Do NOT assume that your reader knows ANYTHING! You are now the expert in what you are writing about. Explain things in a way that any person who can read will know what you are talking about.
- Write several drafts and have a few people read your paper. You are probably too close to the paper to see your minor mistakes, so have a wide variety of people read it. Ask your grandparents, parents, children and friends to give you feedback, and do not take it personally. They are trying to help.



(Kim tutoring in the TRIO/SSS Student Lounge)







# Things to Keep In Mind Continued...

- Double check your citations and which writing style your instructor would like you to use. There are subtle differences between APA, MLA and Chicago styles that you need to pay attention to.
- Read your paper out-loud to someone so you can feel how it reads. If it sounds funny to you out-loud, it sounds funny on paper.
- STOP when you feel finished. Messing with a paper too much will ruin a good paper.



(Mary tutoring a student in the tutor room)

## Final Exams:

- Get a good night's sleep the night before the exam. If you do not know the material by the night before the test, you will NOT be able to cram it into your head the night before. Additionally, not getting enough sleep will cause you to miss questions you might have otherwise gotten correct.
  - Eat a light meal before your test. If you go into the test hungry, you will not focus on your exam, but how hungry you are.
- Have an extra writing utensil. Nothing is worse than having to stop mid-exam to sharpen a pencil...particularly if you are in "the zone."
  - Look through the whole test before you start to assess what will need the most time. Essays take longer than multiple choice, so do those first.
  - Skip questions that you do not know the answers to, you can come back to them later. Do not get questions incorrect because you did not get to them.
  - DO NOT change your answers!!! Your gut instinct is usually the right one. Most of the time, when you change your answer, you regret it!
  - Take your time and read each question completely.

Finally, do not forget to put in a tutor request NOW! The good tutors fill up FAST!  
Good Luck during finals and remember the entire TRIO staff is behind you.





# STRESS LESS FEST DECEMBER 4 - 11

<p><b>MONDAY</b> 12/4</p> <p> <b>"DONUT" STRESS</b> CITY COLLEGE, 7:45 - 9:30 AM</p> <p><b>COFFEE BREAK &amp; STUDY TIPS</b> CITY COLLEGE, 11-1 PM</p> <p></p> <p> <b>JACKET JAVA &amp; JAMS</b> STINGERS &amp; SUB ATRIUM, 5-7 PM</p>	<p><b>TUESDAY</b> 12/5</p> <p><b>"DONUT" STRESS</b> LA LOBBY, 8-10 AM</p> <p></p> <p> <b>SMASH A PLATE</b> SUB ATRIUM, 4-6 PM</p> <p><b>HOLIDAY CAROLING</b> SUB MISSOURI, 5:30 PM</p> <p></p> <p> <b>NIGHT @ THE REC</b> ALTEROWITZ GYM, 7-9 PM</p>	<p><b>WEDNESDAY</b> 12/6</p> <p><b>COFFEE BREAK &amp; STUDY TIPS</b> LA LOBBY, 8:30-10:30 AM</p> <p></p> <p><b>DROP-IN COLORING</b> CITY COLLEGE, 11-1 PM</p> <p></p> <p><b>Bunko Night</b> <b>BUNKO NIGHT</b> LIBRARY, 6 PM</p>
<p><b>THURSDAY</b> 12/7</p> <p> <b>BUBBLEWRAP ROOM</b> SUB YELLOWSTONE, 9 AM - 8 PM</p> <p><b>DROP-IN COLORING</b> SUB ATRIUM, 11-1 PM</p> <p></p> <p> <b>YOGA CLASS</b> SUB BEARTOOTH, 2-3 PM</p> <p><b>DIY STRESS RELIEF</b> SUB ATRIUM, 4-6 PM</p> <p><i>diy zen garden &amp; stress relief putty</i></p>	<p><b>FRIDAY</b> 12/8</p> <p><b>JINGLE &amp; MINGLE: A WHO-BILATION!</b> RIMROCK CAFE, 5-6:30 PM</p> <p></p> <p><b>WOMEN'S BASKETBALL GAME VS ROCKY</b> ALTEROWITZ GYM, 7:30 PM</p> <p></p>	<p><b>SATURDAY</b> 12/9</p> <p><b>MEN'S BASKETBALL GAME VS ROCKY</b> ALTEROWITZ GYM, 7:30 PM</p> <p></p> <p><b>MONDAY</b> 12/11</p> <p><b>CRAM JAM LATE NIGHT DINNER</b> RIMROCK CAFE, 8-10 PM</p> <p></p>

FULL LIST OF STRESS LESS FEST EVENTS & DETAILS: [HTTP://MSUBILLINGS.EDU/STUDENTLIFE/STRESSLESSFEST.HTM](http://msubillings.edu/studentlife/stresslessfest.htm)

MASTER CALENDAR: [HTTPS://EMS.MSUBILLINGS.EDU/MASTERCALNDAR/](https://ems.msubillings.edu/mastercalendar/)





# Stellar Student December 2017

## Dave Ballew

This semester, Dave Ballew decided to return to college to obtain a bachelor's degree of Applied Science in Business Management. He is currently in the last semester of his junior year. Dave is a nontraditional student who spent the last few years working in the IT Industry. Becoming an IT Manager or Security Administrator is one of Dave's major goals. In order to land his dream job, he plans to study advanced IT Security.

