

# TRIO/SSS Connections

March 2018

## TRIO Week 2018 was a Success

MSUB students and staff celebrated National TRIO Week from February 26th until March 2nd with a variety of events. TRIO Advocates club and TRIO/SSS staff planned out most of the weeks activities.

On **Monday, February 26th**, all students were able to experience what it is like to be a part of TRIO/SSS in an event called *Try TRIO*. Mentors and tutors were available for anyone who had questions. Students took advantage of free coffee, muffins, and advice.



Students enjoyed popcorn and learned about how TRIO/SSS helps students succeed in college on **Tuesday, February 27th**.

On **Wednesday, February 28th**, students enjoyed pizza and cake while mingling with their fellow colleagues.

Bingo with TRIO attracted a lot of attention, on **Thursday, March 1st**, as students won donated prizes such as a tattoo worth \$100 from Black Dagger Tattoo, free hair cuts from various hair stylists in Billings, gift certificates from Burger Dive, Pita Pit, and other great prizes.

During the week TRIO SSS collected food and clothing. On **Friday, March 2nd**, all food was donated to the MSUB Yellowjacket Emergency Food Pantry. Clothes were given to St. Vincent de Paul.

Thank you TRIO Advocates, Staff, and Students for making TRIO Week a success! Thank you to the Library for allowing us to use your space! Thank you to HEROES for allowing us to borrow bingo cards and markers! Thank you Student Union & University Events for allowing us to use your Bingo machine! Thank you to all organizations that donated prizes for Bingo with TRIO! Thank you to Petro Hall RA, Camryn, for volunteering on Bingo night!



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



# Staying Safe This Flu Season

With the flu season upon us, we at TRIO Student Support Services would like to remind everyone to be safe. We have heard that the flu shot this year is only 10% effective as the vaccination was for Influenza type A; unfortunately, this year the bug getting everyone is Influenza type B. Following are a few reminders to help you avoid getting sick, or getting other people sick.

- If you feel sick, go to Student Health Services. If you are taking more than six credits, it will cost you nothing.
- **STAY HOME** when you are sick! Email instructors and cancel any appointments. Most instructors are more than happy to reschedule quizzes, exams, or assignments if you have the flu.
- Keep hydrated. The flu itself is not usually what is fatal, it is the dehydration and not taking good care of yourself that will do the most damage.
- Water alone is not enough. If you have the flu, get Gatorade or Pedialyte; you will need the electrolytes in these to keep you hydrated.
- Make sure you are better before resuming classes and outside activities.
- If you start to feel dizzy or ill, go see a doctor. A doctor bill is a lot less expensive than a hospital stay. **DO NOT RISK IT.**





Follow us on Twitter  
@SSSTRIONMSUB



Like us on Facebook  
@msubtrio



Follow us on Instagram  
@triossmsgsub



ROCKY MOUNTAIN COLLEGE

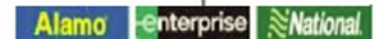
# 2018 CAREER FAIR

**WHEN**  
Tuesday, March 27th  
1:00-4:00 pm

**WHERE**  
MSUB Student  
Union Building

**For More Information:**  
406-657-2168

**THANK YOU TO OUR PREMIER  
EMPLOYER REGISTRANTS:**



*Commuter Student*  
**FOCUS GROUP**  
03.19.18  
5:30 PM - SUB MISSOURI

STUDENT HEALTH SERVICES WANTS TO HEAR FROM YOU ABOUT YOUR DINING EXPERIENCE ON CAMPUS. WE WANT INPUT ON HOW WE CAN HELP YOU MAKE HEALTHY CHOICES WHILE EATING ON CAMPUS OR ON THE GO!

Rsvp: [HTTPS://GOO.GL/MFBQ3F](https://goo.gl/MFBQ3F)

*FREE FOOD!*

15TH ANNUAL  
**INTERNATIONAL FOOD FAIR**  
THURSDAY, MARCH 22  
RIMROCK CAFÉ  
4:00-7:00PM

Cost: \$12 - Children 10 and under free  
Current MSUB students can enjoy the fair using a valid meal card. Tickets sold at the door the day of the event.

