

SSS TRiO Connections

Happy Fall

From the Director: Laura Gittings-Carlson

Hello from SSS TRiO!

It is my privilege to welcome you to the October 2017 newsletter.

You may notice a few changes in the office. For example, as of the writing of this letter, I have been with TRiO a whopping 15 days. I'm extremely happy to be here and look forward to meeting you. Besides myself, there are two additional new staff members that join Kim (our Academic Coordinator who supervises tutors – and tutors herself). They include Stephen Stefan (Academic Counselor, mentor supervisor) and Program Coordinator Sonja Jones, who is the first person you will see as you enter the office and who keeps us well organized. We also have two office aids (Emily and Autumn), two professional tutors (Mary and Keith), numerous student tutors, and five MSUB student peer mentors (Aurora, AJ, Chris, DJ and Matt). Be sure to make an appointment to meet with your mentor before midterms (if you haven't already) and remember that all SSS/TRiO students must meet with their mentors at least 2 times per semester.



Each month we provide workshops on topics that will help you succeed as a college student. This month there will be workshops on Note-Taking (October 5), Study Skills (October 12), Writing Papers (October 19), and Test Taking (October 24). All workshops take place in the SSS/TRiO & Veterans Lounge, Library Room 121. If you have questions, please call us at 657-2162 or visit our website at www.msubillings.edu/sss/ to learn more.

TRiO
STUDENT SUPPORT SERVICES



Student Support Services TRiO

Located: Room 141 in the Library Building

Office Hours: Monday—Friday 8am-5pm

406-657-2162

October 2017

From the Director Continued...



If you are looking for ways to get more involved with SSS/TRiO and campus, be sure to check out the TRiO Advocates Club. This is an MSUB club on campus that focuses on SSS/TRiO students. Sonja Jones will be the staff sponsor for this club. She has a ton of experience with clubs on campus and will be looking for members and officers to help lead it. She has many ideas for fun and educational programs and events to do throughout the year and is looking for more input. One of the most important things this club helps with is the Angel Tree Program. This program helps make winter holidays a little brighter for the children of MSUB students who are parents but do not have the funds to purchase presents for Christmas or Hanukah. Feel free to call or email Sonja at 657-2184, sonja.jones2@msubillings.edu, or add your name to the sign-up sheet in the main office or lounge area.

It's already October and Halloween is a big deal at MSUB, evidenced by so many departments decorating their offices and dressing up. This year Student Support Services staff will costume up as their favorite super hero or villain on Tuesday, October 31. Come into the main office on Halloween and put your superhero knowledge to the test by guessing who we all are dressed up as. Small prizes will be available for students who guess correctly.



Finally, FREE Pizza Day will be held on Tuesday, October 31 instead of Wednesday, November 1 to help entice students to visit the office on Halloween. Note there will not be a pizza day in November.

On behalf of all staff at SSS/TRiO, we look forward to working with you. Let us know if we can help with your academic goals at MSUB!



EATING SMART, BEING ACTIVE.
NUTRITION DONE SIMPLE.

SIGN-UP FOR A FREE 9-WEEK NUTRITION CLASS

OFFERED BY MSU EXTENSION NUTRITION
EDUCATION PROGRAM.
NEEDS BASED AND PARENTS ENCOURAGED.

WEDNESDAYS FROM 4:15PM-5:45PM IN SUB GALLATIN
OCTOBER 18TH - DECEMBER 20TH.
NO CLASS THANKSGIVING WEEK

SIGN-UP ONLINE AT
[HTTP://WWW.BUYEATLIVEBETTER.ORG/CLASSES.HTML](http://www.buyeatlivebetter.org/classes.html)
OR CONTACT LYNN OLSON AT (406)869-3547



Follow us on
Twitter
@
SSSTRIONSUB

Like us on
Facebook
@msubtrio



Want to write for our
newsletter?

Call Stephen at 406-657-1688
or email
stephen.stefan@msubillings.edu

Pizza Day will be on Halloween!

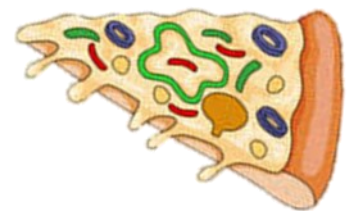
Tuesday October 31st, 2017

11 am — 1 pm

Located in the SSS
TRiO Office/LI 141



There will be no Pizza Day in
November due to Halloween
Pizza Party



Stellar Student October 2017 Cassandra BullShows

Cassandra is a Junior who is studies Rehabilitation and Human Services. She is working hard to create a better future for herself, her son, and her nephew. She would like her son to grow up in a better environment than she did. Cassandra works and attends classes full time. Due to her determination and dedication to her school work, she has been recognized as SSS TRiO's October 2017 Stellar Student.

What are your goals once you get your degree?

Cassandra: "I want to work at Passages or the women's prison. I went through passages a few years back. I had to do a drug class because it was mandatory for all Federal inmates. My

counselor was great, but I do not think she can walk in anybody's shoes from the group. After really thinking about it, I feel that I would be able to help other women out who have problems or addictions that led them to Passages since I know what they are going through. I want to help other people better themselves."



