

## Happy New Year!

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

Happy New Year! I hope you had a restful winter break with family and loved ones. With a New Year, usually comes new resolutions. New Year is the time to reflect on what you did in the past year and things you want to improve or try for the first time. Most college students make New Year's resolution and only stick with them for a short time, and then they are forgotten. The most common reasons why New Year's resolutions are not successful is because the goals being set are unrealistic. In order to be successful, you need to take small steps in order to reach the big goals. Being specific will help make goals more achievable and will motivate you to continue your resolution. If your resolution for spring semester is to study more, you will need to be specific; for example "I will study for at least six hours each day" instead of "I will study more."

Here are a few suggestions I think will make you become an even more successful student. Stop procrastinating- college students are major procrastinators, either by choice or by lack of time. I get it, you are busy people. You have a million things to do and there just isn't enough time to do everything. That is why you shouldn't wait until the night before an assignment is due to start it, or study for an exam the night before you take it. Don't put off assignments that can be completed today. Look ahead and start your papers and projects early.

Get to know at least one of your professors- this means making an effort to talk to your professors outside of class. Make it a goal to attend their office hours at least once a month. Professors have told me that office hours are "the loneliest hours" for them because students rarely stop by. If office hours don't work with your schedule, you can email professors to arrange a time or go to class early so that you have time to ask questions.

Do more self-care- You might be feeling pretty good right now, having just returned from a nice, long, relaxing break. However, that feeling can change pretty fast. So, instead of waiting until you are feeling stressed, take preventative steps to make sure you are taking care of yourself. Self-care is the most important factor in making sure you are successful in every aspect of your life. This means eating regularly and eating healthy. Getting enough sleep (at least eight to nine hours per night), exercising regularly, and taking time to do mindfulness exercises. There are endless resolutions that you can make, but these are a few that I think are worth sticking to.

2017  
this  
will be  
my  
year



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# TRIO/SSS Spring 2017 Workshops & Events

Join your fellow TRIO/SSS Auggies at one of the various workshops offered throughout spring semester. Every month, we will explore a new topic related to 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 in the TRIO/SSS office to receive reminders!

## JANUARY

### Welcome Back Open House

Thursday, January 19  
1:00 pm — 3:00 pm  
Location: TRIO/SSS Office

### Scholarship Workshop

Wednesday, January 25  
11:00 am — 12:15 pm  
Location: OGC 100  
Thursday, January 26  
3:45 pm — 5:00 pm  
Location: OGC 100

### Power of Digital Communication

Tuesday, January 31  
12:30 pm — 1:30 pm  
Location: OGC 100-  
bring your lunch  
Wednesday, February 1  
3:15 pm — 4:15 pm  
Location: Lindell 202

## FEBRUARY

**Auggie Networking**  
Wednesday, February 8  
5:30 pm — 7:30 pm  
Location: Foss

### Last Chance Resume Glance

Tuesday, February 14  
10:00 am — 2:00 pm  
(drop in)  
Location: Strommen Center- 100 Christensen

### MN Private College Job and Internship Fair

Wednesday, February 22  
9:00 am — 3:00 pm  
Minneapolis Convention Center  
\*Must register by 2/21 through Strommen Center (Tell them you are a TRIO student & we will cover registration fee.)

## MARCH

**Life After College**  
Wednesday, March 22  
12:30 pm — 1:30 pm  
Location: OGC 100

Thursday, March 23  
3:15 pm — 4:15 pm  
Location: OGC 100

## MARCH/APRIL

### FAFSA Information & Completion

Thursday, March 30  
Time: 12:30 pm—1:30 pm

Wednesday, April 5  
Time: 2:00 pm—3:00 pm  
Location: SVE 201

### End of Semester Celebration

Friday, April 21  
1:00 pm — 3:00 pm

## Ipad Winner!

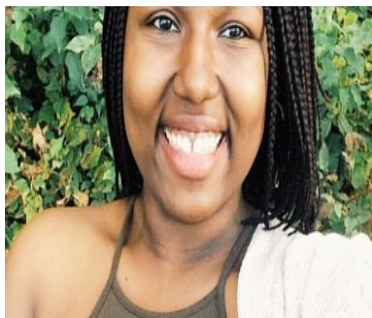
TRIO Student Support Services will be giving away an iPad to one lucky TRIO/SSS Student each semester. For every TRIO/SSS workshop you attend, your name will be entered into a drawing for a chance to win an iPad at the end of the semester. To increase your chances of winning, make sure to attend as many workshops as you can.

