

TRIO/SSS TRIBUNE

Fall 2018

Special 50th Anniversary Edition

Volume 7, Issue 1

AUGSBURG UNIVERSITY

TRIO/SSS Celebrates 50th Anniversary

This year marks the 50th Anniversary of the TRO Student Support Services program nationwide which has guided millions of students and their families through the college preparation and application process. Student Support Services was established in the 1968 reauthorization of the Higher Education Act, which established President Lyndon B. Johnson's goal of seeing that "no American talent is wasted."



Augsburg's TRIO/Student Support Services (SSS) was first awarded in 2001 and funded by the U.S. Department of Education. Augsburg TRIO/SSS provides individual and group services to 160 students annually, so that they may overcome class, social, and cultural barriers to complete their education.

Augsburg TRIO/SSS advisors provide comprehensive planning and support to program participants in academic, financial, and personal areas as students progress toward graduation. All Augsburg TRIO/SSS services are provided at no cost to program participants. Students participate in TRIO/SSS throughout their enrollment at Augsburg.

Augsburg TRIO/SSS will be celebrating the 50th Anniversary of TRIO/SSS programs during the 2018-19 academic year with various events on campus. Please check our website at www.augsburg.edu/triosss and follow us @AugsburgTRIOSSS on twitter, Facebook, and Instagram to get more information on event dates.

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Celebrating 50 years of TRIO/SSS

Do You Know These Noteworthy Student Support Services Alumni? —



Hector Balderas, Attorney General, New Mexico, Student Support Services, New Mexico Highlands University



Gwendolynne Moore, Congresswoman, Wisconsin, U.S. House of Representatives, Student Support Services, Marquette University



Viola Davis, Actress, Student Support Services, Rhode Island College



José M. Hernandez, Former Astronaut, NASA, Student Support Services, University of the Pacific

Harry Lee Williams, President and CEO, Thurgood Marshall College Fund, Student Support Services, Appalachian State University



Franklin Chang-Diaz, First Hispanic Astronaut and Chairman & CEO, Ad Astra Rocket Company, Student Support Services, University of Connecticut

Augsburg TRIO/SSS Alumni

How many
Augsburg TRIO/
SSS Alumni
currently works at
Augsburg?

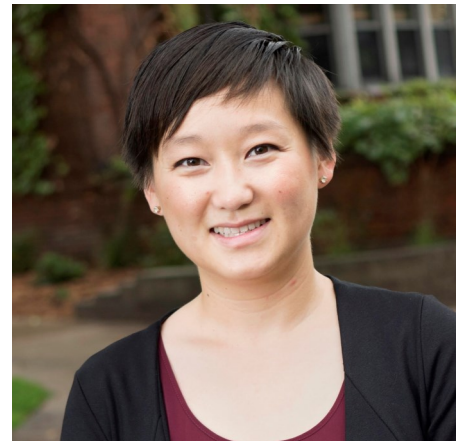
Answer: Seven

How many
Augsburg TRIO/
SSS Alumni do we
have?

Answer: 487



Brianna Alamilla Benitez—'2017
Communications & Social Media Specialists,
Marketing & Communications



Pa Dao Yang—'2011
Academic Advisor, Academic
Advising



Mai Xee Vang—'2018
Program Assistant, Multicultural
Student Services



Kia Burton— '2011
Alumni Engagement Program
Associate, Alumni Relations



Olee Amata— 2016'
Program Associate, Center for Global
Education & Experience



Sam Pederson—'2018
Administrative Assistant, Gage Center
for Student Success



Xia Xiong-Vang—'2005
Academic Advisor, TRIO/ SSS



Fardosa Hassan—'2012
Muslim Program Associate

TRIO/SSS Fall 2018 Workshop Schedule

SEPTEMBER

Welcome Back Open House

Wednesday, September 12

1:00 pm—3:00 pm

Location: TRIO/SSS Office

TRIO/SSS New Student Orientation

(Required session for all new students)

Thursday, September 6 @ 12:30—1:30 pm

Location: LIN 301

Tuesday, September 11 @ 3:30—4:30 pm

Location: LIN 301

Wednesday, September 12 @ 8:00—9:00 am

Location: Marshall Rm, CC

UpTurnships Information/

Resume Workshop

Tuesday, September 18

4:30 pm—5:30 pm

Location: SVE 206

Study Abroad/Gilman Scholarship

Wednesday, September 19

12:30 pm—1:30 pm

Thursday, September 20

3:45 pm—4:45 pm

Location: LIN 301

No Mo' FOMO

Tuesday, September 25

3:45 pm—4:45 pm

Location: SVE 201

Wednesday, September 26

12:30 pm—1:30 pm

Location: SVE 205

OCTOBER

Study Abroad/Away Student Panel

Monday, October 8

3:15 pm—4:15 pm

Location: OGC 202

Internship Palooza

Tuesday, October 16

4:00 pm—6:00 pm

Location: Hagfors 150A

Stress Busters

Wednesday, October 17

12:30 pm—1:30 pm

Location: Center for Wellness & Counseling

Renew, Review, Refresh

(Sophomores/2nd year)

