



WELCOME BACK!

MESSAGE FROM THE DIRECTOR

**CONGRATS,
SPRING &
SUMMER 2016
GRADS!**

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- Jennifer Gonzales
- Samuel Huerta
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Right: Dr. David Ortiz (Graduate Support Center) gives keynote address at Spring 2016 Awards Ceremony, highlighting unique challenges and rewards of being a 1st-generation college graduate.

There are so many ways to think about *fall*...

"Spring forward, *fall* back;"
"We *fall* down, but we get up;"
"If you don't stand for something, you'll *fall* for anything."

With TRIO, fall tends to mean a time of new beginnings. We welcomed the 2016-2017 cohort of participants with our annual Bridge Program.

In their eyes, everything was new--the way they manage their time, the place they live, the places they eat, the friends they make.

For many of you, the fall means the end of your University journey. However, there is still a lot that is new--new jobs, new graduate schools, and new relationships. Whatever fall means to you, please know that TRIO is here to share in your experiences. Excellent programming, tutors in major subjects, and a community within the University of the Incarnate Word community is all yours in TRIO. Fall in love with The Lab (AD225)!! It is your space.

Our team looks forward to seeing you this semester. WELCOME BACK!!



TRIO SSS Director, Wynette Keller & award recipient, Dunya Ismail (second-year, vision science major)



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TRIO TIPS

Keep these tips in mind when emailing your professor.

Are you ready to attend office hours?

- ▶ Always start with a, "Hello/Dear Professor X."
- ▶ Request — don't demand — whatever you need ("I can't make your Thursday office hours and was wondering if you'd be available to meet another time.")
- ▶ Give options! ("I could come to office hours between 12–2 on Monday or between 1–3 on Tuesday. If that doesn't work, I could send you an email with my questions.")
- ▶ Thank your professor at the end and sign off with your name.
- ▶ Proofread! Even though it's just an email, avoid typos or text speak ("tx, c u l8r!"). Proofreading email is a good habit in general.

Professors are there to help you succeed and guide you through the class. Remember that they are trying to help lots of people learn challenging content, so make it as easy as possible for them to understand what you are looking for, and respect their time.

Reproduced with permission from Joelle Renstrom's article on Noodle.com, "How to Talk to a Professor -- Explained by a Professor."
<https://www.noodle.com/articles/how-to-talk-to-a-professor-explained-by-a-professor>



You've Made it to Office Hours! What do You Say?

- ▶ Ask for help, not a handout. Begin with a statement and be specific about where you need help. ("I was using the method you taught us, and I am having trouble with the next step" vs "I don't get it.")
- ▶ Once you've received a grade or comments on a paper, head to office hours if you don't understand the feedback. This can help with future assignments!

"Hello!" is a great place to start. Develop a short personal introduction letting your professor know who you are and that you look forward to something specific (e.g. within their course, to returning to talk about their research interests, or even what brought you to UIW and your major).

Time Management Reminders

On August 31st, TRiO held its first workshop for the fall semester on *Time Management*. Below are some of the tips that were discussed.

Remember, failure to plan is planning to fail.

DO:

- ▶ Get organized-- use a planner!
- ▶ Set goals
- ▶ Plan each day
- ▶ Prioritize...everything
- ▶ Maintain a healthy diet and sleep schedule

DON'T:

- ▶ Procrastinate
- ▶ Be afraid to say NO (boundaries are key)
- ▶ Skip class

SUMMER BRIDGE 2016



Left: Dean McMakin (Student Success) visits with Summer Bridge participants on a campus-service *scavenger hunt*; Top: Summer Bridge *speed meeting* icebreaker; Bottom: Summer Bridge at the McNay.



WHAT IS SUMMER BRIDGE?

TRiO Student Support Services welcomes the 2016-2017 cohort of new program participants!

The Summer Bridge Program is intended to introduce new TRiO students to college before classes begin. Summer Bridge participants meet fellow TRiO students, mentors and staff, and are able to identify student support services and allies across campus. Participants are given tips and equipped with tools for a successful academic year.

In addition, students visited two of their newest neighbors - the McNay and Paloma Blanca - for an early taste of some UIW favorites.



STUDENT SUPPORT SERVICES

What is TRiO SSS?

Student Support Services

The Federal TRiO Programs (TRIO) are outreach and student service programs designed to identify and provide services for individuals from disadvantaged backgrounds.

We provide opportunities for academic development, assist students with basic college requirements, and motivate students towards the successful completion of their postsecondary education and future academic goals.

The goal of SSS is to increase the

college retention and graduation rates of our participants.

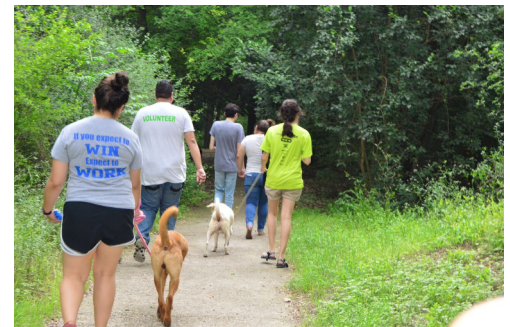
Who we serve:

UIW students who have academic need and qualify as:

- ▶ Income eligible
- ▶ First-generation college student
- ▶ Registered with UIW Student Disability Services

Our Services Include:

- ▶ Academic tutoring
- ▶ Academic advising
- ▶ Financial aid advising
- ▶ Financial aid workshops
- ▶ Financial literacy education
- ▶ Graduate school exploration
- ▶ Guidance and campus referrals
- ▶ Mentoring program
- ▶ Community service opportunities
- ▶ Academic and cultural events



Contact Us

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TRIO Student Support Services is a federally funded grant program by the U.S. Department of Education, designed to serve 200 students from 2015-2020.