

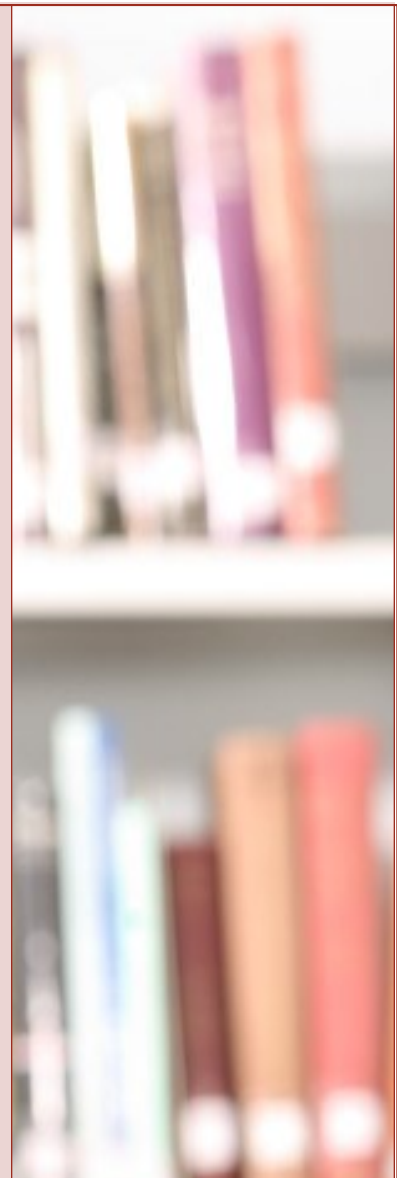
TRIO/SSS TRIBUNE



Update from Augsburg TRIO/SSS:

TRIO Student Support Services Programs are federally funded through the U.S. Department of Education and grants are awarded every five years. Augsburg TRIO/SSS' current funding award is from 2015-2020, which means we are in the midst of applying for the next grant cycle. Since August 2019, Aly Olson, Director of Augsburg TRIO/SSS has been working tirelessly to prepare the grant proposal. This includes data collection from the program and the institution to show how TRIO funds have helped support first-generation, low-income students and students with a documented disability succeed at Augsburg.

The Federal Register posted the TRIO/SSS Request for Proposal notice on December 17, 2019 with a due date of January 27, 2020. The quick turnaround date for proposal submission has Aly focused on writing the best grant possible. Because of this, Aly will have limited office hours and availability to meet with students until the grant proposal is submitted. In the meantime, if you are one of Aly's students and have advising concerns, please contact the TRIO/SSS office to connect with one of the other Augsburg TRIO/SSS advisors. We are grateful for Aly's hard work, dedication, and time being spent on writing the grant proposal and we appreciate your patience, flexibility, and understanding during this time. Thank you!



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SPRING 2020 WORKSHOP SCHEDULE

February

Junior/3rd year RRR

Tuesday February 4, 3:45-5:00 pm
Wednesday February 5, 3:15-4:30pm
Thursday February 6, 8:00-9:15 am
Location: OGC 100

New Year, New Resume

Tuesday February 11, 3:45-4:45 pm
Location: OGC 100

Finish Your FAFSA!

Wednesday February 12, 10:30-12:30 pm
Thursday February 13, 4:00-6:00 pm
Location: Sverdrup 201
Co-sponsored with MSS/SFS/CP

Oh the Places You'll Go!

Wednesday February 19, 3:30-4:30 pm
Location: OGC 202

Etiquette Dinner

Wednesday February 26, 5:30-7:30 pm
Location: Hagfors 150A
Limited to first 25 students who sign up

MN Private College Job/ Internship Fair

Thursday February 27, 9:00-2:00 pm
Location: Mpls Convention Center

April

What's Next?

Wednesday April 1, 3:15-4:15 pm
Thursday April 2, 3:45-4:45 pm
Location: Sverdrup 201

Find Your Calm Creativity

Tuesday April 14, 3:45-5:00 pm
Wednesday April 15, 3:30-4:45 pm
Location: OGC 100

End of Semester Celebration

Friday April 24, 1:00-3:00 pm
Location: TRIO/SSS Office

Plan to attend at least two workshops this semester!