Tuesday, October 30

3:45 pm—4:45 pm

Location: OGC 100

Wednesday, October 31

12:30 pm—1:30 pm

Location: OGC 100

Thursday, November 1

8:15 am—9:15 am

Location: Marshall Rm, CC

DECEMBER

URGO/McNair

Wednesday, December 5

3:45 pm—4:45 pm

Location: Marshall Rm, CC

End of the Semester Celebration

Friday, December 14

1:00 pm—3:00 pm

Location: TRIO/SSS Office

I. AM.TRIO

By: Xia Xiong-Vang, Academic Advisor TRIO/SSS



Welcome back Auggies! I'm always excited for this time of the year when I get to see students back on campus. Students are happy and refreshed and the energy is amazing. I am especially excited for this academic year because we are celebrating the 50th Anniversary of TRIO Student Support Services Programs. It is a huge accomplishment to have made it to 50 years! The 50th Anniversary is often known as the "golden anniversary" because making it to 50 years is not something easy to do. There are usually a lot of bumps along the way. Having said that, TRIO Programs has had many battles from its inception through the Higher Education Act of 1965. Since then, there has been several amendments to the Higher Education Act which have eliminated many programs under TRIO. However, with the strong sup-

port from TRIO students, staff, alumni and community members, TRIO Student Support Services (one of the original three programs) is celebrating 50 years! I am proud and honored to say that I am a product of TRIO, both with Augsburg's Student Support Services and McNair Scholars Program. I can honestly say that I would not be where I am today without the support and help that I received from TRIO programs. Coming from a first-generation and low-income family, obtaining a higher education was something foreign to me. With the help of my Augsburg TRIO Student Support Services advisor, I was the first in my family to obtain a bachelor's degree which gave me the confidence and knowledge that I needed to pursue and obtain a Master's degree. Thirteen years later, I am back at Augsburg University working with TRIO as an Academic Advisor and celebrating 17 years of Augsburg TRIO/SSS and 50 years of TRIO/SSS programs nationwide. I am only one story of thousands of students across the nation that TRIO programs have made a difference. Celebrating TRIO Student Support Services' golden anniversary is truly remarkable. Here's to 50 years of supporting and making a difference in underprivileged, first-generation & low-income student's lives. May there be another 50 years of TRIO and TRIO/SSS programs. I.AM.TRIO.

TRIO WORKS!



TRIO/SSS Student Experience



Salena Yang '20, Biology major, TRIO Summer Bridge Promise Grant Scholar and TRIO/SSS & TRIO McNair student.

This past summer, Salena Yang conducted research as a McNair Scholar with the Augsburg TRIO McNair Scholars program. Salena conducted research with Dr. Feng in the Chemistry Department. Here is what Salena has to say about her summer research experience.

My summer research topic was: *Investigation of the toxicity mechanism of cationic diamond nanoparticles with gram-negative bacteria*. In Dr. Feng's Lab, we collaborated with other universities and a central lab under the Center for Sustainable Nanotechnology (CSN). The CSN's main goal is to use fundamental chemistry to enable the development of nanotechnology in a sustainable manner for societal benefit. My role was to investigate how engineered cationic nanoparticles exert toxicity on model gram-negative bacteria.

One surprising thing I learned from my research project was that everything I did in the lab was related to many of the concepts I learned in my classes. It was nice to have a mentor like Dr. Feng who helped me connect the experiments I did in lab to my classes and helped me better understand the different concepts and how to apply it to my research project.

One highlight from my summer experience was presenting my research project at a research conference at University of Buffalo, New York. I worked really hard to include all my data and practiced many times to make my presentation awesome for the research conference.

I had an amazing time researching this summer and I know that I accomplished many things. Although it was challenging seeing friends travel out of the country or state on vacation while I was stuck inside a lab sometimes in the dark, I learned a lot from the experience. Another thing that was challenging was being patient, as I learned that 10 weeks is not enough time to conduct research. Waiting for results sometimes took a long time, so there was a lot of just sitting around and waiting.

