

TRiO

STUDENT SUPPORT SERVICES



Election Day! Polls are open from 7 am to 8 pm

For those who are registered to vote and live in the dorms and family housing, your polling place is Shroyer Gym. If you have any question about your ballot or polling place check the Montana Secretary of State's [My Voter Page](#).

Montana allows voters to register and vote the same day. If you are not registered to vote here in Bozeman, you can still go to the Gallatin County Courthouse at 311 W. Main, register and vote. Lines will likely be long, so go as early in the day as possible.

USP Research Proposal Writing Workshop

In speaking to us about the pivotal experience that sent them to Harvard, Jordan Kennedy and Michael Ruiz were clear. It wasn't a killer GPA or grad school application. It was RESEARCH.

Each had a curiosity that drove them to excellence — even if their research wasn't exactly the project that they would have designed for themselves.

Explore research opportunities that are open to you in this TRiO workshop which will put you on track to apply for the Undergraduate Scholars Program which supports research and pays you to do it!

This workshop will help you:

- identify a project that will inspire creativity and curiosity in your given field
- find faculty in those fields who may be willing to work with you
- get you started on writing a proposal that wins

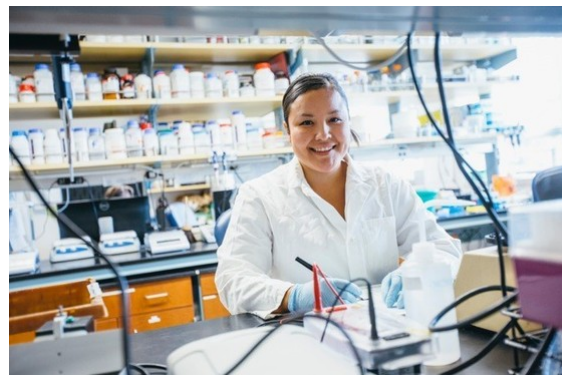
Wednesday, November 9, 4 to 6 pm

Reid Hall, Room 306 (the computer lab down the hall from the TRiO office)

It's these little steps that propel us and provide fuel to keep going!

Help with Justin Odea's Neuroscienc-Computer Research!

TRiO SSS and McNair scholar Justin Odea is conducting research now. Sign up as a participant and see what research is like from that side. He is examining how brain waves change when participants are completing a shared activity. The study takes 15 to 20 minutes and can be done anywhere on campus. Information will be used to further neuroscience research. **Contact Justin at odeajustin@gmail.com**





\$SCHOLARSHIPS\$

Where to Look and How to Apply

TRiO SSS scholar Katie Bertolino will lead this workshop with the assistance of the Research Librarians to help you explore where the money is and how to get it! Bring your own computer so you can bookmark the sites that they identify and which are most useful to you.

November 15, 2 to 5 pm

Innovative Learning Center, Renne Library

Come to some or all of this. Even if you're late, it will be worth your time to attend.

Dinner & Dialogue: Stress Management

There's more to it than telling yourself you can muscle through. Come learn some basic techniques to manage stress and a little bit about our biology that builds the stress response. Managing stress is a life skill that can build in practice over a lifetime! Dinner is provided.

Tuesday, November 15, 4-5:30 pm

SUB Room 235. [RSVP here.](#)



Time to Register for Spring Semester!

If you haven't registered for Spring Semester yet, please stop in and let us help you work through schedules and requirements. The sooner you can register, the more options you will have for courses, instructors and efficient scheduling.

Remember to get your registration PIN from your faculty advisor if you have not already done so.

Jasmine Tate Performing for TRiO Signature Speaker Series

Friday, November 18, 1 to 3 pm

Black Box Theater

Singer - songwriter **Jasmine Tate** will be joining us in an exclusive, live performance to share her music and wisdom with us. She comes from Philadelphia for one performance only. You can preview her new album, Life & Love [here](#).

The Black Box Theater is a more intimate coffee-house setting. She has spent the past three years bringing

heartfelt songs of life, love and justice to college campuses in settings like this throughout America, and wants 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.”

Please RSVP to let us know you're coming!



DROPPING CLASSES WITHOUT PENALTY

If you need to drop a class, do this BEFORE Thanksgiving break so you can take a W instead of a failing grade. Drop/Add Forms are available in the TRiO office. These forms need the signatures of faculty, so allow time for this. If you have questions about how a withdrawal will impact future grades and financial aid, stop by for answers.

Announcements

Excel Basics

For those who will be taking Chemisty 121 next semester, you will need a working knowlege of Excel. Consider signing up for this class November 9, from 9-10 am in the library. You can register [here](#). Or just show up.

Native American Studies , Phyllis Berger Memorial Lecture

Te Kipa Kapa Brian Morgan Ph.D., from the University of Auckland, New Zealand will speak on "Avoiding Environmental Catashtophe through Empowering Indigenous Ways of Knowing," on Wednesday, November 9, from 6:30 to 6:30 pm in Leon Johnson Hall, Room 229. He will explore the Mauri Model that communicates sustainability issues in indigenous and scientific parameters.

Thanksgiving Holiday

If you are staying in town for Thanksgiving (November 24) and don't have any invitations yet, Drs. Megkian & Shane Doyle are inviting you to dine with their family (3pm). The Thanksgiving Holiday is Wednesday through Friday, November 23, 24 & 25.

Nutritious Food On A Budget

It's been temperate so far, but when winter hits hard with snow piling up here are some winter soups that will satisfy you from the inside out. [20 Cheap & Easy Winter Soup Recipes](#).



TRiO Student Support Services, 314-A Reid Hall, Montana State University * 406-994-7474 *
TRiOSSS@Montana.edu

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Reid Hall Room 314-A P.O. Box 173950
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