

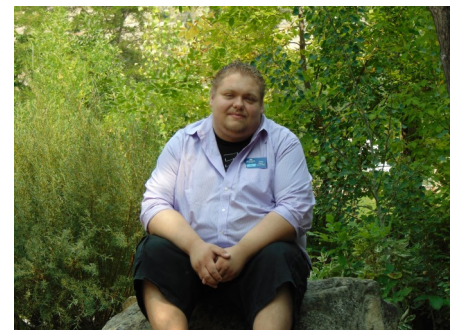
SSS TRiO Connections

November 2017

What The SSS TRiO Peer Mentors Like Best About Their Job



"I like the fact that I can make a difference with helping students become successful and take some stress away that college creates." - **Chris Grudzinski**



"The thing that I like most about being a mentor, is being given the chance to meet my fellow students and being given the chance to help the students succeed in their classes."
- **Matt Grooms**



"What I enjoy most about being a Peer Mentor is being able to find solutions to problems that seemed impossible to students. It is always great to see someone's attitude turn positive!"
-**Aurora Krebs**



"Being a student mentor is one of the most challenging yet satisfying experiences I have come to love. There is no feeling like the one you get when you see someone you have been working with accomplish a goal they never thought possible. My favorite part of being a student mentor is the joy of seeing a student succeed. I have learned so much while working with Student Support Services and the opportunities for success with this program are incredible. I only wish more students knew about the amazing benefits that become available when accepted into the program." - **DJ McGee**

"Being a mentor has given me the opportunity to get to know many of my fellow students. I enjoy assisting students with identifying potential challenges, both academic and nonacademic, and finding solutions to overcome them. Being part of TRiO has given me the support and encouragement to succeed, and I want to share that experience with others."



- **AJ Jenson**



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



One Button Studio

By Cheryl Hoover
Distance Learning Librarian, MSUB

MSUB Library's One Button Studio (OBS) is open to the campus community!

The design of this studio simplifies the recording process, making it easy for the most inexperienced user to create polished video projects. The camera, lights, and microphone turn on automatically. You just plug in a flash drive, push a button, and record! It is that simple!



The OBS is the perfect place for students and staff to record presentations or interviews, practice language skills, create material for online classes, and much more. The studio is equipped with green screen technology so users can have fun with backgrounds too. The OBS saves the video in MP4 format, which can be edited using software like iMovie or Adobe Premiere. The Library also has an editing room available for use.



To reserve the One Button Studio and the editing room, go to:

www.msubillings.edu/library/one_button_studio.htm

Then stop at the circulation desk to check out the room key and kit. For more information, contact Cheryl Hoover at choover@msubillings.edu or (406) 657-1691.

Free Lunch Day



December 6th, 2017
11 am —1 pm

Located in the SSS TRiO Office/LI 141



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Tips for Making an Awesome PowerPoint Presentation

- ◆ Bold slide headings
- ◆ Make text big enough so it is readable
- ◆ Do NOT make slides text heavy
- ◆ Use pictures
- ◆ Use contrasting colors
- ◆ Do NOT read the PowerPoint word for word when presenting
- ◆ Use simple infographics instead of complicated charts
- ◆ Tell the audience the main points you will be covering at the beginning of the presentation
- ◆ Always summarize key points at the end
- ◆ Be consistent with colors and fonts





Stellar Student November 2017

Koryn Kelly

Koryn is a non-traditional student majoring in Psychology. She is currently in her junior year at MSUB. She plans to become a Mental Health Therapist who will help people with depression and anxiety. Helping people is a passion of hers. She wants to help her patients develop skills that will help them cope with their problems in the long term instead of short term.



What inspired you to study psychology?

Koryn: "I had worked at a daycare for about 6 months. In that time period I realized that job wasn't for me. That was a good thing, because I realized I did not want to become a teacher anymore. I then started thinking about how I can still help people in a more one-on-one therapy setting."

How has TRIO helped you?

Koryn: "TRIO has helped me gain the confidence to be back in school and provides different tools to help me succeed. Tutoring has played a huge role in my success, especially statics and language classes."

What are 5 random facts about you?:

Koryn:

1. "I was a part of choir and orchestra in high school at Billings Senior High School."
2. "I did not get my drivers license until I was 24 years old."
3. "I love Japanese anime."
4. "I would love to travel and visit as many places as possible."
5. "Dr. Who is one my favorite shows."





Good Stress v. Bad Stress

We all have good stress and bad stress in our lives. Knowing the difference between the two and avoiding bad stress is key to living a healthy life. Good stress motivates us to get ready for the school or work day. An example of this is starting your first day at a new job. On the other hand, bad stress can be the result of poor decisions. For example, not being able to go into work because of a hangover.

Constantly having bad stress in your life affects your body in the long-run. Too much stress can cause high blood pressure, decrease your immunity, increase your risk of having a stroke, heart attack, blood clots, and your chances of developing cancer.

Relieving stress is pertinent for your mental and physical health. Here are some ways to relieve stress:

Relax: Take a hot bath, enjoy a cup of tea, read a good book, go for a walk, or do whatever relaxes you. Do NOT turn to drugs or alcohol.

Taking breaks in your work/school day: Depending on your environment, you may or may not have the ability to take a break when you feel like it. If you have the ability to go for a walk or stretch then that is awesome. You might think “I need to get this done now,” but if you are oversteering and take a walk for 5-10 minutes your mind will be more relaxed and you might be able to get your work done faster than you expect.