If you're thinking about summer research, I would recommend to begin looking at on/off campus programs when you have the time. You can start looking for on campus research by reaching out to the McNair or URGO office in Hagfors 101. If you're looking at off campus research, and you want to travel out of state/country or be at a different university, visit the URGO website. Make sure to take the opportunity to meet and read about the professor's research projects, so you can get an idea of what you want to do. You don't want to do a research project that you won't enjoy over the summer, so make sure to apply early and get to know who you'll be conducting research with.

Jump in the DeLorean with me, won't you?

By Kevin Cheatham, Assistant Director TRIO/SSS

1968 was a turbulent time in United States history. The year would begin with one of the largest campaigns of the Vietnam War against the United States and its allies: the Tet Offensive. The Zodiac Killer, who has never been caught, began his serial killing spree in California. U.S. athletes Tommie Smith and John Carlos raised their fists in racial protest during the Star Spangled Banner while receiving their gold and bronze medals, respectively, during a Summer Olympics award ceremony in Mexico City. Later in the year, we would see the assassinations of both Senator Robert Kennedy and the Reverend Dr. Martin Luther King, Jr., outspoken men in the fight for civil rights. Dr. King's death would lead President Lyndon B. Johnson to sign the Civil Rights Act of 1968, also known as the Fair Housing Act, which, in short, provided equal housing opportunities to individuals regardless of race, religion, or national origin.



1968 wasn't *all* bad, though, as Dr. Christiaan Barnard performed the second human-to-human heart transplant earlier in the year. 60 Minutes began its run on the CBS network. The Beatles released The White Album, which initially had mixed reviews but is now regarded as one of best albums ever released in modern music. People flocked to the movie theater to see The Graduate, Planet of the Apes, and Guess Who's Coming to Dinner, all critically acclaimed and highly influential cinema. Apollo 8 became the first manned spaceflight to orbit the moon. And because of legislation signed into law by President Johnson just a few years earlier during his "War on Poverty," 1968 saw the creation of a program initially known as "Special Services for Disadvantaged Students." We now know this program as "Student Support Services," the third program under the "TRIO" banner, hence the TRIO name. A lot happened in 1968, and a lot has happened since 1968.

Augsburg University has been home to a TRIO/Student Support Services program since 2001, and it's been my "home" since 2006. In that time, I've coordinated 12 Summer Bridge classes, which is almost 300 students. Eight of those classes had students who have now completed their undergraduate education at the University; a ninth class will finish their studies in Spring 2019. Some of those same graduates have returned to Augsburg as employees or to work on Master's degrees. In addition to our Summer Bridgers, our program has seen many non-Bridge program participants graduate and go on to other accomplishments—jobs, families, and yes, more education. A lot has happened in my 12 years at the institution.

Many programs like Student Support Services have come and gone over the years, yet Student Support Services and TRIO still exists and we still persist. For a federally funded grant program like ours to withstand the ups and downs of many presidential administrations after 50 years is quite an accomplishment! I don't know that President Johnson at the time envisioned the positive impact his legislation would have on individuals from low income and first generation backgrounds. I can't say that I'll still be at Augsburg 12 years from now, but I hope that TRIO Student Support Services is still around. TRIO Student Support Services programs are 50 years strong. We've helped hundreds of students achieve postsecondary success and opportunity. Here's to 50 more years!

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 **Monday, September 10, 2018 at 10:30 a.m.**

Graphing calculator



Smartpen

Calculators and Smartpens may be checked out for the entire semester.

All equipment are due back to the TRIO/SSS office on **Thursday December 20, 2018 by Noon.**

Note: If equipment is returned after the due date without approval from the TRIO/SSS office, you can lose future checkout privileges and can possibly acquire fees to your student account.

****TRIO/SSS also has limited school supplies such as folders, notebooks, pens & pencils available for free to active TRIO/SSS students. Pick up at the TRIO/SSS office!**

Laptop Checkout Schedule

Monday September 10, 2018 at 10:30am—due Friday October 10, 2018 by 3pm.

Tuesday October 16, 2018 at 11:30am— due Friday November 16, 2018 by 3pm.

Tuesday November 20, 2018 at 11:30am—due Thursday December 20 by noon.

Laptops may be borrowed month-to-month.



Laptop

TRIO/SSS Student Experience

Anthony Villagrana did a Teaching Fellowship with LearningWorks this past summer. Here is what Anthony has to say about his summer experience.

This summer, I worked as a Teaching Fellow through a program called LearningWorks housed at the Blake School in Minneapolis. As a teaching fellow, I taught two seventh grade Social Studies classes and also had my group of student advisees. I learned so much at LearningWorks and it taught me how to work in a classroom with students, as well as how to be a leader in the community in and out of LearningWorks.

The highlight of the summer was having different fun activities every Friday. The teachers and students would have 1-2 hours to play games or do other fun activities after class and it was always a blast.

