

TRIO/SSS TRIBUNE

Spring 2016

WELCOME NEW PROGRAM ASSISTANT, LANI MOUA

By: Aly Olson

We have a new Program Assistant in the TRIO/SSS and Academic Skills office suite. Lani Moua has worked in admissions at Crown College in St Bonifacius, MN, as well as administrative work in both advertising and insurance companies. She is a TRIO alumna from an Upward Bound program in Omaha, and holds both B.S. and M.B.A. degrees from Crown College. Lani seems undaunted by learning new tasks, is very personable and knows her CRM software. She started working with us January 5, and since then she has learned A LOT about our programs, our students and Augsburg College in general. I decided to give her a break on the heavy thinking and interviewed her for us to get to know her a little more.

Aly O: I'm excited to welcome you to our team! What attracts you about working at TRIO/SSS, ASO and Augsburg College?

Lani M: Thank you, I'm happy to be here! I think what attracts me about Augsburg is that you get that small community vibe, but because of the diversity here, it makes you feel like you're at a bigger college. I have such a love for TRIO especially because I was a part of Upward Bound. In a way, meeting and working with students is my way of reliving college again through hearing about their experience.

ACJO: What are your first impressions of the TRIO/SSS Program at Augsburg?

LM: They are very down to earth and passionate about students. You can see that the TRIO staff really know and care about their students.

ACJO: You're sucking up to me now, aren't you?

LM: Okay, maybe.

ACJO: Do you have any goals for yourself as you take on this combined role of Program Assistant and Tutor Coordinator?

LM: A goal for myself as I take on this role is not only see, but better understand the behind-the-scenes of all the people, resources, and the work done to help students succeed here. I hope to be able to hear and also be part of some of the success stories of students.

ACJO: After working in accounting and advertising, what brought you back to higher education?

LM: Having only been out of school for a couple of years now, I have been able to try out different positions (internal auditor, admissions counselor, and office manager) in a variety of industries (insurance, higher education, advertising). I was able to take some time off and reflect on what I really wanted to do as a career and realized I wanted to pay it forward. I want to give back to the investment that was given to me. As a first-generation student, I believe strongly in TRIO because of the impact the program has had on my pursuit of further education, but also providing me the confidence to have a vision for my own future. Having several conversations with important people in my life, I received affirmation that this was where I wanted to be.

ACJO: I used to like watching the Inside Actors Studio interviews on the Bravo network. The interviewer always ended the two hours of guest-specific questions with this questionnaire. Let's give it a try, shall we?

LM: Umm. Okay...

What is your favorite word? "Girl". If you Google Buzzfeeds "What Does 'Girl' Really Mean?" you'll get why it's my favorite word. It's hilarious!

What turns you on creatively, spiritually or emotionally? Electronic dance music. It wakes me up when I need it, like to work out. And it tunes me into being in the moment.

What turns you off? Bad coffee and stale pop. Oh gosh, I sound like a caffeine snob (which I sort of am I guess). I need those things to taste good and fresh.

What is your favorite curse word? Damn it, I don't know! Hmm...maybe "damn it" hahaha.

What sound or noise do you love? A lot of people don't like rainy days, but there's just something calming about the sound of rain. It reminds me to slow down.

What sound or noise do you hate? Thunder. I can't sleep at night during a thunderstorm. (Ironic, eh? -- ACJO)

What profession other than your own would you like to attempt? This is tough! Could I choose two? I would love to be a food stylist. It would be so fun to arrange them for photo shoots and seeing them in magazines, advertisements, and it's all over Instagram! The second one would be to work for Spotify. It would be awesome to be able to have a job where you sit and discover new (and old) music and create playlists for users to listen to.

What profession would you not like to do? Auditor. I've done it before and well, no one likes auditors. I want to be liked.

If Heaven exists, what would you like to hear God say when you arrive at the Pearly Gates? "You have loved people well."



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EQUIPMENT CHECK OUT FROM TRIO/SSS

Each semester, our 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 January 11, 2016.