How has TRiO helped you?

Cassandra: "TRiO has provided support for me in a nonjudgmental environment. That encouragement is hard to find anywhere else. Ever since I started college, the staff,

mentors, and tutors have always been there to help me."

What are 5 random facts about you?

- Cassandra:**
1. I know how to make any type of soup from scratch.
 2. When I was 19 I broke my ankle chasing a bunny.
 3. I love being with my kids.
 4. I am the oldest of six kids.
 5. I love to shop at the mall and Ross.



Five Tips for Dealing with Anxiety

Do NOT skip meals. Letting yourself go hungry can change your mood. Some people become angry, lethargic, anxious, etc. when skipping meals. Depriving your body of food will only contribute to anxiety and depression.



Exercise or take a walk. Physical activity is a great way to relieve stress and improve your mood. Just 10 -20 minutes of physical activity each day can do a lot for your mental health. If you are not into yoga, weight lifting, or walking, find another activity such as bowling, swimming, or bike riding.

Limit your social media usage. Social media can cause anxiety. Try to limit yourself to about 15 minutes a day. It is easy to get caught up and worry about what other people are saying and doing on Facebook, Twitter, etc. It's easy to get sucked into the conversation and start a debate over politics and other topics. These debates can easily cause stress and can take up valuable time.

Limit your caffeine intake. Coffee does have its health benefits, but having too much coffee or other caffeinated drinks can give you a nervous stomach and/or cause anxiety. Caffeine is known to contribute to sleeping problems and triggering people's flight or fight response. Try to cut back on your caffeine each day and stop drinking it after noon to help you sleep better. Instead of having two cups of coffee a day, maybe cut it down to only one.

Write it down. Journaling or writing is a way to help battle anxiety. What is bothering you? What makes you angry? What makes you sad? How do you feel? Writing it down in a notebook and let your frustrations fly. A lot of people feel better after seeing their feelings on paper.

If you feel that your anxiety is out of control, visiting the MSUB Counseling Center is always an option.





Opportunities

On-Campus and Off-Campus Volunteer Opportunities Available

Examples: Service Saturdays, MSUB Night on the Van, Student United Way Projects, Cans Around McMullen, Bingo At Pleasantview Senior Living, plus many more.

Sign-up to receive bi-weekly emails at:

www.msubillings.edu/community/Reserves.htm

Hours & Recognition

Join us as we strive to collectively accumulate *15,000* volunteer hours from students, faculty, staff and administrators by April 2018!!!

Log your volunteer hours at:

https://msubillings.co1.qualtrics.com/jfe/form/SV_2uzoiEXp5rM5L6d

Be recognized for volunteering, students that reach 50 hours will receive a volunteer t-shirt. Students volunteer 100 hours will be invited to a recognition dinner at the Chancellors' House and be recognized at the Student Leadership Night.



MSUB Food Bank

The Yellowjacket Emergency Pantry (YEP) is an emergency food pantry designed to provide students with emergency food and hygiene supplies, connect students to community and campus resources, and identify and address any hunger and food insecurities that may exist among the student population at MSU Billings. Services are available to all registered students. Students can receive YEP food supplies three times per semester, but are welcome to visit YEP for resource information at any time.



There are two locations; one on the University Campus in SUB 222 and another at City College, Jacket Student Central.

University Campus Hours: Monday –Thursday: 8am-9pm, Friday: 8am-5pm

City College Hours: Monday –Friday: 8am-5pm

Activites & Important Dates

Hispanic Heritage Month Celebration—October 9th, 11:30am—1pm

Diversity Center SUB 212

Multicultural Club Presentation on United Kingdom—October 11th at 5pm, LI 302

Study Skills Workshop (SSS TRiO) - October 12th at 12 noon

Multicultural Club Presentation on Japan— October 18th at 5pm, LI 302

Writing Papers Workshop (SSS TRiO) - October 19th at 2pm

Test Taking Workshop (SSS TRiO) - October 24th at 1pm

Last Day to Drop Classes Without an Instructors Permission—October 24th

Multicultural Club Presentation on Slovakia – October 25th at 5pm, LI 302

Haunted House—October 26th, 7pm-9pm SUB

Progressive Open House - SSS TRiO (Library 141) , Disability Support Services (COE 135), Academic Support Center (SUB First Floor), Veterans Upward Bound/TRiO (CISEL 105) - Thursday, November 9th, 2-5 pm. Learn more about these departments and how they help students!

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

Like us on Facebook and Twitter



Want to Be a Peer Mentor? We are Hiring!

Applications are available in the SSS TRiO Office LI 141 or [online](#) (click the hyperlink for application).



Qualifications

- Work 12-19 hours per week with a variety of students from diverse backgrounds.
 - GPA of 3.0 or better (preferred).
 - Sophomore year or higher (preferred).



**You Do Not have to be in the
SSS TRiO Program to be a
Peer Mentor!**

