

TRiO Student Newsletter

TRiO, Student Support Services at Xavier University, strives to enhance the student's educational experience by positively impacting their lives.



STUDENT SPOTLIGHT

The TRiO Student Support Services Program is happy to spotlight Caleb Mickler

"Caleb is a senior from Toledo, Ohio majoring in Digital Innovation for Film and Television, Public Relations and Advertising with minors in Gender and Diversity Studies and Media Studies. He is also the current standing Student Body President. He has a passion to work with diverse individuals to create matters being fair and equitable to all. That is shown with his work within the community and on campus. He hopes to continue in working within public service and raise awareness on such injustices after college be in through film or in legislative policies.

"I have thoroughly appreciated and enjoyed my time being part of TRiO Student Support Services for they have always been a pivotal figure to ensure my overall academic success, achievements and aspirations. Through mentoring, additional aid and yes food TRiO has been a constant to help me. It has been a haven for me to unwind and be myself. TRiO has been a community where I am accepted and in which I can vent to others who understand where I am coming from since we all, for the most part, are in some strain and looking to better ourselves and furthermore our community. "

TRiO
STUDENT SUPPORT SERVICES

Services & Benefits

- Academic Support
- Seminar Series
- Career & Professional Dev.
- Tutoring
- Financial Education
- Grant Aid
- Social & Cultural Events



Resources

- Lap Top Computers
- Calculators
- Study Rooms
- School Supplies



From the desk of the Director *Dr. Daniel McSpadden*

Greetings TRiO students,

I hope you all have recovered from your mid-term exams and papers. I know this is a very busy time for all of you, but just around the corner is Thanksgiving Holiday. Keep that in your sights and remember that the winter break will come up before you know it and then you can really relax and enjoy time with your family and friends. Before the semester officially ends we have **TRiO Dine & Study night on December 7, 2016 from 6:00pm-11:00pm**. Come out and have a meal and study for your final exams with TRiO. **On Thursday, December 8, 2016** will be our last **Treats with TRiO** for the year. If you are graduating this fall semester, please come so we can honor you at this event. If you are not yet graduating, come and support your fellow TRiO colleagues.

For those students who are interested in Study Abroad opportunities, the **Keith Sherin Global Leaders Program** applications are now open for TRiO Student Support Services and McNair participants and TRiO alumni to apply to next summer's program which runs from early June—July 1, 2017 in Salamanca Spain and is co-sponsored by COE and Travel & Education.



The deadline to apply is December 16, 2016; cost is \$2500.00. Download the application at [Http://www.coenet.org/student_opportunities.shtml](http://www.coenet.org/student_opportunities.shtml).

For those of you who attended our Fall Fest at Axis Bowling on the Levy, I hope you had a great time. It was a wonderful celebration and a great way to welcome our new TRiO students. We hope to have many more such successful events in the future. I especially want to thank the TRiO office staff and the Student Advisory committee for helping to coordinate the event and put together the candy treats for the evening. The TRiO staff had a great time and we hope you all did as well.

Take care, study hard and much success to everyone on their finals this semester!

FAFSA: Everything you need to know:

The FAFSA form for each year will become available three months earlier than it had previously, in October instead of January. You can access the FAFSA for the 2017-18 school year as early as Oct. 1, 2016. This better aligns the financial aid and college application processes and gives students more time to apply for aid. Completing the FAFSA provides the possibility to receive grants, scholarships, student loans and work-study. More info.: fafsa.ed.gov



TRiO Reminders

As we begin to wrap up the semester please make sure that you keep the following in mind:

Register for Spring Semester: Meet with your TRiO advisor and/or your faculty advisor to discuss course options for next semester. Please stop by the office if you are having issues registering.

TRiO Program Requirements: Make sure you are meeting the TRiO program requirements. Please review them and check-in with your advisor if you have any questions.

TRiO Binders: The TRiO office will be collecting binders at the end of the semester to review for program requirements. Please make sure you are caught up on requirements and your event attendance, etc. is noted on your forms in your binder.

Spring Seminar Schedule: Seminar dates have been set and are posted in the TRiO office. Please stop by the office and sign up for seminars.

Lunch N' Learn Series

The Lunch N' Learn Series was a hit this semester. The TRiO staff is glad that you came out to enjoy a delicious lunch accompanied by great presentations ranging from financial literacy, internship networking, career planning, study abroad, understanding financial aid, and health & wellness topics. Be on the lookout for more interesting topics and lunch next semester. Also feel free to share your suggestions on new topics as well. You should have received a Survey Monkey email to evaluate the Lunch N' Learn that you attended. Please complete the survey and email it back to the office.

TRiO Dine & Study Night:

As you prepare for your final exams mark your calendar to come out to dine and study with TRiO. On December 7th from 6:00pm-11:00pm the TRiO office will have food and space for you to study for your finals. This is also a great way to finish up your study table hours for the semester. More details to follow.



6 Tips for Surviving Finals Week

Don't pull an all-nighter Brian Witte

Even after months of dedication and hard work, your success or failure in a college class can hinge on a single, heavily weighted assignment — the final. To further complicate matters, many schools compress all course finals into a single week. This may understandably seem like a recipe for stress and dread, but there are a number of ways to improve your performance during finals week. Here are six to try this fall:

1. **Verify the details**
2. **Get some sleep**
3. **Stay active**
4. **Eat well**
5. **Experiment with different methods of studying**
6. **Silence your social media accounts**

Welcome New TRiO Members!

The TRiO staff and students would like to welcome our new cohort for this fall semester.

Darius Amos, Shadiyah Cammack, Mykilah Lewis, Zoe Robinson, Garrison Mays, Melvin Smith, Rian Burns, Caitlin Castillo, Sean DeLellis, Spenser Ford, Carley Metzger, Jacob Murphy, Lexy Rieger, Ihsan Walker, Lucia Romozzi, Taylor Squires, Kia Benton, Sierra Fields, Sean Gibbons, AJ Harris, Hannah Houston, Kaitlynn Libecap, Allison Schroeder, Cheatine Sokun, Elliott Vannatta, Lily Vardanyan, Niya King, Msendoo Mbachilin, Alexia Johnson, Savin Mattozzi

The TRiO office is still accepting applications for new students. Feel free to stop by the TRiO office CLC 515 for more information. You can also apply to the program or check us out online at: www.xavier.edu/sss or follow our office on Facebook at: **TRiOatXU**.

TRiO Program Requirements

All TRiO students are required to meet with his/her Advisor (3) times a semester along with (1) Faculty Advisor meeting. The seminar series consist of (6) sessions. TRiO students must also complete a community activity and a Lunch n' Learn session. If required, students must complete study table hours and tutoring sessions. Please stop by the office to schedule your advising meeting and to get additional information.