To sign up for workshops; you can stop by the TRIO/SSS office, email us at triosss@augsborg.edu, call our office @ 612-330-1311, or schedule online through our website under "Upcoming Events & Workshops" using the ScheduleOnce link.

DEAN'S LIST– FALL 2019

Congratulations to the following TRIO/SSS students for earning a spot on the Dean's List for the fall 2019 semester. The Dean's List recognizes students who receive a 3.5 GPA or higher at the end of each semester. Great job on your hard work!

**Abby Adegeye
Annabelle Arns
Debi Bayisa
Kiana Brown
Taron Busby
Mindy Chang
Nou-Chee Chang
Maizogbo Collins
Jasmira Colon
John Dewitt
Melissa Flores Jaimes
Pamela Fue
Davida Fuller
Yomiyu Gafesu
Willington Gahona
Maddie Gowans
Shevon Greene
Andre Griffin
Kanaan Gudeta
Estefani Guiracocha
Yer Her
Vanessa Jackson
Brooklyn Jones
Katrina Lee**

**Ed Loubaki
Samantha Marholtz
Thomas Moua
Teresa Nguyen
Grace Onken
Shelley Pacheco
Edwin Panora
Bo Schlosser
Abdul Sharif
Josie Slavik
Yhia Thao
Dametre Thunberg
Sahra Tobe
Jason Totaram
Anna Vang
Gaolee Vang
Anthony Villagrana
Yee Vue
Marka Wreh
Billy Yang
Jaiab Yang
Kong Yang
Salena Yang**

CONGRATULATIONS
Dean's List recipients!

STUDENT EXPERIENCE



This past fall semester 2019, I studied abroad in Cuernavaca, Morelos in Mexico. I chose the Augsburg Center for Global Education and Experience semester program in Mexico because I wanted to reconnect to my roots and learn more about my Mexican heritage. I also wanted to solely experience using my native Spanish language and thought this program would provide the opportunity to do so. I learned about this opportunity through mutual TRIO/SSS Summer Bridge friends who had previously done their study abroad experience there.

Reflecting back on my experiences from Mexico, I think about the many excursions taken in my courses, living with rural and urban host families, and communicating in Spanish. Through these experiences, I learned to appreciate the beauty of another country. I usually only hear about the negative aspects of Mexico, however I learned to look at the positive aspects. I made sure to enjoy and love Mexico as much I love my home in Minneapolis. In Mexico, I learned to love the color of my brown skin because everywhere I went there was somebody who looked just like me. Too often, we look at the negatives of a country or within our own bodies and we forget about the beauty that already exists. By appreciating the beautiful scenery of Mexico, I also started appreciating the beauty within myself and started to enjoy my own Mexican heritage. For the first time, I accepted my roots and my language and that is something that I would have never been able to do in the United States.

One highlight from my study abroad experience was living in a rural home stay with an indigenous family in Amatlán de Quetzalcóatl, Morelos, Mexico. I was welcomed into their home for six days and got the opportunity to see what having a family meant. I don't have extended family whatsoever in the state of Minnesota and it was challenging to grow up without an uncle, aunt, a cousin or a grandparent. My rural home stay gave me the opportunity to truly understand that family is everything, especially when there is a lot of love involved. That experience prepared me for the moment when I finally met my own family who lived nearby at Casa Augsburg, our campus location in Cuernavaca. I met my family for the first time after 20 years of never having the chance to see my grandmother, my aunt and cousins. This was an emotional experience, something I always dreamt of doing. Waking up each morning and seeing my grandma was a blessing all thanks to the study abroad opportunity! I felt so free being in a loving home and experiencing love from my actual family members. The funny thing was that I didn't have a picture of my aunt, uncles, cousins, or grandma back in Minnesota. However, when my cousins showed me their photo album, the first thing I saw were photos of me and my sister I have never seen before. There was a picture of me when I was around 9 and was with an Easter bunny. My family in Cuernavaca knew me but I didn't know them and it felt like a miracle to be studying in a place so close to them.

