



# TRIO/SSS TRIBUNE

Fall 2015  
Volume 4, Issue 1

## **“UpTurnships=Paid Internships and More”**

By: Melody M. Geiger, Academic Advisor

Did you know that 80% of employers are looking for new graduates who have completed a formal internship? Paid internships seem to make a difference to employers as well. According to the NACE (National Association of Colleges and Employers) 2013 student survey, 63% of college graduates who had paid internship experience received a job offer as compared to only 37% of those who had an unpaid internship and 35% who had no internship experience. Did you know that many employers hire interns in the fall for positions the following summer? Students often miss great opportunities because they are not aware of this. It definitely pays (literally) to plan ahead!

TRIO/SSS is here to help students be successful in college and to graduate while also preparing students for life after college. With this in mind, I am excited to share information about a special partnership that TRIO/Student Support Services (SSS) has

formed with a non-profit organization called UpTurnships. To put it simply, UpTurnships was created to give highly motivated students who are under-resourced (this can mean many things but being a student from a low-income and/or first generation background fits), career success through training, coaching, and paid internships during college.

This past summer, 22 students participated in UpTurnships, nine of those were TRIO/SSS students. Each participant received 175 hours of training on key business skills identified by employers, over 225 hours of paid work transferable to future jobs, and one-on-one coaching with successful business professionals. Their average summer pay was \$4,900.

The training included building skills and getting to know oneself better through learning one's strengths. Participants' strengths were assessed through the Strengthfinder tool. Skill building included the areas of: how to make a good first impression, effective communication, problem solving, and technical business skills.

All participants concluded the summer

experience with an application packet ready for the next step in their career. And 77% have received offers for future work during the school year or next summer!

If you are a current sophomore or junior, you can learn how to apply for participation in this great program next summer by attending one of the upcoming information/resume workshops led by the UpTurnships staff. How great would it be to plan ahead and know you will be learning and making money next summer?! Stop by the TRIO/SSS office to register for one of two workshops offered on September 15<sup>th</sup>, either 8:15 -9:15 am in the Marshall Room or 4:00 – 5:00 pm in OGC 100. If you are unable to attend either of these sessions, due to class or work commitments, please let your TRIO/SSS advisor know.

Also, all students are encouraged to sign up for the Career/Internship Fair that will take place on September 24<sup>th</sup> from 3:00-7:00 pm in the OGC lobby. You can find out more information about the Fair and preparation sessions by talking to your advisor and going to the Strommen Center website: <http://www.augsburg.edu/strommen/events/>.

## **In this Issue**

### **“Augsburg TRIO SSS Funded for five more years”**

By: Aly Olson

Page 2

### **TRIO/SSS Checkout Equipment**

Page 2

### **Fall Workshop Calendar & Events**

Page 3

### **2015 TRIO/SSS Graduates**

Page 4 & 5

### **“Goodbye, Meh!”**

By: Kevin Cheatham

Page 6

### **2015 TRIO/SSS Summer Bridge**

Page 6

### **Helpful Resources**

Page 7

### **“Show up, be present & do the work!”**

By: Xia Xiong-Vang

Page 7

### **TRIO/SSS Staff Information**

Page 8

### **Augsburg TRIO/SSS Information**

Page 8

## **Augsburg TRIO/SSS has Been Funded for 5 More Years**

### ***Federal government funds 34 Student Support Services projects under federal TRIO programs across Minnesota; more new programs than any state except California***

**By: Aly Olson, Director**

We were delighted to receive notice this summer that the TRIO/SSS program at Augsburg College has been awarded funding for 2015-2020 from the U.S. Department of Education. This honor is extra special because it coincides with the 50th anniversary of the Higher Education Act of 1965, when TRIO programs and federal financial aid were first signed into law by President Lyndon B. Johnson.

#### **Background**

Minnesota colleges and universities this summer received a record number of financial awards from the federal government for Student Support Services projects-- one of seven types of TRIO programs for low-income, first-generation, or disabled students to progress from middle school to post-secondary education -- despite increased national competition, changes to scoring, and new methods of judging programs. Minnesota colleges and universities were awarded funding for 34 Student Support Services projects, up from 26 programs, and more newly funded projects than any other state except California.

