



2018 Fall Workshops

Welcome Back Open House

Wednesday, September 12

1:00 pm - 3:00 pm

Location: TRIO/SSS Office

TRIO/SSS New Student Orientation

(Required session for all new students)

Thursday, September 6 @ 12:30-1:30 pm

Location: LIN 301

Tuesday, September 11 @ 3:30-4:30 pm

Location: LIN 301

Wednesday, September 12 @ 8:00-9:00 am

Location: Marshall Rm, CC

UpTurnships Information/

Resume Workshop

Tuesday, September 18

4:30 pm - 5:30 pm

Location: SVE 206

Free \$\$4U: Study Abroad Gilman Scholarship

Wednesday, September 19

12:30 pm - 1:30 pm

Thursday, September 20

3:45 pm - 4:45 pm

Location: LIN 301

No Mo FOMO

Tuesday, September 25

3:45 pm - 4:45 pm

Location: SVE 201

Wednesday, September 26

12:30 pm - 1:30 pm

Location: SVE 205

Study Abroad/Away Student Panel

Monday, October 8

3:15 pm - 4:15 pm

Location: OGC 202

Internship Palooza

Tuesday, October 16

4:00 pm - 6:00 pm

Location: Hagfors 150 A

Stress Busters

Wednesday, October 17

12:30 pm - 1:30 pm

Location: Center for Wellness & Counseling

Renew, Review, Refresh (Sophomores/2nd year)

Tuesday, October 30

3:45 pm - 4:45 pm

Location: OGC 100

Wednesday, October 31

12:30 pm - 1:30 pm

Location: OGC 100

Thursday, November 1

8:15 am - 9:15 am

Location: Marshall Rm, CC

TRIO/SSS 50 Year Anniversary Celebration!!

Thursday, November 29

Evening Event-Mark Your Calendars

Details To Come

URGO/McNair

Wednesday, December 5

3:45 pm - 4:45 pm

Location: Marshall Rm, CC

End of the Semester Celebration

Friday, December 14

1:00 pm - 3:00 pm

Location: TRIO/SSS Office



Plan to attend at least two workshops this semester!

To register call: 612-330-1311, email triosss@augsborg.edu or stop by our office in the Gage Center in Lindell Library, Suite 201.

TRIO/SSS Fall Workshop Descriptions

New Student Orientation

Learn about what it means to be a TRIO/SSS student & all that is offered. **Mandatory for all new students.**

Upturnships Information/Resume Workshop

Current sophomores and juniors highly encouraged to attend this workshop to learn about UpTurnships, a non-profit organization to prepare & motivate students for career success through training, coaching & paid summer internships. Bring resume for this work session. Talk to your TRIO advisor in advance of this workshop if you don't have a resume.

Free \$\$4U: Study Abroad Gilman Scholarship

Come learn all about how study abroad works at Augsburg, and about the Gilman Scholarship for study abroad, where you can win \$5000-\$8000 for your experience. You'll leave with a great start on your essays and ideas for programs that will meet your requirements. There is a big pile of money on the floor - will you pick it up?

No Mo' FOMO (short for: No more fear of missing out)

College life=busy life. As a college student, there is a lot to keep track of: class times, work times, assignment due dates, upcoming exams, appointments, social events, etc. This workshop will help you manage your time rather than have time manage you.

Study Abroad/Away Panel

Have you always wanted to Study Abroad/Away? Or maybe the thought makes you anxious for some reason. At this workshop, you will hear from a panel of your peers who have studied abroad. They will share their stories and answer your questions. Staff from the Center for Global Education & Experience will also be there to share information.

Stress Busters

Do you feel stressed, overwhelmed and/or have a hard time slowing down? These are very common feelings for college students. Come, relax, and learn some helpful stress reduction techniques from Jon Vaughan-Fier from the Center for Wellness and Counseling.

Renew (scholarship-if applicable/commitment), **Review** (graduation plan), **Refresh**.

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 things sophomores/second year students should know.

Internship Palooza

Join us for this workshop where you will learn more about the value of internships, and hear from a panel of representatives about **PAID** spring and summer opportunities.

URGO/McNair

Looking for a summer opportunity? Come learn more about summer research/meaningful summer opportunities with URGO/McNair. It's never too early to start thinking about what you will be doing next summer.