Being a new teacher meant that I had to learn how to adapt to the students and gain a sense of what the teaching and classroom environment should be like. The first two weeks were “building” weeks which helped propel us into a summer full of learning and laughter.

If students are looking to go into the Education/Teaching field, I highly recommend the LearningWorks program. It showed me what teaching is like firsthand and it helped me decide my major and career path.

LearningWorks is a program that I thought would be overwhelming and not right for me. I took it one day at a time and connected with different resources (peers, staff, and advisors) and they helped me with any anxieties I had. If other TRIO/SSS students are in a position similar to mine where they fear that a program or task may be too much for them, I suggest they go for it; one cannot succeed or learn without taking risks along the way.



Anthony Villagrana '21, Education Major, Summer Bridge Promise Grant Scholar, & TRIO/SSS Student



TRIO/SSS Student Experience



Emily Cherne '20, Education & Spanish Majors, TRIO Summer Bridge Promise Grant Scholar and TRIO/SSS student.

Emily Cherne spent spring semester 2018 studying abroad. Here is what she has to say about her experience.

This past spring semester, I studied at a school in Cuernavaca, Mexico which is a second campus and an extension of Augsburg University. I chose this location because a professor spoke to me about the opportunity for Education majors, and I thought this would align perfectly with my Education and Spanish majors. It paired my career path with my desire to learn Spanish and improve my language abilities. This was also the first time the Cuernavaca campus hosted students who were working towards a degree in Education, and I thought it would be interesting to be one of the first people experiencing this new program. Additionally, this opportunity allowed me to travel to Mexico, and I believed it would help me connect with my Mexican heritage, which it did.

One unexpected thing that happened while I was abroad was making so many connections with people during my trip and how open I was to

meeting new people. I studied along side a number of really wonderful students while in Mexico, some even became my best friends and we still stay in touch. I was also taken aback by seeing how much I was capable of accomplishing once I let my doubts go and trusted myself. That is not to say it was easy from the get go, but well worth it to see how I improved as far as communicating with others and exploring Cuernavaca.

The highlight of my trip was simply living there and immersing myself in the Mexican culture, my own culture, in its truest form. The pure hospitality and genuine conversations with the communities I worked and studied with was absolutely precious to me. They take pride in all that they do and put family before anything, and I could relate to those values. I was also beyond excited and grateful to earn some experience in the classroom while working in Cuernavaca; as a part of our program, I was placed in an elementary school within the city. I taught English to 1st-3rd graders for a few hours each week, compiling my own short lesson plans. I don't think I would have gotten out of it as much as I did without the help of the staff there working with me. They were really patient and understanding as they knew I had never done something like this before. I loved working and just hanging out with my students because they taught me so much and again, just *being* present was important to me.

I didn't realize how different and how much I would change (for the better) as a person. I learned about my own personal strengths and weaknesses during my time there, and I find myself more

confident and comfortable in situations compared to the past where I lacked those skills. I was able to grow in my speaking and language skills, as well as traveling and advocating for myself.

One advice I would give to other TRIO/SSS students about studying abroad is that if you have any desire to see more of the world, a new perspective, meet new people and make connections, don't hesitate to apply! I was nervous at times, but I am so proud of myself for allowing myself to do something different and new. I never would have grown so much and became the person I am today if I didn't take a chance. Take a chance on yourself. I simply cannot stress how taking a risk, traveling far away to learn about another culture and seeing it for its authenticity really changes people lives.

Photos courtesy of Augsburg CGEE Website



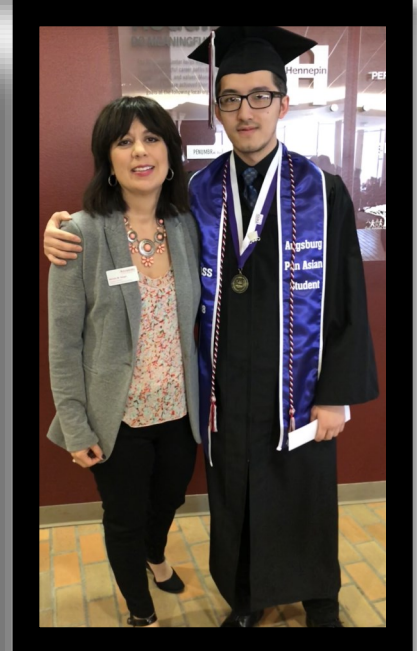
Cuernavaca



Chiapas

Interested in studying at Augsburg Center for Global Education & Experience (CGEE) in Mexico? CGEE has been offering educational programming in various locations in Mexico since 1979. Since 1982 CGEE has operated a study center in Cuernavaca, about two hours south of Mexico City, with a permanent staff team. CGEE's longevity has allowed Augsburg to develop deep and trusting relationships with people and organizations across a broad cross section of Mexican society. When students plan a program with CGEE they will experience Mexico's cultural richness while getting a glimpse of the daily lives and struggles of its diverse population. Contact CGEE at globaled@augsborg.edu for more information!

