Dear Participants,

The SSS staff would like to welcome you back for the 2017-2018 academic year. We hope that you thoroughly enjoyed your summer and made many memories with your friends and family while doing so. Now it is time to get back in gear and hit the books.

There is a new face here in the SSS office! Eden Tullis has joined the TRIO team as the Program Coordinator. Eden is new to her position, but she is not new to Emporia State University. She graduated in 2012 with her Bachelor’s degree from ESU. She was also a participant in the SSS program. Feel free to come in the office, and welcome her back!

As a TRIO participant, you have access to tutoring, mentoring, advising, financial information, and much, much more. Our focus remains the same – your academic success! The TRIO staff has prepared a semester of events. We want to make sure that you have support and the resources you need to complete your degree. Please make sure you set your tutoring and/or advising appointments as soon as possible. We look forward to seeing you!

Warmly,

Kristi Bolen, Director

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**4th Annual SSS Orientation Bash**

*w/ bingo & ice cream*

Mark your calendars for this annual event.

**Wednesday, September 6th, 5:30-7 p.m.**

TRIO Lab, South Morse Hall 318

Play bingo, eat ice cream, and meet other participants in the SSS program.

We will be giving away prizes!

Call the office to let us know you’re coming!!

620-341-5097
Hi ya’ll! My name’s Eden C. Tullis, and as Kristi mentioned, I’m the new SSS Program Coordinator. I’m here to supervise the tutoring center, advise Chi Alpha Epsilon, and manage the newsletter. For your academic needs, I’ll help you enroll, coach you on financial literacy, and assist you with any post-graduate plans.

Like many of you, I’m a first-generation college student, too! I’m originally from Oswego, Kansas, and received my Bachelor of Arts in English Literature from ESU in 2012 (go Hornets!). That same year, I moved out to Seattle, Washington, to pursue my Masters of Education. I graduated from the Seattle University (SU) Student Development Administration (SDA) program in 2014 and stayed out there for 5 years. I just moved this August, and it’s good to be back!

Throughout my 5 years in higher education, I’ve supervised and advised a wide range of students. I consider myself a social justice advocate, and in September 2015, I became a consultant of the Intercultural Development Inventory. My greatest accomplishment was successfully launching Networks, a transitional support system for first-generation students, the LGBTQ community, and Veterans at the University of Washington Bothell (UWB). Another professional highlight was being published! The article, First-Generation Spiritual Formation, went to print in April 2015 and is available online.

In my spare time, you’ll find me blogging. My website, Life Scribbler, is a virtual portfolio about life, millennials, professional challenges, and political issues. I also enjoy hiking, cooking, traveling, and watching Seattle sports. Last but certainly not least, I’m a proud Hornet alum who is here to serve you! I believe in an open-door policy so pop on in to meet me.
Events & Announcements

AUGUST & SEPTEMBER
- **August 28th**: Tutoring Lab opens; tutoring starts
- **September 4th**: Labor Day; no classes
- **September 6th**: 4th Annual SSS Orientation Bash (w/ bingo & ice cream)
- **September 7th**: Mock Interview Day (register w/ Career Services)
- **September 14th**: Career and Graduate School Fair (register w/ Career Services)
- **September 14th**: Hispanic Heritage Month Kick-Off
- **September 23rd**: Friends & Family Day (ESU vs. Central Missouri)
- **September 25th**: Majors in Minutes, hosted by Career Services

OCTOBER
- **October 19th & 20th**: Global Career Days, hosted by Career Services

Graduation Information

ATTENTION TO THOSE GRADUATING IN DECEMBER

Students should complete the “Intent to Graduate” online form when they finish between 70-90 hours. If you need assistance, come see us.

**Online Intent to Graduate - Instructions for Students**

1. In Buzz In, go to the Academic Life tab.
2. Click “Student Records” in the Student Self Service links box.
3. Click “Intent to Graduate.”

Financial Q & A

**QUESTION:**
What is the difference between subsidized and unsubsidized loans?

**ANSWER:**
Subsidized loans are awarded on the basis of financial need. You won’t be charged any interest before you begin repaying the loan because the federal government subsidizes the interest during this time.

Unsubsidized loans charge interest from the time the money is first dispersed until it is paid in full. The interest is capitalized, meaning that you pay interest on any interest that has already accrued.

What We Offer

There is such an array of services offered by TRIO Student Support Services throughout your college career that some get overlooked all too often. Here’s a quick reminder of a few!

- **One-on-one peer tutoring**: The tutoring lab opened Monday, August 28th! If you haven’t signed up for tutoring yet, please come in and do so! Tutoring times are filled on a first-come, first-serve basis, so hurry in!
- **Advising**: We assist all of our SSS students in making the right course selection and developing a degree pathway. If you would like to develop a plan for the next four years, come see us.
- **Financial Aid**: We can help you complete the FAFSA, financial aid forms, scholarship applications, and more!
- **Graduate school**: Thinking of going to graduate school? We can help you with navigating the application process, writing an entrance essay, preparing for the GRE or other entrance exams, completing an application, and securing reference letters! We can also help you plan a visit to a prospective school. If you’re interested in visiting a graduate school, LET US KNOW!!
Study Tips and Skills

Students with better study methods and strategies score higher on their exams. Try these strategies!

