

# TRIO

STUDENT SUPPORT SERVICES

## 2022 FALL WORKSHOPS



### How to become an “A” Student      Sept. 13 - 3:45-4:45 PM | Sept. 14 - 3:30-4:30pm

Learn some rules and get rid of useless and harmful learning strategies and replace those with techniques that work to bring your A-game into the classroom. Students who attend will receive the book “The A Game: Nine Steps to Better Grades.” Let those old, unhelpful habits go!

### Study Abroad/Gilman      Sept. 20 - 3:45-4:45 PM | Sept. 21 - 3:30-4:30pm

Did you know that since 2008, seventy-seven (77) Augsburg students have received Gilman scholarships, totalling \$305,000? TRIO students continue to make up a big percentage of those winners! Learn more about how you can earn \$5,000-\$8,000 to study abroad!

### Taco 'Bout Your Resume Review      Sept. 22nd- 4:00-6:00pm

Free Taco Bar included for anyone who signs up to have their resume reviewed. Schedule your 20 minute slot via Handshake, under the Events Tab. Sponsored by Strommen Center

### On campus Internship & Career Fair      Sept. 28th-3:00-5:00pm

Over 30 employers will be present, so don't miss this great opportunity! Employers attending include; 3M, U.S. Bank, Ameriprise Financial, and Travelers. Employers are starting to accept applications now which are posted in Handshake and on their company website. Register in Handshake and learn more! Job Fair Prep Sessions - Dates/Times are listed on Handshake under the Events tab

### Come cook w/us in the food lab!      October 5 - 3:30pm - 5pm

Do you wish you have more time to cook easy, delicious, and affordable meals? You're in luck! Come learn from a local chef who will teach you how to make easy, delicious, and affordable meals with ingredients you may already have or can easily find at Campus Cupboard. This workshop is limited to the first 10 students who register.

### 2nd Year RRR      Oct 12 - 3:30-4:45 pm | Oct 13 - 3:45-5 pm | Oct 14 - 8-9:15 am

REQUIRED FOR 2ND YEAR STUDENTS! Don't enter your 2nd/sophomore year crusty. 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!

### Wellness and Yoga      Oct 18 - 3:45-4:45 pm

Come and relax with breathing exercises, mindfulness and beginners yoga poses. This is a time for you to pause and focus on your wellness. Learn how to take that with you as you continue your day.

### Internship Palooza      Oct 27 - 4:30-6:30 pm

Tired of hearing your TRIO/SSS advisor harp about applying for internships? Try hearing from a group 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.

**Do You Know How to Vote?      Nov. 1 - 3:45pm-4:45pm | Nov.2 - 3:30pm-4:30 pm**

Are you involved in the democratic process of voting? Did you know it's a midterm election year? Make sure your voice is heard. Come register to vote and learn where and when you can vote this November. This event is co-sponsored with MLife.

**First-Generation Documentary/Film discussion      Nov. 10 - 5:30-7pm**

Join us to watch an award-winning documentary narrated by Golden Globe nominee Blair Underwood. Four high school students - an inner city athlete, a small town waitress, a Samoan warrior dancer, and the daughter of migrant field workers - pursue higher education as first generation students. This documentary was shot over the course of three years and features some of our nation's top educational experts (Richard Kahlenberg, The Century Foundation; J.B. Schramm, College Summit; Dr. Bill Tierney, University of Southern California). The 95 minute documentary explores the problem of college access faced by first generation and low-income students and how their success has major implications for the future of our nation.

**First-Generation Celebration      Nov. 9-11--TBD**

Did you know that over 40% of students attending college are first-generation? At Augsburg, over 65% of students are first-generation. We are proud to celebrate our first-gen students as part of the annual National First-Generation College Celebration to honor the anniversary of the signing of the Higher Education Act of 1965. Come help us celebrate!

**Summer Research Opportunities      Nov.16 - 3:30-4:30pm**

Interested in research or curious about graduate school, but not sure where to start? Join us in partnership with URGO (Undergraduate Research and Graduate Opportunities) and TRIO McNair programs here at Augsburg to learn more! All majors welcome!

**Arts, Crafts, and Relax      Nov. 30- 3:30-5:00pm | Dec.1- 3:45-5:15pm**

Step away from your studies to unleash your creative side with a brain break. You can paint, create stress balls, or twirl your thumbs, we don't care! Come hang out with us and relax with your TRIO/SSS staff and peers. Plus you can create something cool to hang in your apartment or dorm!

**End of Semester Celebration      Dec. 9- 1:00-3:00pm**

Come celebrate the last day of fall semester classes with your TRIO/SSS advisors and peers. Stop by the TRIO office for treats and conversations.