**While laptops may be borrowed month-to-month, calculators and Smartpens may be checked out for the entire semester. Equipment goes fast!



“given the choice of having a root canal or being in a situation where I have to talk or otherwise interact with others, I would much rather get the novocaine shot and let my dentist drill away”- Kevin Cheatham

MN PRIVATE COLLEGES JOB & INTERNSHIP FAIR

Get ready to attend the MN Private Colleges Job & Internship Fair on Wednesday, February 17th 2016 from 9am-3pm at the Minneapolis Convention Center. To attend the fair, register by Friday, February 12th. There is a \$10 registration fee, but if you register online, upload resume, **and** attend preparation sessions, TRIO/SSS will pay the \$10 registration fee. Make sure to register by February 12th, otherwise the fee will increase to \$30.

Once you register, attend a 30-minute prep session held in the Strommen Center (Christensen Center, Suite 100).

Prep sessions will be held on the following dates:

Wednesday, Jan.27th-4:30 -5 pm

Tuesday, Feb.2nd -11:25 -11:55 am
Wednesday, Feb. 3rd- 12:30-1 pm
Monday, Feb. 8th- 10:30-11 am
Thursday, Feb. 11th-3:45 -4:15 pm

Check out the Strommen Center website at <http://www.augsburg.edu/strommen/calendar/mnpcfair/> for more information about the job & internship fair.

NETWORKING

By: Kevin Cheatham

Psychologist Carl Jung helped popularize the term “introversion.” People with the trait of introversion, or introverts, are focused more on internal thoughts and feelings and unlike extroverts, do not gain their energy from social situations. Introversion is also one of the traits that may be assigned to those who take the Myers-Briggs Type Indicator (MBTI). The MBTI helps determine how people perceive the world and make decisions. According to the MBTI, I am an ISTJ.

ISTJs tend to be quiet, serious, and dependable. They are realistic and responsible. Those who are ISTJ identified take pleasure in order and organization. ISTJs deal with logic and the facts. Famous ISTJs include our nation’s first president, George Washington, the Queen of England, Elizabeth II, Jeff Bezos, the founder of Amazon, and reportedly, for all the psychologists in the room, Sigmund Freud. I think I’m in pretty good company.

“Okay, so that’s all great and dandy, Kevin, and thanks for the mini psychology lesson but where is this going because I’m bored?” Well, hold on to your socks, I’m getting there.

The “I” in me is very strong or high on the scale. It is difficult, sometimes painful, for me to get to know others. And given the choice of having a root canal or being in a situation where I have to talk or otherwise interact with others, I would much rather get the novocaine shot and let my dentist drill away. I generally will not be the person in the room to start the conversation. However, I am most often in situations where I must tap into what little there is of the extrovert in me. Networking with others is one of those situations.

Networking is, perhaps, one of the most successful tools one can use for success. I have heard many times that it’s not always just *what* you know, but *whom* you know (and who knows you)! Networking can be difficult or intimidating, but one great thing about being an Auggie is that there are many opportunities here for you to learn the skill. Our Strommen Center for Meaningful Work offers many events throughout the year for students to connect with graduates and other individuals in the workplace. In fact, visit their website to sign up for the upcoming Auggie Networking event on Tuesday, February 9th. Creating a LinkedIn profile is a good way to start making connections, and once again, the Strommen Center is offering two hands-on sessions to get you up to speed. These will be on Thursday, January 26th and Thursday, February 25th.

And if those sessions aren’t enough, your friendly TRIO/SSS advisors will have “Backpack to Briefcase” workshops on Tuesday, February 2nd and Wednesday, February 3rd where you can come learn how to dress for success and deliver a 60 second elevator speech so you’ll be more effective when you connect with people who can help you find jobs or other great opportunities.

Networking is a way to build relationships, and is an important skill to master as you work your way through school. I don’t think George Washington or Jeff Bezos would have achieved the success they did without a little networking. And although Queen Elizabeth inherited her title, Her Majesty probably still had to talk to a few people to get her point across.