Augsburg College received renewed funding of more than \$247,000 each year for the next five years for its Student Support Services project.

#### **Why this is important**

The federal government funds TRIO programs nationwide. The number of programs funded is based on available funding, with 1,071 projects awarded for this funding

cycle. Re-approval of an existing program never is guaranteed. The fact that Minnesota had 8 new programs funded means that Minnesota's higher education system -- as a whole -- will better be able in the next five years to create achievement parity for a greater number of students. This is especially important at a time when, as illustrated through the work of the Minnesota State Demographer Susan Brower, Minnesota's population is increasingly diversifying. Brower recently told a group of 200 Augsburg employees at a special seminar that "employers are going to have a much greater interest in bringing populations who previously may have been marginalized into productive work. We don't have the capacity, going forward, to leave anyone behind." (Furthermore, education will grow in importance because the relative size of our workforce affects economic production and the strength of our region. In addition, as older adults retire in the next 20 years and the workforce shrinks in proportion to the overall population, Minnesota will need the skills and talents of the entire working-age population.)

The fact that Minnesota institutions received funding for new programs also is significant because the federal government moved the bar by which it assesses programs. In the past, schools could score as many as 100 points for the grant, plus 15 points were possible for previous institutional experience. This year, that increased to a possible 121 -- 6 points were added from the Department of Education.

In addition to changing the scoring, institutions this year could apply on par with previous years' applications or apply in one of four new, narrow categories: STEM, disabilities, ESL, and veterans. That means that there were a greater number of applications submitted for the same pool of awards. In the case of Augsburg College, because the school is relatively small, we were not able to apply for any of the specialty categories. In other words, we do not

have "enough" students in any one category to support a specialty.

#### **New in Augsburg's TRIO SSS Program**

As with previous years, Augsburg College's TRIO/SSS project provides preemptive and summer tutoring, academic advising and counseling, financial and economic literacy, information and assistance on federal aid, and information and assistance on graduate school and professional studies to more than 160 students.

This year, the College added a "college success panel" to its TRIO/SSS program. Research shows that one of the greatest noncognitive variables impacting college success is for students to see and hear their peers talking about their experience. The panel is comprised of upper class students from varying income and parental education backgrounds, who discuss how their backgrounds helped shape their college success. Attendance at and reflection on this type of panel is shown by research to improve: Student GPA, transition from high school to college, and create more "grit" -- or resilience -- in students.

Also new this year is a commitment to first year advising, where TRIO/SSS advisors will meet weekly with all first-year students to achieve a series of academic, financial literacy and social/personal outcomes on First Year Advising Curriculum. To show their support of the TRIO/SSS program, Augsburg College has committed two new kinds of scholarships for TRIO participants starting in 2015: "the Summer Bridge Promise Grant provides four years of full-tuition scholarships for students who successfully complete the TRIO/SSS Summer Bridge program, and "seniors who make significant progress toward their degree but have timed out of other financial aid options in the process, the TRIO/SSS College Completion Grant is designed to help students complete their degree with the least amount of debt possible.

## **Check Out Equipment from TRIO SSS**

Each semester, our office has equipment available for check-out, including:

- **Laptops**
- **Graphing Calculators**
- **Smartpens**

These items are available on a first-come, first-serve basis to currently enrolled active TRIO/SSS students only. Items can be checked out in TRIO/SSS office starting on Tuesday September 1, 2015.