I think the most challenging part of studying abroad was adjusting to the different classroom environment in Mexico. My classes were very intimate in the sense that it consisted of myself, or sometimes one other student and the professor. We only spoke in Spanish, and for me that was something new. I was told throughout high school that speaking in my native tongue was rude and it

offended people in the room if they didn't understand Spanish. Being told that led me to become ashamed of my Spanish language, the people I surrounded myself with, and my own ethnicity. I stopped speaking Spanish in high school for a year after that incident. In Mexico, however, it was a different environment and I had the opportunity to speak in Spanish at the University, which was truly life changing. My professor was full-blooded Mexican and was passionate about her roots, which I have never had before at Augsburg. I finally was able to connect with a professor without feeling different and it was such a relief! If you want to study Spanish, or like me, regain my cultural roots, I encourage you to study abroad. Being abroad is the best way to learn a language and be immersed in the native culture.

One piece of advice I would give to other TRIO/SSS students is don't think twice about studying abroad. DO IT! Do not let anybody or anything hold you back. Your concerns about studying abroad are valid but there are ways to work around those concerns. If your concerns are related to money or family, talk to an advisor or peers like me who studied abroad and ask us how you can work around those concerns. Trust me, I was not going to let my concerns stop me from studying abroad. Depending on your program, there may be scholarships available and you just have to find those resources. Talking to your parents about studying abroad is also important but in the end, it's all up to you! You are in charge of making your own path in life! I made mine and it has been the best decision of my life to study abroad!

One thing I wish I had known before going abroad is that culture shock is a real thing. I am Mexican American and most of the things I learned in Mexico were new to me. Just because I identify as Mexican does not mean I know everything about Mexico. I knew that when I signed up. That is why I did it, to focus on my traditions, language, and roots. Adjusting to walking up hills daily, seeing people who had similar skin color as me, and speaking Spanish daily was emotional at times because I had never experienced it before in the United States.

And finally, if you are thinking about studying abroad with Augsburg's CGEE program in Cuernavaca, Morelos, Mexico, I encourage you to smile and stay positive even if you experience bumps along the way. The purpose of studying abroad is to learn and experience another culture that is not your own or learn more about your own culture. Each day, I stayed positive because I remembered my goals and purpose for studying abroad. I advise my peers to try and be patient with each excursion, because each one is going to be impactful and emotional. There is so much learning to do, so take notes! It is important to write things down. Remember to take time and reflect on each experience because you only get to experience the way you feel, in that moment, once. Always find something you are grateful for, especially having the privilege to study abroad. I'll continue to encourage others to study abroad by sharing my experience. Feel free to ask me about my study abroad experience, I'm happy to share with you my insights and what I learned.

-Melissa Flores Jaimes '21
Studio Art major
Leadership Studies minor

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STUDENT EXPERIENCE



I've always known I wanted to study abroad during my college career, I just didn't know where or when. I had multiple meetings with the Center for Global Education and Experience (CGEE) advisors to explore my options. My criteria for choosing a program were based on affordability, courses to meet my graduation requirements, and location. I was interested in Greece because it has been on the top of my travel list. Also, Augsburg is a partner school with the American College of Greece which meant my credits would automatically transfer back. The college offered a variety of courses which was beneficial for me to stay on track for graduation. The first couple of weeks were difficult because I had to adjust to a new culture, learn how to communicate with the locals, deal with the time difference, and learn how to get around. I felt really out of my element and definitely experienced culture shock. I remember walking into a coffee shop and not being able to read the menu or speak with the waiter. From this experience, I've learned to be more confident by asking people if they

spoke English, and I also learned how to say some words in Greek. Over time, I became more comfortable with the city and the Greek lifestyle. Throughout the semester, I took advantage of traveling to various places and making memories with friends. One of my favorite trips was to Santorini, Greece. It was beautiful with stunning beaches, great food, and unbelievable views. It was something right out of a magazine! I would definitely recommend studying abroad if you are considering it. It is the perfect opportunity to explore the world and yourself. Living in another country gave me the chance to learn about a new culture, meet new people, and find new places to explore. I learned how to live in the moment and to appreciate the small things. Studying abroad has opened my eyes to the world around me. I am so grateful for this opportunity that I wouldn't have been able to have in a regular classroom at Augsburg.

