

TRIO/SSS Events & Workshops

Spring 2025

Confirm your attendance by
accepting our google calendar
invite and/or filling an RSVP form

January

Open House: Welcome to Spring Semester and Holistic Wellness

You are invited to our TRIO/SSS Lounge for an afternoon of connecting with friends and mentors over light refreshments, as well as exploring holistic wellness through arts and crafts, games, and tea! Goodie bags will be available while supplies last!

When: Friday, January 24, 1:00-3:00pm

Location: TRIO/SSS Lounge

February

TRIO Student Pizza Circle: First-Generation College Student Tips and Resources for a Successful Semester, Pizza Provided!

Join us for a relaxed and supportive conversation circle with **free pizza!** All TRIO/SSS students are welcome, especially first-generation college students who want to build community with their TRIO/SSS friends and family. Let's share our experiences, goals, and accomplishments. We'll have first-generation college student shirts and swag, as well as tips for a successful spring semester.

When: Thursday, February 6, 11:30-12:30pm

Location: Lin 301

University YMCA Learn to Network Event

By attending this event you will leave with 50 professionals in your network! Hear from the keynote speaker James Cooper. You do not need a resume in hand (but might be a good idea to bring one!) Our Rin Heise will be present for support.

RSVP required: <https://forms.gle/H1PscFWyrVTwrHQE9>

When: Saturday, February 8, 1-4pm (check-in at 12:50pm)

Location: Coffman Memorial Union (U of MN) Mississippi Room



FAFSA Open Hours, Plus Treats!

FAFSA 2025-2026 is open and the sooner you complete it the greater chance of getting the funding you need. Our TRIO/SSS team will have open hours on the following dates to give you the space and support you need to complete your FAFSA. No appointment is necessary, simply stop by. Whether you're a new or returning student, we're here to support you in securing the financial aid you need to succeed.

When: Tuesday, February 11, 3:45-4:45pm
and Wednesday, February 12, 2-3pm

Location: Lin 202

Celebrate National TRIO Day!

Join us to celebrate the National TRIO Day. We'll have yummy snacks and TRIO swag.

When: Friday, February 21st.

Location: TRIO/SSS Lounge

Federal Reserve Bank Field Trip

There are 12 Federal Reserve Banks in the United States and they are part of the Federal Reserve System, founded to provide the country with a stable monetary and financial system. Let's go learn more by taking a trip to the Federal Reserve Bank of Minneapolis. Food will be provided after the trip.

RSVP required: <https://forms.gle/moQjFs5KmUkQKRCx6>

When: Friday, February 28, 1-3pm.

Location: Meet in the TRIO/SSS Lounge at 12:15pm



March

Carlson Graduate School Visit-For Juniors

Explore the possibilities of graduate school at the University of Minnesota's Carlson School of Management! Rin and Magaly will walk over there with you. Food will be provided by our hosts.

RSVP required: <https://forms.gle/C9r9MQVJ4MwFw1tE9>

When: Monday, March 10, 12pm-1pm

Location: Meet in the TRIO/SSS Lounge at 11:30



TRIO Achievers Reception- *By Invitation Only* *Not a Workshop

This is a celebration to honor the outstanding achievements of our remarkable TRIO/SSS students. This special celebration recognizes students who have earned a 3.0 GPA or higher and/or those who will be graduating this spring.

When: Wednesday, March 12, 4:30-6pm

Location: More details in your email invite (coming soon).

Third Year RRR (Renew, Review, Refresh) -For Third Years Only

Are you on track for graduation? Let's talk about it together. If you are in your third year, or will graduate next year (Spring 2026), sign up for one of the time slots below.

When: Tuesday, March 25, 3:45-5pm, Wednesday, March 26, 3:15-4:30pm , Thursday, March 27, 8:15am-9:30am

Location: Lin 301

April

TRIO/SSS Student Pizza Circle: First-Generation End of Semester and Planning for Summer Convo and Tips

Join us for a relaxed and supportive conversations over **free pizza**, to reflect on the end of the semester and plan for the summer ahead. Share your experiences, challenges, and triumphs with peers who may relate and are supportive of your journey. Come get **first-generation college student swag**, and tips to successfully end the semester and plan for the summer.

When: Thursday, April 3, 11:30-12:30pm

Location: Lin 301

Etiquette Dinner: Formal Dining Etiquette Training with a Full Course Meal- *Limited Spots Sign Up ASAP if Interested*

Would you know the proper dining etiquette if you were invited out to a professional dinner? Don't worry, we've got your back. Join us to learn etiquette skills and hone the formal table manners that you'll need for career networking and job interviews that often include lunches and dinners. You must register in person at the TRIO/SSS office for this event.

RSVP required: sign up by filling the form in the TRIO SSS lounge (walk-in)

When: Subject to change: Tuesday, April 8, 5-7pm

Location: East Commons

May

End of the Year Open House and Wellness Break

You're invited to celebrate the end of the academic year with the TRIO SSS program at our Wellness-Focused Open House! Join us for an afternoon of relaxation and connection as we honor the accomplishments of our students and reflect on the importance of prioritizing mental and emotional well-being. Enjoy healthy snacks, calming activities, and great company as we come together to celebrate another successful year of supporting student success!

When: Thursday, May 1, 1-3pm

Location: TRIO/SSS Lounge