MSUBILLINGS  
International Studies

Participating countries: Bulgaria, China, France, Germany, Iran, Italy, Japan, Kenya, Malaysia, Pakistan, Saudi Arabia, South Korea

MSUBILLINGS  
Office of International Studies

**Study Abroad in Germany**

**Information Session**

Important representatives from Ludwigsburg University of Education will be visiting MSUB Billings. Learn how you could study in Ludwigsburg, Germany for one semester or year.

- Where: Library, Room 302
- Date: Tuesday, March 27
- Time: 3:45pm

- Classes are Available in English
- Pay MSUB Tuition
- Financial Aid & Scholarships
- Intensive German Language & Culture Classes Offered
- Perfect for Education Majors

[studyabroad@msubillings.edu](mailto:studyabroad@msubillings.edu) | (406)657-1761 | <http://www.msubillings.edu/internationalstudies/studyabroad.htm>

# Stellar Student March 2018

# Renaldo Bustos

Renaldo Bustos is a non-traditional Freshman studying Health and Human Performance. He has served in the United States Marine Corps. His persistence and drive to earn the best grades possible have landed him the recognition of March 2018 TRIO SSS Stellar Student.

## **What are your goals once you get your degree?**

**Renaldo:** "Own my own business and influence the youth and other people to be the best they can be."

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

**Renaldo:** "I love life and everything about it."

## **What advice do you have for students?**

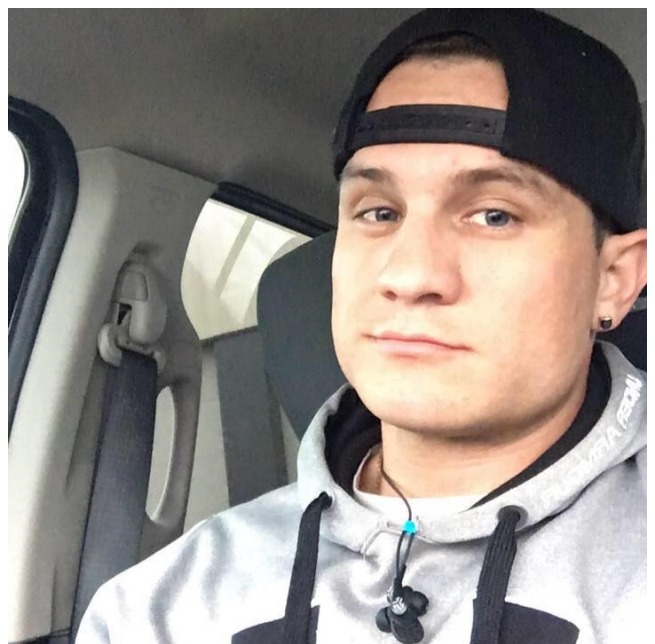
**Renaldo:** "No matter what you're going through, it can always be worse, as hard as it sounds. If it didn't kill you, keep pushing on, you got this."

## **How has TRIO helped you?**

**Renaldo:** "They are helping me succeed through school and life. The tutoring has been one of the best things TRIO offers. I would be lost without TRIO. Thank you TRIO!"

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

1. I love pizza.
2. I enjoy working out.
3. I have seven names.
4. I love ice cream.
5. I will most likely try to make you laugh.



# Organize Your Time

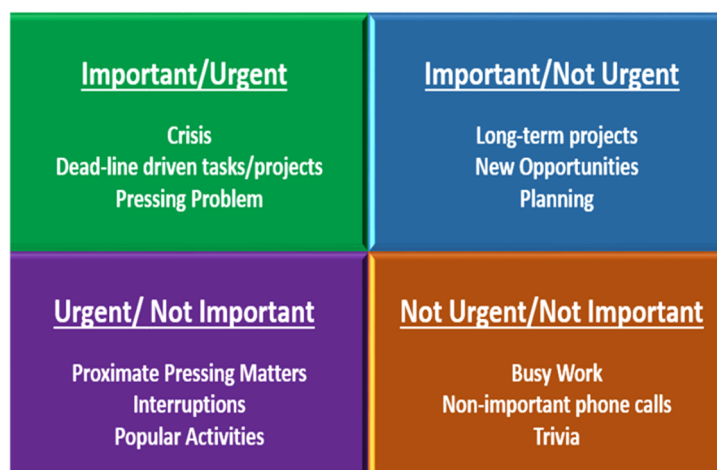
It is common for people of all ages to struggle with time management. According to Cambridge English Dictionary, time management is “the practice of using your time effectively.”