#### **Laptop checkout schedule**

**September 1– due October 2 by 3pm**  
**October 5– due November 6 by 3pm**  
**November 9– due December 17 by 3pm**



**While Laptops may be borrowed month-to-month, calculators and Smartpens may be checked out for the entire semester. Equipment goes fast!**



**All Equipment must be returned to the TRIO/SSS Office on Thursday December 17, 2015 by 4:00 pm (No Exceptions)**

# Fall 2015 Workshop Calendar and Events

Join fellow TRIO/SSS Auggies at one of the various workshops offered throughout the semester. Every month, we will explore a new topic related to your academic, financial, personal, and career goals. We will hold two sessions for each workshop, unless otherwise noted. TRIO/SSS participants are expected to attend at least two workshops (highlighted in red) per semester. Sign up at the TRIO/SSS office!

## SEPTEMBER

### 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**

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**

## OCTOBER/ NOVEMBER

### Surviving your First Year

**Wednesday, October 7**

3:15 pm-4:15 pm

**Location: OGC 100**

**Thursday, October 8**

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

**Location: Marshall Room, CC**

### Stress Busters

**Wednesday, October 14**

12:30 pm-1:30 pm

**Location: Riverside Room, CC**

*\*Co-sponsored by Center for Wellness and Counseling & TRIO/SSS*

### What Students Don't Know

**Wednesday, October 28**

12:30 pm-1:30 pm

**Tuesday, November 3**

12:00 pm-1:00 pm

**Location: Riverside Room, CC**

*(Feel free to bring lunch to either sessions)*

### Etiquette Dinner

**Thursday, November 19**

6:30 pm-8:30 pm

**Location: TBD**

## DECEMBER

### End of the Semester Celebration

**Friday, December 11**

1:00 pm-3:00 pm

**Location: TRIO/SSS Office**

## CAREER FAIR/ PANELS

### Career/Internship Fair

**Thursday, September 24**

3:00 pm-7:00 pm

**Location: OGC Lobby**

### Professional Studies Panel

**Friday, September 25**

12:30 pm-1:40 pm

**Location: East Commons, CC**

### Creative Careers Panel

**Thursday, October 1**

7:00 pm

**Location: Marshall Room, CC**

### Arts & Humanities Panel

**Friday, October 2**

12:30 pm-1:40 pm

**Location: East Commons, CC**

### Political Science/International Relations Panel

**Monday, October 5**

12:00 pm-1:40 pm

**Location: Marshall Room**

### Natural Sciences Panel

**Friday, October 9**

1:50 pm-3:00 pm

**Location: East Commons, CC**

### Pre-Health Sciences Panel

**Friday, October 16**

1:50 pm-3:00 pm

**Location: East Commons, CC**

Meet with your TRIO/SSS Academic Advisor at least 3 times per semester. Schedule an appointment NOW!

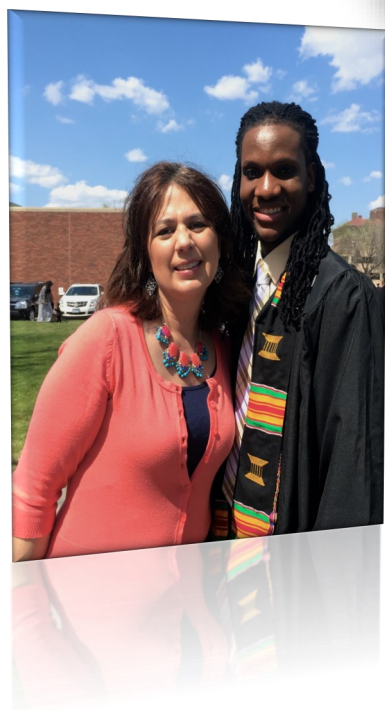
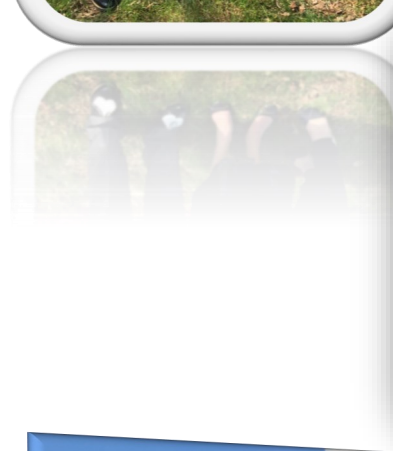
**(612) 330-1311**

