

Welcome Back Auggies!

And we're off!

By: Kevin Cheatham

Welcome back returning students and hello and welcome to new transfer and first year students. We're glad you're here. It's hard to believe that just four months ago we were saying "goodbye" to the 2015-2016 school year and wishing graduates success at the annual commencement ceremony. Time flies!

This year has been one of milestones for me. My tenth year at the College and my tenth Augsburg Summer Bridge class! And this is my 30th(!) year—okay, it might be my 31st, but still a long time—with TRIO programs. Time flies.

It may seem as if your commencement and graduation are a long time away. But believe me, both events will be here sooner than you realize. Time flies. That means you need to do everything you can during your time here so that you are prepared for life post-Augsburg. Again, time flies. So what does that mean?

First, be sure you are meeting with your TRIO/SSS advisor on a regular basis. And get to know other administrators and faculty, especially the ones in your major(s) or minor(s). We're not bad people and we are here to help you plan your college experience. We want to make sure that you are doing everything in your power—academically, financially, and personally—to be successful. The road to life after college isn't always going to be smooth, but we're here to help you do some navigation. But remember, we're not your personal attendants. We are available to help you manage all the pieces, big and small, but it is ultimately up to you to give us some direction and for you to follow through on that direction.

Second, take advantage of all the college has to offer. TRIO/SSS offers monthly workshops on a variety of subjects that may be of interest or use to you. Attend them. Campus offices such as Multicultural Student Services and the Strommen Center for Meaningful Work have events throughout the year that are opportunities to learn more about other cultures, or network with prospective employers and get prepared for careers and internships. Attend them. There are many wonderful study abroad opportunities available through the Center for Global Education and Experience. Find one that works with your academic plan and go see the world. The Residence Life and the Campus Activities and Orientation offices plan many social activities for students throughout the year. Go meet peers who don't all live on your residence hall floor or in your residence hall room. Interested in being a voice for student concerns? Join Student Government. I guess what I'm saying is, "Do something. Be involved." You're paying a lot of money to be here and do nothing. Do nothing at home on your couch. For free.

Finally, have fun. But don't have so much fun that you forget why you are here or are asked to not be here. You are a student first. Do your homework. On time. Go to class. Daily. And on time. If you aren't bleeding profusely from the head go to class. If you're not vomiting go to class. Breathing? If the answer is "Yes" then go to class. And the "Do Something. Be involved." mantra applies here as well. You will learn better in classes and do better in classes if you are involved in your classes. As I mentioned earlier, you're going to have a few rough moments as a student. Welcome to college and welcome to life! But ideally, the positive will far outweigh the negative. And the bad stuff will make you appreciate the good stuff even more.

Before you know it you'll be looking back and realize just how much you've accomplished as an Auggie. Time flies.



Inside this issue

Spring 2016 Dean's List	2
Fall 2016 Career & Internship Fair.....	2
Welcome & Welcome Back.....	3
Study Abroad Scholarship.....	4
TRIO/SSS Equipment Checkout... ..	4
Pokemon Go Strategies.....	5
2016 TRIO/SSS Graduates.....	6 & 7
Summer Bridge 2016.....	8
Fall Workshops.....	9
Win an Ipad.....	9
Picking a Major.....	10
Follow us—AugsburgTRIOSSS.....	11
TRIO/SSS Staff.....	12

Organizations at 2016 Job & Internship Fair

ACR Homes
Aerotek
Best Buy
Career Professionals Inc.
CBRE
City of Saint Paul
Dart Transit Company
Enterprise
Fairview Health Services
Fraser
HealthPartners
Hennepin County
Hennepin County Medical Center
IPS Worldwide
Lutheran Social Service of MN
Mayo Clinic
Metropolitan Council
Minnesota High Tech Association
(SciTechsperience Internship Program)
Northwestern Mutual – TC
Pace Analytical
Pocket Hercules
Recursive Awesome
Regions Hospital
Regis Corporation
Robert Half/Accountemps
SPS Commerce
Student Experience
The Arc Greater Twin Cities
Thomson Reuters
Two Harbors Investment Corp.
U.S. Bank
Wells Fargo, N.A.
Wells Fargo Home Mortgage
Xcel Energy

Congratulations to the following TRIO/SSS students for being named on the Dean's List. The Dean's list recognizes students who receive a 3.5 GPA or higher at the end of each semester.

