

TRIO/SSS Connections

February 2018

Meet The New Peer Mentors

"I was born and raised in Reno, Nevada, and moved to Montana in the Fall of 2016. I started my college career right out of high school, shortly realizing I was not ready to commit. After taking a six-year break searching for my purpose in life, I started working towards an Associate of Science at a local community college in the Spring of 2015. While working towards that degree, I gained confidence as a student and fell in love with learning. With this confidence, I started my Bachelors of Science in Psychology here at MSUB in the Spring 2017 and will graduate in the Spring of 2018. I look forward to helping TRIO students in any way possible in achieving success in their college career, even if sometimes it seems difficult. I am a huge dog lover. In my free time, I love taking my Australian Shepard, Willow, for a walk or curling up and reading a book. " - **Deena Ledford**



"I was born in California; however, I have lived in Billings most of my life. I have an A.A.S. in Desktop/Networking Support, which is just fancy for "I'm an IT guy." After obtaining my Associates Degree, I spent seven years in the IT field. I am currently a senior in Business Management for my B.A.S. After graduation, I hope to get accepted into a graduate program to obtain an M.S. in Cybersecurity. My goal is to become a manager or an IT Security Specialist. I love movies and games. " - **Dave Ballew**

"I started college at 18, but before graduating, I moved to Glasgow, MT to be with family. While in Glasgow, I earned my Associate's Degree in Business Administration. I moved to Billings in the Summer of 2017 to finish my Psychiatric Rehabilitation Degree. After graduation, I plan on working the necessary hours to get my LAC. When I am not busy with school and work, I spend most of my time with my 11 year old daughter cooking, eating ice cream, listening to music, and whatever else we choose to do. " - **Krystal Page**

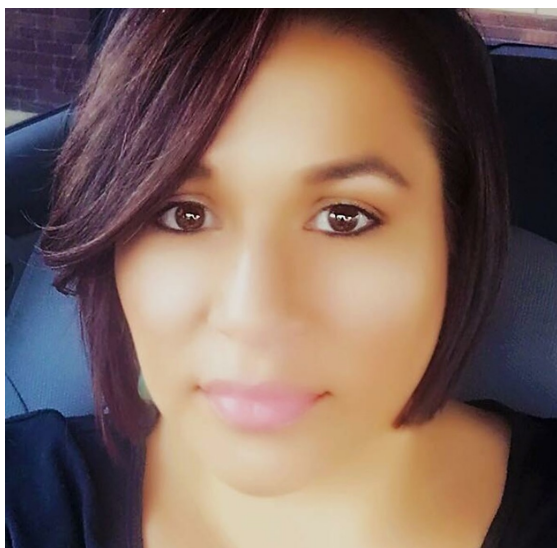


TRIO/Student Support Services
Located: Room 141 in the Library
Building
Office Hours: Monday—Friday
8am-5pm
406-657-2162



Stellar Student February 2018

Athena Beaumont



Athena is a nontraditional college student majoring in Psychiatric Rehabilitation. She is currently in her sophomore year and hopes to become a Licensed Addiction Counselor. Athena is very involved in her children's athletics. Her kids have been involved in basketball and volleyball since they were able to walk. She spends a lot of time watching them practice and play in games and tournaments. Athena stands out as a Stellar Student for being able to balance school and home life.

What community organizations and activities are you involved in? :

Athena: "I have volunteered at Angela's Piazza and Michelle's House. At Angela's Piazza I ran the daughters of tradition program, which was one night a week for Native American girls 11 to 16 years of age. We had dinner and they learned table manners. It's also a safe

place for them to get out any emotions or things that are going on in their little lives. With Michelle's House, I would sit in with a group of ladies up at the Rimrock Foundation and share my life story. I also would answer any questions they had for me about addiction or relationships."

How has Trio/ SSS helped you?:

Athena: "TRIO has helped me be more confident in school and confident with myself. If it wasn't for the program and the tutoring I receive, I would have dropped out during my first semester."

What is your dream job?:

Athena: "My dream job is to work in the prison or jail system to help inmates use their tools to stay sober and out of the system."

What are 5 random facts about you?:

1. I love green tea.
2. My oldest child is 19.
3. My youngest child is 1.
4. My favorite color is green.
5. I was on Sesame Street when I was 11 years old.



HAPPY
VALENTINE'S
DAY ♥



Initial all donations so prizes can be awarded appropriately.

Sign in sheets will be available.

If you would like to donate but cannot make it accommodations can be made through David McGee.

TRIO SSS Food Drive

Feb. 26th – Mar. 2nd

TRIO
STUDENT SUPPORT SERVICES



- We will be accepting any non-perishable food donations
- Proceeds will be donated to the Yellow Jacket Food Pantry for MSUB student use
- Prizes will be given to the top three donors
- Donor boxes will be located around campus
- For unanswered questions contact David McGee at SSS TRIO.
david.mcgee2@msubillings.edu



Hooray! Free Sub Day!