For some people, time management is as simple as writing down and prioritizing what needs to be done. Different methods work for different people. You may use a planner or print out a calendar for each month in the semester and write down any deadlines. Along with that, you can use a weekly calendar and write out what times you have class, work, have to pick your children up from school, etc. If work schedules change, you can fill out a weekly schedule every week. If your work schedule does not change, you can use the same weekly schedule week after week.

When managing tasks and time it is important to:

- 1.) **Be proactive.** This means taking initiative to get things done, not relying on others to complete your tasks, and not waiting until last minute to do assignments.
- 2.) **Begin with the end in mind.** Allow yourself to think things through and plan ahead. Set personal goals, whether it be work related or class related accomplishments you would like to achieve.
- 3.) **Put first things first when setting goals.** Consider the importance of each goal and decide which ones are truly important and which ones can wait. You can use the Quadrants of Urgency to help identify what goals are urgent, important, not urgent, and not important.

## The Four Quadrants of Urgency



4.) **Improve concentration.** Turn off the television, your cell phone, music, etc. You might think five minutes of Facebook won't hurt, but how often does five minutes turn into 10, 15, 20 minutes or more? It is also beneficial to set pre-deadlines one day in advance of the real deadline.

Time management might seem like a lot of work, but it really is not. Keep a positive mindset and take self-responsibility. Blaming others and negative thinking will only cause anxiety and stress. Organize your day to day activities, know what you need to get done, do what is most important first and save less important tasks for later. If what you schedule does not work at first, go back and revise your plan.

# Activities & Important Dates

**Personal Budgeting Workshop**—Tuesday, March 13th at 2pm in Library 311

**Comedian Jenny Zigrino**—Tuesday, March 13th at 7pm in Petro Theater

**Learning Styles and Study Skills Workshop**—Wednesday, March 14th at 1pm in Library 311

**Applying for Graduate School Workshop**—Tuesday, March 20th at 3pm in Library 311

**Library Lecture Series - 50th Anniversary of the Vietnam War**—Tuesday, March 20th at 6:30pm in Library 148

**University Campus Career Fair**—Tuesday, March 27th, 1pm-4pm in Student Union Building

**Time Management Workshop**—Tuesday, March 27th at 1pm in Library 311

**Library Lecture Series - 50th Anniversary of the Vietnam War**—Tuesday, March 27th at 6:30pm in Library 148

**Read and Write Gold Workshop**—Monday, April 2nd at 3pm in Library 311.

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

MSU BILLINGS LIBRARY LECTURE SERIES

## VIETNAM 50 YEARS LATER

March 13

*"I Love the Smell of Napalm in the Morning": Vietnam from Hollywood to Ken Burns\**

Dr. Keith Edgerton, History Faculty, MSU Billings

March 20

*Female Voices of the Vietnam War*

Dr. Melissa Boehm & Dr. Samuel Boerboom, Communication & Theatre Faculty, MSU Billings

March 27

*The Supreme Court and the First Amendment: From Protests to Symbolic Speech*

Dr. Paul Pope, Social Sciences & Cultural Studies Faculty, MSU Billings

April 3

*Music of the Vietnam Era... Beyond Protest*

Dr. Mark Fenderson, Dr. Scott Jeppesen, Mr. Doug Nagel, Music Faculty, accompanied by Adjunct Music Faculty, Stephanie Davis, piano, MSU Billings

April 10

*Vietnam Voices*

Mr. Darrell Ehrlick, Billings Gazette Editor & Adjunct Communication & Theatre Faculty, MSU Billings

All lectures are Tuesday evenings at 6:30 p.m.  
in MSUB Library room 148, except April 3,  
which will be in  
Cisel Hall room 135.

\*Please be advised the film clips in the first lecture contain violence, coarse language, and other disturbing content and will not be suitable for minors.



MONTANA  
STATE UNIVERSITY  
BILLINGS  
LIBRARY