Raqiya Abdi
Mahamed Ahmed
Osiris Bardales
Tim Bishop
Emma Blom
Symone Brown
Lauren Canales
Megan Carrell
Melissa Castanon
Anabel Chavez
Dahvid Ear
Winta Gebre
Winnie Godi
Jazmine Gonzalez

Kitana Holland
Khadra Ibrahim
Erika Idrovo-Cuesta
Jide Ifonlaja
Baoyia Kong
Samantha Kong
Lisa Lachner
Romae Leach
Jerry Lee
Kathy Moua
Taneasha Muonio
Cam Thu Pham
Jazmin Rosas-Torres
Hashi Said

Sulaiman Sesay
Christine Tang
Ong Thao
Mai Xee Vang
Diamonique Walker
Zekia Washington
Khadijah Wilson
Pang Xiong
Mai Kia Yang

Fall 2016 Career and Internship Fair

WHO SHOULD ATTEND THE FAIR?

YOU should attend the fair! Many organizations do their recruiting for summer 2017 internships and entry-level positions (for new graduates) in the fall of 2016. It might seem early but it is a standard practice and we don't want you to miss out on a great opportunity. Any student thinking about doing an internship for their major, for Augsburg Experience, or to gain the necessary experience they need to start their career should attend this fair. Students who are curious about the internship/job search process or would like to do some career exploration should also attend this fair. If you're an Augsburg student, we think you should attend the fair!

HOW DO I PARTICIPATE?

- Register by **September 26th** through the Strommen Center for Meaningful Work
- Read Tips for Navigating the Fair
- Attend a prep session
- Update your resume
- Research the organizations attending the fair

The Career & Internship Fair is on **Thursday, September 29th between 3:00-6:00 p.m.** It is located in the Hoversten Chapel in the Foss Center. Check-in and pick up your name badge when you arrive.

For more tips on how to navigate the Job and Internship Fair, visit the Strommen Center for Meaningful Work website:

<http://www.augsburg.edu/strommen/calendar/fall-2016-career-internship-fair/>

Welcome and Welcome Back!

By: Aly Olson

Hellooo my TRIO/SSS peeps! Welcome to a(nother) great year at Augsburg! We have a lot planned for your time here, and invite you to participate in as much TRIO/SSS programming as you are able. See the workshop list for details, but first a few numbers to crunch:

As you may know, Augsburg TRIO/SSS is federally funded to serve only **160** undergraduate students each year. This is a *very small portion* of the over **60%** of Auggies who qualify to participate in TRIO/SSS!

25 TRIO/SSS students graduated from Augsburg in 2016!

We quickly filled those spots with **25** Summer Bridge students this summer.

A few students decided not to return to Augsburg, or transferred to another college, so that means...

Welcome to the **20** new fall admits to the Augsburg TRIO/SSS program!

We actually squeezed in a few extra students, so we're busting out at **170** in TRIO/SSS this fall*.

As noted in Melody's article, you are joining a fierce group of students determined to achieve academic success: TRIO/SSS participants are more likely to persist in college, stay in good academic standing (or better! Dean's List is your destiny, people), and graduate than other students at the college. Yes, TRIO/SSS students perform even better than students whose parents have degrees and whose families have higher incomes.

How do they achieve this? You guessed it: they meet with their TRIO Advisor on a regular basis, they set realistic academic and life goals, they ask for help and use their resources well. Put another way, college is a marathon, not a sprint: you need to plan your race strategy well, listen to your coaches and hydrate (take care of yourself) along the way! We in TRIO/SSS want to be there for the entire run of your college career, so let's do this!