SPRING 2016 WORKSHOP CALENDAR & EVENTS



TRIO/SSS Students at the Fall Internship Palooza Workshop

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

Professional Communication Workshop

Wednesday, January 20

5:00 pm-6:00 pm

Location: OGC 100

**Sponsored by Traveler's Edge Program*

Welcome Back Open House

Thursday, January 21

1:00 pm-3:00 pm

Location: TRIO/SSS Office

Scholarship workshop

Wednesday, January 27

2:30 pm-3:30 pm

Location: Marshall Room, CC

Thursday, January 28

3:45 pm-4:45 pm

Location: Lindell 202

**Co-Sponsored by TRIO/SSS & Latin@ Student Services*

February

"Backpack to Briefcase"

Tuesday, February 2

Noon-1:30 pm

Location: OGC 100

Wednesday, February 3

3:15 pm-4:45 pm

Location: Lindell 202

MN Internship Fair

Wednesday, February 17

9:00 am-3:00 pm

Location: Minneapolis Convention Center

March

"Life after College"

Thursday, March 31

Noon-1:30 pm

Location: Marshall Room, CC

**Co-Sponsored by TRIO/SSS & SFS*

April

FAFSA Workshops

Wednesday, April 6

2:30 pm-3:30 pm

Location: SVE 201

Thursday, April 14

12:30 pm-1:30 pm

Location: SVE 201

Tuesday, April 19

4:00 pm-5:00 pm

Location: SVE 201

**Co-Sponsored by TRIO/SSS, SFS and College Possible*

End of the Semester Party

Friday, April 22

1:00 pm-3:00 pm

Location: TRIO/SSS Office

WIN AN IPAD

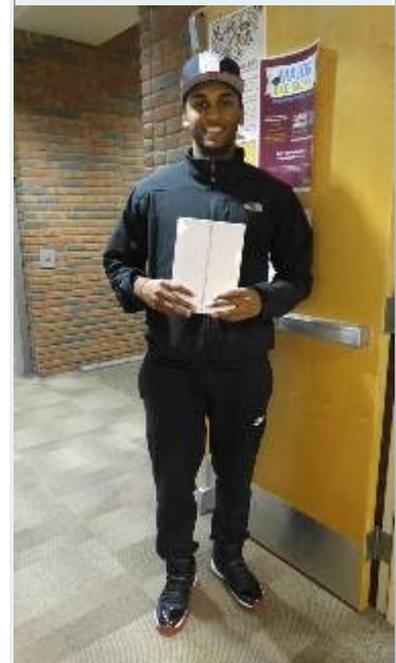
For every TRIO/SSS workshop you attend, your name will be entered into a drawing for a chance to win an iPad at the end of spring semester. Make sure to attend as many workshops as you can to increase your chances of winning. Good luck!

Also, we'll be giving away cool swag at each workshop, so make sure you don't miss out. TRIO students are expected to attend at least two TRIO/SSS approved workshops per semester. Make sure to sign up in the TRIO/SSS office to receive reminders.

IPAD WINNER FROM FALL SEMESTER

Congratulations to Shawn Jagdeo '18 who won the iPad for the fall workshop drawing. We had a very successful fall semester with workshops and would like to thank all the participants who attended.

More workshops will be offered during spring semester. Don't miss out on the opportunity to win an iPad!



Shawn Jagdeo '18, iPad winner

AUGSBURG EXPERIENCE

Have you completed an Augsburg Experience requirement? As part of your graduation requirement, you must complete at least one "Augsburg Experience" that focuses on linking classroom learning with off-campus opportunities. An Augsburg Experience provides students opportunities for; direct involvement with people and organizations outside of the college, first-hand discovery, integration, and application of knowledge, self-awareness through reflective and critical thinking, exploration of vocation—of what one is called to do in the world, and high-impact learning that helps students make the transition from college to a career.

Ways that students can complete an Augsburg Experience are; Internships, Study Abroad (both short term or semester-long), student-teaching or field-work, service learning experiences that are embedded in a course, faculty-student research experience (through URGO), or an individualized off-campus immersion experience.