Socialize: Participating in activities with others is a great way to relieve stress. Join a campus or community club. Volunteer your time for a cause that you are passionate about.

Eating right: Try to have a balanced diet. High sugary snacks, soft drinks, and high sodium food can raise blood pressure, increase anxiety, and make you feel lethargic.

Good Stress



Meditation/Prayer: Depending on your lifestyle: prayer, yoga, or breathing exercises can help ease your mind.

Reducing your negative stress fosters more stable moods, enhances communication in relationships, increases your ability to focus and concentrate, and increases your sense of control of time and activity.

Bad Stress





From the Director: Laura Gittings-Carlson

Hello from SSS TRiO! The weather is getting cool, leaves are on the ground, and I saw a few snow flurries over the weekend. Fall is here in Billings!

With the coming of colder weather, we'd like to invite you to check out the Clothing Closet located in the SSS Lounge. There are numerous long sleeved shirts, jeans, coats, boots, etc. Please take what you can use. If you have any cold weather items you'd like to donate to the Closet, please let anyone in the office know.



The MSUB Scholarship form is available as of Wednesday, November 1. To learn more about it, you can visit <http://www.msubillings.edu/scholarships/>. Remember, you can request a scholarship letter from us, if interested.

On Thursday, November 9th Student Support Services/TRiO in conjunction with Veterans Upward Bound/TRiO, the ASC, DSS, and the Native American Achievement Center will have a progressive open house from 2-6 pm. Come to any or all of the open house events and learn more about the services we provide to students. Be sure to bring a friend you feel may be interested in SSS TRiO! Here's where we're all located on campus:

Student Support Services/TRiO: Library Building, Room 141

Veterans Upward Bound/TRiO (VUB/TRiO): Cisel Hall, First Floor (Room 105)

Disability Support Services (DSS): Library Building, Room 141

Academic Support Services (ASC): SUB Building, First Floor

Native American Achievement Center: 2630 Normal Avenue next to the Alumni House (the former daycare)

On November 9th MSUB will also be celebrating First Generation Day. Be sure to get a sticker from our office early next week and wear it proudly on Thursday if you are a first generation college student (if neither of your parents have a bachelors degree.)

We hope your midterms have gone well and that you have settled into your classes. Remember, if you need assistance with study skills, time management, or other issues, check out our weekly workshops, and/or contact your peer mentor or a staff member. We're here to help you succeed!



Activities & Important Dates

Registration for Spring Semester 2018 Begins—November 6th

Budgeting/Financial Literacy Workshop (SSS TRIO) —November 8th @ 2PM

Multicultural Club Culture Presentation on South Korea—November 8th @ 5PM LI 302

Ruff Relief with Pet Partners—November 9th from 11AM--1PM, SUB Atrium

When They Were Here - Documentary Film—November 9th @ 6PM, LI148

Resume Writing Workshop (SSS TRIO) - November 14th @ 2PM

**Multicultural Club Culture Presentation German/Switzerland—November 15th
@ 5PM LI 302**

Microsoft Word & Products/Computers Workshop (SSS TRIO)—November 16 @ 2PM

Interviewing Workshop (SSS TRIO) - November 21st @ 2PM

Read & Write Gold Workshop (SSS TRIO) - November 30th @ 3:30

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

Applying for Graduation Deadlines:



Spring Semester 2018 – November 17, 2017

Summer Semester 2018 –

November 17, 2017 (if attending ceremony)

March 23, 2018 (if not attending ceremony)

Fall Semester 2018 – March 23, 2018



Now Hiring

Marketing & Public Relations Intern for Spring 2018

Promote SSS TRIO services around the MSUB campus. We are looking for a self-motivated person who has sharp critical thinking skills and is willing to learn and share their talents.

Marketing and Public Relations Majors encouraged to apply

To learn more visit: <http://msubillings.edu/sss/pdf/application/Marketing%20Intern%20application%202017%20-%202018.pdf>

Human Services & Psychiatric Rehabilitation/Peer Mentor Intern for Spring 2018

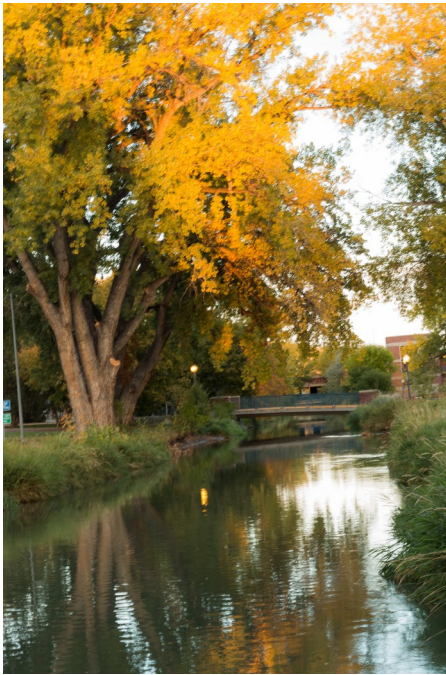
Assist students by evaluating individual needs and helping them to develop action plans to support academic success.

Great opportunity for Human Service and Psychiatric Rehab majors.
(other majors accepted)

To learn more visit: <http://msubillings.edu/sss/pdf/application/HUMAN%20SERVICES%20%20PSYCHIATRIC%20REHABILITATION%20PEER%20MENTOR%20INTERN%20application%202017%20-%202018.pdf>



Around Campus



Picture taken by Violeta Smith



Picture taken by Stephen Stefan



Picture taken by Stephen Stefan



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