2018 TRIO/SSS Graduates





SPRING 2018 DEAN'S LIST

TRIO/SSS Spring 2018 Dean's List

Congratulations to the following TRIO/SSS Students for earning a spot on the Dean's List for spring semester 2018. The Dean's list recognizes students who receive a 3.5 cumulative GPA or higher at the end of each semester. Great job on your hard work!

**Raqiya Abdi
Zak Abdullahi
Ahmed Aden
Mahamed Ahmed
Ariana Antone-Ramirez
Kayla Benitez Sanchez
Emily Cherne
Athena Cloud
Jasmira Colon
John Dewitt
Joel Enriquez Blas
Moe Ibrahim
Erika Idrovo-Cuesta
Baoyia Kong
Samantha Kong
BK Kormah**

**Kong Meng Lee
Alma Lora
Briana Mitchell
Janet Nguyen
Teresa Nguyen
Phanny Phal
Simone Rask
Loni Rutherford
Sulaiman Sesay
Arooba Shahid
Abdul Sharif
Cassidy Strobl
Dametre Thunberg
Juan Velesaca
Anthony Villagrana
Mai Kia Yang**

TRIO/SSS Summer 2018 Dean's List

**Taron Busby
Alma Lora
Ikram Mohamed
Loni Rutherford
Mohamed Salad
Jason Totaram**



How do I know which Cohort workshop to attend?

You will receive an email from your TRIO/SSS advisor about a required cohort RRR workshop. Please look at the dates and time offered and pick one session to attend.

Attendance is mandatory to keep your active status as a TRIO/SSS student.

Please let your TRIO/SSS advisor know if you have any questions or concerns.



Cohort Workshops

Cohort specific "Renew, Review, Refresh (RRR) workshops will continue this academic year. TRIO/SSS students are required to attend a cohort RRR workshop to update graduation audit along with a major(s) checklist that is applicable to each individual's current academic progress.

Students will also receive important academic advising information that could make a huge difference in making sure that students are graduating in four years or less.

The cohort RRR workshop will also give TRIO/SSS advisors a chance to look over a long term plan with students to make sure that requirements within the major(s), minor(s) and general education checklist are completed. Workshops will also address common challenges students face in navigating graduation requirements.

2nd Year Cohort Student RRR Workshops will be scheduled on the following dates and time.

Tuesday October 30, 2018 3:45pm-4:45pm

Wednesday October 31, 2018 12:30pm-1:30pm

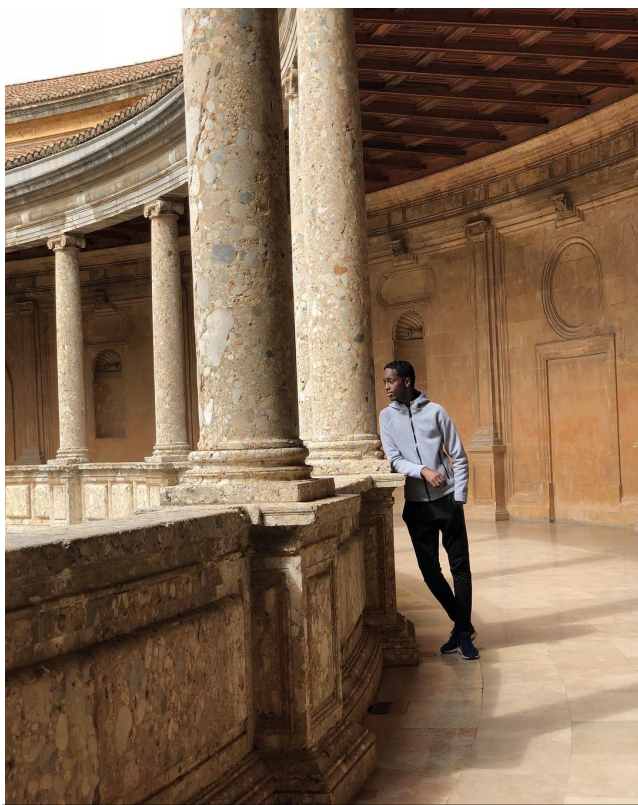
Friday November 2, 2018 8:15am-9:15am

Like & Follow Us @AugsburgTRIOSSS

Can't get enough of TRIO/SSS! Want to know what we're up to? Stay connected to your fellow TRIO/SSS peers and TRIO advisors. Like us, Tweet us, and follow us for all the latest updates. Don't miss out on all the TRIO/SSS fun!