*\*Career Fair/Panel is sponsored by Strommen Center*



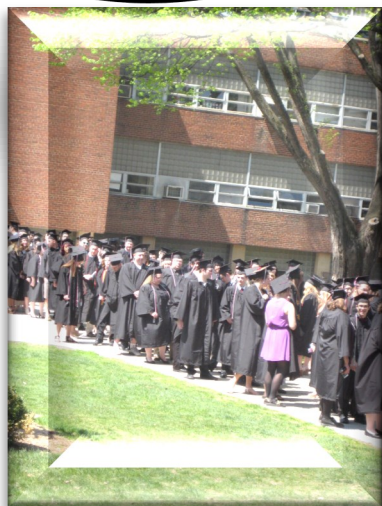
# Congratulations 2015

---





# TRIO/SSS Graduates





## "Goodbye, Meh."

By: Kevin Cheatham, Assistant Director

Hello and welcome to the latest episode of "Life at Augsburg!" Our friendly narrator is back to impart words of wisdom (ha!) and other random musings from his head. And if you've been following our ongoing series you'll remember that "Random Musings from My Head" was one of the first episodes.

So far our dramedy has dealt with commencement and graduation (yes, terms used interchangeably; and no, not the same thing), learned that the three words that make up the question, "What's your major?" are sometimes a prime source of angst when asked; discovered that fall is your narrator's favorite season; and that the best place to study is not really in your room.

All caught up? Good, because summer is over and there are no more reruns.

This year's opening Convocation featured chemistry Professor Joan Kunz as its faculty speaker. Professor Kunz spoke of the five elements that synthesize to create the ideal Auggie--Au or gold in chemistry speak. For those not fortunate enough to hear Professor Kunz in person, a short review.

First on the list is "Pt," or Public transportation, the element that Auggies have an abundance of to and from campus. This is followed by "Ah," the element of surprise and "Duh," is the element of common sense. Completing our compound are "Meh" and "Huh," the indifference and human elements. Of the elements listed, Meh is the one I hope is least abundant in the mix. Here's why.

Indifference, especially as it pertains to one's education, frustrates your narrator. Many of you have worked too hard to get this far and not care. You've invested too much time and money in this process to not care. And truthfully, if you don't care then it makes it hard for the narrator to care, for you, as well.

True, not every scene of this episode will have exploding balloons every few seconds. But the sad reality is that's life. There will be some fun stuff and some not so fun stuff--but you have to care about both, even if it's just a little bit. And in those moments of meh is when you should rely more on a few of the other elements Professor Kunz mentioned. Ah and Huh are especially useful when Meh wants to take over. Think about why you chose to be here at college, in this moment, because you did choose to be here, in this moment. What can you do to say, "Goodbye, Meh?"

19

1869

Au

Auggie

# Summer Bridge Class 2015



This summer, Augsburg TRIO/SSS admitted 24 first-year students into the Summer Bridge Program. During this intensive five-week residential program, students got a head start on their Augsburg education by taking two free college courses for credit and attending academic support seminars, workshops and other activities that help provide a smooth transition to Augsburg in the fall. Summer Bridge participants also received a Summer Bridge Promise Grant which covers full tuition up to four years. Congratulations to Summer Bridge Class of 2015 for successfully completing the Summer Bridge Program!

