

TRiO

STUDENT SUPPORT SERVICES

Message from TRiO Director Julian Collins

Do you want to write a quick paragraph here on where we are in the semester, what we have coming up and a reminder of the

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!



\$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.](#)



ONLY ONE WEEK LEFT TO DROP A CLASSES WITHOUT PENALTY

If you need to drop a class, do no later than Tuesday, November 22, 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.

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 partiicpatns 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**

Announcements

Register for Spring Semester!

You should be registered for Spring Semester by now. If you haven't registered yet, please stop in and let us help you work through schedules and requirements. The sooner you 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.

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

Thanksgiving means one thing to most: eat well and a lot! Here's a full Thanksgiving [menu](#) with simple recipes and nutrition information about each. The cost per serving for this meal is \$3.81, or \$22.86 for 6 people.

Next week? We'll feature what to do with the leftovers!



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