TRIO/SSS Student Experience



Mohamud Mohamed '19, History major, TRIO Summer Bridge Promise Grant Scholar and TRIO/SSS student.

Mohamud Mohamed spent spring semester 2018 studying abroad and here is what he has to say about his experience.

I studied abroad in Rabat, Morocco in the spring of 2018. I chose Morocco because of its immense beauty, breathtaking geographical diversity and rich history as a nexus of peoples, cultures and faiths.

I visited the Andalusia region of southern Spain during my spring break and went on an eight-city tour of Islamic heritage sites. From Valencia to Tarifa and Cordova the journey allowed me to experience a part of my history that I previously had not been in tune with, it was a monumentally important moment for me as a Muslim to experience this and to get time to reflect on faith in one of the most beautiful locales in the world.

The highlight from my trip was working at the Rabat Archeological Museum as a manuscripts preservation specialist. It allowed me to have access to a wealth of rare and precious documents which helped me a great

deal in my journey to learn about my faith on a deeper and more meaningful level. The professional experience in my field was incredibly valuable and will help to make me a competitive graduate school or work applicant.

More than anything, I learned how to be comfortable being uncomfortable, to face challenges with a sense of adventure and optimism and to really begin to think about my place in the world. I learned to embrace solitude and thoughtful introspection and the value of being cool under pressure.

One advice I would give to other TRIO/SSS students about studying abroad is that if you are able to, you should ABSOLUTELY study abroad, choose a destination, consult with your TRIO/SSS advisor and ask for resources. Sometimes I feel that students are daunted by the application process and fears about costs, but the staff at Center for Global Education and Experience and TRIO staff were incredibly kind and understanding and really helped me in my application process. Take a risk, do it.

If you can dream it, you can do it. Travel is the one truly universal language. So travel!

50 Strategies to Help You Succeed in College and Beyond

By: Melody M. Geiger, Academic Advisor TRIO/SSS

In celebration of the **TRIO/SSS 50 year anniversary**, I have put together a list of 50 strategies to help students succeed in college and beyond. Remember, they only work if you use them :)

1. Meet regularly with your TRIO/SSS advisor (weekly for new students, at least monthly for returning students).
2. Learn about and use campus resources.
3. Go to every class. Everyday. You miss important information when you don't attend and you are paying for it.
4. Be on time. Augsburg classes are small. Late arrival will be noticed and distracting.
5. If you have to miss class, do the work to catch up. Do not ask the professor if you missed something important.
6. Sit in the "T-zone"-- front or center of classroom.
7. Establish relationships with your professors. Meet with them during their office hours.
8. Actively participate in class. Turn off and put away cell phone.
9. Turn in quality homework assignments on time.
10. Study/do homework for at least two hours outside of class for every one hour of class.
11. Take organized class notes. Talk to your TRIO advisor if you would like to learn the Cornell note taking and study method.
12. Make a 4 year academic plan.
13. Use a planner or online calendar for scheduling, keeping track of deadlines, exams, etc.
14. Prioritize daily, weekly, and monthly activities.
15. Set up a schedule and stick to it, leaving some room for flexibility.
16. Plan specific study times and locations with limited distractions.
17. Read syllabi carefully.
18. Check Moodle daily.
19. Do the assigned readings.
20. Look up unfamiliar words.
21. Review lecture and text notes regularly to move information to long term memory.
22. Compare notes with classmates.
23. Use the campus Writing Lab on the street level of Lindell Library.

24. Seek advice from the librarians.
25. Do not plagiarize. (It is as easy for professors to recognize as it is for you to do.)
26. Get involved on campus (but not overly involved). Join a club, sport, etc.
27. Take on leadership roles.
28. Write down your goals. Research statistics vary, but all show that people who write down their goals are much more likely to achieve them than those who don't. Don't just wish, take action.
29. Get enough sleep. Generally 7-9 hours would be a good goal. Sleep deprivation impairs your ability to think clearly, which in turn can negatively impact your mental health and learning.
30. Exercise regularly. Find something you enjoy. Just move.
31. Meet with a counselor in the Center for Wellness & Counseling (CWC) (10 free sessions per year).
32. Be open to new ideas. Seek out experiences and discussions with people who are different from you.
33. Study abroad. I have yet to have a student return and say they regret the experience.
34. Talk to your TRIO advisor before changing class schedule or dropping/withdrawing from a class.
35. Think positive. Research shows that positive thinking is good for your mind and your body.
36. Meet with a Student Financial Services advisor at least one time per academic year.
37. Attend supplemental instruction or group tutoring sessions if available. Successful students use tutoring!
38. Build your networks for professional and personal support.
39. Limit partying.
40. Learn how to write an effective resume and update regularly.
41. Make a LinkedIn account.
42. If you need to work, try to find an on-campus position.
43. Participate in volunteer/ community service work.
44. Know how to use the library and online library resources. <http://library.augsburg.edu/>
45. Meet with Strommen Career and Internship Center staff regularly starting in first year.
46. Choose supportive friends with similar goals.
47. Complete research with a professor, regardless of major (research is not just for science majors).
48. Plan breaks.
49. Find an internship. Talk with your advisor about ways to find paid internships.
50. When things are tough, remember why you are in college.

