

MSU BILLINGS CONNECTION

February
2017

THE

Student Support Services TRIO

Spring semester does not always feel much like spring in the beginning. With a chilly start to 2017, it can seem difficult warming up to the idea of studying. If you are a student that needs extra help with motivation or course assistance, you're in luck! Time management, organization, and tutoring are some the specialties of the TRIO staff!

- ✍ Map your semester in a planner by writing down due dates for assignments, planning study time for tests and quizzes, and organizing work and activity schedules.
- ✍ Make school a priority. There are lots of opportunities on campus to join an organization or to find helpful resources. Remember being a college student is about more than just attending class and doing homework.
- ✍ Set a sleep schedule for yourself and stick to it! Sleep is the time your body uses to repair and rejuvenate. While your schedule is hectic, it is important to remember to take care of yourself. Lack of sleep can cause a multitude of problems.
- ✍ Struggling with homework? Sign up with your mentor for tutoring. The deadline for tutor applications is **Friday, February 3.**
- ✍ The Academic Support Center also provides tutoring.
- ✍ If you are interested in being a tutor for TRIO, pick up an application in Library 141. You can also offer to organize study groups for your classes. Ask your professor for suggestions on ways to help your classmates.
- ✍ New this semester: you may have a supplemental instructor (SI) in your class. An SI offers tutoring and attends your class! Ask your instructor for details.
- ✍ Meet regularly with your TRIO mentor. Mentors know excellent resources on campus and off. We can also help with more than academic issues.
- ✍ Don't be afraid to ask for help!



2017

MSU BILLINGS

Social Spotlight

Uniquely Diverse

In the fall of 2015, several MSU Billings student saw a need that was not being met on campus. This group decided to organize and offer a new support to students. They began the club: Uniquely Diverse. It is the mission of the club to help bring awareness to disabilities on campus. Disability Support Services, headed by Trudy Carey, does an awesome job of helping students. However, their location can be a bit difficult to find or some students who could benefit from services do not know where to begin the process. An interesting fact about the officers of the club is that they are ALL also participants in SSS/TRIO. They are *uniquely* qualified to help a plethora of students. This year, the club has focused on fundraising to help promote the club and draw attention to and fix hinderances on campus. They are also in the process of organizing Disability Awareness Week. Students with and without disabilities can benefit from this club. Join today!

“Everyone is welcome to participate in Uniquely Diverse and enjoy the comradery and the shared goal of educating the campus community about disability services both on the campus and in the community,” Trudy Carey.

CLUB OFFICERS:
 President: Richard Dawes
 Vice President: Amy Stuckey
 Treasurer: April Buscher
 Secretary: Jayme Seeley
 Faculty Advisor: Trudy Carey



Stellar Student

Being raised by a single-mom inspired Richard Dawes to be self-sufficient. Since his days in high school, Richard has always been involved. Between being a student athlete and working several part-time jobs, he started building the skills he would need to be a successful adult. Today you can find Richard in the TRIO lounge studying, in the Mentor Room helping a student, in class learning strategies for his career in Human Services, or a myriad of other places.

Like many students, Richard’s road to academia had a few twists. While working at Montana Rail Link, he developed an allergy to the formaldehyde in diesel exhaust. Suffering from staph infections, sepsis, and stroke-like symptoms, Richard was forced to choose another career path. Upon entering MSU Billings, he paid for his first semester. However, after finding out about available services, Vocational Rehab stepped in to cover tuition and books.

As a father of teenagers, you can imagine how busy Richard is with family commitments. His responsibilities extend beyond parenting. He will finish his Associate’s Degree in Rehabilitation Concentration in Chemical Dependency/Addiction Counselor Licensed Candidate (ACLA) and a BS in Human Services. On-campus he mentors for SSS/TRIO, is President of Uniquely Diverse, a DRTC member, a DSS Advisory Board Member, and Vice-President of TRIO Advocates. If that’s not enough, he is also a committee member for Emergency Services in Laurel, founder of the Troy Stutterheims Memorial Scholarship Fund, a Presidential Safety Award Winner, Montana Rail Link Safety Person of the Year, and countless other accolades for his dedication to work-place safety and people!