Congratulations to Tiffany Widseth for winning the iPad for Fall 2016.



Tiffany Widseth '19— iPad Winner

# Get to know the faces behind the front desk!



**Kalyn McConnell, Social Work major & psychology minor '18**

Kalyn has been working with the TRIO/SSS office since she started Augsburg in the fall of 2014. Kalyn also participated in our 2014 Summer Bridge Program. An interesting fact about Kalyn is that one of her ears is bigger than the other (but you'll have to figure out which one). Kalyn's goal this semester is to find an internship that could potentially turn into a full-time position after graduation. Kalyn's favorite thing about working for TRIO/SSS is meeting different people and receiving academic advice from the TRIO/SSS advisors.



**Anisa Ahmed, BioPsychology major '19**

Anisa has been working with TRIO/SSS since she started Augsburg in the fall of 2015. Anisa is the oldest of six kids. Anisa's academic goal this semester is to earn a spot on the Dean's list and to earn as many scholarships as possible. Her favorite thing about working in the TRIO/SSS office is interacting with peers from a similar background and being able to relate to their struggles. Anisa appreciates the help she receives from TRIO advisors and enjoys the opportunity to network with her peers.



**Pang Chai Xiong, Communications major '17**

Pang started working with TRIO/SSS in the fall of 2014, shortly after she completed the TRIO Summer Bridge Program. Pang's academic goal for this semester is to earn a spot on the Dean's list, she is determined that this will be the semester. A fun fact about Pang is that she is able to speak in a British accent (make sure to ask her to speak it when stopping by the office). Pang's favorite part about working in the TRIO/SSS office is getting the opportunity to work alongside TRIO/SSS staff members. Pang enjoys getting to see all the great work that the TRIO advisors do and witness the success stories of her peers. Pang will be graduating this spring and we will miss her positive energy and bright smile.



**Alexandra Bell, Theatre Arts/History/Secondary Education '19**

Alex is the newest addition to the TRIO/SSS office. She started working with TRIO/SSS last spring 2016. Alex is a singer/songwriter and has been writing her own songs since she was six years old. Alex's favorite thing about working with TRIO/SSS is being able to help the advisors with projects. Alex is also inspired by the work that TRIO/SSS advisors do with students because she hopes to work in Education.

These are the faces that you will see in the TRIO/SSS office this semester. Make sure to stop by and schedule an appointment with your TRIO/SSS advisor and to say hi to these beautiful ladies. They help make the jobs of TRIO/SSS advisors much easier. We thank them for their hard work and for being a part of the team!



# Stay in and Be Productive

By: Kevin Cheatham, Assistant Director

A few years ago, I declared that, “Fall may be my favorite time of year.” After several days of sub-zero January temperatures and enough snow that my driving abilities are being tested to the fullest, I will reaffirm that, “Fall may be my favorite time of the year.”

Winter is the red-headed stepchild of the seasons. Snow days don’t exist in Adultville. Winter is not my friend. Friends wouldn’t do things like suck all the moisture from the air and make my skin so extra-dry that I should have stock in lotion companies because I use their products so much this time of year. My poor cuticles are a mess! Friends wouldn’t make me wear socks, shoes, long pants, and sweaters knowing full well I’m most happy in t-shirts, shorts, and flip-flops. And friends certainly wouldn’t wear out their welcome by hanging around longer than I want. Yep. I. Hate. Winter.

Winter keeps me indoors, hence, a need to find things to keep me productive and warm. As a student, I was more focused during this time of year simply because I didn’t have the distractions of nice weather and the fun activities that came with it. Fewer distractions meant more focus on studies. I mean, what else was I going to do stranded at a little school that sat on top of a hill in the middle of nowhere? Go sledding so I could be cold and wet? Stay inside and study it is! Plus, I wanted to graduate from college so there’s that.

My challenge: finding the best place to study and I learned early that my room was not that place. Reading about Chinese history in the 1600s is sometimes boring which led to fatigue, which made me want to nap on the bed that was in my room. After waking up two hours later I still had to read about Chinese history in the 1600s. Ooh look, a television perfect for watching Days of Our Lives. Oh, hey record player with a tape deck and cd player—old school at its finest. Point is, too many distractions and too much comfort in the room meant no homework done.