Wednesday - February 7th

11AM-1PM

TRIO SSS Main Office

For active TRIO SSS Students only



From the Director: Laura Gittings-Carlson

Welcome February! The 2018 spring semester is underway and we hope you're settled into your classes!

You might have noticed a few changes in our offices this semester. Over the winter break, we changed things up a bit around here. Let me explain why.

First, you'll notice that the main office (Library 141) has more of a casual feel to it, with the couches and bistro table. We realized that most of the students who came into this office wanted a place to chill out for a few minutes in between classes, eat a meal, and visit with their TRIO friends. This new set up allows for this.



The mentor room (Library 130) is now **only** for mentors. There are no computers available for student use in the mentor room. Last semester we received complaints from students who felt as though they couldn't really talk to their mentors about their concerns with so many people coming and going. The mentor room is now just for mentor sessions and we've put up a few more partitions to allow for more privacy.

Finally, all student computers have been moved to the student lounge area (Library 121). These were taken from the mentor room and the main office. This room includes five student computers, a printer, an ELMO for presentations, a kitchenette, and the Veterans' lounge.

Another new thing this semester is orientations for the TRIO/Student Support Services (SSS) program. Students only have to attend one orientation. It makes no difference whether you are new to the program this semester or have been here for a couple years. We'd like everyone to sit in on at least one orientation to better understand the TRIO program, what our responsibilities are as a 100% federally funded program and what students' responsibilities are. This quick 15-20 minute orientation will explain how you can remain an active members of the SSS program. When you become inactive, you lose all privileges to the program (cannot participate in tutoring, printing or copying, etc.) To stay active, be sure to meet with your mentor at least three times per semester (once at the beginning, at midterms, and at the end of the semester), participate in one workshop, and be sure to attend an orientation. Remember, mentor meetings and workshops are each semester; however, you only have to attend orientation once.

Stop by, call, or email us with any questions and have a wonderful semester!



NATIVE VOICES

NATIVE PEOPLES' CONCEPTS OF HEALTH AND ILLNESS

**Opens at Montana State University Billings Library
January 31st - March 2nd, 2018**



Native Voices: Native Peoples' Concepts of Health and Illness, a traveling exhibition to U.S. libraries, explores the interconnectedness of wellness, illness and cultural life for Native Americans, Alaska Natives and Native Hawaiians. Stories drawn from both the past and present examine how health for Native People is tied to community, the land and spirit. Through interviews, Native People describe the impact of epidemics, federal legislation, the loss of land, and the inhibition of culture on the health of Native individuals and communities today.

The traveling exhibition features interviews and works from Native people living on reservations, in tribal villages, and in cities. Topics include: Native views of land, food, community, earth/nature, and spirituality as they relate to Native health: relationship between traditional healing and Western medicine in Native Communities; economic and cultural issues that affect the health of Native communities; efforts by Native communities to improve health conditions; and the role of Native Americans in military service and healing support for returning Native veterans.

The traveling exhibit is produced by the National Library of Medicine (NLM), and the American Library Association (ALA) is in partnership with NLM in touring the exhibition to American libraries.

"This exhibition honors the Native tradition of oral history and establishes a unique collection of information," says Donald A.B. Lindberg, MD, director emeritus of the National Library of Medicine. "We hope visitors will find Native Voice both educational and inspirational, and we hope Native people will view it with pride."

An opening ceremony will take place on Feb. 8th from 8:00 am – 9:00 am in the library's main foyer. Continental breakfast will be served. Following the opening, a lecture panel will take place, called "Indian Health Care in an Urban Center," led by Kassie Runs Above and Shawna Cooper. The lecture takes place in Library Arts room 205 from 9am - noon. An Additional lecture for students, "Billings Indian Health Wellness," will be offered on February 26th.

Activities & Important Dates

How Cell Phones Impact Our Relationships Workshop—February 6th @ 1PM @ TRIO SSS Lounge/Room 121

Last Day for Withdrawing/Dropping Classes with a Partial Refund—February 6th

Blood Drive—February 7th from 12PM-3:30PM @ SUB Beartooth

Library Literacy Workshop—February 7th @ 1PM @ TRIO SSS Lounge/Room 121

Late Night Skate Date—February 9th from 9:15PM-11:15 @ Centennial Ice Arena

Microsoft Products and Computer Programs Workshop—February 12th @4PM @ TRIO SSS Lounge/Room 121

Presidents' Day No Classes—February 19th

Note Taking Workshop—February 20th @ 1:30PM @ TRIO SSS Lounge/Room 121

Pictionary Night at your Library—February 21st from 6PM-8PM @ Library Main Floor

Adam Grabowski (Comedy Show) - February 27th @7PM @ Petro Theater

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

College Survival Tips

- Think positively
- Get involved on campus and in the classroom
- Ask a lot of questions in class
- Do not procrastinate
- Read the assigned texts
- Do not cram for tests
- Practice active listening
- Take risks and open up
- Go to class
- Talk with your Peer Mentor about any issues
- Develop Critical thinking skills
- Sit in the first three rows in the classroom
- Eat right, drink a lot of water, and exercise regularly
- Talk to your professors



Like us on Social Media



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