During his time at MRL as both Yardmaster and Engineer, the death of a co-worker prompted Richard to start a scholarship for his son. The desire to help one young man go to college, turned into an annual basketball tournament that has raised thousands of dollars and benefited multiple students. To date, 34 scholarships of varying amounts have been awarded to worthy college-bound scholars. Funds are now raised by proceeds from vending at the railyard. In addition to his full-time course schedule and TRIO mentoring, Richard also works nights and weekends at Rimrock Foundation. His duties include everything from bed checks to distribution of medications. Richard works mainly with males ages 13-19 suffering from addiction.

Richard is the kind of guy you could call in the middle of the night because your car broke down or you had a bad day. He is selfless with his volunteer spirit. When Richard sees a need or an injustice, he creates a solution and lends a hand. He is a doer, not a what-if person.

“While working at MRL, I witnessed how management handled two on-the-job employee deaths. I decided if I were to ever go back to school, it would be to become a counselor for those involved in safety sensitive work environments (railroad, fire dept, ambulance, police, refinery, etc.)”

Richard plans to pursue a graduate program this fall in Master of Science in Clinical Rehabilitation and Mental Health Counseling (M.S.C.R.M.H.C.)

Thanks, Richard for being a Stellar Student and for all your contributions on campus and in our community!

Important Dates

February

2017

February 1- Deadline for MSUB Scholarship Application
Ash Wednesday (UCM)
Non-Traditional Coffee Hour 12-2 pm LA Lobby Table 1
February 2- International Club Meeting 4-5 pm Upper SUB Atrium Lounge
February 7- Last Day to Withdraw/Drop with Partial Refund
February 9- Java with Dr. Joe 11:30 am-Noon SUB ASC
February 11- Service Saturday 9:30 am-Noon SUB Atrium
February 15- Employers on Campus 11am-1 pm SUB Atrium
February 20- President's Day- NO Class; Offices CLOSED
February 21- Registration Begins for Summer 2017
February 23- City College Career Fair Health Sciences Building
EVERY SATURDAY- FREE Tax Prep 11:30 am-5:30 pm SUB Beartooth Room
Sponsored by Accounting Club and HRDC

TRIO WEEK-FEBRUARY 18-25

Get Involved

Wednesday, February 1

- § Midweek Student Gathering, UCM 8:30-10 pm
- § TRIO Advocates Meeting, Library 141 11 am

Thursday, February 2

- § International Club Meeting, Upper SUB Atrium 4-5 pm
- § InterVarsity Christian Fellowship, SUB A&B 7-9 pm

Saturday, February 4

- § InterVarsity Battle of the Bands, SUB Petro Theatre 5-8 pm

Monday, February 6

- § RHA Meeting, SUB Missouri 7-8:30 pm

Thursday, February 9

- § French Club, SUB Missouri 7-9 pm

Tuesday, February 14

- § Valentine's Day
- § Chi Alpha, SUB Beartooth 7-9 pm

Thursday, February 23

- § Accounting Club Meeting, LIB 148 4:30-6 pm



VOTE

TRIO Advocates Club is holding elections! Please stop by the office to cast your ballot.

Nominations Due: February 10
Voting Deadline: February 21
Announcement of Officers: February 23

Visit Library 141 for more details!

<https://www.ems.msubillings.edu/mastercalendar/>

Tuesday, February 21

Faculty Appreciation Day

Professors at MSU Billings play a vital role in the success of the TRIO office and its participants. It is through their referrals that many students learn about TRIO and the wide-variety of services that are available through the program. Instructors also help by providing mid-term grades, offering additional course assistance, and alerting staff about students who are falling behind in class. It is with sincere thanks from the TRIO office that we applaud those faculty members who go above and beyond for students!

Wednesday, February 22

FREE Popcorn

Want to hear more about TRIO? Want to see if the services we provide can help you with everything from scheduling to car repair? Already a member and want to find out how to be more involved? Stop by the hallway outside our office (Library 141) and find out the answers to these and other questions you may have. There are plenty of opportunities to get involved even if you are not a program participant.

Thursday, February 23

Each month our newsletter features a Stellar Student. This month we are honoring TRIO mentor and student participant Richard Dawes. Richard has also been nominated for the Montana ASPIRE Achiever Award. In addition to presenting Richard with a token of our thanks, several members of our faculty and administration will attend. Light refreshments will be provided. Please join us in celebrating the hard work of this month's Stellar Student!

Friday, February 24

We have chosen a pretty sweet ending to our week of celebrating.

On Friday, we will offer a Candy Blitz! This is an additional opportunity for you to help us promote TRIO, get to know our staff, and find out about all the excited possibilities we offer. Stop in for a treat and find a lot more!