—**Kayla Benitez Sanchez '21**
International Business major

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Santorini, Greece

EQUIPMENT CHECKOUT

Each semester, the TRIO/SSS office has equipment available for check out, including: **Laptops, Graphing calculators, and Smartpens.** These items are available on a first-come, first-serve basis to currently enrolled, active TRIO/SSS students only.

Items may be checked out in the TRIO/SSS office starting on **Tuesday, January 21 @ 11:30am.** Laptops may be borrowed month-to-month, but Graphing 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 Monthly check out schedule

Check out date: Tuesday, January 21 @ 11:30 am
Due: Friday, February 7 @ 3:00 pm

Check out date: Tuesday, February 11 @ 11:30 am
Due: Friday, February 28 @ 3:00 pm

Check out date: Tuesday, March 3 @ 11:30 am
Due: Friday, March 27 @ 3:00 pm

Check out date: Tuesday, March 31 @ 11:30 am
Due: Thursday, April 23 by noon



All equipment is due back to the TRIO/SSS office on **Thursday, April 23 by Noon.**

Note: Failure to return clean and working equipment to the TRIO/SSS Office by the specified due date will result in suspension of check-out privileges for one lending period and possible charges. Failure to return equipment within FIVE days after due date may result in replacement cost charges to your student account and suspension of check-out privileges.

TRIO/SSS also has limited school supplies such as notebooks, folders, pens, pencils, and notecards available for free to TRIO/SSS students. Pick up in the TRIO/SSS office!