If you have questions regarding how to complete an Augsburg Experience, talk to your TRIO/SSS Advisor, the Strommen Center, or the Center for Global Education and Experience (CGEE) to discuss possible interests.



Ikram Dawid, '16

Study Abroad Experience in South Korea
Fall 2015

APPLY FOR GRADUATION

Attention Juniors! Did you know that you must complete and submit an "Undergraduate Intent to Graduate" form at least one calendar year prior to your "planned" semester of degree completion. This means for most students, you should be applying for graduation at the end of your spring semester of your junior year. You will need to print out an "intent to graduate" form online at www.augsburg.edu/registrar/graduation. Complete the form, meet with your faculty advisor, have your faculty advisor complete and sign your major checklist and submit the Intent to Graduate form with all required supporting documents, to the Registrar's Office (Enrollment Center, Sverdrup Hall).

Why do you need to do this? This is your official degree audit. It is a way for the college to make sure you have completed all the required general education requirements as well as your major and minor requirements. It also allows you to know whether you are missing anything that you thought you completed, such as an Augsburg Experience. If you have any questions or concerns, talk to your TRIO/SSS advisor.



2015 TRIO/SSS & Summer Bridge Graduates

RENEW YOUR FAFSA

Spring is FAFSA renewal time. Renew your FAFSA by logging into the Federal Student Aid Website at www.fafsa.gov. You must have a FSA ID (a username and password) which has replaced the Federal Student Aid PIN. Your FSA ID confirms your identity when you access your financial aid information and electronically sign Federal Aid documents. If you do not have a FSA ID, you can create one by logging in to fafsa.gov. FAFSA applications are due May 1st. Student's financial aid can be reduced by 50% if they do not renew their application by the May 1st deadline. TRIO/SSS will be holding three FAFSA renewal workshops during spring semester to help students complete the FAFSA application. Please check the TRIO/SSS event calendar for date and time of workshops. In order to complete your FAFSA application, you must have an FSA ID. If you have questions, contact your TRIO/SSS Advisor.

MELODY'S MANTRA FOR WINNING A SCHOLARSHIP (10 TIPS)

By: Melody M. Geiger

Do well in school. This is the reason you are trying to get scholarship money. Awarding organizations want to give money to students who they believe will succeed and complete their education. They often look at grade point average (gpa) as an indicator. Many competitive scholarships require a gpa of 3.0 or higher.

Get involved! Many scholarship essay prompts focus on leadership and community service. Find something you enjoy and are passionate about and establish a continued relationship. Scholarship committees are looking for more than just an occasional "Feed My Starving Children" visit. However, if you have not been able to commit to community service or formal leadership opportunities due to work or family responsibilities, realize that these too can be very valuable experiences to write about as well.

Know your strengths and be able to write about them. Don't be afraid to "brag" about yourself. Scholarship readers want to hear about your successes. If you don't know your strengths, schedule an appointment with Augsburg's Strommen Center and ask people who know you well to help.

Be able to discuss obstacles you have faced. More importantly, be able to share how you have overcome them.

Search and apply early and often. Don't give up and don't stop applying. If you don't enter, you can't win.

Look for less competitive scholarships. Your time is valuable. Applying for more scholarships that are less competitive, even if they yield less money may be more lucrative than applying for scholarships of higher value in which you have to compete with the whole nation. Look for local or scholarships with more specific qualifications (for which you are eligible) as well as scholarships that are only for Augsburg students.

Be thoughtful about and to recommenders. Think carefully about who you choose. Do they know you well? Have you given them a good impression of yourself? Also be considerate and appreciative of them. A minimum of a three week notice is preferable. Send them your resume and also a few paragraphs addressing specifically why you think you would be a good candidate for the particular scholarship. Look at what is asked of recommenders and try to address those details. Afterward, send them a hand-written thank you for taking the time to provide a recommendation and if applicable, follow through to let them know you received it.

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.

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.

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.