Saturday, February 25

For this year's service project, it was easy to choose an organization in the Billings community that needs our help. Recently, one of TRIO Mentors, Daniel Mehrens-Wallace, helped start a youth outreach program called Rainbow Coffee House. The mission of the Rainbow Coffee House is to build resilience in LGBTQ+ youth through healthy peer relationships, empowerment, leadership development, education, community outreach and advocacy. The TRIO staff and participants will spend Saturday mentoring the youth. Some of our topics will cover: applying for financial aid, balancing classes and athletics, clubs and activities, and life on campus at MSU Billings.

Do you know someone who is interested in attending MSU Billings when they graduate? Would you like to spend time mentoring youth and answering questions about your life as a student? Please contact the office for further details.



Service Saturday

Want to help but can't attend? We also welcome donations. You may drop off items in the TRIO office anytime between now and Friday, February 24.

Possible items include: non-perishable food items, flavored coffee syrups, and of course coffee.



Want to join us for our service project?

Rainbow Coffee House

1935 Avenue B

Billings, MT 59102

11 am-3 pm

<http://www.rainbowcoffeehouse.blogspot.com>



Providing **FREE** Packaged Meat
for **ALL** Veterans

Call Chris at 860-9683 for more details

Donations are welcome.

Follow us on our Facebook page @vetmeatlocker

Chris Grudzinski, MSUB and TRIO student has started a non-profit organization to support Veterans. Any Veteran is eligible for FREE packaged meat. Anyone can donate to the cause. If you are interested, or know someone who could benefit, please contact Chris. All donations and requests will help build the opportunity for the future. Please call Chris today! 860-9683

Access & Excellence

On January 7, SSS/TRIO had the opportunity to sponsor an MSUB basketball game. Members of the TRIO staff were on-hand to share information about the program, eligibility requirements, and service opportunities. In addition to our information table, the basketball program featured an insert detailing TRIO services and ways to contact members of the staff and the student mentors. Perhaps the most exciting part was the half-time interviews of two of our participants.

Scott Gorman, January's Stellar Student, shared his experiences with TRIO and ways students may have their taxes prepared for FREE! Thanks to the Accounting Club and HRDC, tax prep is available on campus every Saturday through mid-April.

One of our new Office Aids, Emily Cruz, also shared her story. In addition to Emily's student involvement, she explained the types of students TRIO serves and how to begin the application process. You may watch the interviews via the webcast here:

<https://www.youtube.com/watch?v=y-NUVEF7QoU&feature=youtu.be>



TRIO would like to extend an extra-special thanks to the two gentlemen above. Jeff Rosenberry (left), Interim Associate Dean of Students, conducted the interviews with Scott and Emily along with announcing the game.

Evan O'Kelly (right), Director of Communications for Athletics, not only co-announced the game with Jeff but also helped in other ways. Evan coordinated TRIO's sponsorship of the game, included TRIO info in the programs and offered FREE tickets for our students.

Thanks, Jeff and Evan, TRIO appreciates you!

VITA

Are you looking for a way to help others? Would you like to thank HRDC for completing your taxes? Want to be entered for a chance to win \$100 at the end of tax season? You can volunteer to work as a greeter. You do not need special tax certification, you just need to complete a short training. Greeters help clients with check-in and paperwork before they meet with a tax advisor. Please contact Scott Gorman for more details! 850.9601



Student Support Services TRIO

Staff

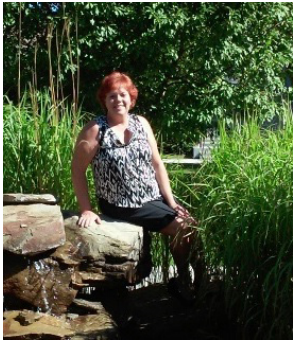
Professional Staff:

Kelly Buck, Director
 Kim Kost, Academic Coordinator
 Lori Hypes, Academic Counselor
 Kerri Rogers, Program Coordinator

Emily Cruz, Office Aid
 Matthew Grooms, Office Aid

Mentors:

Patrick Cosgriffe
 Richard Dawes
 Levi Eastwood
 Daniel Mehrens-Wallace
 Paradise Medicine Horse
 Annelise Phelps



Office Hours
 8:00 AM to 5:00 PM Monday-Friday
 Saturday 9-5 by appointment
 Call for details
 Phone (406) 657-2162
 Fax (406) 657-1667



Schedule an appointment online at
<http://www.msubillings.edu/sss/>