

TRiO

STUDENT SUPPORT SERVICES



Dinner & Dialogue Presents

MICROAGGRESSIONS

You are invited to Dinner & Dialogue this afternoon, Tuesday, October 18th from 4 to 5:30pm in SUB 235.

The Dinner & Dialogue will be a discussion on Microaggressions, the subtle but offensive comments and actions directed at a minority or other nondominant group that often unintentionally or unconsciously reinforces a stereotype. We experience

microaggressions every day and they can have negative effects on all of us. This Dinner & Dialogue is designed to let us share our experiences and learn how to identify microaggressions so that we can strategize ways of dealing with them. This is a skill that you will find valuable in your daily interactions in both your school and career.

Dinner is free, and we will be having a taco bar.

SUB room 235, 4 to 5:30 pm.

Jordan Kennedy & Michael Ruiz

Special TRiO Guest Speakers Next Thursday and Friday

You may remember Michael Ruiz, a graduate of Physical Anthropology, who was in TRiO SSS last spring. Michael received the prestigious National Science Foundation Graduate Research Fellowship and is now at Harvard with fellow MSU graduate, Jordan Kennedy.

Both will be returning to their alma mater next Wednesday, Thursday, and Friday, to share their experiences in conducting research that helped launch them to America's top ivy league institution.



Jordan grew upon a cattle ranch on the Blackfeet Reservation. After graduating in Mechanical Engineering in 2014, she headed to Harvard to conduct post-baccalaureate research on substances she began studying at MSU. You can read more about Jordan [here](#). And, more about Michael [here](#).

These are the events to which you are invited where you can meet Michael and Jordan —

Reception and Discussion: *How Research Can Propel Students from MSU to Graduate School*
Wednesday, 3 to 4:30 pm, Procrastinator Theater

Appetizers provided. Faculty, advisers, staff and TRiO Scholars and their guests are invited.

Luncheon and Presentation: *Why You Should Add Research to Your Undergrad Curriculum*
Thursday, 11:30 to 1:30, Plant Biosciences Building, Room 108.

Lunch will be provided. [RSVP here.](#)

Join Us for Breakfast on Wednesday!

Don't forget to stop by for a warm bowl of gluten-free oatmeal on Wednesday this week. Check in with Megkian or Julian as we hit the half-way point of the semester, and compare notes with other TRiO scholars on study tips, the latest YouTube videos and what to avoid on Netflix until the semester is over.



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



Save the Date: Friday, November 18, 1 to 3 pm

Singer - songwriter **Jasmine Tate** will be joining us to share her music and wisdom with us. From Philadelphia, she has recently released her album *Life & Love*. You can listen online [here](#).

Following in the sonic and social footsteps of Tracy Chapman and Lauryn Hill, Jasmine has spent the past three years bringing heartfelt song of life, love and justice to college campuses and coffee shops throughout America, building a solid fan base. Whether she's performing in front of thousands on national television or dozens in a coffee shop to raise awareness for human trafficking, the goal is always the same – to infuse each person with hope and hunger for the “more” in life. “I want every song to feel like a one-on-one, heart-

to-heart moment between the listener and I. That said... I really just want to touch those who are living without color.”

Pencil this in your planners now!



Major Madness— Like Speed Dating for a Major!

Academic Advising Center and ASMSU will host Major Madness, an interactive event designed to introduce students to many majors, minors, and certificates through short, focused discussions with successful upper-division students. Major Madness follows a structure similar to speed dating, allowing students to rotate through different areas of interest every seven minutes, with a three-minute transition between rounds.

Through these brief interactions, students will be introduced to multiple majors, minors, and certificates in one evening. Major Madness is also recommended for students who want to learn more about their declared major from upper-division students in that field. In addition to student representatives, career coaches and academic advisors will be on hand to answer questions and to connect students with academic advisors in fields of interest.

Monday, October 24th, from 6:30-7:30 in SUB Ballroom B.

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](#).



Announcements

The **Provost's Lecture** this semester will be delivered by MSU art history professor Regina Gee on "Reimagining Oplontis: The life, death and afterlife of an ancient Roman villa on the Bay of Naples." In conjunction with the Villa Optontis exhibit currently on display at the Museum of the Rockies, the lecture will be Tuesday, October 18, at 7 pm in the Hager Auditorium of the Museum of the Rockies. More [info here](#).

Want to put a TRiO Team together for the Run for Your Life 10K, 5K or Kid's run? The run is October 29, and runner are encouraged to wear costumes. Run for your Life benefits the Help Center, a local suicide and crisis hotline operating 24 hours a day, 365 days a year. The entrance fee is \$25, but we're told that TRiO is eligible for several scholarships. Sign up through Elizabeth in the TRiO office to receive a fee waiver. [Info here](#).

TRiO SSS has two **graphing calculators** to lend out. It may be too late this semester to help, but those taking pre-calculus next semester can line up to use one next semester.

Parents, if you have a **child in grades 1 through 8 who would benefit from one-on-one tutoring in reading**, the MSU Reading Clinic is recruiting students to work with. The Clinic meets Tuesdays & Thursdays from 4:45 to 5:30 from October 17th through December 1. Scholarships are available. More [info here](#).

Nutritious Food On A Budget

As the seasons are changing and we find a different selection of vegetables and fruits in the grocery store, check this [seasonal guide to produce](#). YOU'll notice Fall has the longest list of fruits and vegetables that are in season and therefore cheaper! Follow the links to find recipes for each ingredient.



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