

WELCOME TO TRIO SSS!

Volume 1, Issue 1

Wednesday, 24 Sept 2014

USFSP READ-A-BULL NEWSLETTER

The Voyage Begins, Freshmen!

Wow, you made it! All of your late-night studying, cram sessions, and great grades in high school led you here to St. Pete to attend USFSP! From the TRiO SSS Community we would like to say **“WELCOME!!”**

We salute your dedication to your educational goals. We also hope that this newsletter will be helpful and informative for you as you venture forth into your Freshmen year of college.

TRiO Student Support Services is a grant funded program through the U.S. Department of Education. We offer eligible students copious amounts of services to ensure the academic and personal success of our Bulls. Some of these useful re-

sources include **an extensive library** filled with books on topics from GRE test prep to self-help books, as well as writing resources like dictionaries, MLA, and APA handbooks. All active TRiO SSS students have the **support and guidance** of advisors Priscilla Goodwin-Serra and Rebecca Woskoff, ready to help you on your academic journey! A very important resource that we provide to our students is **free printing!!!** In a comfortable and quiet environment, our students can complete necessary assignments and then print them out for their convenience.

TRiO SSS strives to ensure that our students receive all the academic assistance and support



From left to right: Advisor Priscilla Goodwin-Serra, Advisor Rebecca Woskoff, Program Director Terrye Wilson, and Staff Assistant Kelley Vanderwerf

they deserve. Life is sweet when you are a USFSP Bull! The fall 2014 semester is looking bright for TRiO SSS, offering more workshops with relevant topics geared toward freshman as well as social opportunities. We can't wait to see you!

Calling All Bulls: It's Movie Time!

Thanks to the University Student Center (USC) and Harborside Activities Board (HAB), six movies will be shown throughout the fall semester on Harbor Walk! The **'Screen on the Green'** kicked off with the hilarious com-

edy *Neighbors* on September 3rd with an awesome turnout of students, faculty, and guests.

The next free movie that the Screen on the Green will show is on October 1st... *22 Jump Street* will start at 8 pm! After that, *The*

Purge Anarchy will be held on October 15th, *Lucy* will show on October 29th. Lastly, *Guardians of the Galaxy* will be screened on November 12th! All movies begin at 8 pm at Harbor Walk. Bring some snacks and a friend!

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How to Stay Happy and Active

- ◆ Keep your **curiosity** alive. Lifelong learning is beneficial to your health.
- ◆ **Be involved** in your community.
- ◆ Anti-stressors include regular exercise, healthy eating habits and relaxation exercises, such as deep breathing or meditation. Talking to trusted family members and friends can help a lot.
- ◆ Bring a reusable water bottle with you to stay hydrated in class.

Tips for Effective Studying



Group studying can be an effective way to master the material and bounce ideas off one another.

Many students are surprised at the differences in studying for college courses versus how they studied in high school.

Regular worksheets are replaced by vast midterms and exams which require knowledge about concepts rather than simple memorization of facts. Students frequently discover they

need to adapt their study habits to the college setting.

Dartmouth College, an Ivy League University in Hanover, New Hampshire recently shared some excellent study tips to increase academic performance and memory retention.

- Study in chunks
- Use daylight hours
- Study actively.

- Find the right place to focus that's free of distraction and noise.
- Set study goals before you begin each period of study.
- Realize that you won't lose friends, respect, or a "good time" just because you're studying... these will keep.

Bull Talks: A TRiO SSS Blog by Tiffany Lyp

"Through the eyes and ears of our TRiO SSS Peer Mentors... We welcome Bull Talks!!"

We are proud to announce that a new TRiO SSS blog is up and running for the Fall 2014 semester!

Created by Tiffany Lyp, TRiO SSS Peer Mentor, this blog gives you first-hand insight into the world of USFSP! With relevant topics and discussion forums, our new blog is an ex-

cellent and fun way to stay in the loop with everything that is going on in the world of TRiO SSS and otherwise!

www.bulltalks4triosss.wordpress.com

Please direct any questions, suggestions, or

potential blog topics/contributions to Tiffany Lyp, tlyp@mail.usf.edu.

She can also be reached during her office hours which are every Wednesday from 11:00 to 12:30 in the TRiO Office, COQ 101.

We appreciate and respect your feedback! Your opinion matters to us immensely.

How to Land an On-Campus Job



Located in SLC 2300
Ph: 727 873-4129
careercenter@usfsp.edu

Need assistance figuring out a major? Don't know where to begin with a resume? Interested in a job but not sure where to look?

Stop by the Career Center during CareerNOW hours to speak with a Career Peer Advisor!

