



AUGSBURG UNIVERSITY

TRIO/SSS TRIBUNE



Spring 2018

Meet Julie Vang: TRIO/SSS Program Assistant & Academic Skills Tutor Coordinator

2018

Inside this issue

Abroad Experience-Mai Xee Vang.....	2
Spring 2017 Workshops & Events.....	3
MN TRIO Postcard Campaign.....	4
Scholarships.....	4
Equipment Checkout.....	5
Summer Paid Internship opportunity....	6
Important Dates.....	7
Discovering your Strengths.....	8
Abroad Experience-Davonn Dixon.....	9
Cohort Workshops.....	10
Fall 2017 Dean's List.....	10
Get on the Good Foot.....	11
Like & Follow Us.....	12



You may or may not have noticed that we have a new face in the TRIO/SSS office. Julie Vang joined the TRIO/SSS & ASO offices this past September. Julie recently completed her Master's degree in Sociology from the University of Illinois at Chicago. Julie's experience includes teaching and research and she enjoys working with undergraduate students. Julie is an alum of the TRIO McNair Scholars program from the University of Wisconsin-River Falls and worked for the TRIO Upward Bound program as an Office Assistant. Julie's personal experience as a TRIO student,

along with her experiences in teaching and research make her an excellent addition to the TRIO/SSS team. Julie is excited to continue meeting new faces and has enjoyed interacting with each of the TRIO/SSS students. Something interesting about Julie is that she loves to dance and created and led a dance organization as an undergraduate student. Please make sure to stop by, say hi, and introduce yourself to Julie Vang. We are excited to have her as part of the TRIO/SSS team.

Study Abroad Experience

Mai Xee Vang '18 went abroad during winter break 2017. Here is what she had to say about her experience.

I studied in London, England and Edinburgh, Scotland (both located in the United Kingdom) over winter break 2017. I chose a short term winter break program because it fit in with my graduation timeline. This program was focused on Harry Potter, Brexit, and social change in the United Kingdom - all topics I'm interested in!

Since I went on a short trip, I wasn't expecting to meet and connect with as many locals as I did. Through some class activities and exploring, I connected with multiple young London women who were super down-to-earth. My friends and I spent some time with them and learned more about the area, social issues, their views on Trump, and more.



Mai Xee Vang standing on top of Arthur's Seat in Edinburgh, UK

One of the highlights of my trip would be hiking up Arthur's Seat in Edinburgh. I hiked it with my three friends and professor. It was a great experience to share with them, as we supported one another and made it to the top together. This was my first time hiking and I learned how satisfying hiking can be!

I learned a lot more on Brexit and it's social impacts. Most locals who I conversed with or met were against Brexit, but still it was voted for, so now many people have to prepare for unwanted political and social changes.

One piece of advice I would give other TRIO/SSS students about studying abroad is do it! Even if its short term, I would encourage study abroad at least once. This was my first time out of the country and it was made possible by studying abroad. Even though I was only there for under two weeks, it was a memorial trip. Other than that, be open-minded, wherever you go. Different places have different cultures, norms, beliefs, values, and more, They're not going to all be the same as what you know and are used to so travel with an open-mind to learn and reflect.

TRIO/SSS Spring 2017 Workshops & Events

January

Welcome Back Open House

Friday, January 19

1:00 pm-3:00 pm

Location: TRIO/SSS Office

Met Council Paid Internship

Monday, January 22

3:15 pm-4:15 pm

Location: OGC 200

Renew, Review, Refresh (Junior Cohort)

Tuesday, February 6

3:45 pm-4:45 pm

Location: Lindell 301

Wednesday, February 7

12:30 pm-1:30 pm

Location: Lindell 301

Friday, February 9

8:15 am-9:15 am

Location: Lindell 301

Discover Your Strengths

Wednesday, January 31

3:15 pm-4:15 pm

Location: OGC 100

Thursday, February 1

3:30 pm-4:30 pm

Location: Lindell 301

February

Alumni Networking event

Tuesday February 6

5:30 pm– 8:00 pm

Foss Center (Chapel)

