

TRIO/SSS Connections

May 2018

Congratulations 2018 Graduates!



TRIO
STUDENT SUPPORT SERVICES

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


MONTANA
STATE UNIVERSITY
BILLINGS.

From the Director: Laura Gittings-Carlson

It's Summer, so is TRIO/Student Support Services at MSUB open?

Something we hear quite a bit during the end of the spring semester and the summer time in our office is "are you open?" I can emphatically say yes, yes we are! Stop by, say hi, and let us know if we can help you during the summer or prepare you for the 2018 fall semester. To follow is a little more info about what we're doing this summer.

Summer Tutoring

Kim (general subjects), Mary (biology), and Keith (chemistry, physics, stats) are here during the summer months. If you need tutoring, be sure to complete a yellow tutor request form as soon as possible and get it in to us. Summer sessions go quickly. If you feel as though you may need help in a class, fill out a request form sooner rather than later.

Summer Mentoring

Laura, Stephen, Kim, A.J. and Chris will be in the office over the summer. If you don't see your mentor listed, that's ok. Any one of us can help you. Call the main office number (657-2162) or go online to set an appointment (<https://ssstriomsub.setmore.com/>). We're here to help you and will be reaching out over the summer months.

Computer Lab, Copies and Printing

The computer lab is open Monday through Friday from 8 am until 5 pm. Don't forget to swing by the front desk in Library 141 to check-in with SSS staff and to pick up a mouse and headphones first. You can print or copy up to 25 pages a day. Let us know if you need help with either.

How to Better Serve You

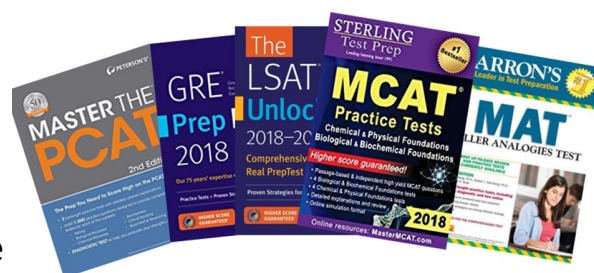
At the end of last semester we asked students to complete a survey on the 2017-18 academic year. We'd love to hear from you. What did we do well? What do we need to improve? What ideas do you have for the future? If you didn't get a chance to complete the survey, give us a call or email l.gittingscarlson@msubillings.edu with your thoughts.

Enjoy the summer and congratulations on completing the 2017-18 school year!

Thinking About Going to Graduate School?

If you recently graduated with a bachelor's degree and have thought about furthering your education, a graduate degree might be a good option for you. Before applying to graduate school, there are a few things that you should consider:

- Most graduate programs require incoming students to have an undergraduate GPA of a 3.0 or higher.
- Graduate school curriculums tend to be more focused than undergraduate programs. For example, someone might get a bachelor's degree in Psychology, but when they attend graduate school they must choose a specific type of Psychology, such as Experimental Psychology, School Psychology, Clinical Psychology, etc.
- Most universities require students to successfully pass either the GRE, MAT, LSAT, or another specific standardized in order to apply.
- If you plan to earn your graduate degree in a different field than your bachelor's degree, you might have to take prerequisite courses before going into your graduate level courses.
- Check each university department's course offerings. Many universities offer the same program, but course offerings and plans of study may differ. For example, a university might offer Public Administration courses targeted in local government, and another university might only offer general Public Administration classes for the degree.
- Some universities offer graduate assistantships and teaching assistant positions which may provide a tuition waiver for a portion or all of your tuition.
- Start with your end goal in mind. Why do you want a graduate degree? How will it help you in the future? Is it worth spending the time and money on the degree? Will you get the job you want or a better paying job with a graduate degree? Do your homework.
- Seek out people (professors, family, friends, mentors, professionals in the field you want to study) who have a graduate degree. Ask them about their experiences.



Staff at MSUB in the TRIO/SSS office, Graduate Studies, Advising, and the faculty and staff in your department can help you, regardless of whether you attend graduate school at MSUB or someplace else.

We Are Hiring Peer Mentors for Fall 2018!



