

TRIO/SSS Connections

January 2018

Advice for Driving on Wintery Roads

Montana has been crowned first place for having the worst drivers in the United States for the third time in the last four years. Since it is winter and the snow is here, safety is something that we should care about when driving to class, the grocery store, etc. Here are ten tips for driving on roads in wintery conditions:

1. When the weather forecast call for snow or freezing rain prepare to leave early and allow for extra time to get to your destination. Leave twenty minutes earlier than usual.
2. Plan out which route to take ahead of time. Know which streets are usually plowed or are the safest for traveling in your area. If you do not know which route to take, ask your friends, classmates, or coworkers for advice.
3. Keep a shovel and a roadside emergency kit in your vehicle at all times. Kits run anywhere from around \$15 on up to \$100 in stores such as Ace Hardware, Wal-Mart, Lowes, Target, etc. Common items that you should have in your kit are booster cables, flashlights, first aid supplies, jumper cables, flares, screw drivers, and batteries.
4. Do NOT slam on the brakes when there is snow or ice. Thumping hard on the pedal can make you lose control and slide around posing a danger to others.



5. Always look and steer where you want to go.
6. Never use cruise control in ice, snow, or rain.
7. Make sure your headlights are always on.
8. Keep your gas tank at least half full.
9. Do NOT try and pass a Snowplow.
10. Drive slower than usual and stay alert. Keep an eye out for what is ahead of you.

TRIO
STUDENT SUPPORT SERVICES

TRIO/Student Support Services
Located: Room 141 in the Library
Building
Office Hours: Monday—Friday
8am-5pm
406-657-2162



Stellar Student January 2018

Scott Secord

Scott Secord is a nontraditional college student studying Psychiatric Rehabilitation. Scott started at MSUB in the Fall of 2017. He has spent the last seven years working in the oil and gas industry traveling all over the United States. Scott has four amazing kids. He decided to change his career and substance abuse problem, so that he could be there for his children.



What community organizations and activities are you involved in? :

Scott: I'm very active in the recovery community and self help 12 step meetings. I have two different chair positions with Alcoholics Anonymous. I also take 12 step meetings into the jail and psych center in hopes of showing people that they don't have to continue destroying their lives with drugs and alcohol.

What is your goal once you obtain your degree?

Scott: I would really like to be an Inpatient Drug and Alcohol Counselor. I would really like to work with young adults. I believe my colorful past with addiction will be an asset to treating others with the same problem.

How has Trio/ SSS helped you?:

Scott: Trio has been there for me when I had struggles. They have also been a huge help to boosting my self esteem and motivation. I'm sure my first semester wouldn't have went as well without the help I received from my mentor, A.J., and the rest of the helpful mentors and staff in Trio.

What are 5 random facts about you?:

1. I was born and raised in Kalispell, Montana.
2. There is a Lake Secord and Secord Township in Michigan named after my ancestors.
3. I can still shred on a snowboard for being an old man.
4. I love to cook.
5. I manage a sober living house with 16 males that are working to change their lives.

TRIO Advocates

Help Plan Events and
Community Service
Projects



First Meeting:

Monday

January 29th @ 3pm

TRIO SSS Lounge/ Room 121

TRIO
STUDENT SUPPORT SERVICES


MONTANA
STATE UNIVERSITY
BILLINGS
Access & Excellence

TRIO SSS Participant Requirements

We are excited for the start of the Spring 2018 semester.

As we start the New Year please remember that it is required for all active TRIO SSS participants to meet with their peer mentor at least three times per semester. It is also mandatory for all active TRIO SSS students to attend at least one workshop in a semester and an orientation session.

Orientations will take place on: Thursday, January 25th at 10:30AM and 2PM, Friday, January 26th at 9AM and 1PM, Monday, January 29th at 11:40AM and 2PM, Tuesday, January 30th at 8AM and 3PM, Wednesday, January 31st at 8AM and 1PM, Thursday, February 1st at 10:30AM and 2PM, and Friday, February 2nd at 9AM and 1PM.

We have a lot to offer students and hope that our services will continue to help you succeed this semester.



Activities & Important Dates

Student Involvement Fest—January 22nd, 23rd, and 24th from 11AM—1PM

YJC Study Abroad Information Session—January 24th from 7PM—8PM @ SUB 135

Last Day for Registering and Adding Classes—January 25th

TRIO Advocates Meeting—January 29th @ 3PM @ TRIO SSS Lounge/Room 121

Cyber Security Workshop—January 31st @ 10AM @ TRIO SSS Lounge/Room 121

How Cell Phones Impact Our Relationships Workshop—February 6th @ 1PM @ TRIO SSS Lounge/Room 121

Microsoft Products and Computer Programs Workshop—February 12th @4PM @ TRIO SSS Lounge/Room 121

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

Student Involvement Fest

Learn about MSUB's student organizations and departments and discover how to get involved (or stay involved!) on campus. With over 40 Recognized Student Organizations on campus, there is guaranteed to be something for everyone. New students, transfer students, and returning students are all invited to attend to find ways to get involved.

Date **Location**

January 22nd @ SUB Atrium

January 23rd @ LA Building

January 24th @ City College Commons

Student Involvement Fest
JAN. 22 - 24

Meet 40+ student orgs & campus departments to learn about how to get involved at MSUB!

..... * MONDAY, JAN. 22, 11-1PM *

SUB Atrium

..... * TUESDAY, JAN. 23, 11-1PM *

LA Building

..... * WEDNESDAY, JAN. 24, 11-1PM *

City College Commons

FREE COFFEE, HOT COCOA & TREATS!

MSUBILLINGS

Enter to win a prize by participating!

Like us on Social Media



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