Backpack to Briefcase

Wednesday, February 14

3:15 pm-4:15 pm

Location: OGC 100

Thursday, February 15

3:45 pm-4:45 pm

Location: OGC 100

Job & Internship Fair

Tuesday, February 27

9:00 am-2:00 pm

Location: Mpls Convention Center

If you register through the Strommen Center and attend, TRIO/SSS will sponsor the registration fee

March

FAFSA Completion

Wednesday, March 28

3:15 pm-4:15 pm

Location: SVE 205

Life After College

Tuesday, April 3

3:15 pm-4:15 pm

Location: OGC 100

Wednesday, April 4

12:30 pm-1:30 pm

Location: OGC 100

April

End of Semester Celebration

Friday, April 20

1:00 pm-3:00 pm

Location: TRIO/SSS Office

*****Plan to attend at least 2 workshops*****

MN TRIO POSTCARD CAMPAIGN



The Postcard campaign is a MN TRIO advocacy effort in which we ask TRIO/SSS Students to participate. We have found that our Senators & Representatives want to hear from our TRIO students and they listen when students declare how TRIO has helped them be successful in attending college. Because TRIO/SSS is federally funded by the U.S. Department of Education, we need to advocate for continued funding for TRIO Programs. Your stories and actions matter, especially NOW. Help write a postcard to your local Representative of Congress, Senator, and the President of the United States. In March, one of the TRIO advisors will hand deliver your postcards to Washington D.C. as part of COE's annual Policy Seminar. Stop by the TRIO/SSS office to learn more about how you can help make a difference.



It is scholarship season! Are you looking for extra funding to help reduce your out-of-pocket expenses or reduce your loan debt? If so, NOW is the time to apply for scholarships for the 2018-2019 academic year. TRIO/SSS has compiled a scholarship directory that is available in the TRIO/SSS office. There are many scholarships available. Start early on the application process so you don't miss out. Questions? Make sure to ask your TRIO/SSS Advisor.

Here are three quick tips to help you with the scholarship application process:

- 1.) Carefully read directions and essay prompts. You do not want to work hard on an application and not earn a scholarship due to not following directions or addressing the specific questions asked. Read essay prompts carefully and be sure to address them fully.
- 2.) Get assistance with proofreading and editing your application. Have a writing tutor or professional mentor, advisor, or professor read all essays and look over complete application before you submit it.
- 3.) Do not wait until the last minute to submit. Whether the application needs to be submitted electronically or through the mail, you must account for possible obstacles that could occur. If you plan ahead, you can deal with the obstacle and still have time to submit on time.

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 **Wednesday, January 10, 2018 at 10:30am**.



**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.

Laptop check-out schedule

January 10, 2018 at 10:30 am—due February 2, 2018 by 3pm

February 6, 2018 at 11:30 am—due March 2, 2018 by 3pm

March 6, 2018 at 11:30 am—due March 30, 2018 by 3pm

April 3, 2018 at 11:30 am—due April 26, 2018 by Noon



We are currently out of laptops for the month of January. Please check back on February 6th if you would like to check out a laptop.

All Equipment are due back to the TRIO/SSS office on Thursday April 26, 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!**

\$\$Summer Paid Internship Opportunity\$\$

By: Melody M. Geiger, Academic Advisor

Happy New Year! Perhaps one of your New Year's resolutions (if you made them) or one of your SMART goals (see your advisor if you would like assistance in setting them) is to find a valuable (paid) summer experience. If so, reading this article may prove to be a very fruitful way to start 2018!

If you didn't read my article in the Fall newsletter, you may not be aware that 80% of employers are looking for new graduates who have completed a formal internship and paid internships seem to make a difference as well. I would like to reemphasize the statistics according to the NACE (National Association of Colleges and Employers) 2013 student survey, **63%** of college graduates who had a paid internship received a job offer compared to only **37%** of those who had an unpaid internship and **35%** who had no internship experience. I am assuming that you chose to attend Augsburg partly because of its commitment to the exploration of vocation (using one's gifts and talents to serve the neighbor) or that since you have started here, this is something that you find valuable. With this in mind, I encourage you to apply for a paid summer internship at the Metropolitan Council.

