

TRIO/SSS Connections

November 2018

Spread Some Holiday Joy!

TRIO Advocates will be conducting their annual Angel Tree project again this year. Any TRIO SSS student who has a child or children can fill out an application if they feel that they can use a little extra help with gifts this holiday season.

If you have a child under 18 and would like to participate, fill out an application before November 30th. We do not accept requests for gift cards.

After November 30th, volunteers will take Angel Tree ornaments off of our tree in the TRIO SSS office (Library Room 141). Each angel ornament will list three gift ideas and the kid's age. Volunteers will then have the opportunity to buy one of the gifts listed on an ornament and bring it to the TRIO SSS office. Volunteers only need to buy one gift. All presents must be purchased by December 6th as gifts will be given out during finals week (December 10th - 14th).

TRIO students can find an Angel Tree application in the TRIO SSS office (Library Room 141) or by requesting one from Stephen at either 406-657-1688 or stephen.stefan@msubillings.edu. If you would like to volunteer for this project contact Stephen.



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



Gratitude Message

Just a reminder that there are no classes for the Thanksgiving holiday Wednesday, November 21-Sunday, November 25. MSUB offices, including TRIO SSS, will be closed Thursday, November 22 and Friday, November 23.

The Thanksgiving holiday is a great reminder to all of us of the importance of gratitude in our lives. Cicero identified gratitude as “not only the greatest of virtues, but the parent of all others.” Gratitude is powerful. It helps us focus on what we have, rather than what we feel is missing, and leads to greater satisfaction in life. Take some time this holiday season to be grateful for something, no matter how small, and experience the positive effects of gratitude firsthand.

~ *Tracie Musso, TRIO SSS Academic Coordinator*



Join TRIO Advocates

TRIO Advocates is an organization within TRIO Student Support Services that plans fun events, takes part in community service projects, and advocates on behalf of TRIO student at MSUB. We collaborate with various organizations on and off campus to promote networking, growth, leadership, and fun.

Every year TRIO Advocates puts on activities for TRIO Week (in February). Last year the student organization was recognized for it's Bingo with TRIO, food drive, Try TRIO, and Earth Day award winning events.

All MSUB students are encouraged to join. We are always looking for new ideas. TRIO Advocates is a great way for you to get volunteer experience, develop networking and event planning skills, and to socialize. If you are interested in joining, please contact Stephen Stefan for more information: 406-657-1688 or stephen.stefan@msubillings.edu. Get involved today!



First Generation College Student Day

On Thursday, November 8, MSUB and TRIO had the honor of celebrating National First-Generation College Student Day. The Center for First-Generation Student Success defines first-generation college students as those whose parents did not complete a four-year college degree. For the students, staff, and faculty of MSUB and nationwide who are first-generation, we applaud you for your commitment and achievement!



Now Hiring Tutors For the Spring 2019 semester!

**Tutors needed for
math, the sciences,
and other subjects**

For an application contact Tracie Musso in Library 141 or by email at tracie.musso@msubillings.edu





Do-Not forget to Register for Spring 2019!

Have you enjoyed a yummy donut somewhere on campus over the past couple of days? It's all part of the Do-Not Forget to Register for Spring 2019 message at MSUB. Yum! But why is registering early so important? Well, there are a few different reasons:



1. Registering early ensures that you will get into all of the classes you need to stay on track to graduate in a timely manner.
2. MSUB and City College are part of the Montana State University System. As such, students from other campuses can elect to take classes from MSUB and City College if there are spaces available. Yikes!
3. And...if you register by December 7th, you can enter to win some pretty fabulous prizes! These include:
 - Microsoft Surface Go Laptop
 - 1 Year of Netflix
 - Dining Dollars redeemable at Stingers, Jazzmans, and City College
 - Amazon Gift Cards

Oh yeah, and just for registering, you get a free coffee redeemable at MSUB locations! If you need any help registering, just ask us! Any one of us at TRIO SSS (your mentor or one of the full-time staff) can help you. If you have questions – ask. We may be able to answer them for you and if we can't we probably have a pretty darn good idea of who on campus to ask.

So remember, after registering for classes, just go to msubillings.edu/engagement to sign up for the Registration Rewards. Good luck!

Stellar Student October 2018

Bridget Bollinger



Bridget is a senior studying Biology with a Medical Laboratory Science Option. She is currently involved in STEM Club, Veterans Club, Pre-Med Club, and CPR Club on campus. Within the Billings community, Bridget is involved in Safari Club International - Billings Chapter, Rod and Gun Club- Sporting Clays Team. Before attending MSUB, Bridget served 11.5 years in the United States Air Force. She is extremely happy to be back home and have the opportunity to achieve a college degree. When she graduates, she plans to work in a Medical Laboratory in Montana and travel at least once to a third world country and use her skills to help people with their medical needs.