*That's **45** new students who will be meeting weekly with their TRIO advisor this fall--schedule your appointments now or you'll be left with the crack o' dawn timeslot. (It's okay, we are all Morning People.)





Summer Bridge 2016 Participants
reviewing for REL 100 midterms

Study Abroad Scholarship!

Are you thinking about studying abroad? Are you worried about being able to pay for your study abroad experience? If you receive the Pell Grant as part of your financial aid (most TRIO/SSS students do), then you should look into applying for the Gilman Scholarship.

The Center for Global Education & Experience, TRIO/SSS & Multicultural Student Services invites you to learn how you could be awarded between **\$5000-\$8000 to study and/or intern abroad** through the **Gilman International Scholarship**. This scholarship is open only to Pell Grant recipients who are also US Citizens.

Since 2008, Auggies have been awarded \$193,500 in Gilman scholarships for study abroad!

Attend one of the following workshops to learn the keys to winning this scholarship.

Thursday, September 8, 11:25am – 11:55am in
Oyate Commons, Suite 2 in the lower level of Christensen Center

or

Monday, September 19, 3:15pm – 4:15pm in OGC 112

Also consider attending a webinar to help you compose a really competitive essay -- a big key to winning a scholarship!

Friday, September 9, 11:00am-12:00pm

Tuesday, September 20, 4:00pm-5:00pm

Deadline to **apply for funds** for Spring semester abroad 2017 is **October 4th**.

Stop by the **Off-Campus Studies Fair** on Friday, September 16th from 10:30-2:30 in Christensen Center Lobby to see all of the options Auggies have to Go Abroad!

For more information contact abroad@augsborg.edu

TRIO/SSS Equipment Checkout

Each semester, the TRIO/SSS office has equipment available for check-out, including: **Laptops, Graphing Calculators, and Smartpens**. These items are on a first-come, first-serve basis to current enrolled active TRIO/SSS students only. Items can be checked out in the TRIO/SSS office starting on Tuesday August 30, 2016.

****Laptops** may be borrowed month-to-month, but calculators and Smartpens may be checked out for the entire semester. Equipment goes fast! Please stop by the TRIO/SSS office if you're interested in checking out an equipment.

Equipment is due back to the TRIO/SSS office on Friday, December 9 by 2:00 pm.



Use Pokemon Go Strategies to be a Successful College Student

By: Melody Geiger

Unless you have been living under a rock for the past couple of months, you are aware of the Pokemon GO craze that erupted as an international, overnight phenomenon in July. It is pretty likely that you are one of the millions of users of this popular app. You may also pride yourself on being a well-educated and skilled player.

As many of you are returning to begin the new school year and some of you are at the beginning of your whole college experience, you may be a little anxious about the upcoming challenges and how to manage your life so that you are a successful college student. Well, have no fear, you can apply the very same tips and strategies for being a successful Pokemon GO player to being a successful college student! No worries, if you have not entered the Pokemon world, you will still be able to benefit from this information.

Tip #1- According to the online [Pokemon Go Advanced Strategy Guide](#), if you **follow the given guidelines**, you'll be able to reach higher levels in Pokemon GO faster than you otherwise would. Likewise, if you follow the strategies in this article for being a successful college student, and meet regularly with your TRIO/SSS advisor (new students weekly and returning students at least three meetings per semester) you will be able to reach challenging academic and personal goals faster than you otherwise would. According to our most recent annual performance report which measures six year graduation rates, students who participated in TRIO/SSS at Augsburg had higher graduation rates than those from similar backgrounds who did not participate (62% for participants versus 56% for non-participants.). #TRIOWORKS!

Tip #2- In Pokemon GO, you need to manage your precious stardust. In college, you need to **manage your precious time**. Come to the September technology workshop and learn how to utilize your Google calendar to help you to be an expert time manager. You can also work with your TRIO/SSS advisor for more detailed and individualized time management strategies.