"A metro area that is viable, prosperous, sustainable, and equitable for all" is the goal of the Metropolitan Council. They do so by providing services in metro transit (rail and bus), housing, waste water treatment, regional park planning, and more. With this in mind, they offer a variety of internship experiences. If you are interested in improving our communities and getting a unique internship experience which includes: on the job training, professional relationships, participation in team projects, professional development, and **\$18.50 per hour**, apply for an internship with the Metropolitan Council. Current college students and recent graduates qualify. What is more exciting is that they are reaching out specifically to qualified TRIO/SSS students. Luis Martinez is a former student of mine who manages the internship program at the Metropolitan Council. He understands the value and diversity that TRIO students could bring to this organization.



If this opportunity sounds good to you and you are planning to apply, meeting Luis and hearing his tips on the application process would be very valuable. Luis will be leading an information session about the Metropolitan Council internships and application process on Monday, January 22nd from 3:15-4:15 pm. Stop by the TRIO/SSS office to register to attend. Internship applications are currently open and will close on February 4th. To see the full list and description of available internships please see the following website: <https://www.governmentjobs.com/careers/metrocouncil/promotionaljobs?page=1>

TRIO Achiever's Dinner



Each spring, we celebrate TRIO/SSS students at our annual TRIO Achiever's Dinner by recognizing students who received a 3.0 or higher GPA during the last academic year. We also recognize our graduating seniors as they prepare for commencement (Spring, Summer, and Fall of 2018). This year's TRIO Achiever's Dinner will be held on Wednesday, February 21 from 4pm-6pm. Students who qualify will receive an invitation to attend.

Important Dates to Remember

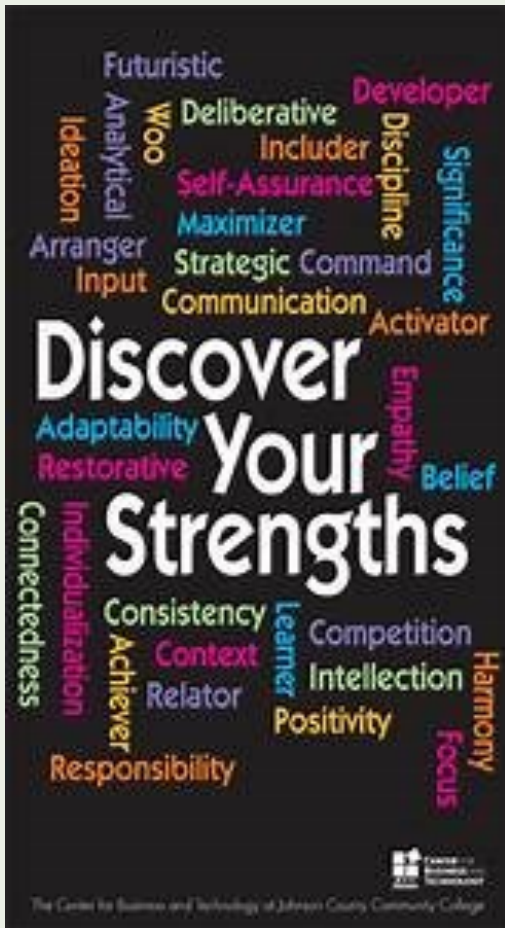
- 1/8/2018**— Spring Classes Begin
- 1/15/2018**— No Classes: MLK JR. Day
- 1/16/2018**— Web Registration Closes
- 1/22/2018**— Last day to add a class with faculty signature
- 1/22/2018**— Last day to drop without "W" grade on transcript
- 3/9/2018**— Last day to withdraw or designate grading option
- 3/12 to 3/18/2018**— No Classes: Spring Break
- 3/19/2018**— Classes resume
- 3/28/2018**— Fall & Summer Registration Begins
- 3/30/2018**— No Classes: Good Friday
- 4/20/2018**— Last Day of Classes
- 4/23 to 4/26/2018**— Final Examinations
- 4/28/2018**— Commencement

