



TRIO/SSS Fall Workshops 2015

TRIO/SSS plans a variety of workshops throughout the school year to provide support for students. The focus is to enhance academic skills, financial literacy, and life skills.

**WE ARE CALLED
RESPONSIBLE
LEADERS**

Mark your calendars! 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.

Workshops at a glance:

TRIO/SSS New Student Orientation

(Required session for all new students)

Wednesday, September 2

3:30 pm-4:30 pm

Tuesday, September 8

12:00 pm -1:00 pm (Feel free to bring lunch)

Wednesday, September 9

8:15 am—9:15 am

Location: OGC 100

Welcome Back Open House

Thursday, September 3

2:00 pm - 4:00 pm

Location: TRIO/SSS Office

Upturnships Information/Resume Workshop

Tuesday, September 15

8:15 am - 9:15 am

Location: Marshall Room, CC or

4:00 pm-5:00 pm

Location: OGC 100

Ride and Dine

Tuesday, September 22 or

Wednesday, September 30

4:00 pm - 7:00 pm

Location: Meet in TRIO/SSS Office

Career/Internship Fair

Thursday, September 24

3:00 pm - 7:00 pm

Location: OGC lobby (sponsored by Strommen Center for Meaningful Work)

Surviving Your First Year

Wednesday, October 7

3:15 pm -4:15 pm

Location: OGC 100

Thursday, October 8

12:00 pm - 1:00pm

Location: Marshall Room, CC

(Feel free to bring lunch)

Stress Busters

Wednesday, October 14

12:30 pm - 1:30 pm

Location: Riverside Room, CC

(Feel free to bring lunch)

**Co-sponsored by Ctr for Wellness and Counseling and TRIO/SSS*

What Students Don't Know

Wednesday, October 28

12:30 pm -1:30 pm or

Tuesday, November 3

12:00 pm - 1:00pm

Location: Riverside Room, CC

(Feel free to bring lunch to either session)

End of the Semester Celebration

Friday, December 11

1:00 pm - 3:00 pm

Location: TRIO/SSS Office

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.**

Welcome Back Open House

Come reunite with old friends & meet new ones! Bonus, you can also say hello to your TRIO advisor & set up a beginning of semester appointment. There will be drinks & snacks to nibble on while you are socializing.

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 internships during college. Bring resume for this work session. Talk to your TRIO advisor in advance of this workshop if you don't have a resume.

Ride and Dine

An opportunity for a free Nice Ride pass & helmet! Bike ride followed by dinner with TRIO staff. Talk to your TRIO advisor for more details & get ready to ride :)

Career/Internship Fair

This fair will feature 20-25 employer partners that are seeking to hire for internships & entry level career positions. Student must register w/Strommen Ctr. See your TRIO advisor for more details.

Surviving Your First Year

This workshop is designed to help students transition to college life at Augsburg. It is specifically aimed at first year students but others may also find it helpful to attend.

Stress Busters

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

What Students Don't Know

Join other TRIO/SSS students to play a fun game of Jeopardy designed to cover common mistakes & misunderstandings that students have. These mistakes can be very costly & also may result in not graduating on time. We know you will find this workshop very helpful. This workshop is a repeat from last year. Some may have already attended.

End of the Semester Celebration

Join us for treats & socializing in our office! Come celebrate your successful completion of the semester with fellow TRIO/SSS students & staff!