*To learn of scholarship opportunities and get hands-on help to create a template for scholarship essays, attend our first workshop on Wednesday, January 27 from 2:30 pm-3:30 pm.

"A minimum of a three week notice is preferable. Send them your resume and also a few paragraphs addressing specifically why you think you would be a good candidate for the particular scholarship."

Fall 2015 Dean's List

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

**Raqiya Abdi
Hassan Aden
Anisa Ahmed
Tim Bishop
Emma Blom
Saberina Calle
Lauren Canales
Megan Carrell
Anabel Chavez
Dahvid Ear
Lorreal Edwards
Winta Gebre
Winnie Godi
Kitana Holland
Erika Idrovo-Cuesta
Olusewa Ifonlaja
Elizabeth Ihekoronye
Ali Kanan
BK Kormah
Khanh Le
Romae Leach
Jerry Lee
Bethany Lor
Marquell Mooror
Chang Moua
Kathy Moua
Taneasha Muonio
Thu Nguyen
Estevan Perez
Peace Peters
Cam Thu Pham
Jazmin Rosas-Torres
Sulaiman Sesay
Cassidy Strobl
Ong Thao
Salty Traun
Cheemoua Vang
Mai Xee Vang
Panyia Vue
Diamonique Walker
Em Warpula
Tou Xiong
Mai Kia Yang
Noupaul Yang**

MANAGING STRESS

By: Xia Xiong-Vang

Welcome back to spring semester! I hope that you had a relaxing winter break and had some time to recharge. As you return to classes and getting ready to tackle another semester, remember to take time for self-care. What does this mean? It means **make** time to take care of yourself physically, emotionally, and mentally. With a million things going on, stress can easily creep up and affect everything around you. Here are some tips to manage stress and help reduce the pressure of being a college student.

- 1.) Get enough sleep. You might have gotten into the habit of staying up until the wee hours of the night and then waking up for an 8 a.m. class. Not getting enough sleep can increase your stress level and increase your risk of illnesses. A typical college student need at least seven to nine hours of sleep a night to maintain good health. It is recommended that students try to get into a sleep schedule where they are getting to bed before midnight.
- 2.) Eat well. This can be challenging as a college student when you are surrounded by an all you can eat cafeteria, Frappuccino, and junk food. However, by choosing fruits, vegetables or whole-grain options you can combat the temptation of reaching for sugary food and drinks. Avoid short-term comfort food or sugar highs that will actually make you feel worse. Also, try to limit your intake of caffeine such as coffee or pop because too much can actually result in an energy crash.
- 3.) Exercise. Studies have shown time and time again that exercise is the best way to reduce stress. When you're feeling stressed, doing 20 minutes of a physical activity can reduce stress level dramatically. Do something that you enjoy, whether it be running, swimming, yoga, or playing basketball with friends. Make time in your schedule to exercise, even if you can only commit to 10 minutes. Something is better than nothing.
- 4.) Don't overload yourself. Between classes, extracurricular activities, and work, its easy for students to take on more than they can handle. It's okay to want to participate in everything, but you don't have to do it all at once. It's actually impossible to do everything at once, and do it well. So, pick your top three things that you want to do and say no to the rest. Learn to say no to friends when you are busy and accept that it's okay to not be involved in every organization on campus.
- 5.) Find Support. Being a college student is challenging, and having a support system can help you manage stress. Whether that be friends, family, professors, or your TRIO/SSS Advisor, find someone you can share your frustrations with. Having someone to talk to about your problems can help reduce stress. You can also visit one of the counselors in the Center for Counseling and Wellness on campus to discuss your concerns. Augsburg students receive 10 counseling sessions for free per academic year, so take advantage of this service.
- 6.) Breathe. When you feel stressed, deep breathing exercises can help reduce the tension. Inhale slowly through your nose, hold the breath for a few seconds, then exhale through your mouth. Repeat a few times. This exercise should help calm you down and help reduce tension and stress. Also, when feeling stressed, pause, and think about why you're feeling stressed. Taking a step back and looking at the situation, you might learn that it can be resolved by making small changes.