Discovering your Strengths

By: Xia Xiong-Vang, Academic Advisor

College is the time where students are trying to discover who they are and what they enjoy doing. College is also the time where students feel an immense pressure to know exactly what they want to do for the rest of their lives. A lot of times, it's hard to know what you want to do as a career, especially if you don't even know what you are good at. Lucky for you, students can now discover what their strengths and talents are by taking the Strengths Finder assessment. This assessment was developed by a team of scientists and positive psychologists who wanted to help people uncover and develop their natural talents. The philosophy

behind the Strengths Finder is that everyone has natural talents and we should focus on our personal strengths rather than work on our weaknesses. Strengths Finder lists thirty-four potential strengths and each person will learn what their top five strengths are after taking the assessment.



Here are some reasons why you should take the Strengths Finder assessment. First, it will help validate what your strengths are rather than focus on your weaknesses. A lot of times, people will dwell on their weaknesses and spend countless hours trying to work on improving in these areas. Instead of doing this, time will be better spent on building your strengths. Maybe you thought that you were a great listener, and everyone always told you that you are good at listening and are good at understanding others. Now, you can be certain that Empathy is one of your strengths.

The second reason to take the Strengths Finder assessment is that it allows you to see how you will work in teams. Nowadays, working in teams is becoming more common and a lot of things require teamwork. From class projects to internships to group work in a job,

teamwork is crucial. Therefore, you need to know what you are good at as well as what your team members are good at, so you can better delegate the work or task. The Strengths Finder assessment also provides suggestions for using your strengths in both your personal and professional life and also includes an action planner to help you utilize your strengths.

If you are interested in learning more about the Strengths Finder assessment and how it can help you discover your talents, come to one of the "Discover your Strengths" workshops listed on page 3.

Study Abroad Experience

Davonn Dixon '20 went abroad during Fall semester 2017. Here is what he had to say about his experience.



I studied abroad in Mexico during Fall semester of 2017. I picked Mexico because I have always wanted to go there. I told myself if I ever were to leave the country it would be to Mexico since I wanted to improve my Spanish.

The most surprising thing about my trip was learning about all the different types of museums, pyramids, sculptures, and much more. We also had a chance to see the things we were learning about in class with multiple different excursions.

Davonn Dixon at Teotihuacan- an ancient Mesoamerican city in Mexico

I believe the highlight of my trip was living with my host family. It took time to get comfortable, but I am really happy that I lived with them. They said I am always welcomed to come back. Hopefully one day I will be able to.

While in Mexico, I learned multiple things. I learned more about the culture in Mexico and how it is different from American culture. Also, the indigenous communities in Mexico were something I never knew about so being able to visit these communities was really amazing. They were very inviting and I am very thankful for that.

When studying abroad, there are several different fears you may have, but once you arrive you will get adjusted. Being able to communicate what your problems are is very important because everyone is there to help you. The hardest part about studying abroad is coming back home, especially after making several new friends and creating memories.

Cohort Workshops

Starting this academic year, TRIO/SSS will offer “Cohort-specific” Renew, Review, Refresh (RRR) workshops for all TRIO/SSS students. Cohort workshops are designed as a “checkpoint” toward graduation. TRIO/SSS students will receive an up-to-date graduation audit along with a major 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 RRR workshop will also give TRIO/SSS advisors a chance to look over your long term plan to make sure that you are meeting all the requirements within your major(s), minor(s), and general education checklist to graduate as planned. Cohort workshops will also address common challenges students face in navigating graduation requirements.



TRIO/SSS Fall 2017 Dean's List



Congratulations to the following TRIO/SSS students for earning a spot 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. Great job on all your hard work!

