

TRiO

STUDENT SUPPORT SERVICES

FAFSA Time Again!

Wait, don't we do this in the spring? Not any more.

The FAFSA priority deadline for application is now December 1st.

FAFSA has moved up it's application process to earlier in the year, and just this once you will use information from last year's taxes. That's right, you'll use the same tax info as last spring. The sooner you fill out the FAFSA, the more likely you will be to be granted the maximum amount of Pell and other grants, student loans and work study awards.

Here's MSU's page with [more information](#) and a link to the [application](#).



Stress Free Zone — One Time TRiO Fitness Class

Haven't gone to the fitness class? No problem. This week only, the class is covering how to manage stress by offering yoga on Wednesday from 7-8 and Thursday from 11-12 noon.

Think of this as yoga for imperfect people. Since you've probably been curious about yoga or have wanted to try it again, join our judgement-free class for beginners, and begin a new habit that naturally helps manage stress.

No need to sign up, just show up in Studio 3 of Hosaes Fitness Center with comfortable clothes on Wednesday, October 5, from 7-8 am, or Thursday, October 6th, 11 am – noon.

Toast with TRiO on Wednesday!

Toast is comforting, but it doesn't have to be ordinary. Check out our toast bar with various breads and spreads for TRiO Breakfast this week. Get innovative and experiment on your own. As always, fresh fruit and other items are available.



Reid Hall, Room 314 from 8:30 to 11 am or so.



TRiO's Donata Bercier Is the Social Chair for AIC

Congratulations to TRiO Sophomore Donata Bercier for being elected the Social Chair for the American Indian Council for 2016/2017! We know that many TRiO scholars will be excited to engage in the events you help plan and organize.

Thanks, Donata, for your involvement serving other students.

Career Fair This Week!

The Career Fair is good opportunity to try out your networking skills in anticipation of graduation and joining the workforce.

- Wednesday, October 5, 2016 - Pre-Career Fair Networking Events
- Thursday, October 6, 2016 - Career Fair in SUB Ballroom A. [Here's the list of companies](#) that are recruiting.
- Friday, October 7, 2016 - Interview Day



Look for signs around the SUB for more info and [here](#)

On Campus Voter Registration Ends Friday



You've seen various groups registering students to vote for the past month or so. If you haven't registered to vote, better get it done by Friday, because after that they will be gone and you will have to go to the Gallatin County Courthouse to register.

Montanans can register to vote right up to and including election day, but it's not easy. Registering and voting on election day can take several hours.

Dreaming of Summer Research?

The Leadership Alliance encourages students from groups traditionally underrepresented in the sciences, engineering, social sciences and humanities to pursue research careers in the academic, public and private sectors to engage in summer research. They provide undergraduates with training and mentoring in the principles underlying the conduct of research and prepares them to pursue competitive applications to graduate schools. It's a gateway to ongoing resources, mentoring and professional networks to support all participants along their chosen career path. Info is [here](#).

Nutritious Food On A Budget

It's cold and casseroles sound good this time of year. Here are some tips on making casseroles with creativity and various leftovers in the [fridge](#). Top anything with melted cheese and it's sure to please!



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