## TRIO Newsletter

## <u>Tips for Finals</u>

• Study in blocks of time, make room for frequent breaks

Dec.2020

- Time management- make formal schedule of your study time.
- Make sure to take time to eat, sleep, and rest
- Dont wait! REACH OUT TO YOUR PROFESSOR if you need to disscuss struggles with course content
- Create trusted and reliable study groups
- Review past study guides and maintain a soild study routine
- Give yourself mini-rewards for a job WELL DONE

## Graduation

Baccalaureate Blessings (all are welcome) • Dec. 11 @6pm·

## TRIO ZOOM ROOM HOURS:

Monday-Friday 8am-12pm & 1pm-5pm Meeting ID: 658-410-3488 Meeting Link: https://uiw.zoom.us/j/658410348 **TRIO will be closed for Christmas Break December 21, 2020- January 1, 2021** 



Congratulations!! TRIO Student **Amanda Medellin**- 4th level nursing student Celebrating acceptance into the Metropolitan Methodist SICU

externship.

"My TRIO family has been there from personal to school life. TRiO put me in contact with nursing students when I was a freshman to help me prep for the application process and gain knowledge of what to expect.For that reason, I try to inspire future nursing students... I am forever grateful for all of the family and friends I have made along the way and I owe it all to God and my biggest cheerleader, my mom."



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