TRIO/SSS FALL SEMESTER GRADUATES

Bilal Abdulkadir

Noah Greenfield

Laici Vue

Jaiab Yang

Joe Amrhein

Bethany Lor

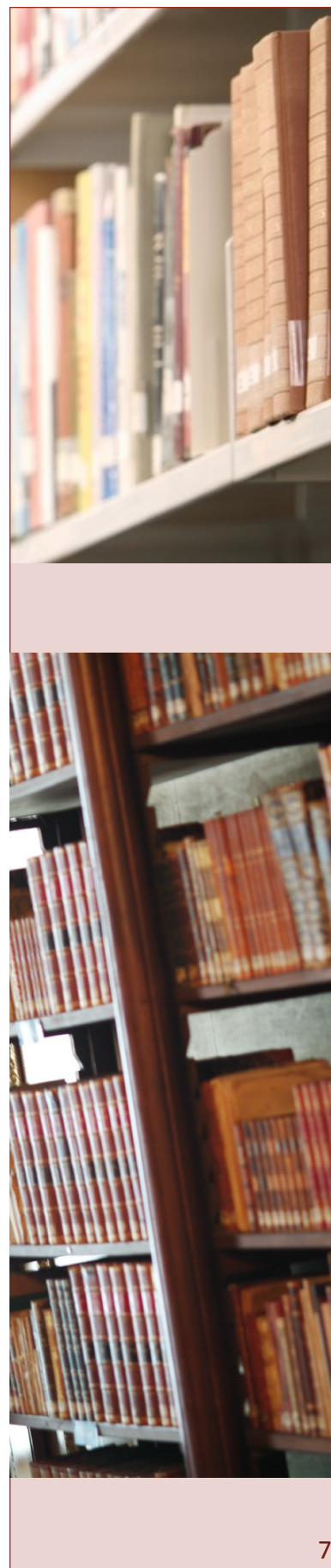
Sia Xiong

Salena Yang

Saberina Calle

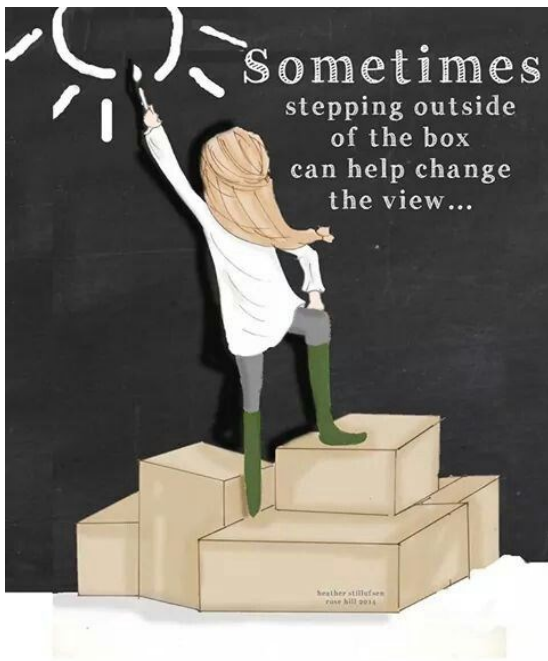
Nancy Lor

Billy Yang



STEP OUTSIDE YOUR BOX

By: Kevin Cheatham, Assistant Director



January. Happy New Year. And depending on how you track your Gregorian calendar, maybe even Happy New Decade. The start of the new semester is exciting at first because of those happy and new attitudes that everyone seems to have upon return from break. Sleep has refreshed us in ways not experienced since the days of kindergarten naps. Non-cafeteria food choices are a welcome reminder to your taste buds of just how delicious things ought to be when eating. And the chance to just do and think about absolutely nothing for a few weeks...

...sorry, drifted off for a moment just thinking about how wonderful all that was. Where was I, oh yes, January. Ugh. Regardless, a lot of happy and a lot of new. And for most of us, that “happy” and “new” lasts for about two weeks. And then it’s back to the same ol’ from before.

One question I tend to ask students at the start of a term is, “What’s going to be different for you this semester?” From my experience over the years, the answers you all give are the pretty standard ones. There are plans to do better academically and there are discussions about improving one’s health: mental, physical, emotional, financial. I will admit, these plans all sound great and I even get inspired by their loftiness. I’m even impressed by the initial execution of these plans. And then two weeks pass and you’re back to the same ol’ from before. Sad trombone.

It’s really easy to fall back into doing what you’ve done prior since you sometimes have a pretty good idea of how things will end. It’s like re-watching a favorite movie or re-reading a good book—spoiler alert, you know who dies. But while there may be some comfort in revisiting the past, sometimes things from the past need to be left where they are—in the past. Now I’m certainly not saying that you should forget everything that happened before as there is growth and learning from those events too. Sometimes things need to blow up in your face for you to realize that you don’t want to do that again. But there’s always room for improvement and not all change is bad. True, it may be difficult or uncomfortable at first, but, honestly, how will you know what your potential is or how cool something might be if you’re not willing to branch out? How will you improve if you don’t do things that will help you achieve what you’ve set as new goals?

Challenge yourself to do something or try something that is outside of your comfort zone. For some of you, that may be something as big as looking to study abroad or away in the U.S.A. for the first time. Or it could be something as simple as trying out a new food. Perhaps it’s joining a club or two, or making an effort to connect with at least one new peer in each of your courses. And give yourself time to adjust to what may become a new normal. At first, I hated going to work out and now that it’s routine in my schedule I get bummed out when I can’t exercise. Share with others that you have new goals or are trying out something you’ve never done before as their positive encouragement may help you stay on track. There’s a whole wide world outside of that fence you may have built around yourself. Tear that barrier down to see what you’ve been missing.

NEW(ISH), EASY WAY TO SCHEDULE APPOINTMENTS

By: Seth Rueter, Academic Advisor



It's a new year, new decade, new semester, so it's time for a reminder about our new(ish) way to schedule a meeting with your TRIO/SSS advisor!

Have a question about your schedule? Have some great news to share with your advisor? Want to make sure your Long Term Plan is up to date? ScheduleOnce is a quick online scheduling tool which allows you to easily find a time to meet with your advisor when it works best for you! This can save you a trip to the TRIO/SSS office or a phone call. All you need to do is find your advisor, select a day you want to meet, then a time, and lastly a little information about yourself and what you want to meet about. So easy, right!? Both you and your advisor get a Google Calendar invite! (If you don't use your Google Calendar, it's not too late to make that a New Year's Resolution)!

Not sure where to find ScheduleOnce? Your advisor has a link to their personal page in the signature of their email. It might not be a bad idea to bookmark this page once you get there for easy access. You can also find a link to ScheduleOnce on the TRIO/SSS Staff page through the Augsburg website.

