

TRiO

STUDENT SUPPORT SERVICES



Special Community Night in the Rec Center TONIGHT — Learn to Make Sushi!

TRiO Community Nights are fun! There are games, bowling, pool, and great company. This is a time to bring a friend or your family, relax and eat a delicious dinner while visiting with other TRiO scholars.

This Community Night will feature TRiO scholar Amy Jones who is an honest-to-goodness sushi chef. Amy will show us how to roll our own sushi. We will be

featuring mostly vegetarian sushi (sorry, no raw fish). Learn tips from the expert so you can make your own and impress your friends and family.

Sushi will be supplemented with Thai food from Sweet Chilis.

Rec Center in the basement of the SUB, 5 to 7:30 pm

Bring your family, partner, or friends.

Trifecta — Toast with TRiO on Tuesday!

Toast was so good last week, we are bringing it back this week, too. We have various breads and spreads and some pretty awesome recipes to take toast to the next level. Get innovative, experiment on your own or keep it simple. As always, fresh fruit and other items are available.



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

Dinner & Dialogue Addresses

Microaggressions

In partnership with the American Indian/Alaska Native Student Success Services and Counseling & Psychological Services, TRiO SSS is hosting a series of informal discussions with an interactive presentation.

[RSVP here.](#)

- Enjoy a casual meal
- Gain additional skills
- Expand your support network
- Explore timely topics

FAFSA Time Again!

The FAFSA priority deadline for application is now December 1st. 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](#).



Nutritious Food On A Budget

This week try some breakfast ideas to give you a healthy and nutritious boost to start your day. [Here's a list](#) of no-cook, quick breakfasts.



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