### What inspired you to get a Bachelor's Degree?

**Dave:** "It was always on my bucket list. Having a string of terrible managers has made me want to be a good manager."

### Can you share a childhood memory?

**Dave:** "I received my first computer at 10 years old. My brother and I always messed with the computer and ran into problems. We had to fix the problem before mom came home. We would be in trouble if we didn't."

### How has TRIO/SSS helped you?

**Dave:** "TRIO/SSS has given me a place to hang my hat while at the campus. I have met some great people, got a job as a mentor, and regular tutoring is getting me through biology."



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

1. I shovel snow in gym shorts and boots.
2. My friends consider me the master BBQ'er among us.
3. I have visited four countries in Europe and three in Asia.
4. I have fought wildland fires.
5. I enjoy competing in United States Practical Shooting Association competitions.







# Activities & Important Dates

Scholarships Workshop - Drop-In Session—December 5th from 11:30AM — 1PM @ TRIO/SSS Lounge/LI 141

TRIO/SSS Potluck—December 6th from 11:30 AM—1PM @ TRIO/SSS Office

Read & Write Gold Workshop (TRIO/SSS) - December 7th @ 3:30PM @ TRIO/SSS Lounge/LI 141

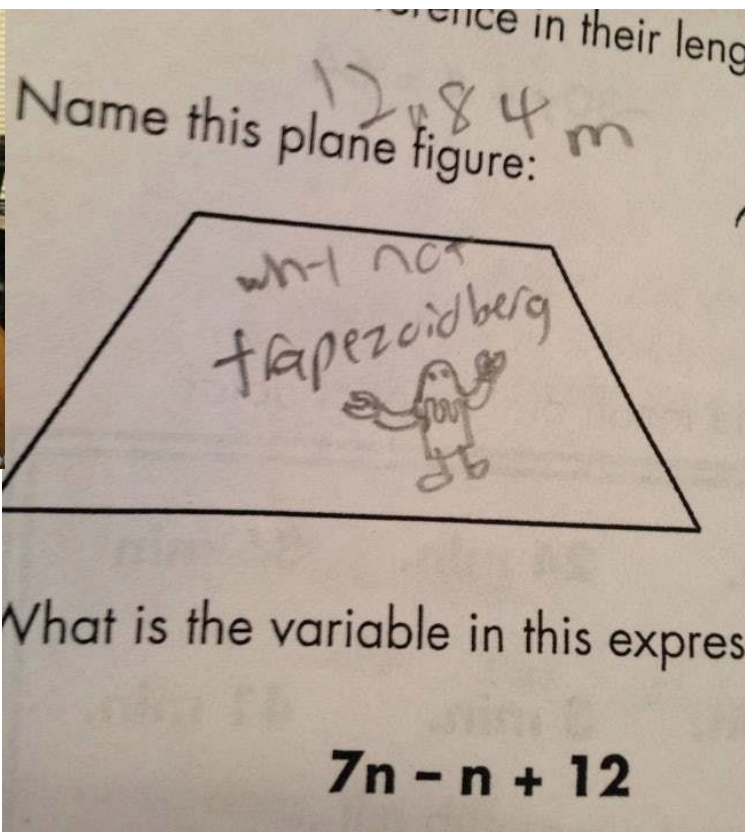
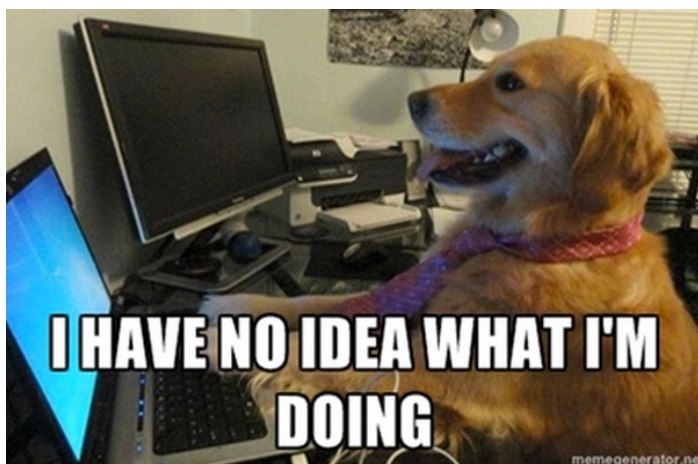
3rd Annual Jingle & Mingle: A Who-Bilation! - December 8th @ 5:00PM @ Rimrock Café

Final Day to Withdraw from Fall 2017 Classes (no refund) - December 14th

Residence Halls Close—December 15th

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

# Finals Week Memes



Solving equation by

$$\frac{1}{n} \sin x = ?$$

$$\frac{1}{n} \cancel{\sin} x =$$

$$six = 6$$







# *Finals Schedule*

Fall Semester 2017				
Time	Monday 11-Dec-17	Tuesday 12-Dec-17	Wednesday 13-Dec-17	Thursday 14-Dec-17
8:00-9:50	12:50 MWF,MW, WF,MF & 4-Day	2:00 TR	9:20 MWF & 4-Day	7:00 TR
10:00-11:50	10:30 MWF & 4-Day	12:10 TR	2:00 MWF	3:40 TR
12:00-1:50	11:40 MWF & 4-Day	7:00 MWF & 4-DAY	8:40 TR	2:30 MW,WF, MF
2:00-3:50	8:10 MWF & 4-Day	10:30 TR	3:10 MWF	4:20 MWF

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