

# TRIO

STUDENT SUPPORT SERVICES



# AUGSBURG UNIVERSITY

## TRIO/SSS Fall Workshops 2017

TRIO/SSS plans a variety of workshops throughout the school year to provide support for students. The focus is to enhance academic skills, financial literacy, and life skills.

**WE ARE CALLED  
RESPONSIBLE TO BE  
LEADERS**

**Mark your calendars! Plan to attend at least two workshops this semester.**

To register: call (612) 330-1311, email [triosss@augsborg.edu](mailto:triosss@augsborg.edu), or stop by our office in the Gage Center in Lindell Library.

### Workshops at a glance:

#### Welcome Back Open House

Thursday, September 7

1:00 pm - 3:00 pm

Location: TRIO/SSS Office

#### TRIO/SSS New Student Orientation

(Required session for all new students)

Monday, September 11 @ 12:30-1:30pm

Location: LIN 301

Thursday, September 14 @ 3:45-4:45pm

Location: LIN 301

Friday, September 15 @ 8:00 am-9:00 am

Location: SVE 201

#### UpTurnships Information/

#### Resume Workshop

Wednesday, September 13

4:30 pm - 5:30 pm

Location: OGC 200

#### Gilman Scholarship Workshop

Monday, September 18

3:00 pm - 3:30 pm

Tuesday, September 19

11:30 am - 12:00 pm

Location: Oyate Commons, CC

#### Study Abroad/Away Student Panel

Monday, September 25

3:15 pm - 4:15 pm

Location: OGC 200

#### Finding Your True Calling

Tuesday, October 10

2:00 pm - 3:00 pm

Wednesday, October 11

12:30 pm - 1:30 pm

Location: OGC 100

#### Stress Busters

Wednesday, October 18

12:30 pm - 1:30 pm

Location: Center for Wellness & Counseling

#### Money/Debt Management

Monday, October 23

12:30 pm - 1:30 pm

3:15 pm - 4:15 pm

Location: OGC 100

#### Debunking Major Myths

Wednesday, November 1

3:15 pm - 4:15 pm

Thursday, November 2

12:30 pm - 1:30 pm

Location: OGC 100

#### Internship Palooza

Tuesday, November 7

4:30 pm - 6:00 pm

Location: OGC 202

#### End of the Semester Celebration

Friday, December 15

1:00 pm - 3:00 pm

Location: TRIO/SSS Office

# TRIO/SSS Fall Workshop Descriptions

## **New Student Orientation**

Learn about what it means to be a TRIO/SSS student & all that is offered. **Mandatory for all new students.**

## **Upturnships Information/Resume Workshop**

Current sophomores and juniors highly encouraged to attend this workshop to learn about UpTurnships, a non-profit organization to prepare & motivate students for career success through training, coaching & paid internships during college. Bring resume for this work session. Talk to your TRIO advisor in advance of this workshop if you don't have a resume.

## **Gilman Scholarship Workshop**

Are You a Pell Grant Recipient? You could be awarded between \$5000-\$8000 to study and/or intern abroad through this scholarship. Get tips on how to apply for this scholarship.

## **Study Abroad/Away**

Have you always wanted to Study Abroad/Away? Or maybe the thought makes you anxious for some reason. At this workshop, you will hear from a panel of your peers who have studied abroad. They will share their stories and answer your questions. Staff from the Center for Global Education & Experience will also be there to share information.

## **Finding Your True Calling**

The term "vocation", used often at Augsburg basically means a calling but what does that mean and how do you determine yours? This workshop will help you to understand this and learn ways to explore your true calling.

## **Stress Busters**

Do you feel stressed, overwhelmed and/or have a hard time slowing down? These are very common feelings for college students. Come, relax, and learn some helpful stress reduction techniques from Jon Vaughan-Fier from the Center for Wellness and Counseling.

## **Money/Debt Management**

This workshop will be led by a staff member from Augsburg's Student Financial Services. Finances are often one of the biggest stresses of college students. Arm yourself with knowledge by coming to this workshop and get information and ask questions to help alleviate stress and worries related to money so you can concentrate on your academics.

## **Debunking Major Myths**

The first 22 participants signed up for this workshop (must also attend), will receive a free copy of You Majored in What? The focus of this workshop will be to clear up common misperceptions about choosing a major. Whether you have decided on a major or are still deciding, this workshop could apply to you.

## **Internship Palooza**

Join us for this workshop where you will learn more about the value of internships, and hear from a panel of representatives about **PAID** spring and summer opportunities.