

TRIO

STUDENT SUPPORT SERVICES

2019 FALL WORKSHOPS

Plan to attend at least two workshops this semester!
To register call: 612-330-1311, email
trioss@augsborg.edu or stop by our
office in the Gage Center in Lindell Library, Suite 201.

Welcome Back Open House

Location: TRIO/SSS Office

Friday, September 13:

1:00 pm - 3:00 pm

"Boss Up & Change Your Life"

Location: Riverside Room

Tuesday, September 24:

3:45 pm - 4:45 pm

Wednesday, September 25

3:00 pm - 4:00 pm

RRR! Renew, Review, Refresh

Tuesday, October 15: 3:45 pm - 5 pm

Location: OGC 100

Wednesday, October 16: 3:15 pm - 4:30 pm

Location: Riverside Room

Thursday, October 17: 8:00 am - 9:15 am

Location: OGC 100

Internship Palooza

Location: Hagfors 150B

Tuesday, November 5:

4:00 pm - 6:00 pm

Thrifty Traveler

Location: OGC 100

Tuesday, September 17:

3:45 pm - 4:45 pm

Wednesday, September 18:

4:30 pm - 5:30 pm

Kondo Your Harmful Learning Habits

Wednesday, October 2: 3:15 pm - 4:15 pm

Location: OGC 100

Thursday, October 3: 3:45 pm - 4:45 pm

Location: LIN 301

Don't Just Survive College, Thrive!

*Location: Center for Wellness
& Counseling*

Wednesday, October 23:

3:15 pm - 4:15 pm

End of Semester Celebration

Location: TRIO/SSS Office

Friday, December 13:

1:00 pm - 3:00 pm

Workshop Descriptions

● Thrifty Traveler: ●

Interested in studying abroad? From Australia to Vietnam, come find out where your studies can take you! Don't think you can afford it? Don't worry – we'll be talking about funding as well. The Gilman scholarship is just one way you can win \$5,000-\$8,000.

● Get a jump start on your essays and your planning to see the world! ●

● "Boss Up & Change Your Life": ●

Take Lizzo's advice and join us in partnership with the Strommen Center to discuss how to get your Handshake and resume together before the Career and Internship fair. Not going to the fair? Not a problem! Having your Handshake account and resume updated is always a boss move.

● Kondo Your Harmful Learning Habits: ●

Are your grades sparking joy? Learn some rules to tidy up useless and harmful learning strategies and replace those with techniques that work to bring your A-game into the classroom. The first 25 people to attend will receive the book "The A Game:

● Nine Steps to Better Grades." Let those old, unhelpful habits go! ●

● RRR Sophomores! Renew (scholarship -if applicable- & commitment), Review (graduation plan), Refresh: ●

Don't enter your 2nd / sophomore year crusty (plus this workshop is required for Sophomore/2nd year students). Register for one of the 3 workshop times. This is a time for you to complete Scholarship/TRIO membership renewal and also make sure you are aware of the important information sophomores/second year students should know!

● Don't Just Survive college, Thrive!: ●

Feeling stressed, overwhelmed, or anxious are very common feelings for college students. Almost 1 in 5 students suffer from anxiety! Take some time to relax and join us in learning some helpful stress reduction techniques from Josh Kent from the

● Center for Wellness and Counseling. ●

● Internship Palooza: ●

Tired of hearing your TRIO/SSS advisor harp about applying for internships? Try hearing from a panel of local representatives about PAID spring and summer opportunities instead! Join us for this workshop where you will learn more about the

● value of internships, how to apply and deadlines to look out for. ●