Tip #3-Focus on Worthwhile Activities. In Pokemon GO, if it has a high candy cost, it is not a good idea to evolve anything below 500 CP. In college, if you do not plan your activities wisely, the result can be costly, literally and figuratively. Think and plan carefully about how many activities you can take on, how much you should work, how much time you have to socialize while still maintaining good grades. Successful students often participate in all of the above with careful planning and follow through.

Tip #4-Exercise is Important. In Pokemon GO, lots of walking will result in the hatching of eggs and spending time at the gym can earn you Pokecoins, both of which result in ultimately strengthening your game. In life, exercise has many benefits and has been found to be especially helpful for college students. According to a July, 2014 article in [MSU TODAY](#), if you want to increase your GPA, join a gym. An AIU blog post, does a great job of summarizing why exercise is so important by giving the following [5 Reasons College Students Should Make Time For Exercise](#):

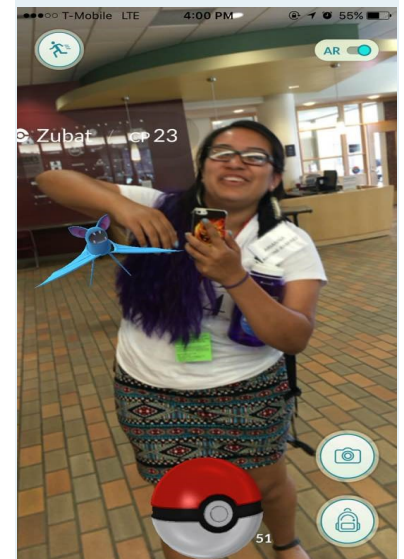
- 1.) It stimulates brain cell development.
- 2.) It improves memory retention.
- 3.) It increases focus and concentration.
- 4.) It boosts mood.
- 5.) It relieves stress.

Tip #5-Choose a Team. In Pokemon GO, in order to battle in a gym, you must pick a team. In college, you will also need to "choose a team." Be sure to find a team of resources on campus to support you. Research shows that students are more likely to succeed in college if they are connected and engaged. Also, having study group teams can help you with comprehending and retaining important course information.

With these tips in mind, go forth and conquer! Gotta catch 'em all!



TRIO/SSS Summer Bridge students Davida Fuller '20 & John Dewitt '20 waiting to get their student ID pictures taken. **Look, its Zubat!!**



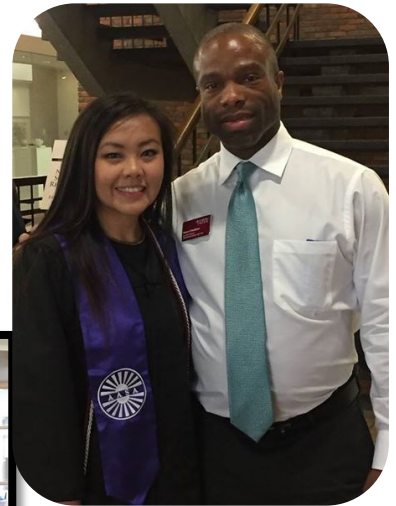
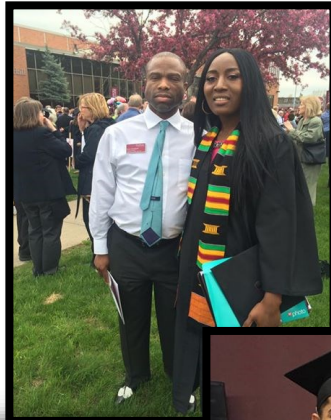
Arianna Antone-Ramirez '20