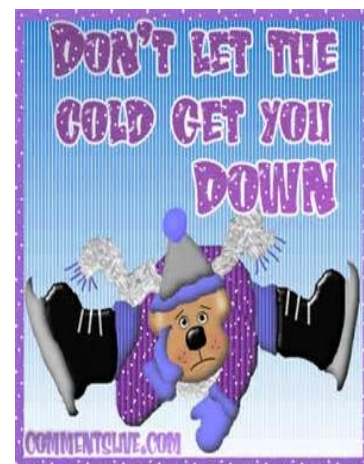
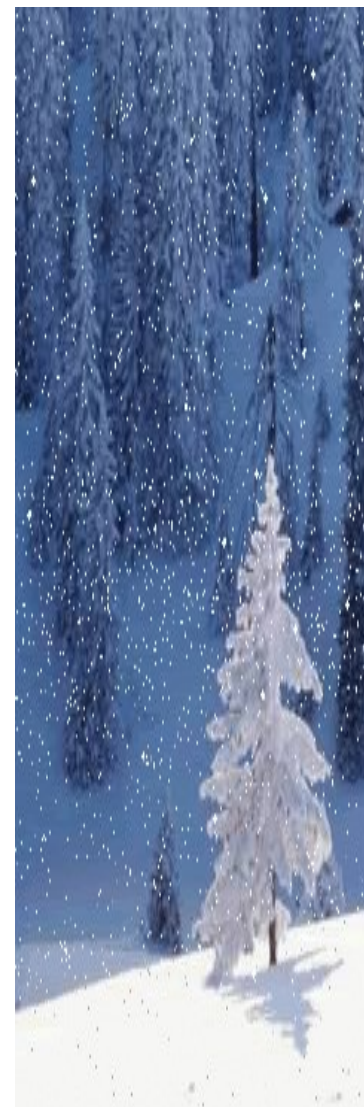


The basement study room in the library was a place where I could focus. There weren’t many people there, and it had the resources I needed. There were fewer distractions for optimal learning.

One of the challenges that students have now is figuring out how and where they learn best. A college campus has many places to study that *aren’t* your room. Other perks of the library include the individual and group study rooms, up-to-date computers and printers, and the great reference librarians.

The coffee shop works for some students.

There are empty classrooms that students may use once classes are done for the day. My point: knowing how to study includes knowing where to study. Figure out what works best for you and then use that. Often. And once you’re done studying go do something fun, outside if you like. However, I won’t be joining you in the elements until it’s at least 60 degrees or more. See you in April. Or May. Okay, June to be safe.



# Lead Fellows for TRIO/SSS



**Mai Xee Vang, Communications major '18**

This semester, TRIO/SSS is fortunate to have Mai Xee Vang as a LEAD Fellows Intern. Mai Xee will be working as a communications specialist with the TRIO/SSS office. Her role will include managing TRIO/SSS social media sites, updating the events calendar and sending out announcements. Mai Xee will also be helping track applications for the 2017 Summer Bridge program. In addition, Mai Xee will be assisting with campus visits and completing various projects for the tutoring program. Mai Xee is looking forward to utilizing her communication skills and building her leadership role. She is also excited about engaging with prospective students through different outreach opportunities. Mai Xee's goal this semester is to create an outreach program that would connect current TRIO/SSS students to prospective students. Mai Xee would also like to utilize social media to promote TRIO/SSS events and help engage students. Something

interesting about Mai Xee is that she hasn't traveled much and has only been to three states; Minnesota, Wisconsin, & Illinois. She hopes to travel abroad during her senior year.

## 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, January 10, 2017 at 10am.

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

**All Equipment are due back to the TRIO/SSS office on Friday April 21, 2017 by 3pm.**

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



# Auggie Lingo 101

By: Melody M. Geiger, Academic Advisor



In the college world, there are certain words, acronyms and numbers that it seems everyone is expected to know yet are not always so obvious to students. The Merriam-Webster definition for the word “lingo” is as follows:  
*strange or incomprehensible language or speech: as*

*a : a foreign language*

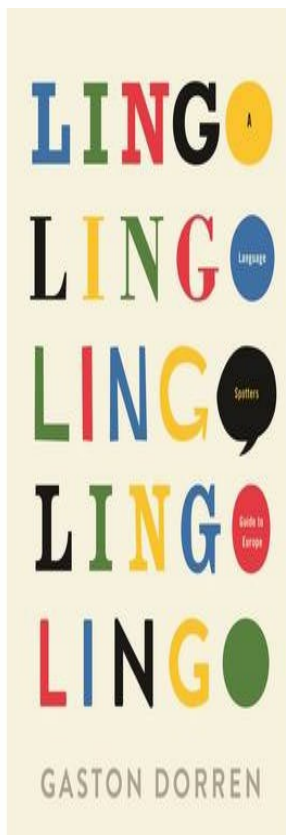
*b : the special vocabulary of a particular field of interest*