# Helpful Resources on Campus

**Academic Advising Office** (612) 330-1025, Gage Center, Lindell Suite 227

**Bookstore** (612) 359-6491, Oren Gateway Center, Lower Level

**Center for Wellness and Counseling (CWC)** (612) 330-1707

**Center for Learning and Accessible Student Services (CLASS)** (612) 330-1053, Gage Center, Lindell Suite 216

**Enrollment Center** (612) 330-1046, Sverdrup Hall, Main Level

**Multi-Cultural Student Services** (612) 330-1663, Lower Level Christensen Center

**Public Safety (DPS)** (612) 330-1717, Urness/Moretensen Hall Lobby

**Student Financial Services (SFS)** (612) 330-1046, Sverdrup Hall, Main Level

**TRIO/Student Support Services** (612) 330-1313, Gage Center, Lindell Suite 201

## **“Show Up, Be Present, Do the Work!”**

**By: Xia Xiong-Vang, Academic Advisor**

Welcome back to another exciting school year! I love this time of year because there is so much excitement in the air along with perfect weather. Whether you are returning to campus with a renewed sense of motivation or feeling a bit lost and confused, remember that your TRIO/SSS Advisor is here to help with your Augsburg journey. Over the last few days, I watched cars line up outside my office window as incoming first year students and families made their way to Urness Hall. I wondered to myself what was going through their minds as they sat in their over packed cars with their parents (other than why is this taking so long). For most of them, this is the first time they will be on their own away from family, friends, and everything that is familiar. Augsburg is where they get to start fresh, hit the reset button, and explore who they truly are.

At the opening convocation, President Pribbenow talked about three key things that incoming students can do to guarantee a successful college career (which can also apply to current students as well). These things were showing up, being present, and doing the work. It sounds pretty simple but believe it or not, students don't put these things into practice. Showing up simply means attending all your classes. Studies show that students who miss just one class can fall behind dramatically compared to those who attend all their classes. You are paying A LOT of money for your education, so please attend ALL your classes.

Being present is to be engaged in your classes by participating in classroom discussions, asking questions, and building relationships with your classmates and professors. This is critical to your learning success. Being present also means taking advantage of all the different opportunities that Augsburg have to offer both on and off campus.

Lastly, do the work! You can show up and be present all you want, but if you are not doing the work, you will not be

successful. Putting time and effort into your work is key to getting good grades. Remember that for every hour you spend in class, you should devote two hours outside of class on homework and assignments. This means that on average, you should be spending at least twenty-four hours (more if you are a science major) a week studying for all your classes.

Show up, be present, and do the work! Whether this is your first or final semester at Augsburg, these three things should be a part of your daily mantra. Put these things into practice and you will have a successful academic year. Remember that your TRIO/SSS Academic Advisor is here to help you. They have been doing this a long time, so take advantage of their expertise!

Also, make sure to meet with your TRIO/SSS Academic Advisor at least three times per semester. We can't help you, if we don't see you. You can schedule an appointment by stopping by the TRIO office or by calling 612-330-1311.

**For every TRIO/SSS workshop you attend, your name will be entered into a drawing for a grand prize at the end of the semester. Make sure to attend as many workshops as you can to increase your chances of winning. Good luck! Also, we'll be giving away cool swag at each workshop so make sure you don't miss out! Students are expected to attend at least two TRIO/SSS workshops per semester. Workshops are listed on page 3. Make sure to sign up in the TRIO/SSS office.**

# TRIO Student Support Services Staff



**AUGSBURG  
COLLEGE**

From Left-Clockwise: Xia, Kevin, Melody, Kim & Aly

## Student Workers at the Front Desk

Ashley Johnson--Sociology & Communications '15

Bao Xiong--Business Management & International  
Business '15

Dahvid Ear--Finance & Mathematics '17

Kalyn McConnell--Social Work '18

Anisa Ahmed-- Biology '19

Mohamud Mohamed-- Psychology '19

Aly Olson-- Director

(612) 330-1313

jepsen@augsborg.edu

Kevin Cheatham-- Assistant Director

(612) 330-1314

cheathak@augsborg.edu

Melody M. Geiger-- Academic Advisor

(612) 330-1029

geigerm@augsborg.edu

Xia Xiong-Vang-- Academic Advisor

(612) 330-1343

xiongx@augsborg.edu

Kim Bestler-- Program Assistant

(612) 330-1360

bestler@augsborg.edu

## **Augsburg College**

### **TRIO/Student Support Services**

Gage Center for Student Success, Lindell 201

2211 Riverside Avenue

Campus Box 47

Minneapolis, MN 55454

Phone: (612) 330-1311

<http://www.augsburg.edu/trioss>