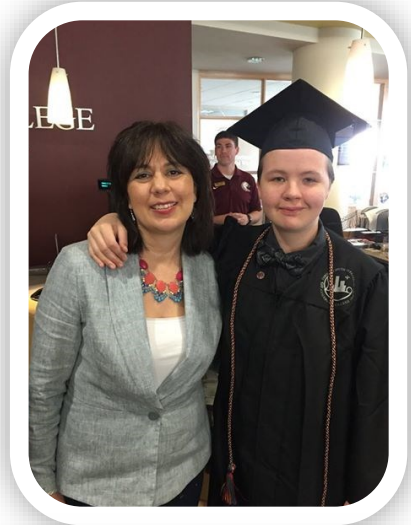
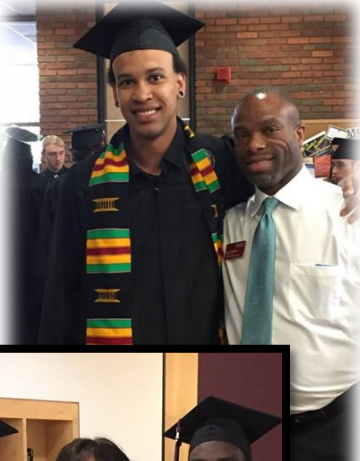
2016 TRIO/SSS Graduates

2016 Commencement

Twenty-five TRIO/SSS Students graduated this past spring. We are very proud of all their hard work and accomplishments. We know they will do amazing things. Congratulations!



#TRIOWORKS



Summer Bridge 2016



This summer, Augsburg TRIO/SSS admitted 25 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 2016 for successfully completing the Summer Bridge Program!



"Gotta catch 'em all"



Summer Bridge Class of 2016

TRIO SSS Fall 2016 Workshops & Events

September

Welcome Back Open House

Wednesday, August 31
1:00 pm-3:00 pm
Location: TRIO/SSS Office

Upturnships/Resume Workshop

Tuesday, September 13
8:15 am-9:15 am
Location: OGC 100 or
4:00 pm-5:00 pm
Location: OGC 202

Gilman Scholarship Workshop

Thursday, September 8
11:25 am- 11:50 am
Location: Oyate Commons, CC or
Monday, September 19
3:15 pm-4:15 pm
Location: OGC 112

Managing Google Calendar

Wednesday, September 21
12:30 pm- 1:30 pm
Location: SVE 201

Career & Internship Fair

Thursday, September 29
3:00 pm- 7:00 pm
Hoversten Chapel

October

Stress Busters

Wednesday, October 12
12:30 pm-1:30 pm
Location: CWC
(Feel free to bring lunch)

Networking/LinkedIn 101

Wednesday, October 26
4:30 pm-5:30 pm
Location: SVE 201

November

Internship Palooza

Monday, November 7
4:30 pm-6:00 pm
Location: OGC 114

Major Exploration

Wednesday, November 16
3:00 pm-4:00 pm
Location: OGC 100
Thursday, November 17
12:30 pm-1:30 pm
Location: OGC 100

December

End of semester Celebration

Friday, December 9
1:00 pm- 3:00 pm
TRIO/SSS office

Fall Workshops

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.

Join your fellow TRIO/SSS Auggies at one of the various workshops offered throughout fall semester. Every month, we will explore a new topic. We will hold two sessions for each workshop, unless otherwise noted. TRIO/SSS participants are expected to attend at least two workshops per semester. Sign up in the TRIO/SSS office to receive email reminders.

Win an Ipad!

TRIO Student Support Services will be giving away an Ipad to one lucky TRIO/SSS student. This semester, for every TRIO/SSS workshop you attend, your name will be entered into a drawing for an Ipad at the end of the semester. To increase your chances of winning, make sure to attend as many workshops as you can. You can sign up for workshops in the TRIO/SSS office. The workshop calendar is listed above. We hope to see you at all the workshops and good luck!

Picking a major

By: Xia Xiong-Vang

*"Something there is that does
not love a wall" — Robert
Frost*



*Opening Convocation
Class of 2020*

We are called Auggies!