Feeling overwhelmed comes with being a college student. It's okay to feel stressed because that means you care, but you want to be able to maintain your stress level. Try using at least one of the above tips (or all of them) when you start feeling stressed out; and remember, that you are not the only one going through this.

CENTER FOR WELLNESS AND COUNSELING (CWC)

CWC Contact Information

The Center for Wellness and Counseling (CWC) is located in Anderson Hall, on the first floor. You can contact CWC at (612) 330-1707 or check their website at www.augsburg.edu/cwc/ for more information about their hours and services.

Augsburg now has a Community Resources Coordinator who can help Augsburg students connect with social service resources!

The Community Resources Coordinator is available to assist students in locating and accessing necessary community resources. Students can get support in the following areas: housing, emergency shelter, food, finances, transportation, child care, insurance, clothing, and more. There is no cost for this service as it is included in your tuition. Services are available to any currently enrolled Augsburg student.

The Community Resource Coordinator's office is located in the Center for Wellness & Counseling. Sessions are scheduled in 30 minute increments and will be individualized to meet specific student need. These sessions are confidential and focused on supporting your success at Augsburg College. Students may call or visit the CWC to schedule an appointment; when you call, please specify that you would like an appointment with the Community Resources Coordinator. Availability for spring semester 2016 is Tuesdays 9am-5pm, Wednesdays, 9am-noon, and Thursdays noon-5pm.

The Community Resource Coordinator is a current Augsburg Graduate Student in the Social Work Program. Students from the Graduate Social Work program who are interested in getting support in locating community resources will be asked to meet with one of CWC's non-intern staff.

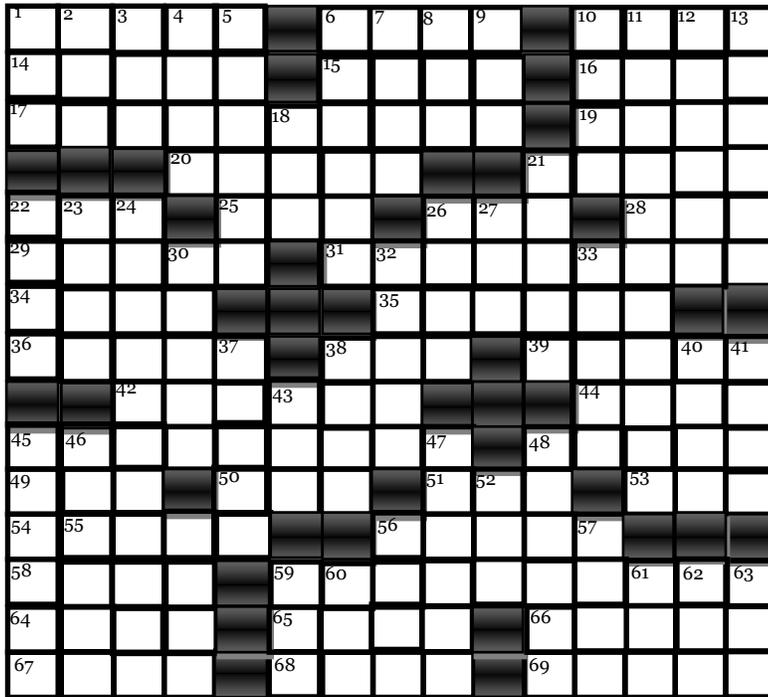


ACADEMIC SKILLS

By Frank Longo 2014, The New York Times

ACROSS

- 1 With 69 across, exams in which students are often asked to compare and contrast
 6 "No ifs, _____ or buts!"
 10 Video store rentals
 14 Singer _____ Apple
 16 Wind-up fishing equipment
 17 Learning option in which people get together to share their skills and resources: 2 wds.
 19 Jealousy
 20 Rapper w/the 2007 #1 album "Epiphany": Hyph.
 21 Having prongs, as a fork
 22 Quantity: Abbr.
 25 Organ of vision
 26 Organ of hearing