Responsibilities Include:

- Academic Counseling
- Providing encouragement to students to help improve academic performance
- Financial Aid Consultation
- Goal Setting
- Knowledge of Campus and Community Resources
- Demonstrate understanding and acceptance of student diversity
- Confidentiality and Sensitivity are required

Qualifications:

Successful candidates will work with a variety of students from diverse backgrounds and have the following:

Cumulative GPA 3.0 or better (preferred)
Junior or Senior (preferred)

Must be eligible for work-study



HOW TO APPLY:

Go to Library 141 for an application or [click here!](#)

Complete and return the application, along with a résumé, cover letter, and a list of 3 references to Library 141 or fax 406-6571667.

You may also submit your application by email to:
stephen.stefan@msubillings.edu

Active and Passive Procrastinators

By Deena Ledford

It was only natural of a true procrastinator to write this article at the very last minute. Oh wait, I don't do that anymore. I have learned strategies for overcoming my stressful behaviors when it comes to procrastination. Honestly, a lot of the change came from maturing as a student and motivation. So, what is this strategy to overcoming procrastination? Well, first it is important understand what procrastination is.

Procrastination is the voluntary delay of an intended action (Steel, 2007). In a research article written by Chu and Choi (2005), they distinguished that there are two types of procrastinators. One type is classified as an active procrastinator; this type of procrastinator "works best under pressure", or the students who say, "I worked on my five-page paper last night, that was due today." Later you find out that these procrastinators received A's on their papers and you start wondering how they completed such exceptional work the night before the due date. Well, active procrastinators deliberately procrastinate and have a result of satisfactory outcomes, they derive their motivation from the pressure of their fast approaching deadline. The second type of procrastination was classified as passive procrastination. This procrastinator puts their tasks off until the last minute and fails to complete the task. Oftentimes they experience feelings of depression and guilt.

As a student, do you find yourself procrastinating? No matter the type of procrastinator you find yourself to be, if you want to change then it is possible.

First, realize that time management is one of the most important set of skills to learn when dealing with procrastination. It is essential to plan your whole semester after the first day of each of your classes. Place your syllabi in front of you, look at all deadlines, and place them on a planner. Now that you have deadlines on your planner, go through and decide when you want to begin each of those assignments. Does it work to begin one week or maybe two weeks before the deadline? Having your planner as a visual will likely remind you of the tasks at hand.

Second, when you hear your conscious mind saying, "It can wait until tomorrow", or "I'd rather watch television now and start this later tonight", try to shut down the excuses and tell yourself that you will start this assignment now. The more times you are able to successfully shut down this behavior, the more likely it will become a learnt behavior and before you know it you will have assignments that are due at the end of them month completed at the middle of the month.

Finally, create a reward system. Take yourself out for dinner, go to the park with your dog or friend, maybe watch Netflix. Whatever your cup of tea is, treat yourself. (Cont.)

WASTING TIME



uninstalling...

Procrastinators Continued

(continued from page 5)



Okay, you caught me. It is not that easy! However, it is a start. Make an appointment today with your TRIO/SSS mentor to talk about time management and other skills that can help reduce the stress around deadlines and procrastination.

References

Chu, A. H., & Choi, J. N. (2005). Rethinking Procrastination: Positive Effects of "Active" Procrastination Behavior on Attitudes and Performance. *The Journal of Social Psychology, 145*(3), 245-264. doi:10.3200/socp.145.3.245-264

Steel, P. (2007). The nature of procrastination: A meta-analytic and theoretical review of quintessential self-regulatory failure. *Psychological Bulletin, 133*(1), 65-94. doi:10.1037/0033-2909.133.1.65

TRIO SSS Wins Awards!



Congratulations to TRIO Advocates for winning the Outstanding Student Organization Campus Support Award and Outstanding Student Organization Overall Award!



Congratulations to Kim Kost for winning the Award for Excellence Administrative/Professional Staff!

Activities & Important Dates

First Summer Session Begins—Monday, May 14th

MSU Billings 2018 Wine & Food Festival— Monday, May 14th—Saturday, May 19th

Second Summer Session Begins— Monday, June 4th

Educator Session Begins—Monday, June 18th

Third Summer Session Begins—Monday, July 9th

First Session Finals—Friday, June 1st

First 8 Week Session Finals—Friday, July 6th

First 10 Week Session Finals— Friday July 20th

Full Semester Finals—Friday, August 10th

Second Session Finals—Friday, July 6th

Second 10 Week Session Finals—Friday, August 10th

Educator Session Finals—Friday, July 20th

Second 8 Week Session—Friday, August 10th

Third Session Finals—Friday, August 10th

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



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