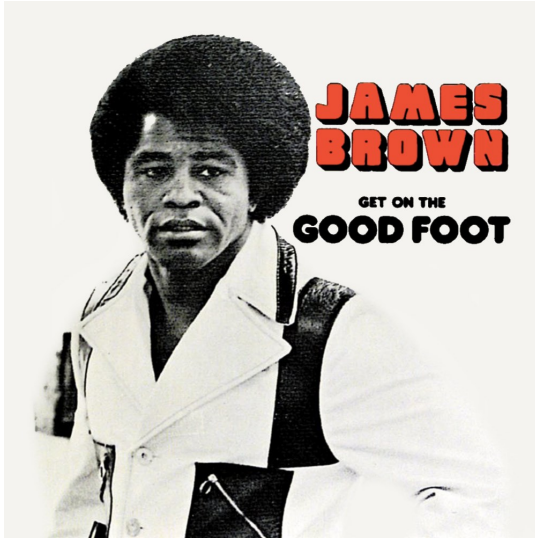
**Bilal Abdulkadir
Zak Abdullahi
Ahmed Aden
Anisa Ahmed
Shamsa Ahmed
Joe Amrhein
Kayla Benitez Sanchez
Bidhya Bhattarai
Tim Bishop
Emily Cherne
Martor Collins
Jasmira Colon
John Dewitt
Kiyva Emmanuel
Joel Enriquez Blas
Melissa Flores Jaimes
Daijah Frazier
Yonas Gebrekristos**

**Noah Greenfield
Mubarik Hassan
Julie Henderson
Khadra Ibrahim
Baoyia Kong
Civastina Kyewaa
Hsinku Lay
Jerry Lee
Kong Meng Lee
Bethany Lor
Alma Lora
Pie Mai
Sam Marholtz
Kalyn McConnell
Briana Mitchell
Ramla Mohamud
Taneasha Muonio
Janet Nguyen**

**Teresa Nguyen
Mohamed Omar
Phanny Phai
Diana Sanchez
Nate Seleshi
Abdul Sharif
Cassidy Strobl
Nou Thao
Dametre Thunberg
Mai Xee Vang
Anthony Villagrana
Laici Vue
Mai Bao Vue
Panyia Vue
Cheng Yeng Xiong
Mai Kia Yang
Salena Yang**

Get On The Good Foot

By: Kevin Cheatham, Assistant Director



Welcome back from it seemed too short winter break. Even though the time away was not as long as most of us would have liked, I hope you were still able to find time to recharge and are ready to start this semester on, as the Godfather of Soul would say, the “good foot.”

When I return from break, one of the first things I do is look at all of my advisee’s grades from the previous term. I will admit, reviewing grades is not the most exciting part of my work and I often approach the task with a little bit of dread. This is especially true considering that fall semester was a little, um how shall I say this, “rough” for some of you. If you are dealing with a lot of not nice circumstances, then your friendly neighbor TRIO/SSS advisor is dealing with them too. Some

of you faced concerns that could greatly affect your academic success. You were worried about final grades and I was worried, too, knowing that you not doing well might potentially slow down your progress to graduation.

One great thing about the start of the new semester, and the start of the new calendar year, is that it is a reset of sorts. It is the time of year where one reflects on what has happened prior and ideally, has a plan for change. And a plan for change is the soapbox I will preach from for a minute.

If you did well last semester, repeat that success this semester. I know that is a pretty simple statement and perhaps a tall order, but success makes you happy and it makes me happy and success opens the door for more great opportunity. Consider the things you did well fall term that contributed to your success. Was it finding the perfect place to study or finding the right peers with whom to study? Did you finally crack the good time management code? Did you participate in activities both on- and off-campus that were beneficial to achieving your goals? If these were some of the things that made last semester a great one for you, then keep up the good work and raise the bar just a little bit more. I know, simple.

“Okay, Kevin, so I did not do as well as I would have liked last semester and I am not trying to go down that road again.” If this is you, then consider what you did, or did not do, to put you on that path. Was class attendance an issue for you? How is your health: mental, physical, emotional, and spiritual? Are there some study habits that you know should change for the better? Did you use your available resources to their fullest? Remember, you will not be successful if you repeatedly engage in behavior that keeps you from achieving your goals.

As TRIO/SSS advisors we are here to help you navigate your way to graduation. Be sure to meet with us on a regular basis so that you stay on the good foot.

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 University. 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 University. Augsburg TRIO/SSS also selects 25 incoming first-year, TRIO-eligible students to participate in its Summer Bridge component.

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



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