- 28 God, informally
 29 Thousand dollars, informally
 31 Going over, as a lesson after 24-Down
 34 May I ___ favor? 2 wds.
 35 Photographer's need
 36 Reads over quickly to get the main ideas, as multiple textbook chapters
 38 Harry Potter's best friend Weasley
 39 Greek letter after rho
 42 Of the spinal cord, e.g.
 44 Notable time spans
 45 Graphic _____ (Visual study aid, such as described at 59-Across, 11-Down or 21-Down)
 48 Studies in such a way that long-term retention of the materials is unlikely

- 49 Stimp's canine pal
 50 Neither here _____ there
 51 Country between Can. & Mex.
 53 Wrestling surface
 54 Bacteria that may cause intestinal illness: 2 wds.
 56 Where figure skaters skate: 2 wds.
 58 Tardy
 59 Diagrams that show step-by-step progressions through systems: 2 wds.
 64 Luge or toboggan
 65 Entertainer Minnelli
 66 Occurrence
 67 Snow queen in Disney's "Frozen"
 68 Do as you're told
 69 See 1-across

DOWN

- 1 D-H linkup
 2 Paul McCartney's title
 3 The upper Midwest's _____ Canels
 4 "What are you, some kind of _____?": 2 wds.
 5 Barked sharply
 6 More bohemian
 7 An adjective modifies it
 8 Faculty firecracker
 9 Pigpen
 10 German for "three"
 11 Image of overlapping circles showing relationships between sets: 2 wds.
 12 Prepare for eating, as a shrimp
 13 Crafty type: 2 wds.
 18 Express in words
 21 Decision _____ (diagrams in which branches represent choices and their consequences)

- 22 "Jumpin' Jack Flash, it's ___!": 2 wds.
 23 "The Simpsons" school-teachers, informally: 2 wds.
 24 Writing down the main points, as in a class session: 2 wds.
 26 "____ Almighty" (2007 Steve Carrell film)
 27 Look through the cross hairs
 30 "...just to ___ few": 2 wds
 32 French for "school"
 33 More twisted, as humor
 37 One of the two main branches of Islam
 38 Slim cell phone from Motorola
 40 Papa's partner
 41 Helper: Abbr.
 43 ___ Grande (river to the Gulf of Mexico)
 45 End of a bully's threat: 2 wds.

- 46 Ability to remember, as material when taking an exam
 47 Airport's takeoff and landing strip
 48 Official seal, as on a document
 52 "____ 'em!" (Attack, Spot!)"
 55 ___ Charmed life (escaped hardship): 2 wds.
 56 Seep
 57 Overhanging roof edge
 59 Cheery sales agent in Progressive insurance ads
 60 Ad- _____ (improvise)
 61 Hi- _____ monitor
 62 Blasting compound
 63 Roads: Abbr.



TRIO STUDENT SUPPORT SERVICES STAFF

The Student Support Services (SSS) program is one of the three TRIO programs originally funded under the Higher Education Act of 1965. SSS helps students overcome class, social, and cultural barriers to complete their college education.

Augsburg TRIO/SSS started in 2001 and is funded by the U.S. Department of Education and Augsburg College. The Minnesota Department of Education Summer Food Service Program (SFSP) provides additional funding for Summer Bridge. Augsburg TRIO/SSS annually provides individual and group services to 160 students.

All Augsburg TRIO/SSS services are provided at no cost to program participants. Students participate in TRIO/SSS throughout their enrollment at Augsburg College.

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

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Melody M. Geiger– Academic Advisor
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Xia Xiong-Vang– Academic Advisor
(612) 330-1343
xiongx@augsborg.edu

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

Student Workers at the Front Desk

Dahvid Ear--Finance & Mathematics '17

Kalyn McConnell--Social Work '18

Anisa Ahmed-- Biology '19

Mohamud Mohamed-- Psychology '19

Erika Indrovo-Cuesta-- Political Science '19

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>

**AUGSBURG
COLLEGE**



TRIO

STUDENT SUPPORT SERVICES

Mailing Address

PLEASE
PLACE
STAMP
HERE