*c : language characteristic of an individual*

Merriam-Webster provides the following example of “lingo” in a sentence: *It can be hard to travel in a foreign country if you don't speak the lingo.*

Well, navigating college at times can feel as difficult as navigating a foreign country without knowing the language, if you are not familiar with the college lingo. In this article, I am going to focus on the very important numerical lingo at Augsburg. Think of the following as magic numbers to keep in mind throughout your Augsburg journey:

**4, 128, 16, 15, 12, 2.0, 66.67**



In TRIO/SSS, we try to pass on this information to our students through workshops and individual advising meetings but sometimes other topics take precedence. So here is a summary of what each of these numbers mean.

**4**-This is the number of years it should take you to complete your degree. According to a Nerd Wallet study, finishing a degree in 6 years instead of 4 can cost a student \$300,000! This accounts for the additional tuition, interest on loans, and missing out on potential income and retirement savings. <https://www.nerdwallet.com/blog/loans/student-loans/victory-lap/>

**128**-This is the number of credits needed to graduate. Even if a student has completed all other requirements, he/she will not be complete their degree until credits reach at least 128.

**16**-At Augsburg, this is the number of credits to take (and pass) each semester in order to stay on track to reach 128 in 4 years.

**15**-This is the number of credits a student must take in a semester in order to qualify for the highest MN State Grant award (most TRIO/SSS students qualify for this grant).

**12**-This is the number of credits necessary to be enrolled in each semester to be considered full-time. This is important because maximum financial aid awards are based on full-time status.

**2.0**-In order to remain in good academic and financial aid standing, students are required to maintain a cumulative gpa of at least 2.0. In addition, this is also the gpa that a student must have in order to graduate. Even if all requirements are complete, a

student will not be able to graduate until his/her gpa reaches at least 2.0.

**66.67**-In addition to the 2.0 gpa requirement, students must have a cumulative credit completion rate of at least 66.67% in order to be considered in Satisfactory Academic Standing. Completing a course means earning credit for a course. At Augsburg, credit is granted if a student earns anything above a zero. Withdrawing or earning zeros in courses will have a negative effect on this percentage.

Your TRIO/SSS advisors are here to help you become fluent in the Auggie lingo. Feel free to ask us if you have any questions.



# It's Scholarship Season!

It's that time of the year again! We refer to it as Scholarship season. Spring is usually the time to apply for scholarships for the upcoming academic year. Therefore, if you are looking for funding to help reduce your out-of-pocket expense or reduce your loan debt, NOW is the time to start looking for scholarship applications. TRIO/SSS has a wonderful list of scholarship opportunities available in our office. TRIO will also be holding a scholarship workshop to help give you tips on making your scholarship essay a winner. Please refer to page 2 of this newsletter to find the dates and times of the scholarship workshop.



## College Completion Scholarship

Are you a junior, senior or "super-senior"? Have you considered taking a course or two in Summer Semester in order to speed up or get on track for your graduation planning? Consider this: TRIO/SSS has College Completion Scholarships for summer courses! Amounts vary by year in school, and range from **\$400 to \$1500** per course. That is, "super seniors" who plan to graduate in August or September 2017 get the higher award amounts.

The application process is **EASY**:

1. Meet with your TRIO Advisor to review your summer semester and graduation plans. Your TRIO Advisor will create your scholarship application based on this meeting.
2. Depending on your degree progress, submit or update your Graduation Application with the Registrar, or update your Long Term Plan with your TRIO Advisor.
3. Register **on time** for summer semester, according to what is required by your Graduation Application or LTP.

And that's it! TRIO staff will review all applicants and will award the scholarships according to financial need and progress toward graduation. Applicants will be notified of their standing by the beginning of summer semester. Questions? Ask your TRIO Advisor.

# We are all over Social Media

@ AugsburgTRIOSSS



Aly Olson– Director  
(612) 330-1313  
jepson@augsborg.edu

Xia Xiong-Vang– Academic Advisor  
(612) 330-1343  
xiongxa@augsborg.edu

Kevin Cheatham– Assistant Director  
(612) 330-1314  
cheathak@augsborg.edu

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

Melody M. Geiger– Academic Advisor  
(612) 330-1029  
geigerm@augsborg.edu

## Contact Us

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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