How has TRIO SSS helped you?:

Bridget: "TRIO SSS has helped me succeed. They have provided tutoring to ensure my success along with an open ear to help support any other need I may have whether it be someone to vent to or just a happy face to know I am not alone."

What are 5 random facts about you?

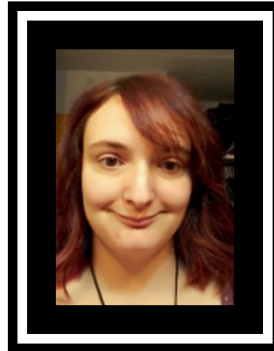
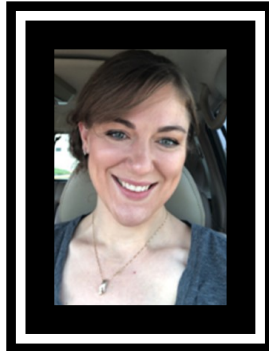
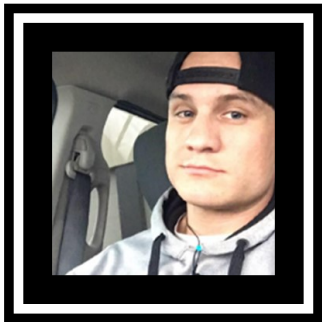
1. I do not like chocolate.
2. I love to hunt and fish.
3. My favorite color is purple.
4. I have swam with sharks.
5. I decorate cakes.

Help Us Celebrate

TRIO SSS Stellar Students

At TRIO Student Support Services, we want to celebrate our students' successes. We do this by honoring a Stellar Student each month. Anyone can nominate a TRIO SSS member for Stellar Student. We do ask that students meet the following qualifications in order to be considered:

1. Must be active in the TRIO SSS program.
2. Must be working toward a bachelor's degree at MSUB (or 2+2 program with City College).
3. Must have at least a 2.5 Cumulative GPA.
4. Must be involved either on the MSUB campus or within their community.



Nomination forms are available at www.msubillings.edu/sss/stellarstudents.htm or in the TRIO SSS office. You may email the completed form to trio_sss@msubillings.edu or deliver it to our office at LI 141. Please join us in recognizing the hard work and dedication of our students.



Like us on Facebook
@msubtrio



Follow us on Instagram
@triossmsub



Follow us on Twitter
@SSSTRIOMSUB

Activities & Important Dates

MSUB Scholarships Drop-in Session— November 19th from 10am—1pm, Library Room 302

Thanksgiving Holiday No Classes—November 21st—November 25th

Internship Prep. Workshop—November 27th @ 2pm, Academic Support Center Room 153

Brock Boender's Vocal Recital—November 27th @ 7:30pm, Cisel Hall

Yunomi and Clay Fest—November 29th from 12pm-8pm, Glacier Room SUB

Writers Roundup—December 1st from 12pm-5pm, Metra Expo Center

Prepping for Finals Workshop—December 3rd @ 1pm, Library Room 311

Employers on Campus— December 5th from 11am—1pm, SUB Atrium

Free snacks, coffee, and cocoa for TRIO Students— December 5th-13th, Library Room 141

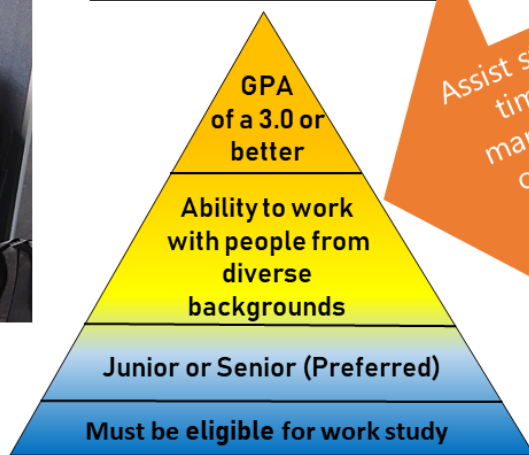
For more information [click here](#) to see the master calendar

Now Hiring Peer Mentors!



Guide other students to success!

Qualifications:



Assist students with study skills, time management, stress management, finding on and off campus resources, and much more!



Get an application by:

A. Going to Library room 141
OR

B. Emailing Stephen at

Stephen.Stefan@msubillings.edu