CareerNOW is a walk-in student service where Career Peer Advisors help with Self-Assessment, Exploring and Researching Occupations, Matching a Career to a Major, the Graduate School process, Internship/Job Search, Interviewing

and Resumes. Every Monday through Thursday the CareerNOW hours are noon-5 pm, and on Friday the hours are 9 am-noon.

No appointment necessary! Bring your questions, outdated resume for tweaking, or anything else that could help you land an on-campus job here at USFSP!

Club TRiO S4: Academic Support & Volunteering!!!



Club TRiO S4 is dedicated to community service projects and volunteering. Here are six of our members at the Special Olympics Bowling event that was held on Saturday, September 13th at Seminole bowling lanes.

Thank you to Laura, Nicole, Megan, Juan, Alicia, and Mary Ann for donating your time! It was an awesome turn-out with over 300 bowlers who had a blast all day long!

Get Well at the Wellness Center: Happiness Hour!

Do you feel like there are just not enough hours in the day? Are you overwhelmed, stressed, or feeling a little down? Come lift yourself up with the help of the Wellness Center!

They are hosting a **weekly happiness hour** in order for you to harness the power of optimism and meditation to find your true happiness potential. Beginning

Tuesday, September 23rd through Tuesday, November 18th, come to the Wellness Center in The Student Life Center (SLC) room 2200 to get your happy on! The program goes from 11:00 am until noon.

No experience is necessary, just an open mind and a commitment to your well-

being. Please bring either a yoga mat or towel with you when you go :-). For more information, please do not hesitate to call the Wellness Center at (727) 873-4422 to speak with the group facilitator.

Again, the weekly dates for happiness hour begin Tuesday, September 23rd (all sessions 11 am– noon) and go until Tuesday, November 18th. See you there! Harness your true potential!! Remember to smile.

“Harness the power of optimism and meditation to find your true happiness potential.”

Need a Tutor? No Biggie!

Take a moment right now to reflect on where you currently are in your studies. Need a refresher? Are there some subjects that you feel like you need a little extra help with?

In addition to the TRiO SSS tutoring program led by Nick and Tyler,

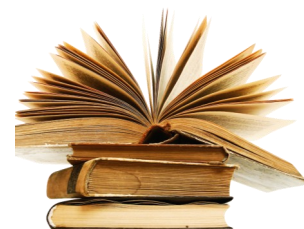
the Student Success Center in Davis 107 offers a copious amount of tutoring subjects in order to help you succeed.

Writing, Spanish, Chemistry, Economics, Calculus, Algebra, and Finance are just a few of what the Success

Center has to offer us! No appointment necessary, just stop by! To find specific subjects and tutor hours, please go to www.usfsp.edu/success or call (727)-873-4632.

Fall hours for the Center:

Mon: 11-5 Tues: 11-9
Wed: 11-5 Thurs: 11-5
Fri: 11-2



Receiving FREE tutoring from your peers can be beneficial to your success here at USFSP!!

**TRIO STUDENT SUPPORT SERVICES
AT USFSP ~ WE ARE HERE FOR YOU!**

TRiO Office Hours:
Mon-Thurs 8:30 AM - 6 PM
Fri 8:30 AM - 4:30 PM

Phone: 727-873-4003
Fax: 727-873-4975
Email: trio@usfsp.edu

**Find us on Facebook and
Twitter!**

[Facebook.com/usfsp.trio](https://www.facebook.com/usfsp.trio)

[Twitter.com/USFSPTRIOSSS](https://twitter.com/USFSPTRIOSSS)

Hungry for more info?

- **"How to stay happy and active" article:** Adopted from Univ. of California San Francisco Medical Center (ucsfhealth.org/education/tips_for_staying_healthy/)
- **"Tips for effective studying" article:** Adopted from Dartmouth College Academic Skills Center (dartmouth.edu/~acskills/success/study.html)



Do you enjoy donating your time to your community?

Do you want to get involved in volunteer work but do not know where? If you answered 'yes' to any of these questions, then Club TRiO S4 is the club for you!

Contact Nicole Messina, club president, for more info:

nmessina1@mail.usf.edu OR come see her doing her office hours every Wednesday from 10:30 to 12:30 in COQ 101

TRiO SSS Tutoring Schedule ~ Fall 2014 ~ COQ101

Tutor Hours	Mon	Tues	Wed	Thurs	Fri
NICK	5-6 pm	9-10 am **	5-6 pm	9-10 am ** 5-6 pm	
TYLER	10:30-12:30 & 4-6	10:30-12:30 & 4-6		10:30-12:30 & 4-6	10:30-1:30

(**) Indicates by appointment ONLY. Call us today to schedule a meeting time!

Tutoring Subjects

Nick: Chemistry I & II, Physics I & II, Biology I & II, Stats I

Tyler: College Algebra, Pre-Calc, Business Calc, Business Stats I & II, Financial & Managerial Accounting, Finance, and more!