- Review the material right after class when it's still fresh in your memory.
- Space out your studying and review class materials at least several times a week, focusing on one topic at a time. By studying every day, the material will stay in your long-term memory. If you try to study at the last moment, the material will only reside in your short-term memory, and you'll easily forget.
- Have all of your materials in front of you: lecture notes, course textbooks, study guides, and other relevant materials.
- Learn general concepts first. Don't worry about learning the details until you have learned the main ideas.
- Take notes and write down a summary of the important ideas as you read through your study materials.
- Frequently take short breaks. Your memory retains the information that you study at the beginning and the end better than what you study in the middle.

For even more tips please visit testtakingtips.com.

TRIO Tutoring Lab

There are computers in the lab for SSS students to use during open-lab hours. All participants are welcome to use them if they’re available. Remember that nothing can be saved to the hard drive of the lab computers due to installed software, so save to your OneDrive or flash drive! We provide scratch paper for free printing, or you may bring your own paper.

Lab hours for the Fall 2017 semester:
Mondays: 11 a.m.-6 p.m.
Tuesdays: 11 a.m.-6 p.m.
Wednesdays: 11 a.m.-6 p.m.
Thursdays: 11 a.m.-6 p.m.
Fridays: 9-11 a.m.

Study Lounge (MH304):
Monday-Friday: 9 a.m.-5 p.m.

The Goal of Tutoring

The goal of tutoring is to use the 16 weeks of the semester to stay prepared for classwork and become an independent learner. In some cases, students are going to tutoring only before the tests or exams to “cram” information. Cramming information puts stress on both you and the tutor because you are trying to beat the clock.

Even if you’ve just taken an exam, go to your session and work on accomplishing one of the following:

Begin to look ahead at the next section to be covered.
*Start research on a paper that is due later in the semester.
*Check out other resources on campus such as the writing center, library, and computer labs so you will be more familiar with services offered at ESU.
*Discuss study plans and remaining projects.

Study Lounge (MH304):
Monday-Friday: 9 a.m.-5 p.m.
Who Are the TRIO Tutors?

Amanda L.

I am Amanda Leadbetter, and I am a senior here at ESU. I am a dual major in Elementary Education and Secondary Mathematics Education. I am originally from Ottawa, KS. I have three sisters and each one of us is different from the other. I enjoy listening to music, reading anything I can get my hands on, writing poetry, crafting, and scrap-booking. I have been a tutor with TRiO for two years, this will be my third, and I love being able to help students to become successful in the classroom.

Maia

Hello, my name is Maia. I am an international student from the Republic of Georgia (it's in Eastern Europe). I am a junior standing accounting major here at ESU. I love traveling and basically doing anything new and exciting. I hope you all have a great semester! See you all around.

Chukwunenye

My name is Chukwunenye Nweke. I come from Nigeria. I am the first of three sons in my family. My major is psychology, and I am aspiring to become a doctor. My hobbies are playing sports, watching movies, and going on walks. I enjoy getting to know people and love helping them. This is my first time working at TRiO and I’m excited to help students achieve their goals.

Dilnoza

Hello, my name is Dilnoza. I’m an international student from Tajikistan, a really tiny country in Central Asia (I don’t expect you to know where it is). I’m a senior Accounting major and Information Systems minor. I really like reading and helping people. I am obsessed with soccer and love to learn languages. If you ever struggle with your accounting class or just want to talk about the world, you know where to find me.

Emilia

Hi! My name is Emilia. I am a junior at ESU. I’m majoring in chemistry with an emphasis in medical technology because I aspire to be a forensic scientist in the future. I am from Ecuador, and therefore, I speak Spanish. One of my favorite activities is reading, and I’m also very into series. My top list of genres are horror, crime, and mystery, but I also enjoy a good comedy. I am deathly afraid of spiders, and I also have a pet rat named Susana. One other thing that I love is coffee. A fun fact is that I will even drink it over the summer.
Who Are the TRIO Tutors?

Ashley

Hello, my name is Ashley Womack. I am currently a senior at ESU majoring in Secondary Education with an emphasis in history. However, this is only my second year at ESU. I transferred from Allen Community College. I am originally from Silver Lake where I grew up with my four siblings (one sister and three brothers) and parents. My twin sister is currently attending Washburn, and one of my brothers is attending Kansas University. The two younger brothers are still in grade school. I picked out my major largely based on my parents. My parents are both in education. My mom is a high school math teacher, and my dad is a high school principal. I saw the type of impact they were able to have on their students and wanted to be able to do the same eventually.

In my spare time I love to play softball, read, listen to music, and travel.

Kevin

Hi, my name is Kevin Sandoval, and I am a biochemistry and molecular biology major! I love science and aspire to become a physician one day. Some of my hobbies include running, reading, or playing music. I have a passion for helping others, and TRIO has granted me the ability to do that. I am originally from Emporia, and just love this little town! A fun-fact about me is that I have 9 chickens as pets!

Amanda G.

Hello, my name is Amanda Gross. I am from Waverly, KS. I am in the Nursing program here at ESU. After getting my BSN, I want to go back to school to become a Nurse Practitioner. My hobbies include working out, listening to music, and hanging out with friends. I am in Alpha Sigma Alpha which has promoted my leadership skills. I am now in the process of getting involved in the Nursing program at ESU. Interesting fact is that I am training for a half-marathon and a 2.5 mile swim.

Miquie

Hi! My name is Miquie Bowe, Senior Chemistry major here at Emporia State. I am a Spanish minor, which I completed this past summer in Granada Spain through Emporia’s study abroad program. I am an international student from Nassau Bahamas, and I think that you would find it cool that I have an accent. I love to read (personally I think it is a slight addiction). I am very sociable and able to talk to anyone about anything really. I am a fun person to be around, and if I get the chance to meet you, I will probably make you laugh at least once.