TRIO/SSS Student Experience

Kong Meng Lee was an Upturn with the UpTurnships Program this past summer. Here is what Kong Meng has to say about his summer experience.

This summer I was a marketing intern at Tradition Capital Bank in Edina. I got connected with Tradition Capital Bank through UpTurnships. UpTurnships is a nonprofit program that helps prepare underprivileged college students for success through training, coaching and paid internships during college.

I was the only person of color at Tradition Capital Bank and even though I was the only minority employee, the bank created such a welcoming environment that I wish I could be there everyday. My supervisor was super supportive of my learning and my colleagues treated me with respect. I had the opportunity to create a strong relationship with my supervisor and my colleagues through attending various company events.

Over the summer, I used InDesign and Illustrator to create brochures, business signs, and advertisements for Tradition Capital bank. Other duties I had was to complete various supply orders for the bank, send projects over to the printing company, and interact with different departments about what they would like to see from the marketing team.

As a marketing intern, I learned two important things; one was how to use InDesign and Illustrator to create meaningful projects and two, was how to work with different departments. Before my internship, I didn't have much experience using InDesign and Illustrator. However, after my internship, I now consider myself to be pretty good with these two programs.

One challenge that I encountered during my internship was learning how to navigate the process of getting a project from the beginning stages to the end product. The process of getting a project approved goes through many steps. The first step after completing a project is getting it reviewed for grammar and spell check. Once that step is approved, it goes to the compliance department for another round of checks that must also get approved. Once the compliance department approves the project, then it can be sent to printing. The process from beginning to end can take a long time depending on how busy each department is. Although the process can be long, I learned how to communicate with each department to push them in a friendly way to meet certain deadlines.

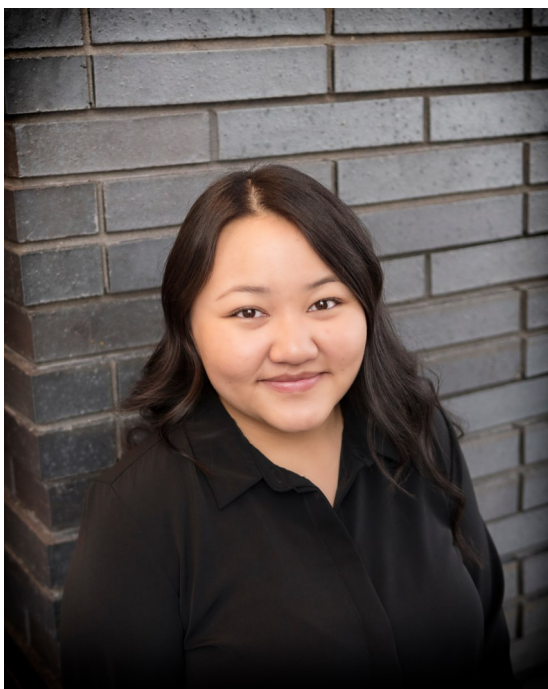
With UpTurnships, one of the most important things that I learned is to build connections. I was informed that most jobs nowadays are through a connection or a referral. This was true for Tradition Capital Bank. When there was an open position, the company asked their employees to refer people. If no referrals were made within a week, they then posted the job on their website.

If you are a business major and would like to broaden your horizon, definitely join UpTurnships! Not only will UpTurnships help you look for a paid internship, but they will also help you polish your resume, assign you a coach that is or was in the business field, receive training on how to be successful at your internship, and help connect you to people from different colleges!



**Kong Meng Lee '20, Marketing major,
TRIO Summer Bridge Promise Grant
Scholar and TRIO/SSS & TRIO McNair**

TRIO/SSS Student Experience



Anna Vang '20, Biology major, TRIO Summer Bridge Promise Grant Scholar and TRIO/SSS & TRIO McNair student.