Welcome class of 2020 and welcome back returning Auggies! Another school year is upon us and I am so excited to see the many new faces on campus. Over the next few days and throughout the next four years, many of you will be asked by your peers, your professors, the Augsburg community, and your friends and family the big ol' question of "what is your major"? Just a warning, you'll be hearing this question A LOT, so get used to it. I know there is a lot of pressure that is put into this question. Not only have you just made one of the biggest decisions in your life of where to attend college, but now you must also choose a major. If you are one of the many students who are "undecided," do not fear, because most likely 90% of your peers are also undecided. Most of the time, students have no idea what they want to major in and those that do know, will change their major at least once if not twice by the time they graduate. So, to help you get a better idea on how to choose a major, here are three things you want to think about.

1.) Why do you want this major? It's not uncommon for a student to pick a major because someone else—almost always a family member—thinks it's something the student should pick. First-generation students often receive a lot of pressure from family members and themselves to choose a major that will make a lot of money or give them a prestigious title. Students might even choose a major because they are expected to become XY or Z. But someone else's wishes shouldn't dictate what you decide to major in, unless you truly are interested and have chosen the major for yourself.

2.) Do you know enough about this major? Some majors sound really good, until you actually start taking classes in them. In most cases, you've only heard people talking about it but never realized what is actually involved in the discipline. Or you might have taken some classes in high school and done really well, but once you start taking the college level course, you realize that it's not what you expected. It's okay to explore different classes within the major, get a feel for them and if you realize it's not what you want, you can always explore something else. You can also ask professors within your major what career paths students have taken in your area. You might be surprised to learn that there are many paths to get to your dream career.

3.) What are the requirements for your major? Some majors sound like a lot of fun at first glance, but once you realize all the courses you have to take you might decide it's not something that you want to do or even have the time to do it. This is why it's so important to meet with your TRIO/SSS advisor to make a long term plan so that you know if you have enough time in your four years to complete all your major requirements as well as your general education requirements. If you plan well ahead of time, you will be able to complete all your graduation requirements for your major and even pick up a minor or two along the way. It does take a lot of smart planning but it can be done.

Of course there is more that goes into choosing a major than just these three things, but it's a great start to get you thinking about why it is that you are choosing a specific major. Remember that your TRIO/SSS advisor is here as a resource to help as you explore your interests and decide on a major. Until then, get used to hearing the question "what is your major?" Also, make sure to attend the "Major Exploration workshops" for more tips on narrowing down a major. Please see the workshop calendar on page 9 for specific details and location.

Like & Follow us—AugsburgTRIOSSS

Can't get enough of TRIO/SSS? Want to know what we are up to? Stay connected to other Auggies and your TRIO/SSS Advisors! Starting this fall, TRIO/SSS will be all over social media. Like us, tweet us, and follow us for all the latest updates. Don't miss out on all the TRIO/SSS fun!



Instagram



AUGSBURG
COLLEGE

TRIO

STUDENT SUPPORT SERVICES

TRIO Student Support Services Staff

TRIO/SSS TRIBUNE

The Student Support Services (SSS) program is one of the three TRIO programs originally funded under the Higher Education Act of 1965. SSS helps students overcome class, social, and cultural barriers to complete their college education. Augsburg TRIO/SSS started in 2001 and is funded by the U.S. Department of Education and Augsburg College. The Minnesota Department of Education Summer Food Service Program (SFSP) provides additional funding for Summer Bridge. Augsburg TRIO/SSS annually provides individual and group services to 160 students. All Augsburg TRIO/SSS services are provided at no cost to program participants. Students participate in TRIO/SSS throughout their enrollment at Augsburg College. Augsburg TRIO/SSS also selects 25 incoming first-year, TRIO-eligible students to participate in its Summer Bridge component.



From Left: Kevin, Melody, Lani, Xia & Aly

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

Lani Moua– Program Assistant
(612) 330-1360
moual@augsborg.edu

TRIO/SSS TRIBUNE

Augsburg College
TRIO/Student Support Services

Gage Center for Student Success
Lindell Library 201
2211 Riverside Avenue South
Campus Box 47
Minneapolis, MN 55454

Phone 612 330-1311
<http://www.augsburg.edu/trioss>

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PLACE
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