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STUDENT EXPERIENCE



Masaai women jewelry makers trying their jewelry on me.

In fall semester 2019, I studied abroad in Tanzania. I was awarded the Boren Scholarship in partnership with the African Flagship Language Initiative (AFLI) focused on the language Kiswahili. Prior to my departure, I was enrolled in a 2 month intensive language training program at the University of Florida. I then spent 4 months taking classes and did field based language learning experience in Arusha, Tanzania. I first heard about this program during my first year at Augsburg from the department of Undergraduate Research and Graduate opportunity Office (URGO). I decided to apply for the Boren Scholarship during my sophomore year with the help of URGO and ended up receiving it!

This program was intense, not only for language learning but also for cultural immersion. I gained a new global perspective from the people of Tanzania and also Kiswahili. The ultimate highlight from my experience abroad was definitely living with my host family. I was blessed with an amazing host mother and siblings and I truly felt so welcomed in the country and at home. My host siblings became my first friends and they helped me get over a lot of bumps in the first few weeks, LOL!

The biggest challenge was trying to blend in. A lot of people thought I was a local and didn't really question me. However, as soon as I started speaking they noticed my accent was off and it became hard to act like I was from there. However, when I told them I was Somali they were really welcoming to me.

There weren't many things that surprised me because I am from another East African country and our cultures are very similar. However, I was very surprised to know that because Tanzania's population was half Muslim and half Christian, a lot of the butchers were halal.

One piece of advice I would give to my peers who may be thinking about studying abroad is to definitely do it! There is so much to see out there, the world is truly your oyster. Once you study abroad you gain so many different perspectives and lessons that you truly cannot get elsewhere. If you have time in your academic long-term plan, definitely do it!

Something I wished I knew before going abroad to Tanzania are the little "unknown laws" about the country. In Tanzania, it is illegal to take pictures of government buildings and officials. One day after school, the president and his guards passed us in government cars; I was really amazed and unknowingly started recording. Luckily, my language partner saw what I was doing, snatched my phone away, and explained to me that I could have gone to jail for recording government officials. Whew, it was a close call.

This semester I will continue my experience abroad by studying at Sejong University in Seoul, South Korea. From my time in Tanzania, I learned to take risks because sometimes the things we are the most scared about can turn out to be the most fun. I also realized that there will always be times when we will experience challenging situations and the only way to deal with them is to stay calm, cool, and collected.

I decided to continue my study abroad in South Korea this semester because I have always been interested in the language. This interest started in high school after I took a Korean language class. I saw the opportunity to study at Sejong University this semester and decided, "Why not do it?" As someone who is interested into doing diplomacy work in the future, I felt it was necessary to be globally aware and acquire as much knowledge as possible.

-Shamsa Ahmed '21

Political Science & International Relations majors

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My host mom with a self-portrait painting that I gave her. She hung it on her wall.



My teacher and I



COUNCIL *for* OPPORTUNITY *in* EDUCATION

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Because TRIO programs are federally funded through the U.S. Department of Education, the Council for Opportunity in Education organizes an annual Policy Seminar in Washington D.C. to maintain relations with both the Department and federal legislators. Every March, TRIO professionals, alumni, and supporters have the opportunity to meet with members of Congress to discuss the importance of continued federal funding and supportive legislation for TRIO programs. Each year, Augsburg TRIO/SSS sends one of our staff members to meet with members of congress to advocate on behalf of our students. We inform them about the work we do, share success stories about our students, and communicate the importance of continued funding for TRIO Programs. It makes a huge difference when students are able to share their stories and the impact TRIO programs have made in their lives. Because of this, we need your help in writing postcards to your district representative and State Senators to share your story. One of the TRIO/SSS staff will hand deliver your postcards to members of Congress when they attend Policy Seminar this March. Please ask your advisor how you can help with this important project. Thank you!

**Augsburg University
TRIO Student Support
Services**

**Gage Center for Student
Success**

**Lindell Library Suite 201
2211 Riverside Avenue South
Campus Box 47
Minneapolis, MN 55454**

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STUDENT SUPPORT SERVICES