This past summer, Anna Vang conducted research as a McNair Scholar through the Augsburg TRIO McNair Scholars program. Here is what Anna has to say about her summer research experience.

This summer, I did research with Dr. Nidanie Henderson-Stull in the Biology Department through the McNair Scholars Program. My research project was to develop a cellular drug resistant screen for chronic myelogenous leukemia (CML). I specifically looked into the Bcr-Abl protein because it causes mutations that leads to CML patient relapse.

One unexpected thing I learned from summer research was designing/optimizing primers. I knew I had to sequence my data but I didn't know that I had to design a primer for each sequence that I sent. It was a fun and long process but I found it to be relaxing sometimes to just sit and count rather than being up and about doing experiments.

The highlight of my summer research experience was presenting at the Ronald E. McNair Convention in New

York City in front of other McNair Scholars from all over the United States. I had the chance to see and interact with other McNair Scholars and hear about their summer research projects.

There were also many challenges I faced while doing summer research. One of them was waiting for my sequences to come back, which varied from days to weeks pushing everything back and sometimes I fell behind on schedule. Sometimes the sequences came back negative and I would have to redo and resend them. The biggest challenge I faced this summer was having to regrow yeast. A lot of the time, some plates didn't grow and I would have to redo the entire process over, which usually takes six or more days to complete.

The best advice I would give to other TRIO/SSS students about research is to have an open mind. Research can be very stressful no matter what field you do research in. It can be especially frustrating when there is a lack of participants or failed experiments. Things usually never go the way you want them to and you will run into roadblocks, but keep an open mind and just keep doing what you are able to do.

Also, remember to have fun while researching and get to know your mentor. Your mentor can be a great resource to you in the future from writing a recommendation letter to getting you connected to schools or businesses. Be open to building new connections and new ideas but most of all, be yourself and explore your field of study.



Summer Bridge 2018

We welcomed twenty-three incoming first-year students into our Summer Bridge Program this past July. This was our 17th Summer Bridge class and these students were focused, dedicated, and hard-working. During this intensive five-week residential program, students got a head start on their Augsburg education by taking two free college courses for 8 credits. In the COM 111: Introduction to Public Speaking, students learned research skills and honed their speaking abilities by presenting individual and group speeches. The class concluded with students competing in a speech tournament in which they gave some of the most exciting group speeches. The competition gave students a chance to highlight what they had learned and a chance to support as well as challenge their classmates. In REL100: Vocation and the Search for Meaning I, students reflected on the meaning of vocation and how having a vocation impacts the way we see the world and live our lives. Through both lecture and discussion, they learned the basics of Judaism, Christianity, and Islam and received an Engaging Minneapolis credit by visiting a nearby synagogue and mosque.

Summer Bridge participants also received a Summer Bridge Promise Grant which covers full tuition up to four years. In addition to classes, students also attended academic support seminars, workshops, and other activities that help provide a smooth transition to Augsburg in the fall. Summer Bridge students also participated in the TRIO/SSS Amazing Race in which they visited various locations within the Twin Cities area. The Amazing Race challenged students to work together with their teammates as well as taught students about the various public transportation options available. It was truly an “Amazing Race” with the first place winning team, “Team Know-it-all” crushing the other teams. It was another successful and great summer with 23 incredible and talented students. Congratulations to the 2018 Summer Bridge Class!

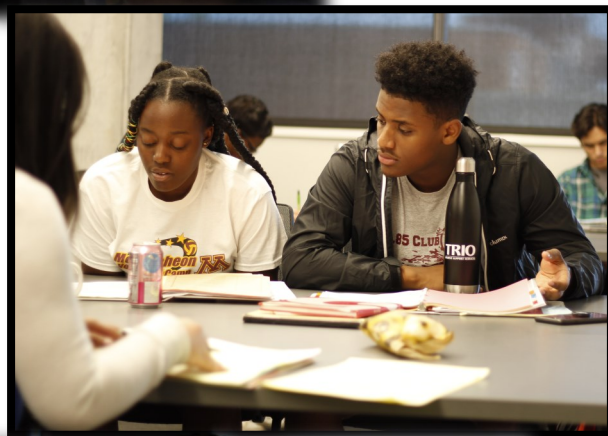
Summer Bridge

“Rise to the Challenge”

This year's Summer Bridge theme was “Rise to the Challenge.” Students were challenged to work hard, but also to have fun.

Summer Bridge students took the challenge and succeeded.

Summer Bridge class of 2018!!



2018 Summer Bridge Residential Peer Mentors: (From left: Jesus Guevara , Shevon Greene, John Dewitt & Andre Griffin)

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From left: Xia, Melody, Aly, Kevin

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